



LOVE 2016



HOPE 2017



FAITH 2018

People of Faith — Putting “Faith in Action”

By WCDSB Newswire

On October 23rd – at schools and administrative sites across the Region – the staff and Trustees of Waterloo Region’s Catholic schools officially launched WCDSB’s year of “Faith in Action”.

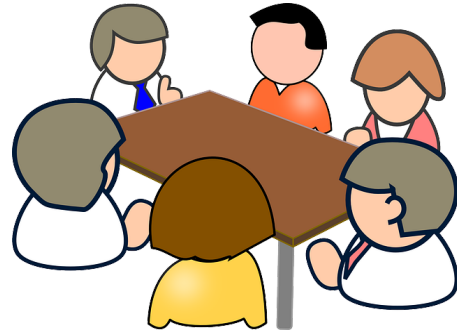
This marks the beginning of the third and final year of the Board’s 2016-18 Pastoral Plan. In 2016, the focus in our schools was centred on what it means to be #PeopleOfLove. In 2017, the focus shifted to being #PeopleOfHope. This year, the focus is on being PeopleOfFaith.

As a culminating activity, a special cross will make a pilgrimage from school to school between now and next November. The journey started at the Centre in the Square in Kitchener during special Eucharistic celebrations presided over by the Most Rev. Bishop Douglas Crosby and the Very Rev. Con O’Mahony. The first stop on the special journey is St. Brigid CES in Ayr, after which the cross will travel through the Monsignor Doyle CSS family of schools, and then across the rest of Waterloo Region.

Throughout the duration of the pilgrimage, each WCDSB school will be featured on the board's website, demonstrating in their own unique ways how People of Love and People of Hope, working together in community, create Faith in Action. Be sure to check back each week – and be sure to follow along on Twitter: @WCDSBNewswire

St. Benedict School Council

St. Benedict's School Council is a group of parents, teachers and administrators committed to making our high school a great place to learn and grow! The council sees family involvement as one of its main priorities and is committed to welcoming parents into the St. Benedict community by increasing communication, removing barriers and creating opportunities to get involved!



Meetings are from 7:00 to 9:00 p.m. usually on Thursdays, eight times throughout the year, and are typically held in Room 111.

Dates for all the meetings, and agendas and minutes from earlier council meetings this year have been posted on our website. Under the Parents heading click on [School Council](#).



**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.

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. 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.

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 . . . @sbenguidance for announcements about volunteer opportunities, important dates and deadlines, scholarship opportunities and everything Guidance!



University visit changes

The University of Windsor presentation has changed from November 27 to **tomorrow**, Thursday, November 2 at 1pm in the Conference room beside Guidance.

The Nippissing University presentation was originally scheduled for November 13; it will now be held **this Friday** at 1pm, also in the Conference room.

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.



Enriching the Lives of Students

By Mrs. D. Wittmann

There 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 on Enrichment@St.Benedict.

English Corner

By Mrs. D. Wittmann

To receive an Ontario Secondary School Diploma (OSSD) each student must obtain four credits in English (one 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.

The Grade 11 Pre-AP English class spent the day at the University of Waterloo. Visit the English blog for more details.



Bonjour Quebec!!!

Attention all students enrolled in grade 10, 11, or 12 French students....Interested in attending the Quebec City trip in February? Want to test your French language skills? Go dog sledding? Visit the Ice Hotel? Practice your gymnast skills at the Cirque du Soleil training school?

Then come to the **information meeting in room 202 Wednesday November 8 at lunch**. See Mme Hodgson for details.

Scary Hallowe'en Crafts

The ACTIVE and Community Living class created Hallowe'en crafts last week. Within a few hours of informing staff of the products they sold out! Students cut, painted and decorated the crafts themselves, with Mr. Briere's support. Can't wait to see what they make for Christmas!



Art is everywhere!



Grade 10 student Jaime Milne uses a white Sharpie pen to do art on--what else? A bowling ball!

