

Display problems? [Open this email in your web browser.](#)



Wednesday, September 26, 2018 - Volume 11, Issue 4

Rowan's Law Day

By Mr. D. Jaeger

ROWAN'S LAW DAY

CONCUSSION SAFETY

CONCUSSIONS ARE BRAIN INJURIES... AND THEY NEED TIME TO HEAL



Bumped your head or body playing sports, being active, or hanging around with friends? Don't hide it, **SPEAK UP** and get help. A bump to the head can injure the brain leading to a concussion – and brain injuries need adequate time to heal.

If you or a friend or a teammate sustains a bump or blow to the head or body, know the signs and symptoms of a concussion. Sometimes symptoms are obvious right away, but sometimes they can take hours or even days to appear.

Symptoms include:

- Headache/pressure in the head
- Nausea
- Feeling drowsy
- Dizziness
- Sensitivity to light
- Sensitivity to noise
- Difficulty thinking clearly or remembering
- Fatigue or low energy
- Blurred vision
- Feeling sad, irritable, nervous or emotional

Have you had a concussion? Want to help others prevent them and encourage those affected to get help? Spread the word about #RowansLawDay and join the discussion about concussion. For more information checkout:

Rowan's Law Day Toolkit for Schools | teachingtools.ophea.net/RowansLawDayToolkit | [#RowansLawDay](https://twitter.com/RowansLawDay)



September 26 marks an important day for concussion awareness and education.

In 2013 Rowan Stringer, a 17 year old high school student from Ottawa, lost her life to Second Impact Syndrome; a brain injury caused by suffering a concussion before fully recovering from a previous concussion.

In March of 2018, the Ontario government passed a law known as Rowan's Law. Designed to protect athletes and to educate parents/guardians, coaches and officials about the dangers of head injuries.

Rowan's Law is also about education. By increasing concussion awareness and knowledge, we can change Ontario's culture around sports, physical activity and injury. Rowan's Law will make it easier for those who

experience concussions to SPEAK UP, get the help they need, and take the time necessary for recovery, with the support of everyone around them.

St. Benedict CSS is committed to the health and wellness of our student athletes!

You are cordially invited to attend, as our special guest, the official grand opening of the

Heart of the Community

Healthy Living & Learning Community Hub

October 2nd, 2018

Join us for light refreshments in the library - 9am
Welcome/Open Ceremonies/Ribbon Cutting - 9:30am
Self-guided Tours & Demonstrations - 10-10:30am

Supported by

LYLE S. HALLMAN
Foundation Grant

Hosted By: Idea Exchange & St. Benedict C.S.S. - 50 Saginaw Parkway

Kindly R.S.V.P to jennifer.jackson@wcdsb.ca by September 28, 2018

Orange Shirt Day

By Mrs. M. Paleczny

On Sept. 30, 2013 a campaign began to acknowledge the victims and survivors of Indian Residential Schools (IRS). As part of this campaign supporters are asked to wear an orange shirt. Our board has asked schools to show their support for this very important cause. Below is how the Bennies community will acknowledge this cause.



On Monday an announcement will be made explaining the history of Orange Shirt Day and what we can do as a community to show our support.

In the atrium on Tuesday and Wednesday there will be a banner for students and staff to write messages of how they will help others feel like they matter. This is the bigger message that the organizers of Orange Shirt Day would like to spread. This will then be hung in the atrium on Wednesday.

Orange Shirts will be available to purchase in the atrium for \$10 during the week. These shirts will have the message "Every Child Matters" on the front.

On Friday, the school will be invited to wear an orange shirt to show their support for this important cause. Thank you for your participation and support!

Bennie's students go to WE DAY

By Courtney Zammit

On September 20, 2018, the Service Learning students and the Champions of Change club were invited to partake in this years WE Day held in Toronto. It was a very motivational and empowering day all about encouraging people to “Get Doing” and make a positive impact in their community. There were many incredible speakers and entertainers, including: Kareem Abdul-Jabbar, Nick Robinson, Margaret Trudeau, Spencer West and many more! Overall, it was a very fun day all about how we can create a change in our world.



