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The BENN newsletter is a publication of St. Benedict CSS. It is distributed every second Wednesday during the school year using the WCDSB Newswire service. Any questions or comments pertaining to this publication can be sent to the editor [Anton Milardovic](#) or the school's principal [Dan Witt](#).

BENN Staff

[Mr. Anton Milardovic](#)

Next Issue

February 15, 2017

Students: Recharge

... and get ready for the new semester!

Bennie's in the Media

THE RECORD: [Phoenix battle through injuries to challenge Sa...](#)

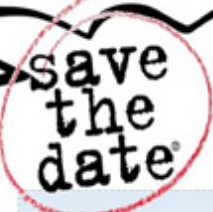
THE RECORD: [The 46th chase for the Silver Fox begins Thurs...](#)

THE RECORD: [LOCAL SPORTS](#)

CAMBRIDGE TIMES: [Beach volleyball duo snag U.S. scholarshi...](#)


CKCO TV: [Saints stay perfect in District-8 boys basketball](#)

Administrative



Creating Pathways to Success

A lot has changed! We are here to help!



<p>Making the Transition to St. Benedict CSS</p> <p>Tuesday, February 7th 7:00 to 8:00 p.m.</p>	<p>Grade 8 families from the Waterloo Catholic or Public schools please join us as we review in greater depth:</p> <p>What to Expect in Secondary School • Course Selection Academic & Pathway Career Planning • Resources & Supports <i>Your child's (IPP) Individual Pathway Plan, Career Cruising, Experiential Learning</i></p>
<p><i>Preparing Kids for the Future Workshop Series</i></p> <p>Course Selection & Experiential Learning</p> <p>Thursday, February 16th 7:00 to 8:00 p.m.</p>	<p>Students and Families from <u>all</u> Grades are welcome to attend.</p> <p>Log into Career Cruising and with the help of Guidance select the secondary courses that will support your plans to pursue a Pathway to Apprenticeship, College, Community, University or the Workplace.</p> <p>Learn about the exciting experiential learning opportunities available to help you explore career paths: SHSM -Specialist High Skills Major OYAP—Ontario Youth Apprenticeship Program, Co-op</p>

Both evenings hosted at St. Benedict CSS—50 Saginaw Parkway, Cambridge

News from the Guidance Department

By Mrs. L. O'NEILL

Semester Two Course Changes

The deadline date for requesting a course change for semester two is Monday February 13. This deadline date will allow us to process course change requests in a timely manner, as well as to work through the lists of students who still remain on the waiting lists for some courses.

Course Selections for 2017 - 2018

Although second semester has yet to get started, it is time for students to start thinking about their course selections for next year. Beginning mid-February and continuing throughout the month, counsellors will be visiting classrooms to discuss the important process of choosing courses for the 2017 – 2018 school year. We will visit Grade 9 classes during period two, Grade 10 classes during period three and Grade 11 classes during period four. Grade 12 students who are interested in returning to St. Benedict for a 5th year will be invited to attend a lunch session at a date to be determined. The decisions that students make now regarding their choices for next year are what drive the scheduling decisions that are made with regard to both the courses and the numbers of sections of each course that we offer at the school next year. The importance of making the right choices should not be underestimated as inappropriate course changes are not always easily corrected once the school year is underway.

As has been the practice for the past number of years, students will be choosing their courses on-line through Career Cruising. All students will receive detailed instructions regarding the

process for choosing their classes during our classroom presentations. The site can be accessed as follows:

1. Go to the Career Cruising website: www.wcdsb.ca/planner
2. Your Username is the prefix "wl-" plus the last 5 digits of your student ID and the first 3 characters of your last name. (eg. John Smith wl-12345SMI)
3. Your Password is your birth date. (mmddyyyy) For example, if your birthdate is August 25, 1990 your password will be 08251990. You will be asked to change your password when you log in for the first time.

Please note that course selections must be submitted to the school and signed by a parent, by Wednesday March 1. Students are encouraged to consult the course calendar, as well as subject specific teachers and guidance counsellors for help making the correct decisions. In addition to before school, after school and during the school day, guidance counsellors will also be available in one of the computer labs during lunch on specific days leading up to the deadline date.

