



Volume 10, Issue 6 - October 18, 2017

Progress reports distributed today

By Mr. A. Milardovic

Today in period 1, teachers distributed progress reports to their students. This is a quick snapshot of teachers' assessment of your son's or daughter's progress to date. Please ask for this sheet from your son or daughter this evening.

Next Thursday are parent/student/teacher conferences, or what has traditionally been called *interviews*. I like the term conference as it more accurately describes what the process is--an opportunity for parents, teachers, and students to sit together and to confer about what the student has done well, what the student has not done well, and what the next steps are to help the student follow a path to success.

To that end, please get your son or daughter to make an appointment with a teacher if you have concerns. And have them come along with you to the appointment. The discussion is to be about them, they should be part of the conversation!

Please remember that if you need to contact a teacher, guidance counsellor or administrator, our email addresses are all on the website under **About Us > Staff List**.

City of Cambridge names our Senior Boys basketball team "High School Team of the Year"

By Ms. J. Jackson

Each year the City of Cambridge recognizes and honours great achievement within the community in areas such as "Youth Achievement Sports Awards", "Arts & Culture Awards" and "Business Awards".

We are excited to announce that the St. Benedict's 2016-2017 Senior Boys Basketball Team has been named the "2017 High School Team of the Year" by the City of Cambridge Sports Awards Selection Committee for outstanding athletic achievements. The players, along with the coaches, will be formally recognized for their achievement at a ceremony hosted at Cambridge City Hall on November 3, 2017.

This award is in recognition of the exceptional season the team had last year. Some highlights from the season include:

- The team won the 2016-17 J1 and J2 Championships
- Captured their second consecutive Ontario title
- Won AAA CWOSAA championship for the first time in St. Benedict's C.S.S. history
- Became the first-ever team from Waterloo Region to win top title at the 33rd Annual Court Heinbuch Classic
- The Saint's became the first Ontario team in 10 years to win gold at REB Invitational in Edmonton, Alberta.
- Defended their title, winning the 29th Annual Saints' Invitation High School Basketball Tournament
- Made their debut appearance at OFSAA, bringing home the silver

On behalf of the St. Benedict's Community, we congratulate the members of the 2016-2017 Senior Boys Basketball Team!

Did you miss getting your photo taken at registration?

if you didn't get your photo done at registration, there will be a Photo Retakes Day on Thursday, October 26. Listen for announcements on that day.



Parent-Student-Teacher Conference Day Timetable Change

Thursday, October 26

Schedule for the day

Period 1: 8:00 to 9:00

Period 2: 9:05 to 10:05

Lunch: 10:05 to 10:55

Period 3: 10:55 to 11:55

Period 4: 12:00 to 1:00

Interviews will be held from 1:30 to 4:30, and 5:30 to 8:00. Teachers are booking times in 10 minute blocks. Some teachers may have times available for drop-ins, but we highly recommend you book a time slot in advance.

V O L N T E E R

all that's missing is U!

Would you like to be a Volunteer? Here's how!

My name is Charlene Fondacaro and I am the Volunteer Coordinator at St. Benedict C.S.S. If you have an interest in volunteer in our school community please **email me** at or call our school at 519-621-4050 x.5601, or you can find all of the volunteer forms on our website under **About us**.

If you would like a letter for a reduced cost for a Police Background Check (required), please contact me to arrange for a time to pick one up at the school.



Take Our Kids to Work Day

Grade 9's! Take Our Kids to Work Day is coming up on Wednesday, November 1st. **Your signed permission form is due Friday, October 27th!** Get your forms into your period 1 teacher as soon as possible.

Nutrition 4 Learning program up and running

By Mrs. A. Trask

The Nutrition For Learning program at St.Benedict C.S.S. has been a success at the school due to the amazing staff and student volunteers. Every morning when students arrive they have the opportunity to pick up some breakfast items from the grab and go cart. This cart is located in the atrium. We offer a wide variety of choices. Waffle Wednesdays happen every Wednesday. Students are welcome to stop by the culinary room to pick up a sweet morning treat as well as other grab and go options.