Administrative

Grand River Transit: Cambridge high school students EasyGO fare card promotion

As part of the Region's Transit Supportive Strategy for the City of Cambridge*, all Grade 9-12 students attending a Cambridge high school in fall 2018 are eligible to receive GRT's new [EasyGO fare card](#) pre-loaded with \$24 in stored value (equivalent to 10 rides at the 2018 high school reduced fare rate).

The cards are non-refundable, non-transferable, and are registered to each student. This promotion cannot be applied to the cost of a monthly pass. Cambridge high school students must request this promotion by December 31, 2018.

Who is eligible?

- Any Grade 9-12 student with a valid student card for a high school in Cambridge
- Any Cambridge high school student who has a Term Pass provided by Student Transportation Services of Waterloo Region.

Bring with you:

1. A printed and signed [consent form](#). All students 17 years old and younger must present a consent form signed by a parent or legal guardian to get the EasyGO fare card.
2. A valid Cambridge high school student identification card or timetable with student name.

Where to get your EasyGO Fare Card:

- [Ainslie Transit Terminal](#) or
- [Charles Street Terminal](#)

Additional Information:

- \$24 stored value can only be used when a monthly pass or term pass is not active on the fare card.
- \$24 value cannot be applied to the cost of a pass.

- One \$24 promotion per student. If a student's EasyGO fare card is lost or stolen, GRT will cancel the card and issue a new card with the remaining value on your account.
- The EasyGO fare card can be reloaded at GRT's Ainslie or Charles terminal, and online in future.

***Transit Supportive Strategy for the City of Cambridge**

As part of the approval of ION light rail transit in 2011, Regional Council approved funding for special projects to improve transit ridership in the City of Cambridge. The Transit Supportive Strategy for the City of Cambridge is to accelerate the implementation of light rail transit in that City.

St. Benedict Learning Commons/Clemens Mill Library

What's New!!

The Learning Commons received new tables and chairs last week and these are now set up for student use. These tables can accommodate a maximum of FIVE students per table. Please respect this request by library staff. We also ask that you do not move tables or chairs to other areas of the library.

We have THREE FitDesk bikes. These desk bikes can be used while doing work on your tablet or laptop, reading or just relaxing and are set up near the windows.

Online Resources

As we begin the school year, your school librarian, Ms. Pilon would like to remind students and teachers that they have access to a wealth of online resources for course projects and assignments. You can access your Learning Commons (school) library website through the Student Services tab on the St. Bennie's school website. Select the Gale Online Resources button to open to a page listing all of the databases. The password to access these resources is benedict.

Teen Lounge is BACK!!

The Teen Lounge is open starting Monday, September 24 from 2:00 to 3:00pm

We will be offering X-box, board games and SNACKS!!

All are welcome!

Piano UnPlugged

Most Weekdays: September 4 to December 21

10:30 – 11:30 am and 2:00 – 3:00pm, Learning Commons (Clemens Mill Library)

Provide music for your fellow students, teachers and the general public with your performance-ready skills.

Idea Exchange Events

Teen Nerf Nite

Friday, September 28: 6:00 to 8:00pm at QUEENS SQUARE

Bring your Nerf blaster and foam darts for an all-library battle!

Note: Unmodified blasters only

Ages: 13 +

News from Guidance

Who is your Guidance Counsellor?