Specialist High Skills Major (SHSM) and Course Selection

All students who are registered in one of the Specialist High Skills Major programs should have received a report which indicates their progress in their sector of choice. Students should use this report to make sure that they choose courses for next year which will allow them to complete the SHSM academic requirements.

University of Waterloo Grade 10 Family Night

The University of Waterloo will be hosting an evening for Grade 10 students and their parents on Thursday, February 23 from 6:30 – 8:30 PM. This is a great opportunity for grade 10 students who are thinking about attending any of Ontario's universities. Information covered will include finding a program that is a good fit, navigating the application process, and financing post-secondary education. Register to attend or watch the live webcast at uwaterloo.ca/fom/grade-10

What is Specialist High Skills Major (SHSM)?

The Specialist High Skills Major (SHSM) is a Ministry approved program that encourages students to focus their education on a specific employment sector.

Components include:

1. A bundle of courses related to a major
2. Co-op experience in an area of interest
3. Industry-recognized certifications related to the employment sector

Students who successfully complete all components of the program earn a Specialist High Skills Major (Red Seal) designation on their Diploma.



Summer Employment Opportunity

And the adventure continues . . . Saturday April 1 2017 9am – noon the African Lion Safari is hosting a job fair.

There are a wide variety of positions that they are looking to fill with students.

- Students must be a minimum of 16 years old and have a valid SIN #
- Must have transportation to the park, as there is no bus service available
- Experience is not a requirement for most positions, but is an asset
- Must be able to work weekends and holidays

Please join then at the Mombasa Market Restaurant onsite at the African Lion Safari.

Majors offered at St. Benedict's C.S.S.

Arts & Culture • Business • Construction
Energy • Environment • Health & Wellness
Hospitality & Tourism • Information & Communications
Justice & Community Safety
Manufacturing • Transportation

Why get involved?

No matter which path you follow after high school, you will have a better idea of your direction and future career choice when graduating with a SHSM Red Seal. You will:

- understand how and why your classes apply to your future career
- obtain training and certifications from experienced industry staff (e.g. First Aid & CPR)
- learn on-the-job skills during a co-op placement
- gain experience in your field of interest

How and when to get involved:

Experiences start in Grade 11 or 12. Now is the time to sign up and get involved! Deadline to sign up is October 30. Sign up forms are available in the Guidance Office. More information can be found online at www.highskills.ca.

Community Service Hours

It is a requirement of graduation that each student complete 40 hours of community service. There are many opportunities to fulfill this requirement. If you have already registered for Hour Republic check out the guidelines on the website www.hourrepublic.com. This website can also be used to track your hours and see volunteer opportunities.

VOLUNTEER SPOTLIGHT

Please visit the United Way of Cambridge volunteer centre for current opportunities.
WWW.uwcambridge.on.ca

Great Big Theatre Company is welcoming again this summer 2017, Secondary School Co-op students as well as Student Volunteers who would like to earn their community service hours by joining our Summer Drama Camp staff.

We are a federally registered non-profit charity (1994).

Our Drama camps for youth ages 3–14 years, operate throughout the summer months, July & August.

Our school volunteers have assisted us greatly in the past in implementing our camp programs and we look forward to working together again this summer 2017 with many new and returning students.

Great Big Theatre Company also offers March Break Drama Camps. We are welcoming student volunteers to assist us with these camps. The March Break Camp is only during a one week period, March 13–17, 2017.

By February 20 – Co-op Students and student Volunteers can register online with Great Big Theatre Company at: www.gbtc.com /Theatre Day Camp / Volunteer

For more information, please visit the Guidance office.

Students: Do you drive to school?

Students are required to park their cars in the parking lots behind the school. The front parking lot is strictly reserved for office staff and library use—students are not allowed to park in the front parking lot.

Students parking in the front lot will be required to move their car immediately and risk being ticketed by the city or possibly having their car towed.



Did You Know...

PARENTS ARE THE #1 INFLUENCE FOR EDUCATION &
CAREER/LIFE DECISIONS FOR STUDENTS

Preparing Kids for the Future

Workshop Series

INTRODUCTION TO CAREER CRUISING, COURSE SELECTION & EXPERIENTIAL LEARNING OPPORTUNITIES

Our exploration of the internet-based program "Career Cruising" continues as we give participants an in-depth look into the process students complete for course selection as they develop their individual pathway plan for successfully completing high school. This workshop will include a presentation focused on the experiential learning opportunities available to students with an emphasis on opportunities offered to students beginning in grade 11.