On Fridays we also offer a variety of Hot Breakfast items such as bagels, oatmeal, egg sandwiches and other baked goods.

On September 27, we had our first civvies day of the year. The funds raised were donated to the program. A big thanks goes out to the staff and students for helping raise \$1,572.00. That amount of money can buy a lot of waffles! Looking forward to a yummy semester!

Academic

Are you on the wait list for an SHSM trip or training?



If you are on the waiting list, come to the meeting spot at the departure time listed on the confirmation page; you will be admitted based on whether or not all confirmed students show up. On the day of the event, if spaces are available wait listed students will be admitted based on their position on the waiting list. For example, the student in position #2 will be taken before the student wait listed #4 by the supervisor.

News from Guidance

By Mrs. L. O'Neill

Grade 12 and Post-Secondary Options

Navigating information regarding the many and varied options for post-secondary education can be a daunting and overwhelming task for both students and parents. If you, and your sons and daughters are struggling with the wide variety of decisions available, consider taking advantage of the following opportunities:

1. Attend one of the many individual **college or university presentations** that are being hosted here at the school. These presentations take place at various times during the school day and provide an excellent window into all that different schools have to offer. A full list of presentations is available on the St. Benedict web site.
2. Sign up for our **email distribution list**. The information distributed pertains to presentations, events, scholarships and deadlines regarding post-secondary options. Parents are more than welcome to be part of this list! Joining is easy – go to the Guidance section of the web site and click on the message that says “join our information list.” Email updates will come to you via Mr.Betik on behalf of the guidance department. Follow Guidance on twitter @SBEnguidance.
3. **Post-Secondary Information Night for Parents** will be held in conjunction with Parent/Teacher Interviews on Thursday, October 26. Please join the guidance staff in the Lecture Hall at 7:00 PM for a presentation, followed by a time of questions and answers.
4. **College Information Fair at Conestoga College** will take place on Tuesday October 24. The open house format will be available from 5pm – 9pm and on Wednesday October 25 9 am – 2pm. Representatives from all Ontario Colleges will be available to answers questions about their campuses and their programs.
5. Research your options and get the most up to date information on-line. For college information go to www.ontariocolleges.ca and for university information go to www.electronicinfo.ca. Both of these sites contain a wealth of information on programs and requirements.

Cambridge Front Door Counselling

Walk-In Counselling Available at Cambridge “Front Door” Do you have concerns about your teenager's behavior, emotional state, or mental health? Are you concerned about possible self-harm or drug use issues? Are these issues creating family conflict for you? The Walk-In Counselling at Front Door helps families with children up to 18 years of age to get started on the road to understanding. Through a single family counselling session, the experienced counsellors there help identify issues and equip families with

tools and strategies to address their concerns. The focus of the session is determined by each family's unique needs. The Cambridge office is located at 35 Dickson Street. Walk-In counselling hours are Tuesdays from 12 Noon to 7:30 PM (last appointment at 6:30 PM). Appointments are available on a first come basis and are free of charge. Family member directly involved in the concern are encouraged to attend.

VOLUNTEER OPPORTUNITIES

The Afri-nanas of Cambridge (Stephen Lewis Foundation) is looking for volunteers to help us set up our Christmas in November bazaar. Deadline to apply is October 31st. Please contact Patricia at 519-620-2123, if you are interested. Leave a message and she will return your call. Thank you!

Duties:

1. Table set up is at Knox Presbyterian Church, 2 Grand Avenue South, Cambridge on Thursday, November 2nd. Four students at 3:30 would be ideal if they can manage that and we could probably get it all done before 5:00.
2. The Sale is on Saturday, November 4th from 9 to 1 and we'll need to take down the tables after the sale. We'd like four students again that day, if possible. They could arrive at 2:30 which would give us time to pack up etc. before their arrival. The job should take less than two hours, especially if we have four students.