Mrs. Lesley O'Toole: A-Di & International Students, ext. 5190

Mrs. Karla Arkell: Dj - Ki, ext. 5636

Mr. Nick Betik: Kl - Pl, ext. 5633

Mrs. Laura O'Neill: Po - Z, ext. 5634

Mrs. Christine O'Connor: Administrative Assistant, ext. 5631

Grade 12's and Post-Secondary Options

1. Plan now to attend our Post-Secondary Information night on Thursday October 25 at 7:00 PM. This event is being hosted by the Guidance Department and coincides with parent/teacher/student interviews. The presentation will take place in the Lecture Hall.
2. Monsignor Doyle will be the site for the Cambridge University Information Presentation on October 4 from 7:00 – 9:00 PM. All Ontario universities will have representation at this event and there will be opportunity to attend formal presentations, as well as time to tour displays.
3. Conestoga College will be hosting their annual College Information Presentations on October 17 from 5:30pm to 7pm and October 18 from 10:30 AM – 1:00 PM at their Doon Campus. All Ontario colleges will have representation at this event and Conestoga will also have additional information available to parents and students regarding their programs.
4. Attend the Ontario Universities Fair (OUF) September 28 – 30 at the Metro Toronto Convention Centre from 10am to 5pm daily. Visit ouf.ca for more details.
5. Attend the Ontario College Information Fair October 24 Enercare Centre Toronto 9am to 2pm.
6. Follow us on Twitter @sbenguidance to get the latest information in 280 characters or less!
7. Both the Ontario Colleges website and the Ontario University website offer a wealth of information regarding schools, programs and the application process. To research colleges and their programs go to www.ontariocolleges.ca To research Ontario universities and their programs go to www.electronicinfo.ca

College and University Presentations

We have been fortunate in arranging visits to our school with liaison officers from several Ontario universities and colleges who will be making presentations to interested grade 12 students. The presentations will get started at the end of September and provide an excellent way for students to ask questions about specific schools that they are interested in. Students must sign up to attend the presentations that they are interested in attending, by the end of lunch the day prior to the visit. While we do not limit the number of visits that students may attend, we do encourage students to be selective about the visits that they attend as many of them take place during class time. Students are responsible for any school work that they miss if they choose to attend a presentation. Please refer to the complete list of presentations that is posted on our school website by going to **Student Services > Post-secondary**

Ontario Universities' Fair

The Ontario Universities' Fair (OUF) takes place September 28-30, 2018, at the Metro Toronto Convention Centre. Don't let your students miss it!

The OUF is the only event where you can see all 21 Ontario universities in one place. It's a once-a-year, free event where attendees can talk directly with senior university faculty and representatives.

OUF Passport

By registering for an OUF Passport at www.ouf.ca/passport, students receive a barcode that they take to the OUF and get scanned at university booths and presentation rooms of their choice. It's the easiest way for them to share their contact information to receive more info about the universities they are interested in. Without an OUF Passport, students must manually enter their contact details at each individual university booth where they request further information. Encourage students to register for their OUF Passport in advance for a chance to win 1 of 3 prizes of a \$500 prepaid credit card.

OUF Passport Guidance Counsellor Tool Kit

As you may recall, we've compiled a tool kit to assist you with promoting the OUF Passport to your students. It includes key messages, sample school announcements, social media posts and ways to follow the OUF on social media. Click Tools to Promote the OUF and OUF Passport on the Guidance website at www.ouac.on.ca/guidance.

Visit: www.ouf.ca

Follow the OUF on Twitter: @OntarioUniFair, #OUF2018

Like the OUF on Facebook: OntarioUFair

Follow the OUF on Instagram: @ontariounifair

University Information Program (UIP)

After the OUF, Ontario's universities are visiting a school near you! Check out the UIP schedule:

<http://www.ouf.ca/uip>.

Community Service Opportunities

In addition to fulfilling an important diploma requirement, volunteering provides students with a way to give back to their community. As 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.

Community Service Hours Opportunity: Academic Award Night

Our 20th Annual Academic Awards Night is coming up on Thursday, October 11th. Invitations will be distributed in homerooms during the last week of September to students that are receiving a subject award or are an Honour Roll recipient from the 2017-2018 school year.

We are inviting any students looking for Community Service Hours to consider signing up to volunteer to help at the event. The sign-up sheet is located in the Guidance office.

If you have any questions, please contact [Karla Arkell](#).

Community Service opportunities at St. Mary of the Visitation

Our Parish has a program called "Special Friends". It is for children and young people who have special

needs. We seek to partner them with “Buddies” who would be with them in their programs (eg. Children’s Liturgy, Visitation Kids, Iwannago or Kids Klub) as one to one support. We have three trained EA’s who are overseeing the program but would like to invite teens to serve as the “Buddies”. You may want to consider this if you are looking for a challenging and rewarding experience!

Also, are you *tech savvy*? Do you like videography, powerpoint, and running the show? Consider joining our parish **Tech Team**. Talk to Father Freitas or visit www.stmaryhespeler.ca for more information. Training begins soon!



Experience your Future with SHSM!

The Specialist High Skills Major (SHSM) Program allows grade 11 & 12 students to experience their future career while in high school! Students complete certifications and training, a Co-op placement and take a bundle of courses related to their major. By completing these 3 components, students will earn a special designation on their diploma proving they have knowledge, experience and skills in their future employment sector.