**Workshop #2 is not a pre-requisite. Attendance of workshop#2 is not required. All are welcome*

In an effort to ensure every participant has the opportunity to take part in the hands-on learning experience we highly recommend you pre-register for this workshop at

<https://goo.gl/forms/hF8onYyGlodyWV3h1>

Please note: registration is not mandatory, walk-ins are welcome!

February 16, 2017

7:00 p.m.

St. Benedict C.S.S.

Parents & Students are encouraged to attend together!

HEART OF THE COMMUNITY



OUTDOOR ACTIVE LIVING CENTRE

Have Your Say!

Sponsored in Part By The



LYLE S. HALLMAN
FOUNDATION

With the support of the Hallman Foundation we are excited to have completed Phase 2 of the Heart of the Community project at St. Benedict Secondary School. We would like to get your feedback on the park, how you plan to use it and what we can do to make it even better in the future.

We invite you to share your thoughts by completing a short survey.

Start the survey: <https://goo.gl/forms/bHRiLOceqDfMS8Ns2>

Proudly Presented By



St. Benedict Catholic
Secondary School



WATERLOO REGION
CATHOLIC SCHOOLS
FOUNDATION



Region of Waterloo
PUBLIC HEALTH

Access student attendance information in real time

By MR. A. MILARDOVIC

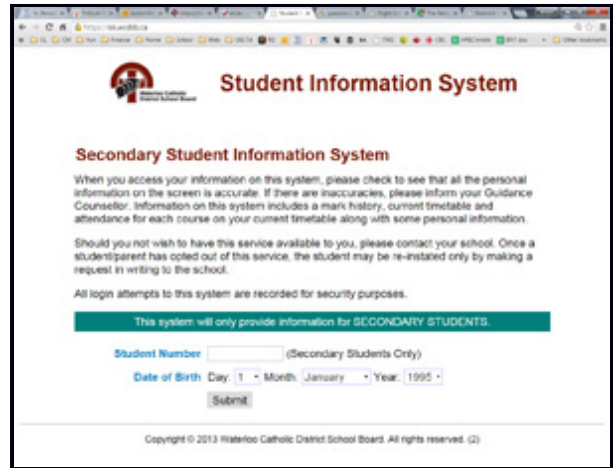
Class attendance is a key component to a student's success in their classes. Timely communication of attendance information between home and school is critical for accurate attendance records.

If a student is away from school a parent must call the attendance line at the school at 519-621-4001. The call can be placed any time, 24 hours a day. It is strongly recommended that you make this call as soon as the absence is known, or at the latest before the student returns to school.

If your son or daughter is going to be away for a trip or extended period of time for a medical reason an *Intent to be Absent* form should be completed in advance by a parent. These are available in the Guidance department.

A student, parent or guardian can access their student's attendance in real time through the Secondary Student Information System (SIS) Website. Information available to view includes student mark history, current timetable, attendance for each course on the current timetable and your contact information. The website link is <https://sis.wcdsb.ca>.

To access the student specific information, you must have the student number (which can be found on a student's timetable) and birth date. If you cannot locate the student number please call the guidance or attendance office for assistance.



By entering information about your son or daughter you can get up-to-the-minute information about their attendance.



Cash Online

You are now able to pay various fees for your child, such as Student Activity Fee, online using School Cash Online.

For safety and efficiency reasons, we want to reduce the amount of cash coming into our school. We are asking parents to please take 5 minutes to register. Once you are registered online, you will begin receiving emails about upcoming events.

Follow the steps below to register with School Cash Online:

Step 1: Go to the [School Cash Online website](#) or visit our school website and click on the School Cash Online link under the ★.

Step 2: Register by selecting the “Get Started Today” and follow the steps. You will need use the student’s LEGAL NAME and their STUDENT NUMBER.

Step 3: You will receive a confirmation email. Open it up and click on the link that allows you to login and add each of your children to your household account.

If you have any questions, please select the “SUPPORT” option in the top right hand

VOLUNTEER
all that's missing is U!

Volunteer at St. Benedict!

Looking into a career in education?

Have some spare time?

Or know someone who does?