Sports

Latest results

JUNIOR GIRLS BASKETBALL

Saints 48, Woodland CHS 15

Saints 52, St. David 43

Saints 43, St. Mary's 32

SENIOR GIRLS BASKETBALL

Woodland CHS 41, Saints 40

Saints 52, St. Mary's 14

JUNIOR BOYS FOOTBALL

Saints 35, St. David 7

Resurrection 20, Saints 16

St. Mary's 44, Saints 7

SENIOR BOYS FOOTBALL

Saints 3, Msgr. Doyle 0

Saints 33, St. David 14

Saints 15, Resurrection 12

JUNIOR BOYS VOLLEYBALL

Saints 3, Pere-Rene-de-Galinee 2

St. Mary's 3, Saints 0

SENIOR BOYS VOLLEYBALL

Saints 3, Pere-Rene-de-Galinee 2

Saints 3, St. Mary's 0

Sr. Boys Volleyball finish top in their pool

By Ms. A. Kreuger

Congratulations to our Sr. Boys Volleyball team who wrapped up the regular season with a big win against St. Mary's on Monday. The boys have worked hard all season, giving it their all on the court at both practices and games. Their efforts resulted in a 7-3 win/loss record this season! The team secured a first place finish in the South Pool, earning them a bye from quarter-finals and into the semi-final round.

Come out to support the boys on Monday November 6th at 3pm in our gym as they battle for a spot in the District 8 Finals!

Dates, times and locations for playoffs:

Monday, November 6 at 3pm @ SBCSS - semi finals (opponent still to be determined)

Wednesday, November 8 at 8pm @ TBD FINALS - (Must win Monday to play)

CWOSSA - Thursday, November 16 @ UW (game times not set yet)

Saints Senior Footballers off to Finals

Congratulations to the Senior Boys on there big 15-12 win yesterday against Resurrection. The Seniors now take on St. David on Friday at 7pm at Warrior Field (University of Waterloo). Please come out and support the Boys this Friday night.

Cross Country District 8 Championships

By Mrs. P. Stang

Congratulations to the members of the Cross Country team who competed at the 2017 District 8 Championship last week at Bechtel Park.

Bronze medalists Brianna Zakrzewski, Luke Meadus and Nikki Soares are to congratulated for their fine performances. As well, Maricio Bravo, Weldon Hovey, Ola Zaba, Abrianna Gonzalez-Day, Blake Semper, Faith Neison, Hope Harnack and Charlotte Jones all placed in the Top 10.

Once again, the Saints female squad hung on to the Overall Girls' Title with a tie between Res. and St. Benedict.

With three teams placing 2nd. and three teams placing 3rd, the Saints lost the 2017 District 8 Overall Championship by a heartbreaking one point to Kitchener St. Mary's.

Cross Country Wrap-up

By Ms. P. Stang

The Cross Country Team ended their season last Thursday at the CWOSSA Championships with 49 athletes in attendance running events ranging from 4km to 6km. in length. Of the 49 athletes, 35 athletes set personal bests on the very challenging Bechtel Park course. Way to go team!

Nikki Soares set at season's best of 25:43 min. on the 6km senior girls' course placing 8th overall and narrowly missing qualifying for OFSAA by one place. Hope Harnack also ran a great race in the senior girls' competition placing 13th. out of 189 athletes.

Out of 22 senior girls' teams in attendance our team of Nikki Soares, Hope Harnack, Charlotte Jones, Faith Neison, Kyanna Vy and Bethany Lewis placed 3rd. and earned a bronze medal. Congratulations ladies!

To all the team members - thanks for a fabulous season!

Information regarding the team party can be found on the cross country wall. Remember to sign up today.

As well, don't forget to return your singlet any day after school to G-Day or Stang.

Winter Sports team meetings

Do you rock?

Are you interested in curling this year? Please come to an information meeting Friday, November 3 at the beginning of lunch in room 213. Students from all grades are welcome. Please see Ms. Missio in room 208 for more information.

Girls Hockey

There will be a meeting for those interested in playing on the Girls Hockey Team on Thursday, November 2 in room 125 at the start of lunch. ANYONE interested in playing this year should attend. If you cannot be there please see Mr. Offak in room 125.

Get Ready for Wrestling!

If you are interested in learning more about wrestling and might be interested in being a part of the wrestling team, there is a brief but mandatory meeting in the lecture hall at the start of lunch this Thursday! If you can't make it, please see Mrs Edwards to pick up a permission form. Forms must be completed prior to our start!