SHSM programs available at St. Benedict

Arts & Culture, Business, Construction, Energy, Environment, Health & Wellness, Hospitality & Tourism, Information & Communications, Community Justice and Safety, Manufacturing, Transportation
Participating in SHSM gives students the opportunity to gain important skills on the job with actual employers, at skills training centres and at school, while earning valuable industry certifications including first aid and CPR qualifications.

Grade 11 & 12 Students

Be sure to sign up before the deadline of October 12!

Grade 9 & 10 Students

You are welcome to sign up at anytime, as you will receive further support with course selection in grade 10

going into your senior years. However, the program will begin Grade 11.

For more information, visit the [SHSM Explained](#) area of highskills.ca or contact SHSM@wcdsb.ca.

Support Catholic Education



The number of Catholic ratepayers in Waterloo Region has fallen in the last number of years to below 100,000. This has happened at the same time Waterloo Region's population has grown significantly. To help counter this downward trend, in conjunction with our annual Kindergarten sign-up campaign, we are also launching a campaign to increase the number of "official" Catholic school supporters in Waterloo Region.

[Learn More Here](#)

Academic

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 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.

Advanced Placement at St. Benedict

By Mrs. D. Wittmann

Advanced Placement (AP) is an internationally recognized program that allows students to enrich the Ontario Curriculum with the goal of achieving university accreditation.

What does the research say about AP students?

Research shows that the best predictor of whether or not a student completes a university degree is not their high school grades or standardized tests. Rather, the best predictor is how many challenging courses a student has taken in high school. Students who challenge themselves with AP courses and exams are much more likely to complete a university degree in four years or less.

Please visit:

<https://enrichmentatstbenedict.wordpress.com/>

<https://advancedplacementsaintbenedict.wordpress.com/>

<https://wcdsb.ca/programs-and-services/advanced-placement/>

Quebec Trip meeting

There will be a trip to St. Donat, Quebec in February for students in grades 10 to 12 who are taking French this year. There is an information meeting this Friday at lunch in room 219. Please see Madame Barbosa if you are interested, but unable to attend the meeting.



VIENS-TU À ST DONAT?

Interested in learning French while you are skiing, snowboarding, skating, and snowshoeing? Join students from across the WCDSB and put your French to use outside the classroom! Reserve your spot today at

<https://www.perspectives-edu.com>



Math Club

February 17-20, 2019

**Grades 10-12
students**

**You must have
French on your
timetable in first or
second semester to
join this amazing
trip!**

**Ask your French
Teacher for
information!**



30 Years Educational Travel
30 ans voyages éducatifs

Math club starting Thursday, September 13. The "club" is open to grade 9, 10, 11, 12 students who want to:

- * be able to answer those tough questions from class
 - * preview up-coming math contests
 - * prepare for tests, assignments or final exams
 - * have all your questions answered
 - * get ready for college or university
- Meet with Dr. Chernysh Thursdays after school in room 309... See you there!!!!



Garage Sale For Kenya

By Abrianna Gonzalez-Day

Last Saturday, September 22nd, a garage sale was held to raise money for students in the Service Learning Course to go to Kenya. These students will be building schools, digging wells, working with the community and so much more. Through the teamwork of teachers and students, mixed with the generosity of citizens, we were able to raise \$650 in just 6 hours! With our community's help, this little group of only ten students will go and make a huge difference!



Sports

Junior Boys Soccer

The Junior saints FC are the 2018 Viking cup finalists. After a 4 hour wait in the hot sun the boys played a bit flat in their semi final against RCSS yet were able rally back to tie up the game in the last 5 minutes pushing the match into a penalty shootout. It took 7 shooters to send us into the final.

With only 10 minutes between games the team took the field with new energy and the taste of victory on their lips. The Cameron heights Gaels were fierce and held off our attack for 45 minutes with the game ending in a nil-nil draw. Back to PKs. With the same lineup and more nerves this time the team lost after 6 shots.

The tournament was a great experience for the team.