Consider volunteering your time at St.

Benedict!

Please contact Mrs. Nada Offak to get started.

area of the screen.

Nada.Offak@wcdsb.ca
519-621-4050 ext. 3089

A Friendly Reminder...

All visitors are reminded to please sign in at the main office upon arrival at the school, our office staff will be happy to direct you to the appropriate office and/or inform your on-site contact of your arrival. We thank you for your continued cooperation and support in keeping our community safe.

Uniform reminders

Keeping your mornings simple and stress-free isn't the only benefit of uniforms, we as a school community value the safety benefit of making our community members and visitors easily recognizable. In addition, school uniforms mean that the pressure to have a wide range of new and expensive school clothes throughout the year isn't an ongoing struggle for parents and being judged by their clothes isn't a pressure for students.

All students and parents received the uniform policy for the year in the registration package and all students participated in a grade level meetings with administration to review this policy and other reminders. The policy is also contained in the student handbook which is located on our school website.

The key reminders are:

- All non-uniform items are to be removed and placed in a student's locker when they arrive to school, this includes all hats, scarves, track pants, jackets, coats etc.
- All items are to be worn as purchased and not altered
- McCarthy's navy blue or khaki pants, capris or shorts with the St. Benedict logo
- McCarthy's white/navy blue short or long sleeve golf shirt with the St. Benedict logo
- McCarthy's navy sweatshirt or navy sweater/cardigan/vest with the St. Benedict logo worn over a uniform shirt or plain white, or dark blue t-shirt.

Please ensure that you are in proper uniform throughout the day so we can get at the great task of learning without the needless interruptions or delays that occur when students need to be asked to follow the policy.

Who is your administrator?



Our 2016-17 Admin Team: Mr. Jaeger, Ms. Riley, Mr. Witt, and Mr. Borba

The administrative contact for your son or daughter is based on your last name:

A to B: [Mr. Witt](#) (principal)

B to G: [Ms. Riley](#)

H to O: [Mr. Jaeger](#)

P to Z: [Mr. Borba](#)

Classrooms are No Phone Zones!



Classrooms are for learning. The use of cell phones is not permitted in class. Parents, if you need to get in touch with your son or daughter, please call the school office and we will contact your child.

Students, don't let your cell phone become a distraction to your learning. Many teachers are integrating this technology into their classroom activities, but when it is not part of the learning phones should be away.



Food Allergy Alert!

We have a number of students and staff in the St. Benedict community with severe life-threatening food allergies, particularly related to peanuts and nuts (anaphylaxis). This is a medical condition that causes a severe allergic reaction to specific foods and can result in death within minutes. If your child brings their lunch with them to school, please ensure that it is free from peanuts and nut products.

If you have any questions or concerns please contact your child's administrator.

Academics



Enriching the Lives of Students

By Mrs. D. WITTMANN

There are many opportunities for students to enhance their learning experience: Enrichment courses, LEAP, OYAP, UCEP, Co-op, Home Build, SHSM, and Skills Canada. Visit the Enrichment blog for information on all these opportunities. The Blogroll contains a plethora of learning enhancements. To learn more about what we offer, click the link. Enrichment@St.Benedict.blog.



English Corner

By Mrs. D. WITTMANN

To receive an Ontario Secondary School Diploma (OSSD) each student must obtain 4 credits in English (1 credit per grade). Visit the English blog to read the course offerings provided by the Saint Benedict English Department. The Blogroll has great resources for both students and parents. Enjoy! English@St.Benedict.blog.

Athletics

Field Lacrosse

By Mr. N. CALHOUN

St. Benedict's has now moved from Field Lacrosse Club to Field Lacrosse Varsity Team. We are looking forward to a new season for new and experienced students that would like to engage in our countries national summer sport.

"The sport of Lacrosse is an intrinsic part of Canadian culture, tradition and heritage. The recognition of Lacrosse as the National Game for Canada in 1859 is a positive statement of the contributions of the sport to this nation's development. The passing of Bill C-212 by the Government of Canada attests to the enduring nature of the Sport of Lacrosse – Canada's oldest sport. And, we owe it all to the people of the First Nations – and the Creator."

