



Wednesday, February 13, 2019 - Volume 11, Issue 13

Business Saints compete in Toronto, grade nines advance to internationals

By Mr. A. Milardovic

Last Friday and Saturday, thirty six students from St. Benedict were in Toronto to compete with over 5000 other students in the DECA Ontario Provincial finals. DECA stands for *Demonstrating Excellence, Celebrating Achievement*. The organization encourages students to pursue opportunities in business, and the annual competition has been growing year after year. This year, the Ontario chapter celebrates forty years as a member in the international organization.

Students choose the category they are interested in, and then either compete in an oral (where you have to find a solution to a scenario, ensuring you address key indicators) or a written (which involves working with another organization and developing a business plan) competition. Both choices also have a written test that all competitors write to demonstrate their understanding of business terminology.

Preparation for DECA started at the beginning of the school year, and culminated in the provincial competition February 8 and 9 at the Sheraton Hotel in downtown Toronto.

This year, we had the opportunity to witness five of our students called onto the stage to be recognized for their efforts. Congratulations go out to Kyanna Vi for placing in the top 15 for the written test component of her category. In the Entrepreneurship Promotion Project category, Ahmed Imtiaz and Faaiz Khan placed in the top 8, qualifying for Internationals.

Two of our grade nine students, Lucija Dodig and Sarah Lee, did an excellent job with their Public Relations Project, and will be going to Orlando, Florida to represent St. Benedict. Their project on promoting the Kenya Service Learning Course was very impressive, considering the fact that these girls were competing against grade 12 students!

The students also used their experience of being in a hotel in Toronto to perform a little social justice task. They collected all their unused soaps, shampoos and conditioners, which will be taken to a local shelter



Lucija Dodig and Sarah Lee upon receiving their top 8 finish plaque. The girls will be going to Orlando in April to represent our school.

which could use the products for those who partake in their services.

The end of the "DECA season" is bittersweet, as we bid farewell to our grade 12s. Many of these students started participating in DECA in grade 9 and have been part of our school's DECA family for four years. You will all be missed next year. Best of luck in the future, and we hope to hear about your accomplishments in DECA U!

On behalf of Mrs. Ratz, Mr. Szpiech, Miss Grebinski and myself, I offer congratulations to all our DECA students for their hard work and dedication this year!

Administrative

What to do When the Weather is Bad...

Winter has finally arrived in Waterloo Region! It's snow season — and that means it's time to review the WCDSB's [Inclement Weather Policy](#).

Winter weather can be very unpredictable. So it's best to be prepared. Here are some key things to remember — because not every day with snow is a snow day:

- Bad weather — such as a snow storm, freezing rain or frigid temperatures — is always a possibility during the winter months. It is very important to dress appropriately for the conditions.
- During bad weather, schools and school board administrative sites may still be open, even if school buses are cancelled.
- Between 5:00 a.m. and 6:00 a.m. on mornings when inclement weather has been forecast for Waterloo Region, [Student Transportation Services of Waterloo Region \(STSWR\)](#) — the arm's length body that coordinates and operates student transportation for the school boards — assesses the current weather conditions, in consultation with local bus companies, if necessary. If a recommendation to cancel transportation (including potential closure of schools) is to be made, the local school boards are contacted and a joint decision is made between STSWR and the boards.
- All reasonable efforts are made to announce any cancellation of buses or school closures by 6:00 a.m. **Please note that public announcements will only be made if buses are cancelled and / or schools are closed.**
- It is recommended that parents, guardians, staff and students tune in a local Waterloo Region radio station and also monitor the following online information sources for information about potential closures or cancellations:

STSWR Website: www.stswr.ca/

STSWR Twitter Feed: @STSWR

WCDSB Website: www.wcdsb.ca/

WCDSB Twitter Feed: @WCDSBNewswire

St. Benedict staffing update

As the new semester begins, we would like to inform you of some of the recent staffing changes.

In the religion department we welcome Jamie Brewer and Aaron Huybens. In the English department, we welcome back Cara Lidstone. New to the Phys. Ed. and Guidance departments is Emma Leger.

We also welcome back Sam Edwards, Alicia Whalen, Kaila D'Aversa, Stephanie Blackwell, Justine Barbosa, Nicole Hughes and Mike Jansen to the roster this semester in different roles.

We had to sadly say goodbye to Shane O'Connor, who has taken on a position with St. David's this semester.