In regular season play, the boys got their first win Monday over the Mustangs. With only 2 substitutes on the bench, the team had to play a gritty match for a full 90 minutes. The players worked incredibly well with strong defensive play by Niven Hamilton and Adam Kocjan. Goals scored by Colin Vrugteman, Tiago Brasil and Noah Tekelsion. Man of the match was Morgan Mun for his relentless defence play.

Latest results

JUNIOR GIRLS BASKETBALL

St. Benedict CSS 30, Resurrection CSS 28
St. Benedict CSS 41, St. Mary's HS 18

SENIOR GIRLS BASKETBALL

St. Benedict CSS 24, Resurrection CSS 19
St. Benedict CSS 37, Monsignor Doyle CSS 22
St. Benedict CSS 22, St. Mary's HS 18

JUNIOR BOYS SOCCER

St. Mary's HS 1, St. Benedict CSS 0
Resurrection CSS 4, St. Benedict CSS 0
St. Benedict CSS 3, Monsignor Doyle CSS 2

JUNIOR BOYS VOLLEYBALL

Monsignor Doyle CSS 3, St. Benedict CSS 1
St. Mary's HS 3, St. Benedict CSS 2

SENIOR BOYS VOLLEYBALL

St. Benedict CSS 3, Monsignor Doyle CSS 1
St. Benedict CSS 3, St. Mary's HS 1

JUNIOR BOYS FOOTBALL

Resurrection CSS 31, St. Benedict CSS 14

SENIOR BOYS FOOTBALL

Resurrection CSS 41, St. Benedict CSS 3

Senior Boys Volleyball

Congratulations to the Sr. Boys Volleyball team who won their match against St. Mary's! The boys battled it out and clenched the win in the first two sets, but Mary's was able to fight back and take the 3rd. The 4th set was close, but the boys dug in and won the 27-25 to take the match!

Junior Girls Basketball

Last weekend the girls were involved in Green and White Classic in Peterborough. They made their mark against Coburg, dominating the court with a huge 47-17 win. The girls were identified as the most aggressive and talented team in the tournament by the refs. Sarah Malnerich lead the team with 12 points, followed by Alison Staples with 7. Hannah Yantha and Lara Johnson lead the team with steals and assists. Our second game of the tournament was against a tougher LCVI team from Kingston. The game started with a quick 12-0 lead within the first 2 minutes of play. It was in this game that the girls found their groove together and showed Kingston what a strong defence looks like. The Saints won this game 59-31. Sarah Malnerich had a game high of 28 points, followed by Lara Johnson with 10 points and Alison Staples with 7. With 2 big wins under their belt, the girls went into the Gold Medal game against an aggressive St. Joseph's

team from London. Down 4 players due to injuries and commitments, it was a 10-player St. Joe's team vs a feisty 8 guard team from Bennie's. Back and forth at the beginning, and 2 players fouling out of the game (bringing the Saint's down to only 6 players), the Saint's pulled off a 61-28 win. Alexia Lewis lead the team with 24 points, followed by Sarah Malnerich with 18 points and Lara Johnson with 9 points.

This is the Junior Girls first tournament Championship in 2 years! The girls persevered against some tough teams and coaches, as well as made their mark in Peterborough.

Back in league play, the girls had a strong 41-18 win over St. Mary's Monday night. Sarah Malnerich had 16 points, Lara Johnson had 9 and Valeria Mendez with 8. The girls progress to a 2-0 record in league play! Saints are home today against Pere Rene at 4:30!.

ST. BENEDICT BASKETBALL

PROUDLY PRESENTS



U OF WATERLOO VS MEMORIAL UNIVERSITY MEN'S BASKETBALL GAME



SEA HAWKS

FRIDAY, SEPTEMBER 28, 2018
7PM at ST. BENEDICT



ADMISSION:

\$5 FOR ADULTS

\$3 FOR STUDENTS

WELCOME HOME TO
ST BENEDICT ALUMNI
EVAN RODENBURG
AND
JUSTIN MALNERICH





**FREE COACHING CLINIC WITH
JUSTIN GUNTER
HEAD MENS' BASKETBALL COACH
UNIVERSITY OF WATERLOO**

Sign up today!!!