As more opportunities become known to the guidance department, they will be announced on the announcement system, posted on the Guidance bulletin board and listed in the BENN.

Follow us on Twitter . . . [@sbguidance](#) for announcements about volunteer opportunities, important dates and deadlines, scholarship opportunities and everything Guidance!



Are you thinking of Graduating this year?

Students who are considering graduating this year **and their parents** are invited to sign up for our **Graduation information newsletter**. Information that will help you as you move towards graduating will be sent to your email address: applying for scholarships, deadlines for college and university applications and more! You can easily unsubscribe at any time.

Did you miss awards night?

If you received an invitation to Academic Awards Night and were unable to attend, please come to Guidance to pick up your awards as soon as possible. Thank you!

ONTARIO COLLEGE INFORMATION FAIR

This message is being sent by OCAS on behalf of the organizers of the Ontario College Information Fair (OCIF).

Despite the Ontario college faculty strike, the Ontario College Information Fair will still run as scheduled:

Tuesday, October 24 – 5:00 pm - 9:00 pm

Wednesday, October 25 – 9:00 am - 2:00 pm

College support staff, administrators and students will be on hand to talk about their particular college. The event will run as planned with no changes to bus subsidies, on-site information sessions or colleges participating.

For more details on the event, refer to ocif.ca or more specifically OCIF during faculty strike FAQ.

Sports

Juniors girls successfully host first annual tournament

By Miss S. Edwards

This past weekend, the Junior Girls Basketball team hosted their First Annual Junior Girls Basketball Invitational. With 8 competitive teams coming from Kingston, Hamilton, Fergus, Burlington and KW.

Game one for the Saints was one for the books. Christ the King stood no chance against the Saints right from the tip off. The girls capitalized on their strengths from the 3 point and from under the net with no one coming close to stopping them. Sarah Malnerich poured in a game high of 23 points with Savannah Meadus with 10. The Saints took game one with a 45-11 win.

Game two was a camera finish for the Saints. Both teams hung in there to move to the championship game on Saturday. St. Jean Brebeuf was a tough team but the Saints were a little more hungry. The Saints were everywhere on the court. Every rebound and every loose ball was ours. The girls battled on the court and were able to pull ahead just in time to take the win. Thanks to the strong post game of Julianna Vasquez and Savannah Meadus, and the amazing defense from Hannah Yantha, the Saints were able to take the game with a 50-42 final score.

Game three was what you would expect in a championship game. Two strong teams coming head to head for the title. Unfortunately, the Saints were unable to stop the fast and athletic play of Cathedral. Cathedral was hungry for the win and their playing showed that. The Saints put up a strong fight in the second half, unable to close the gap that was created in the first half of the game. Hannah Yantha had an amazing defensive game, followed by a strong effort by Julianna Vasquez. Cathedral took the championship title with a 47-27 win over the Saints.



Jr. Girls Invitational Tournament!

Overall, the girls had a solid performance this weekend. Even though the final game didn't go the way we had hoped, they learned a lot over the weekend that will hopefully make them successful with the remainder of our season. Good luck to the girls as they start the second half of their season against a vengeful Resurrection team.

Congratulations to the Cathedral Gaels on winning the inaugural Saints

Senior Runners take top honours

By Ms. P. Stang

Congratulations to the members of the Saints Cross Country team who participated in the Waterloo County Invitational Meet this past Thursday at Bechtel Park. With 24 teams in attendance and over 180 athletes at the start line, the senior girls' team took top honours and placed first. Top six runners included, Nikki Soares, Hope Harnack, Faith Neison, Charlotte Jones, Kyanna Vi and Bethany Lewis. Other top finishers at the event included Brianna Zakrzewski, Luke Meadus, Abrianna Gonzalez-Day and Weldon Hovey. Good luck to all team members as they get ready to participate in the Laurel Creek Invitational this Thursday. This will be the last race before the District 8 Championship. Go Saints!