Junior Girls Volleyball

Interested in trying out for the Junior Girls Volleyball team? Please come to a lunchtime meeting Friday November 3rd in room 202 at the start of lunch. You will need to fill out try-out forms in the meeting. See you there!

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!*



In the Arts

The Arts in Review

By Olivia Martins, Arts Executive (SAC)

Arts at Bennies kicked off the year with Coffee House on October 18th at 7:00pm. This night displayed what St. Benedict arts students have to offer. The night was filled with singing acts, spoken word poetry, magic and more. With over 165 people in attendance the night was immensely successful. You can check out photos on @SbcssArts on Twitter and Instagram. The social justice sector on Student Activities Council sold concessions for the Haven House, they raised over \$400. Stayed tuned for the next Coffee House in the new year in early February.

Arts at Bennies still has much in store for November. The next upcoming arts event is taking place on November 3rd. The Jazz and Concert bands as well as students from Mr. Renner's drama classes are travelling up to Resurrection High School to perform for *Oh Canada dEH*. This event will display musical, theatrical and artistic arts. We wish them luck as they perform. Take a look for photographs and videos!

On November 23-25 at 7:00pm the casts and crews of *Masterpiece* and *The Audition* will be taking the stage at Fall Play Night. Admission is \$5 for students and \$10 for adults and you can buy tickets at the door. *Masterpiece*, by Nathan MetCalf, is about a young artist on her life journey along the way she learns about life, love, flamingos, tubas, monkeys wearing rollerskates and colouring outside the lines. All while on her way to find her "Masterpiece".

The second play of the night is *The Audition* by Don Zolidis. The new drama teacher at the high school is putting on the production of *A Chorus Line*. The auditioning students are hopeful, dramatic, nervous and most of all ready to witness how crazy auditioning for a play can be. These are two plays you do not want to miss.

That is all Arts at Bennies has in store for November. Make sure to keep updated for all the exciting events in December.

Student Activities

Looking Back at Homecoming Week

By Anna Baumgartner

Congratulations, Saints, on a fantastic Homecoming Week! From start to finish, Homecoming Week 2017 was filled with tons of fun and our Student Activities Council (SAC) helped create great memories for students at the school.

Monday's Chalk Walk was a huge success as members of the school's Arts Council came out for a chance to brighten our school entrance with colourful chalk artwork. On Tuesday, the Clubs Fair was held in the Atrium. This event gave all students a chance to check out the fantastic clubs offered at our school, including the E-Car Club, Model United Nations, Doctor Who and many, many more. To mark the halfway point of Homecoming Week, Arts sector hosted a Coffee House on Wednesday night. Acts ranged from slam poetry, to singing, to magic were featured at the show and, after watching this performance, it can be assured that the Saints have plenty of talent to offer.

On Thursday, during 3rd period, SAC's Social Justice sector held a Miracle Minute in order to collect change for Haven House, a local charity that helps mothers and children escape domestic violence. Finally, on Friday, the Homecoming Dance! Upon arrival, students were greeted with a fun atmosphere complete with a table of sweets and incredible decorations provided by the SAC Special Events sector. The Saints danced the night away and had an awesome time at the Candyland Dance. Not to sugar-coat it, but the new school year looks to be an amazing one!

Looking for Christmas ideas for your Saint?

Order by November 30!



St. Benedict Online Spirit Wear Store 2017

You can now purchase your items online in 3 easy steps:

1. Go to the online store at <https://sbcssspiritwear17.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: **Thursday November 30th, 2017 (11:59pm EST)**

Saints Halo T-Shirt  \$8.75	B KIND Long Sleeve T-shirt  \$12.50	Go Saints Athletic Long Sleeve T-shirt  \$13.50	B LOGO Crew Neck Sweatshirt  \$17.75	SAINTS Pullover Hoodie  \$26.50	SAINTS Zip-Up Hoodie  \$26.50
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powered by  **ORDERMYGEAR**

Questions?
 Nick Renda
 519-635-7492
hofsportsmem@gmail.com

Other News



[Holiday Cakes & Cookies Campaign - MS Society](#)