<http://cla.pointstreaksites.com/view/cla/history-229/the-sport-of-lacrosse-4>

Lacrosse is probably the best summer sport to play, as it is very similar to hockey. Wayne Gretzky, one of the best players of all time was known for also being great at Lacrosse. I read in Gretzky's book that when he played in the minors a coach on the other team offered \$5 for every hit laid on Gretzky in the game. The coach ended up paying \$2.50 for half a hit, why? Gretzky said he had learned from Lacrosse to dodge hits, and roll off of them. That is not the only thing you will learn though, I have compiled a list below of skills that will help your hockey game that you can learn in Lacrosse.

Lacrosse benefits other sports, like Hockey:

- Lateral movement and foot speed
- Avoiding hits
- Dekes and fakes
- Positional play
- Explosive power
- Passing and setting up plays
- Hand eye coordination
- Sportsmanlike and team play
- Acceleration and speed
- Shooting and aim / accuracy
- Core strength, follow through and second efforts



Jr. Boys basketball

St. Mary's 68, Saints 45
Saints 48, St. David 43
Saints 63, Msgr. Doyle 45
St. Mary's 62, Saints 30

Sr. Boys basketball

Saints 95, St. Mary's 47
Saints 74, St. David 36
Saints 67, Msgr. Doyle 24
Saints 77, St. Mary's 47

Midget Boys basketball

Saints 74, St. David 11

Jr. Girls volleyball

Saints 3, Woodland CHS 0
Saints 3, Msgr. Doyle 0

Sr. Girls volleyball

Saints 3, Woodland CHS 0
Saints 3, Msgr. Doyle 1

Sr. Boys hickey

Resurrection 3, Saints 2



The St. Benedict 2016 Lacrosse team

- Checking and physical presence

<http://howtohockey.com/how-will-lacrosse-help-with-hockey/>

The team will receive instruction on basic lacrosse skills as well as competitive skills based on the OLA Field Lacrosse format. Field Lacrosse will enhance both players of field and/or box lacrosse.

We will be playing a full field game; three attack, three middle field and three defense (long polls), plus the goal tender. (<http://mcla.us/>) (<http://www.ojmfll.org/>)

As part of D8 we will take part in games against other regional Catholic schools. We will also engage in friendly games/jamboree with other teams within and outside of our region, budget permitting. The final CWOSSA event will be held in George Town, while OFSAA will be held in Brantford.

As for equipment; team members will be required to have a stick for the first week. Once we begin actual play, all members will require: mouth guards, hockey/lacrosse helmets, hockey/lacrosse gloves, groin protection, cleats, hockey/lacrosse shoulder pads and kidney pads. (Please contact your local sports equipment provider for when this equipment will come available)

We will be holding the year's first meetings: February 9 and 10 in room 105 at lunch.

Team Coaches: Mr. Calhoun, Mr. Berger

Volunteer Coach: Ken Hastie

Stay up to date with District 8 Sports

Now receive sports updates in your email or on your mobile device!

The new [District 8 website](#) now allows you to sign up for nightly e-mail updates. You can select the school (or schools) you want to follow, and all the sports results will be sent to your email address.

The service is free. Sign up by [following this link](#).

Clubs

Good luck to our DECA students!


By MR. A. MILARDOVIC

Next Thursday to Saturday, 47 of our students will be going to Toronto to participate at the national level of the DECA Business Competition. Follow our school twitter for results as they come in!

Student Activities

The Arts

Other News



PARENTS, JOIN US FOR THIS IMPORTANT SEMINAR

**Stillness in the Storm:
A Conversation about Anxiety,
Emotional Health, and Our Kids.**

THURSDAY, FEBRUARY 16, 2017
7:00-8:30PM
ST. ANNE CATHOLIC ELEMENTARY SCHOOL

Invited Speaker: Dr. Meg Popovic
Meg Popovic, PhD is a university professor, mother, and professional speaker. Her celebrated research and experiential seminars focus on resiliency, understanding youth culture, mindfulness and emotional health.

Cube club

Want to learn how to solve the Rubik's cube puzzle? Or are you an expert but would like to try a different kind of cube puzzle?

Join us for a fun hour with fellow cubers. All ages and skill levels welcome.