Aaron Huybens



Cara Lidstone



Jamie Brewer



Emma Leger

Bring Your Own Device and Purchase Program

Partnership with STAPLES Canada for Chromebooks and Windows 10 Cloudbooks

WCDSB has made significant investments to ensure our students and staff have access to a variety of current technologies. The use of technology to support learning remains a key priority to ensure that students are equipped with the skills to flourish in an increasingly digital world. Chromebooks and Windows 10 Cloudbooks have proven to be versatile, reliable, and affordable digital tools in the classroom.

As students have engaged more with the technology that is available in their classrooms, many families have expressed interest in purchasing a device for their child to use at school and at home. Many parents have reached out, seeking advice about which technology would best support their child's learning, is reasonably priced, yet durable enough to withstand the wear and tear of daily use as it's transported back and forth to school each day.

More information can be found on the BYOD information page on the school board website:

<https://www.wcdsb.ca/programs-and-services/byod/>

If you are interested in pursuing this opportunity, you need to [download and print out this document](#) and take it to your nearest Staples store.

Specialist High Skills Major news

SHSM students are reminded to go to the highskills.ca website and look at trips and trainings that are available so far next semester. Also, check your latest progress report to help you with your course planning for next year.



Mindfulness

What will mindfulness do for my child?

Mindfulness has been shown to have many benefits. Paying attention to the present moment can boost our mood, improve our self-confidence and help us think more clearly. It can also improve our immune system's ability to fight disease. Mindfulness can increase brain size, specifically the parts responsible for learning, memory and empathy. It is an important skill in our umbrella and supports development of the other skills in our umbrella.

It helps us pay attention to our feelings, thoughts, bodily sensations and our environment, in the moment, without labelling them as good or bad (non-judgement). This means we aren't feeling bad or trying to change our feelings. Instead, we are just noticing them and becoming more aware of them and the world around us. This may seem simple, but mindfulness takes practice. On average, we spend half our time

thinking about something other than what we are doing in the present. This distracted mind has a big impact on our happiness and well-being!

Umbrella Mindfulness Tip #1

Start with intention and your 'Why' to shift from 'doing' to 'being'.

For many of us, life has become an endless to-do list we are constantly in the process of trying to complete. Doing has taken over most aspects of our lives and it dominates the way we parent. In most cases, we have drifted so far into the doing side of life that we have forgotten why we are "doing" in the first place. To reconnect to our wellbeing, we need to shift our focus to another state and that is 'being'. Being present, being with the people we love, being in our experience. Mindfulness is the practice of being, of connecting to and staying present with our moment to moment experience.

To begin the journey of shifting away from the constant parenting cycle of doing, start with why. Why are you making dinner or helping with homework? What is the point of getting in a cold car at 6 pm to take your child to soccer lessons, ballet or swimming? Is it for joy, a connection to your child, exercise, growth and challenge? Or is a task on your to-do list to check off, an arbitrary achievement without purpose? It's easy to become a task master, drilling our children to higher levels of achievement just for the sake of achievement. In the process, we can undermine their well-being and our own.

Asking 'Why?' will help you connect to the experience of the task instead of feeling like it is another chore to be done. When you identify an item without an underlying 'Why', spend some time thinking about whether that should really be taking up precious moments of your life.

Umbrella Mindfulness Tip #2

Listen to your child with your full attention.

Divided attention is a BIG challenge. Recent research has shed light on the damage distraction does to our happiness. When our mind wanders, our happiness levels drop. When we are focused on the present moment, our happiness levels go up. Simple on paper but difficult to achieve in our busy lives. Each day, we face distractions from technology, apps and targeted marketing designed to win our attention away from the things that matter.

To develop mindfulness at home, we need to reclaim our attention and practice listening to our children without distraction. Listening attentively to our children helps them feel genuinely heard. It also gives us deeper and more accurate insight into their well-being through body language and other subtle cues that we miss when distracted.

We have all had the experience of a conversation where we don't have someone's full attention. The connection that comes from these types of interactions is weak at best and does not lead to a feeling of wanting to disclose more to that person. Mindful parenting is about creating a strong connection with your child and some undivided attention is a must for your child and for your own happiness. Taking the time to listen and understand your child's challenges and view points promotes trust and emotional connection leading to a deeper and more authentic relationship. It also teaches children how to be aware of their own thoughts, feelings and sensations, which in turn makes them less stressed.

This is not an all or nothing principle ... laundry must be done, some emails must be answered, dinner must

be made. But, pay attention to the split in attention. How much undivided attention does your child really get from you?