Latest results

JUNIOR GIRLS BASKETBALL

Saints 43, Rockway MC 16

Saints 42, Rockway MC 7

Resurrection 36, Saints 35

SENIOR GIRLS BASKETBALL

Woodland CHS 43, Saints 42

Saints 42, Resurrection 26

JUNIOR BOYS VOLLEYBALL

Saints 3, Woodland CHS 2

Saints 3, Rockway MC 2

SENIOR BOYS VOLLEYBALL

Woodland CHS 3, Saints 0

Rockway MC 3, Saints 0

JUNIOR BOYS FOOTBALL

Resurrection 42, Saints 28

Saints 26, St. Mary's 22

SENIOR BOYS FOOTBALL

Saints 21, Resurrection CSS 7

Saints 21, St. Mary's HS 9

JUNIOR BOYS SOCCER

Monsignor Doyle 3, Saints 1

St. David CSS 5, Saints 4

St. Mary's HS 6, Saints 1

Winter Sports team meetings

Swim team information meeting

We're yellow and blue and we can swim too! Bennies is looking for anyone interested in joining the swim team to fly, stroke or crawl their way to room 316 for a short information meeting on Friday, October 20 at lunch. Swim team is open to anyone that can swim, even if you have never competed before. See Ms. Skinn, Ms. Miller, Ms. Buhlman or Mr. Lehan if you can't make the meeting.

Boys Hockey information and tryouts

Calling all ice hockey players to tryout for The Varsity Boys Hockey Team

Tryout permission and schedules will be discussed at a meeting on:

Tuesday, October 24th in portable 3 at 11:15am

See Mr. Lisy or Mr. O'Connor with any questions

Clubs

Do you want to have fun? Join a club!

We strive to be a **place for all** at St. Benedict. Currently there are **forty different clubs and activities listed on our website**. Don't see something you like? Want to start a new club? Talk to a teacher or someone in the Student Activities office... don't be afraid to start something new!

If nothing else, be sure to *get involved!*



Robotics and Electronics club has restarted!

Are you interesting in robotics, electronics, or computer programming. Are you thinking about going to college or university for math, science, computers, technology, or engineering? If so, come to the Robotics and Electronics club Thursdays at lunch in room 126. Please see Mr Strassburger for more information.

Champions of Change

Champions of Change club members eagerly supporting and spreading the news of this awesome club at this year's Club Fair 2017. The club helps to spread awareness of gender equality and the increased need for girls rights to food, safety, education and income opportunities in the developing world as part of the "Because I am a Girl" movement. Join the club every Thursday at lunch in room 123!



Help wanted: Science Olympics

Any students interested in helping with the science Olympics should attend a short meeting in room 316 on Thursday October 19. See Mr. Bailey, Ms. Skinn or Ms. Stefan if you cannot attend.

Student Activities

Other News



Hey High Schoolers Nerve to Serve Weekend October 28 & 29, 2017 at Camp Brebeuf

A weekend away with friends, with a focus on faith and fun, filled with high ropes, rock walls, Mission Impossible and great meals! [Check out Registration forms here](#) - get your forms in early. We leave the Parish Centre on Saturday at 8:00am. and return on Sunday at 3:00p.m. The cost is \$40.00 which covers the meals - the fun is free!

[Nerve to Serve Registration Form](#)

RECYCLE YOUR ELECTRONICS DAY
SATURDAY, OCTOBER 28, 2017
9:00A.M. – 2:00P.M.
ST MARY OF THE VISITATION PARISH CENTRE
16 COOPER STREET, CAMBRIDGE – 519 658 4443



The following can be dropped off:

- Audio and video players
- Cameras
- Cellular phones
- Computers (desktop, laptop and notebook)
- Computer peripherals including keyboard, mice, modems, monitors
- CPUs
- Equalizers/(pre)amplifiers
- Fax machines
- Personal hand held computers
- PDAs and pagers
- Printing devices including copiers, scanners, typewriters
- Radios, Receivers, Speakers
- Telephones and accessories
- Televisions
- Tuners and Turntables
- Video players/projectors/recorders

For more information see www.recycleyourelectronics.ca. This fundraising project supports St. Mary of the Visitation Parish and is sponsored by our Men's Ministry.