St. Benedict Basketball is excited to be hosting a free coaching clinic featuring University of Waterloo Men's Basketball Coach Justin Gunter. It is in conjunction with the University of Waterloo vs Memorial University exhibition game being played on **Friday, September 28 @ 7pm** at St. Benedict CSS in Cambridge.



Coaching Clinic Date: Thursday, September 27, 2018.

Time: 6:00pm to 9:00pm.

Venue: St. Benedict CSS Gymnasium – 50 Saginaw Parkway, Cambridge, Ontario.

Entrance: **FREE.** Coaches of all levels are welcome.

Sign Up: Register at <https://goo.gl/forms/JeafSyr2uhiFVlox2>

AGENDA:

6:00pm-7:30pm: Coach Gunter – “My Favourite Individual and Team Practice Drills”
(On-Court demonstrations with players)

7:30pm-9pm: U of Waterloo Men's Team practice.



Clubs

DECA is Back in Business!

The DECA club has begun again this year. If you are interested in business, exploring possible career paths, or interested in gaining an experience to put on your resume, consider joining DECA.

Meetings are every Tuesday and Thursday at lunch in rooms 214 and 216. All are welcome! The deadline to join DECA for this school year is Friday, September 28. Please see Ms. Grebiniski, Mr. Milardovic, Mrs. Ratz, or Mr. Szpiech for more information.



Follow our school's chapter of DECA on Twitter:
[@SBCSSDECA](https://twitter.com/SBCSSDECA)

Finance Club

If you are interested in learning about making money, saving money, and investing money, join our Finance Club today at lunch in room 216... your million dollar stock portfolio is waiting! Check out our page on the school website to see our current standings in the Stock Market game, and come join us!

Student Activities

Mental Health Awareness Week

SAC has planned for Mental Health Awareness Week which is next Monday Oct. 1st - Friday Oct. 5th. Here is a list of some of the activities planned for the week.

Monday (and all week): Tape the Stairs

This will be set up with words of inspiration and mental wellness facts to catch students attention.
Instagram stories - bringing awareness to mental health issues through a yes/no style polling system.

Tuesday: Pin on the Kindness!

SAC members will be distributing clothes pins as students enter the school in the morning. Students are encouraged to read the kind words on the pin and pass them along throughout the day spreading the love!

Wednesday: Kahoot in the Caf

There will be a lunch time kahoot pertaining to mental health facts.

Thursday: Miracle Minute!

There will be a miracle minute donation during period 3! Proceeds will go with our SAC leaders to the OSLC conference and be donated on behalf of the school to the charity *War Child*.

Friday: MADD Assembly (Gr. 11/12)