News from the Guidance Department

By Mrs. L. O'Neill

Course Selections for 2019 - 2020

It is time to start completing course selections for next year! We have visited with all student in grade 9, 10 and 11. 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 under way.

As has been the practice for the past number of years, students will be choosing their courses on-line. However, our software has changed and we are now using myBlueprint.

All students should have received detailed instructions regarding the process for choosing their classes during presentations. The site can be accessed as follows:

1. Go [myBlueprint](#)
2. Login using your school login or GAFE account login

*Course selections
must be submitted
to the school by
February 28*

Please note that **course selections must be submitted to the school and signed by a parent, by Thursday, February 28**. Students are encouraged to consult the course calendar on the website, 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 room 111 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 will receive 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.

K-W Legacy Scholarship

The Legacy Scholarship Program was established to provide exemplary students with meaningful financial assistance for their pursuit of post-secondary education. Recipients of a Legacy scholarship will be leaders who create footprints, citizens who pay tribute to others, and individuals who enjoy fellowship with other

members of the community.

Legacy Scholarship requirements

In order to qualify for a Legacy Scholarship, applicants must meet the following requirements:

- Attend a post-secondary institution that is approved by the Ontario Student Assistance Program
- Have a minimum cumulative average of 70% in their top six 12 M/U courses
- Demonstrate financial need

Student wishing to apply for the KW Legacy Scholarship should speak to their Guidance counsellor. Applications should be received in Guidance by February 16th.

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 21 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 www.uwaterloo.ca/future/grade-10

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.

Are you interested in engineering, robotics, mechanical design, or computer programming?

If so there will be a meeting on Thursday, February 14 at the beginning lunch in room A4 in the Annex to discuss the new Engineering Certificate Program being offered next year.

BUILD A DREAM

KITCHENER WATERLOO

APRIL 2, 2019

 **Bingemans Conference Centre**
425 Bingemans Centre Dr.

5PM - 9PM

Local 494 Presents KEYNOTE SPEAKER **JAMIE McMILLAN**

JOURNEYMAN IRONWORKER, BOILERMAKER & FOUNDER OF KICKASS CAREERS

Jamie has been working across Canada as a journeyman ironworker in the construction industry since 2002. In an effort to expand her knowledge and increase her opportunities, she recently began a secondary journey as a boilermaker. In 2006, she began to volunteer as a mentor at networking events to encourage youth to consider careers in skilled trades through Skills Canada – Ontario. Currently, Jamie continues to work on various construction sites across the country during summer and winter months but concentrates on school and community outreach during the spring and fall as a professional speaker and mentor through her company KickAss Careers.

Young Women in Grades 9-12
Bring your parents or guardians.

- ▶ Learn about career opportunities
- ▶ Meet employers
- ▶ Hear from successful women in our community
- ▶ Dinner provided



REGISTER: buildadreamkitchener-waterloo.eventbrite.ca

WeBuildADream.com • info@WeBuildADream.com

next dimension

FamiliesFirst
BECAUSE WE CARE

EllisDon

Tigercat





Are you interested in coop/experiential learning next year?

There will be an information meeting in the Lecture Hall on Wednesday, February 20 during period 2. Please wait for the announcement to be called down.

You can also speak to a coop teacher in the coop office on the second floor during lunch.

Cambridge high school students

Tap & Ride

with the EasyGO fare card

Get your card by
December 31, 2019
and get **\$24*** pre-loaded

Pick up your card at Ainslie or
Charles Terminal

Bring with you:

- A printed, signed GRT consent form
- Your Cambridge high school student ID or student timetable with your name

*New customers only. Part of the Transit Supportive Strategy for the City of Cambridge.

GRT

GRAND RIVER TRANSIT



**Free
\$24*
pre-load**

grt.ca 519-585-7555 TTY: 519-575-4608 (Deaf and Hard of Hearing)

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](#)



Registration is Open: It's Time to Sign Up for School!!

It's time to sign up for the 2019-20 school year – and registering to attend one of Waterloo Region's 44 **Catholic elementary schools** and five **Catholic secondary schools** has never been easier. In fact, a quality, inclusive, faith-based education is now just a click away for families of Kindergarten students thanks to the Waterloo Catholic District School Board's **Online Registration** system.

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/>

AP students shine!