[14+] Each year the MS Society sells Holiday Cakes & Cookies. Volunteers sell the product at community locations such as retirement homes, craft sales, bazaars and workplaces. **Sandra** sandra.clarke@mssociety.ca



[Content Consultants/Proofreaders - Confederation Debates](#)

[15+] We've scanned the records into searchable text, but we need you to: help fix typos, transcribe garbled sections and report anything interesting that you read. **Daniel** dheidt@uwaterloo.ca



[Program Assistant - Carizon](#)

[16+] Volunteers will set up gym for 10 families and team (tables, tablecloths, chairs, etc.); set up Kids' Time area ; assist with food preparation and kitchen clean-up; engage children in active play and crafts in Kids Time. **Katie** kmcarthur@carizon.ca



[ReStore Cambridge - Habitat for Humanity WR](#)

[16+] The ReStore sells new and gently used building supplies as well as unique home décor items. Tasks include customer service, preparing products for sale, product merchandising, helping to pick up & receive donations, and pricing product. **Janine** jarmstrong@habitatwr.ca



Subscribe to our youth newsletter:
<http://eepurl.com/bPwOKH>



volunteerkw.ca



lily@volunteerkw.ca



519-742-8610



@vackw

Help Cambridge youth find volunteer opportunities that match their skills and interest by creating engaging promotional flyers and social media posts using information gathered on the databases of www.volunteerkw.ca and <https://volunteercambridge.cioc.ca/volunteer/>

We are looking for someone to create one promo flyer per week with some associated tweets to help Cambridge youth learn more about volunteering in their city. You are welcome to do this position from your own computer.

[Click here for more information about this position and how to apply.](#)

Calendar of Events

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

Wednesday, November 1, 2017

2:15pm: Concert Band
2:15pm: Yearbook Team
3:30pm: Jr. Girls Basketball @ Rockway MC

Thursday, November 2, 2017

All Souls' Day
10:40am: Girls Hockey info meeting
10:40am: Wrestling information meeting
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
1:00pm: Univ/Coll visit: Windsor University
2:15pm: Math Club
2:15pm: Games Club
2:15pm: Jazz Band

Friday, November 3, 2017

10:40am: Jr. Girls Volleyball team info meeting
10:40am: Curling information meeting
10:40am: Star Trek Club
10:40am: Lost Club
10:40am: Programmers Club
10:40am: Finance Club
1:00pm: Univ/Coll visit: Nipissing University
2:15pm: Doctor Who Video Club
7:00pm: Sr. Boys Football vs St. David's [F]

Saturday, November 4, 2017

8:00am: Cross Country: OFSAA Championship

Sunday, November 5, 2017

Daylight Savings Time ends

Monday, November 6, 2017

3:00pm: Sr. Boys Volleyball vs TBD [SF]
10:40am: Programmers Club
10:40am: Arts Council
10:40am: Finance Club
1:00pm: Univ/Coll visit: University of Toronto (all campuses)
2:15pm: Concert Choir

Tuesday, November 7, 2017

SHSM Event: Portfolio Development (2 days)
10:40am: Reach for the Top
10:40am: DECA Business Club
2:15pm: Flute Choir

Wednesday, November 8, 2017

SHSM Event: Standard First Aid & CPR-C (2 days)

9:15am: Univ/Coll visit: Conestoga (Degree Programs)

10:40am: Quebec City trip info meeting

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

Thursday, November 9, 2017

SHSM Event: Portfolio Development (2 days)

Term 2 starts, Career/Civics turnaround 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 10, 2017

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 11, 2017

Remembrance Day

Monday, November 13, 2017

10:40am: Programmers Club

10:40am: Arts Council

10:40am: Finance Club

1:00pm: Univ/Coll visit: Georgian College

2:15pm: Concert Choir

Tuesday, November 14, 2017

10:40am: Reach for the Top

10:40am: DECA Business Club

1:00pm: Univ/Coll visit: University of Ontario Institute of Technology

2:15pm: Flute Choir

Wednesday, November 15, 2017

SHSM Event: Standard First Aid & CPR-C (2 days)

SHSM Event: The Health Care System: Workers Mental Wellness & Stress Management

BENN Newsletter release

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

Thursday, November 16, 2017

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 17, 2017

Professional Development Day

Follow us online!



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