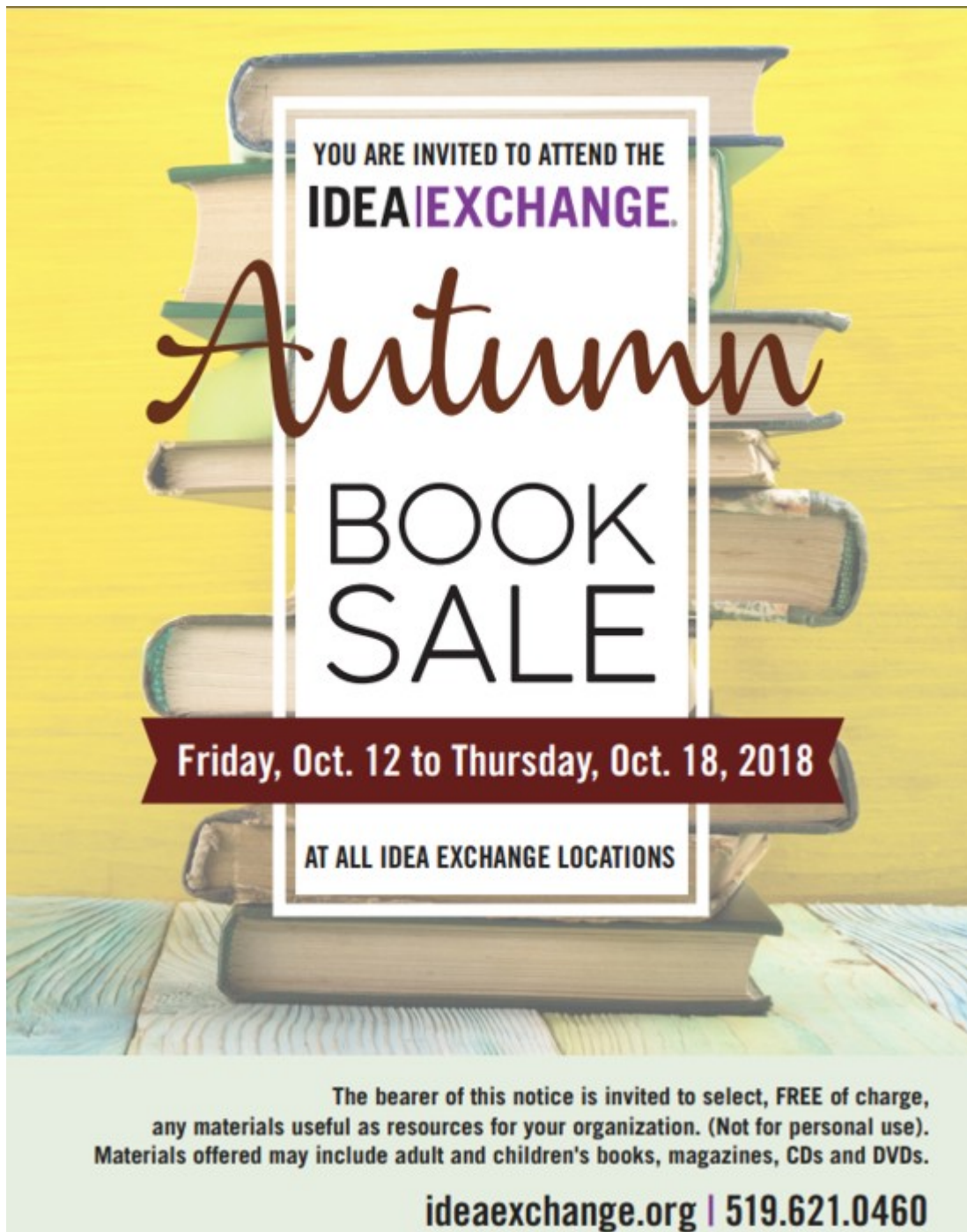
There will a MADD assembly in the cafeteria during Period 4 for ALL grade 11 and 12 class to attend.

Each day during morning PA announcements, there will be a short reminder of that day's event and its

connection to mental health. We encourage students to participate in the events and start a conversation about mental health awareness.

The Arts

Other News

A poster for an Autumn Book Sale. The background is a warm yellow. In the center, a stack of several books is visible, with a white rectangular box overlaid on them. The box contains the following text: "YOU ARE INVITED TO ATTEND THE" in black, "IDEA|EXCHANGE." in purple, "Autumn" in a large, brown, cursive font, "BOOK SALE" in large black capital letters, "Friday, Oct. 12 to Thursday, Oct. 18, 2018" in white text on a dark red banner, and "AT ALL IDEA EXCHANGE LOCATIONS" in black. At the bottom of the poster, on a light green background, is a paragraph of text and a contact line.

YOU ARE INVITED TO ATTEND THE
IDEA|EXCHANGE.

Autumn

**BOOK
SALE**

Friday, Oct. 12 to Thursday, Oct. 18, 2018

AT ALL IDEA EXCHANGE LOCATIONS

The bearer of this notice is invited to select, **FREE** of charge,
any materials useful as resources for your organization. (Not for personal use).
Materials offered may include adult and children's books, magazines, CDs and DVDs.