By Mrs. D. Wittmann

Congratulations to these students for their amazing achievements:

MUNA MOHAMED has won a \$1,500 scholarship in the RBC Black History Month Essay Competition with her essay about late African-Canadian filmmaker Jennifer Hodge de Silva.
<https://www.rbc.com/essay/>

AARIANA SINGH is a Scholastic Art and Writing Award winner as both a 2019 Gold Key Recipient (poetry) and 2019 Silver Key Recipient (short story). All works receiving Gold Keys will move on to national judging in New York City, and will be considered for national honors. Stay tuned!
<https://www.artandwriting.org/>

MEGHAN CYMBRON has been accepted into the prestigious SHAD Four-Week Summer Program. SHAD is an award-winning enrichment and entrepreneurship program and network that empowers exceptional

high school students – at a pivotal point in their education – to recognize their own capabilities and envision their extraordinary potential as tomorrow's leaders and change makers.

<https://www.shad.ca/>

The Ontario Secondary School Literacy Test

Date: Wednesday, March 27th

Semester 2 marks the beginning of PHASE 2 in St. Benedict's OSSLT preparation for all Gr. 10 and Previously Eligible students. In Semester 1, all Gr. 10 students were invited to participate in a Mini-Mock and Mock Literacy Test to help guide them through the process of practicing writing sections of the OSSLT. Results were shared with students and parents/legal guardians through letters delivered to Period 2 classes.

What's Up Next?

Students have many opportunities to find extra support to help prepare them for a successful test:

- **Lunch 'n' Learn** in Room 207 every Wednesday
- **After school Literacy Lab homework club** in Room 212 every Wednesday and Thursday 2:15-3:30 *Bus tickets available if needed*

Good resource websites

www.eqao.com *Test information, Practice Booklets with Answers in Student & Parent Resource Sections*
[St. Benedict Literacy Test Prep Page](#)
[D2L OSSLT Page \(need student D2L login\)](#) - Literacy Announcements, Mini Lessons & Practice Quizzes!

Questions?

Email Amy.Healy@wcdsb.ca

Are you taking Phys Ed this year?

All students who have taken or are presently taking a Phys-ed course this year are eligible to go on our annual ski trip to Blue Mountain. The Trip is on Thursday February 28th. The \$60.00 cost includes return trip by highway motor coach, lift ticket and lesson. Ski, snowboard and helmet rentals are \$15 extra! All students interested must pick up a registration package from the PHE office and have their forms and money submitted no later than February 25th. Spaces are limited so don't delay.



St. Benedict C.S.S Kenya 2019-2020

Service Learning Program

STUDENT INFORMATION*

MEETING

February 13th, 2019
LUNCH
Lecture Hall

PARENT INFORMATION NIGHT

February 19, 2019
6:30pm
St. Benedict CSS
Lecture Hall

We are very excited to offer a 3 credit package for students in the 2019-2020 school year. The Kenya Service Learning Program provides a once in a lifetime experience to partake in a 2-week service learning, volunteerism, and educational program in Kenya. As part of this package, students will register in HRE4MW and HSE4MW to be scheduled semester 2 of the 2020 school year. An additional COOP credit will be earned for the experiential learning component of this program. Please plan to attend the information sessions to find out more about the program and the application process. See Ms. Rocha for more details.



Due to weather, the lunch time student info meeting for the Kenya Service Learning Program has been moved Friday at lunch in portable 1. Come on out and check out this awesome opportunity!

Service Learning Program Seeks Your Support

This school year, Monsignor Doyle Catholic Secondary School and St. Benedict Catholic Secondary School

will be piloting a new Service Learning Program for the WCDSB. Students will be taking courses and participating in local community learning experiences to better understand social justice and equity issues from a personal level all the way to a global level. As part of the Service Learning Program students will be partnering with the **Me to We organization** and will be part of a build project in Kenya in May 2019.

The students and staff involved are planning fundraising during the school year leading up to the trip. They are hosting a major fundraiser in March. The event will be a dinner and silent auction to support the cost of the trip and work with WE. We are asking for your help, in the form of a donation, to provide an extensive array of items for the silent auction. We would ask you to include a business card with your donation, which will give your business the exposure it deserves. In addition, we will be acknowledging our supporters during the year in various ways through the schools. We would ask that if possible all donations be received by March 1, 2019.