Thursdays Feb. 9 and 23 in Clemens Mill Library, 7 to 8pm

Exam De-stress

Come relax before exams with one of the Cambridge Therapy Dog teams in the library during lunch on Wed. Jan. 25

St. Elizabeth Catholic School

"CELEBRATING 25 YEARS OF EXCELLENCE IN CATHOLIC EDUCATION: 1992-2017"

All members of our school community

Both "Past and Present" are invited to join us for this celebration on

Sunday, April 30th, 2017

Celebration of the Eucharist at 11:30 a.m. by Father Freitas

St. Mary of the Visitation Church, 16 Cooper Street

Followed by a Blessing & Rededication and Open House at

St. Elizabeth Catholic School

50 Adler Drive, Cambridge

1:00-4:00 pm



Take a trip down memory lane and reconnect with past and present friends and staff

We are interested in what you have been doing.

Share any memories and photos you have of St. Elizabeth Catholic School on our Facebook group.



<https://www.facebook.com/groups/St.ElizabethCatholicSchool25thAnniversary>

Watch for updates and information as we get closer to our celebration!



Upcoming Events

Monday, February 6

8:00am Semester 2 starts
 10:40am Reach for the Top
 10:40am Robotics Club
 10:40am Spirit Council
 2:15pm Pit Band
 3:00pm Sr. Boys Basketball @ Resurrection CSS
 3:00pm Jr. Girls Volleyball vs Resurrection CSS
 3:00pm Sr. Girls Volleyball vs Resurrection CSS
 4:30pm Jr. Boys Basketball @ Resurrection CSS

Tuesday, February 14

8:00am Animation Training
 10:40am Games Club
 10:40am Arts Council
 10:40am Movie Club
 10:40am Accepting Differences Club
 Valentine's Day
 Semester 1 Report Cards Distributed

Wednesday, February 15

Tuesday, February 7

10:40am Games Club
10:40am Arts Council
10:40am DECA Business Club
10:40am Movie Club
10:40am Accepting Differences Club
10:40am Making a Difference Club

Wednesday, February 8

10:40am Cosmo Club
10:40am Reach for the Top
10:40am Seams Sew Easy
10:40am Robotics Club
10:40am Model UN Club
10:40am Movie Club
2:15pm Concert Band
2:15pm Games Club
2:15pm Movie Club
3:00pm Jr. Girls Volleyball @ St. David CSS
3:00pm Sr. Girls Volleyball @ St. David CSS
Valentine's Activities

Thursday, February 9

8:00am Wrestling: Waterloo Oxford
Tournament
10:40am Accepting Differences Club
10:40am Lacrosse information meeting
2:15pm Math Club
2:15pm Seams Sew Easy
6:00pm Badminton Club
DECA Provincials

Friday, February 10

10:40am Start Trek Club
10:40am Programmers' Club
10:40am Rock Climbing Club meeting
10:40am Lacrosse information meeting
2:15pm Doctor Who Club
DECA Provincials

Saturday, February 11

DECA Provincials

Monday, February 13

10:40am Reach for the Top
10:40am Robotics Club
10:40am Spirit Council
10:40am SBTV Crew meeting
2:15pm Pit Band
Course Change Deadline

8:00am Animation Training
10:40am Cosmo Club
10:40am Reach for the Top
10:40am Seams Sew Easy
10:40am Robotics Club
10:40am Model UN Club
10:40am Movie Club
2:15pm Concert Band
2:15pm Games Club
2:15pm Movie Club
6:00pm Coffee House
BENN Newsletter release
National Flag of Canada Day

Thursday, February 16

8:00am Wrestling: District 8 Championships
8:00am Electrical Safety + H&S Training
10:40am Accepting Differences Club
10:40am Equestrian Club
10:40am Lacrosse meeting
2:15pm Math Club
2:15pm Seams Sew Easy
6:00pm Badminton Club

To see the full calendar, go to Benny's News ►
Calendar of Events.

**Keep up with what's
happening at St.
Benedict's using your
cell phone**



Visit
stbenedict.wcdsb.ca/calendar.php
from your cell phone.
(Be sure to bookmark it!)

Miscellaneous

We want to know...

Thank you to those who have taken time to provide us with feedback. Your opinions are important to us! Please [email us](#) with your comments and suggestions. If you like our newsletter, tell others; if you don't like it, tell us!

Check out our school website at <http://stbenedict.wcdsb.ca> for news and information updates.