ideaexchange.org | 519.621.0460

Calendar of Events

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

Wednesday, September 26

BENN Newsletter release

2:00pm: Yearbook Team

2:00pm: Rock Orchestra practice

3:00pm: Sr. Boys Football vs St. David CSS

3:00pm: Sr. Boys Volleyball @ ES Père-René-de-Galinée

3:00pm: Sr. Girls Basketball vs ES Père-René-de-Galinée

3:00pm: Jr. Boys Volleyball @ ES Père-René-de-Galinée

4:30pm: Jr. Girls Basketball vs ES Père-René-de-Galinée

Thursday, September 27

Opening School Mass

10:35am: Mario Kart club

10:35am: DECA Business Club

10:35am: Praise Choir

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

2:00pm: Math Club

7:00pm: School Council Meeting

Friday, September 28

10:35am: Star Trek Club

10:35am: Lost Club

12:30pm: Cross Country: Shades Mill Race

2:00pm: Doctor Who Club

3:00pm: Jr. Boys Soccer vs St. David CSS

Monday, October 1

10:35am: Finance Club

3:00pm: Jr. Boys Volleyball @ St. David CSS

3:00pm: Jr. Girls Basketball vs St. David CSS

3:00pm: Sr. Boys Volleyball @ Our Lady of Mount Carmel

3:30pm: Jr. Boys Soccer @ St. Mary's HS

Tuesday, October 2

10:35am: DECA Business Club

10:35am: Reach for the Top club

10:35am: Champions for Change club

10:35am: Lost Club

Friday, October 5

World Teachers' Day

10:35am: Star Trek Club

10:35am: Lost Club

2:00pm: Doctor Who Club

Monday, October 8

Thanksgiving Holiday

Tuesday, October 9

SHSM Event: GPS & Mapping Certification

8:00am: Univ/Coll visit: Niagara College

10:35am: DECA Business Club

10:35am: Reach for the Top club

10:35am: Champions for Change club

10:35am: Lost Club

Wednesday, October 10

SHSM Event: Makeup for Film

BENN Newsletter release

SHSM Event: Film in a Day Workshop

SHSM Event: Medical Science: Genes & Vaccines

8:00am: Univ/Coll visit: Trent University

8:00am: Tennis: District 8 Championship

9:00am: Boys Golf: OFSAA Championship

10:35am: Anime Club

10:35am: Lost Club

2:00pm: Rock Orchestra practice

2:00pm: Games Club

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

3:00pm: Sr. Boys Volleyball vs Rockway MC

3:00pm: Jr. Boys Volleyball vs Rockway MC

3:30pm: Sr. Girls Basketball @ Rockway MC

5:00pm: Jr. Girls Basketball @ Rockway MC

Thursday, October 11

SHSM Event: Business Zoom Career Day

8:15am: Cross Country: Waterloo County Invitational

9:00am: Boys Golf: OFSAA Championship

9:30am: Univ/Coll visit: Centennial College

10:35am: Mario Kart club

10:35am: DECA Business Club

Wednesday, October 3

8:15am: Cross Country: Pre-OFSAA
10:35am: Anime Club
10:35am: Lost Club
2:00pm: Rock Orchestra practice
2:00pm: Games Club
3:00pm: Jr. Boys Soccer @ Resurrection CSS
3:00pm: Sr. Girls Basketball vs Resurrection CSS
3:00pm: Sr. Boys Volleyball @ Resurrection CSS
3:00pm: Jr. Boys Volleyball @ Resurrection CSS
4:30pm: Jr. Girls Basketball vs Resurrection CSS

Thursday, October 4

8:00am: Univ/Coll visit: Lakehead University
9:00am: Boys Golf: D8 Championship
10:35am: Giving Back Club
10:35am: Mario Kart club
10:35am: DECA Business Club
10:35am: Praise Choir
11:30am: Univ/Coll visit: Mohawk College
1:00pm: Jr. Boys Football @ St. Mary's HS
2:00pm: Math Club
3:00pm: Sr. Boys Football @ St. Mary's HS
7:00pm: University Info. Program Night @ Monsignor Doyle

The BENN Newsletter

[Unsubscribe](#) | [Manage subscription](#)



10:35am: DECA Business Club

10:35am: Praise Choir
11:30am: Univ/Coll visit: Conestoga College
2:00pm: Math Club
5:00pm: Jr. Boys Football vs Resurrection CSS
7:00pm: Academics Awards Night
7:00pm: Sr. Boys Football vs Resurrection CSS

Friday, October 12

Saints Blue & Gold Invitational (Jr. Girls Basketball)
10:35am: Star Trek Club
10:35am: Lost Club
2:00pm: Doctor Who Club

Check out the calendar on the school website in the coming days for fall sports schedules!

St. Benedict Catholic Secondary School

50 Saginaw Parkway, Cambridge, ON N1R 5W1
Telephone: (519) 621-4050
FAX: (519) 621-4057
Attendance: (519) 621-4001