We thank you in advance for your consideration and generosity, if you are able to make a donation or have a question please contact: Anne.Denomme@wcdsb.ca Marisa.Rocha@wcdsb.ca Erin.Riley@wcdsb.ca or Lisa.Mackay@wcdsb.ca

Arrangements can be made to pick up your donation if you wish donations could be dropped off at:

Monsignor Doyle Catholic Secondary School
185 Myers Road
Cambridge, ON N1R 7H2

St. Benedict Catholic Secondary School
50 Saginaw Parkway
Cambridge, ON N1R 5W1

If your company does not have items to donate but still would like to contribute to the Service Learning Program with a cash donation you may contact Jody Fritz at the Waterloo Region Catholic School Foundation office at 519-578-3660 ex 2373 or email at jody.fritz@wcdsb.ca. A charitable donation can be arranged for cash donations. When you contact the WRCSF office please indicate that you would like your donation directed to the Service Learning Program at Msgr. Doyle and St. Benedict.

Thank you in advance for your consideration and generosity.

Sincerely,

Marisa Rocha and Anne Denomme (Service Learning Program teachers)
Erin Riley and Lisa Mackay (Vice-Principals)

Sports

Saints teams march into the playoffs...

As we approach the end of the winter sports season, many of our teams are already seeing playoff action. This Monday our junior and senior girls' volleyball teams won their respective semifinal games (see scores to the right) and will be playing in the District 8 championships tomorrow evening in our gym.

Playoff action this week has been changed due to the snow day yesterday and bus cancellations for today. All of the games that were to be held yesterday and today have been moved to Thursday.

All games are held at St. Benedict unless otherwise noted:

Thursday, February 14

Wrestling District 8 Championships, at Forest Heights CVI, all day
[SF] Midget Boys Basketball @ St. David CSS, at St. David's, 11:00am
[SF] Boys Hockey vs St. David CSS, at RIM Park, 1:00pm
[SF] Girls Hockey vs St. Mary's HS, at Hespeler Arena, 3:00pm
[SF] Jr. Boys Basketball vs St. Mary's HS, 1:30pm
[SF] Sr. Boys Basketball vs St. David CSS, 3:00pm
[Finals] Jr. Girls Volleyball vs St. Mary's HS, 6:00pm
[Finals] Jr. Girls Volleyball vs Resurrection CSS, 8:00pm

Come on out and support our teams!

Swim team update: D8 title-holders eye CWOSSA championships

By Miss S. Skinn

Our swim team took the District 8 title in December! Many of our swimmers have qualified and are moving on to the CWOSSA championships. CWOSSA will take place on Wednesday, February 20 at the Wilmot Recreation Complex and our competitors are ready to take their mark!

Sports Results

JUNIOR BOYS BASKETBALL

St. Benedict CSS 59, St. Mary's HS 54

SENIOR BOYS BASKETBALL

St. Benedict CSS 58, St. Mary's HS 37

JUNIOR GIRLS VOLLEYBALL

St. Benedict CSS 3, Monsignor Doyle CSS 0

[sf] St. Benedict CSS 3, Woodland Christian HS 1

SENIOR GIRLS VOLLEYBALL

St. Benedict CSS 3, Monsignor Doyle CSS 0

[sf] St. Benedict CSS 3, Pere-Rene-de-Galinee 0

SENIOR GIRLS ICE HOCKEY

St. Benedict CSS 3, Resurrection CSS 2

Abigail Bracken
Aimee Cassidy
Charlotte Jones
Jordyne Craig
Natalie Davidson
Erica Braga
Marisa Fewster
Riley Galway

Jason Gancena
Ashley Gould
Owen James
Victoria Joseph
Sarah Lee
Amanda Lemke
Sarah Lemke
Evelyn Mage

Lauren Mage
Reid McLean
Madison Mercier
Egon Rakottai
Zoe Talbot
Kyanna Vi
Shaunna Walker DeJong

Wish our swimmers luck for CWOSSA and remember "just keep swimming!"
Coaches Sarah Skinn, Sean Lehan, and Tracy Miller

Clubs



Finance Club set for semester 2

Attention stock pickers and millionaire wannabes: Finance Club is back! Last semester saw the stock market disintegrate in December, but three of our players managed to finish the session in the black.

Congratulations to **Clara Vas** who managed to make a \$10,000 profit last semester and finish at the top!

Do you want try your hand at stock picking at talk about all things money? See Mr. Milardovic at lunch time on Monday for the start of the Finance Club for semester 2.

Champions for Change looking to *Roll up the Rim* for the Homeless

By Mrs. C. Kot

Please consider donating your winning "rims" of food items and beverages to be passed on to the homeless so they have time in a warm place with something to eat and/or drink.

You can donate your winning "rims" to your homeroom teacher or in a collection jar found in the Main Office or Guidance!