Hey, High Schoolers!

Looking for Community Service hours?

You are invited to volunteer for
"Welcome to Confirmation" Masses.

Place

St. Clement Parish, 745 Duke Street, Cambridge

Dates

Sunday, October 29 & Sunday, November 19 (either or both)

Time

Before/During/After the 12 Noon Mass

Youth volunteers are needed to serve as lectors,
assist the ushers, help with serving pizza to the Grade 7 Confirmandi, etc.
The "etc." is in its planning stages.

If you have ideas to welcome the Grade 7's, we are listening!

Our contact person is Dee Donahue at dee.dangute@gmail.com
Please email Dee for more information or to volunteer. Thanks!

Clemens Mill Public Library

By Mrs. P. Pilon, Information Services Librarian

IDEA|EXCHANGE

Now that we are well into fall it's time to highlight some important features of your school library!

Are you a Stranger Things fan? Do you enjoy the challenge of an escape room? Even if you've never sampled either of these, come on out to Idea Exchange's **Stranger Things Escape Room** #strangerthingsescape on **Thursday, October 26** or **Friday, October 27** from 3:00 – 7:00pm. No registration required.

Need Volunteer Hours? Idea Exchange offers a wealth of interesting opportunities for high school students. For more information check out our **Teen Volunteer Page!**

Check out our **new Teen fiction!** Books may be borrowed for three weeks and may be renewed twice. Need a book for your ISU? A good resource is Idea Exchange's **Recommended Reads** page where you can find booklists related to school topics.





Calendar of Events

Be sure to visit our school website for an updated calendar with detailed information links for most calendar entries.

Wednesday, October 18

BENN Newsletter release

SAC Homecoming Week

Progress Report Distributed

SHSM Event - GPS Training (2 Days: Oct. 18 & 19)

9:15am: Univ/Coll visit: University of W. Ontario

10:40am: Accepting Differences Club

10:40am: Guitar Club

10:40am: Cosmo Club

10:40am: Model United Nations

10:40am: Lost Club

10:40am: Programmers Club

1:00pm: Univ/Coll visit: Ryerson University

2:15pm: Concert Band

2:15pm: Yearbook Team

3:00pm: Jr. Boys Volleyball vs Monsignor Doyle CSS

3:00pm: Sr. Boys Volleyball vs Monsignor Doyle CSS
3:30pm: Sr. Girls Basketball @ Woodland Christian HS
5:00pm: Jr. Girls Basketball @ Woodland Christian HS
Arts Coffee House

Thursday, October 19

SHSM Event - GPS Training (2 Days: Oct. 18 & 19)
SAC Homecoming Week
8:00am: Cross Country: D8 Championships
10:40am: Accepting Differences Club
10:40am: Robotics & Engineering Club
10:40am: Lost Club
10:40am: MarioKart club
10:40am: DECA Business Club
10:40am: Champions of Change
10:40am: Praise & Worship Music Team practice
10:40am: Science Olympics meeting
12:00pm: Jr. Boys Football vs St. David CSS
1:00pm: Univ/Coll visit: University of Ottawa
2:00pm: Sr. Boys Football vs St. David CSS
2:15pm: Math Club
2:15pm: Games Club
2:15pm: Weight Room
2:15pm: Jazz Band

Friday, October 20

SAC Homecoming Week
8:00am: Tennis: CWOSSA Championship
10:40am: Swimming: information meeting
10:40am: Star Trek Club
10:40am: Lost Club
10:40am: Programmers Club
10:40am: Finance Club
1:00pm: Univ/Coll visit: Conestoga College
2:15pm: Doctor Who Video Club

Monday, October 23

Professional Development Day

Tuesday, October 24

10:40am: Reach for the Top
10:40am: DECA Business Club
11:15am: Boys Hockey information meeting
2:15pm: Flute Choir
7:00pm: School Council meeting

Wednesday, October 25

SAC Fall Fair
SHSM Event: The Role of the Museum & Training in Archaeology/Anthropology
10:40am: Accepting Differences Club
10:40am: Guitar Club
10:40am: Cosmo Club
10:40am: Model United Nations
10:40am: Lost Club
10:40am: Programmers Club
1:00pm: Univ/Coll visit: University of Waterloo & St. Jerome's

2:15pm: Concert Band
2:15pm: Yearbook Team
3:00pm: Jr. Boys Volleyball @ ES Père-René-de-Galinée
3:00pm: Sr. Boys Volleyball @ ES Père-René-de-Galinée
3:00pm: Sr. Girls Basketball vs St. David CSS
4:30pm: Jr. Girls Basketball vs St. David CSS
5:00pm: Jr. Boys Football vs Resurrection CSS
7:00pm: Sr. Boys Football vs Resurrection CSS

Thursday, October 26

Photo Retake Day
SHSM Event: Leadership Training
8:00am: Cross Country: CWOSSA Championship
10:10am: Accepting Differences Club
10:10am: Robotics & Engineering Club
10:10am: Lost Club
10:10am: MarioKart club
10:10am: DECA Business Club
10:10am: Champions of Change
10:10am: Praise & Worship Music Team practice
1:00pm: Univ/Coll visit: Mohawk College
1:30pm: Parent-Teacher Interviews
Post-Secondary info Parent Night

Friday, October 27

8:00am: Univ/Coll visit: Wilfrid Laurier University
10:40am: Star Trek Club
10:40am: Lost Club
10:40am: Programmers Club
10:40am: Finance Club
2:15pm: Doctor Who Video Club

Monday, October 30

10:40am: Programmers Club
10:40am: Arts Council
10:40am: Finance Club
2:15pm: Concert Choir
3:00pm: Jr. Girls Basketball vs St. Mary's HS
3:30pm: Sr. Boys Volleyball @ St. Mary's HS
3:30pm: Jr. Boys Volleyball @ St. Mary's HS
4:30pm: Sr. Girls Basketball vs St. Mary's HS

Tuesday, October 31

Hallowe'en
10:40am: Reach for the Top
10:40am: DECA Business Club
1:00pm: Univ/Coll visit: McMaster University
2:15pm: Flute Choir

Wednesday, November 1

All Saints' Day
BENN Newsletter release
Take a Student to Work day
10:40am: Accepting Differences Club
10:40am: Guitar Club
10:40am: Cosmo Club

10:40am: Model United Nations
10:40am: Lost Club
10:40am: Programmers Club
2:15pm: Concert Band
2:15pm: Yearbook Team:
3:30pm: Jr. Girls Basketball @ Rockway MC

Thursday, November 2

All Souls' Day
10:40am: Accepting Differences Club
10:40am: Robotics & Engineering Club
10:40am: Lost Club
10:40am: MarioKart club
10:40am: DECA Business Club
10:40am: Champions of Change
10:40am: Praise & Worship Music Team practice
2:15pm: Math Club
2:15pm: Games Club
2:15pm: Jazz Band

Friday, November 3

10:40am: Star Trek Club
10:40am: Lost Club
10:40am: Programmers Club
10:40am: Finance Club
2:15pm: Doctor Who Video Club

Saturday, November 4

8:00am: Cross Country: OFSAA Championship

Sunday, November 5

Daylight Savings Time ends

Follow us online!



Thanks for the reading 😊 if you like this issue make sure to forward it to your friends.