Thanks for helping your local community and being positive change in the world! Your Champions for Change Club thanks you for putting your SAINTS SPIRIT into action!



Student Activities



The Arts

Arts department getting ready to rock you!

By Mr. D. Lacalamita

The St. Benedict Arts Department has been hard at work since before Christmas as they put together their rendition of Samuel French's Rock of Ages (High School Edition). The show will run from April 24th-26th here at St. Benedict. Under the direction of Mr. Andrew Renner and Mr. David Lacalamita, students will bring you dance, choreography and music for numbers involving classic rock tunes like "Come On Feel the Noise" by Twisted Sister, "Sister Christian" by Night Ranger, and "We Built This City," by Starship.

Stay tuned for more updates and behind-the-scenes footage as they put it all together!

Expressions 44: Creative Communities Art Exhibit

Deadline: March 15th, 2019

CALL FOR SUBMISSIONS

Waterloo Region Public, Catholic and Independent Schools are invited to submit original student artworks for Expressions 44, the Kitchener-Waterloo Art Gallery's annual exhibition of student artwork from across Waterloo Region.

Students are asked to respond to the theme **Creative Communities**, inspired by the collaborative artwork *Fruit Bowl* by Grade 1 and 2 students from Vista Hills Public School. Students are encouraged to explore their communities, whether it is the classroom, their family, or their neighbourhood, and respond in a creative manner to their findings. Schools are encouraged to submit 3-6 artworks.

Students are advised to familiarize themselves with the Submission Requirements and Key Dates found through this link:

https://kwag.ca/sites/default/files/civicism/persist/contribute/files/KWAG_Expressions%2044_Call%20For%20Entries.pdf

Ontario Cooperative Education Association Poster Contest

Deadline: March 8th, 2019

CALL FOR SUBMISSIONS

OCEA is inviting students from across the region to submit an original poster portraying the theme: Experiential Learning – The Key to Student Success. Minimum size is 8.5" x 11". Maximum size accepted is 18" x 24".

First prize: \$200

Please read important contest details here: <https://oceacon.ca/wp-content/uploads/2018/11/ocea-poster-contest-2018-2019-en.pdf>

Other News

Youth Volunteer Opportunity

EPYC2019: Transforming Spaces



KITCHENER - WATERLOO

April 13
& April 27 | **11am- 4pm**

CAMBRIDGE

April 14
& April 28 | **11am- 4pm**

EPYC2019: Transforming Spaces

Recruiting Teen Participants

- Re-imagine local spaces & belonging through creative activities
- Provide real solutions to real community partners
- Earn community involvement hours in a unique way!



Register today at
bit.ly/EPYC2019

What is EPYC?

During the first session, teens will re-imagine space and belonging through a variety of hands-on activities, meaningful discussions and informative speakers.

In between the two sessions, youth have an opportunity to complete online and in-person tasks to earn points and community involvement hours - the top ranking individual and group will win a multitude of prizes!

By the second session, youth will have the tools and resources to tackle a real case study for a real charitable organization or grassroots group - with guidance from an engaging young professional or post-secondary student volunteer. The top voted idea from each cohort will win \$100 to donate directly to the case study submitter.

Email Sydney at project@volunteerWR.ca if you have any questions!



Calendar of Events

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

Wednesday, February 13

2:00pm: Rock Orchestra practice
2:00pm: Games Club
2:15pm: Literacy Lab homework club
2:15pm: OSSLT Literacy Test Prep
2:15pm: Homework Club

Thursday, February 14

Valentine's Activities
Valentine's Day
8:00am: Semester 1 Report Cards Distributed
8:00am: Wrestling District 8 Championships
9:30am: SHSM Event: Portfolio Development Training
10:35am: Engineering certificate program presentation
10:35am: E-car meeting
10:35am: Mario Kart club
10:35am: Basketball Club

Friday, February 22

10:35am: Hobbit and Lord of the Rings Club
10:35am: Star Trek Club
2:00pm: Doctor Who Club

Monday, February 25

10:35am: Eco Club
10:35am: E-car meeting
10:35am: Finance Club

Tuesday, February 26

National Theatre School Drama Festival
Math Contests: Pascal, Cayley, Fermat
9:00am: SHSM Event: Smart Serve Training
9:00am: SHSM Event: Graphic Design Training
10:35am: Hobbit and Lord of the Rings Club
10:35am: Arts Council
10:35am: E-car meeting
10:35am: Basketball Club

10:35am: Praise Choir

11:00am: [SF] Midget Boys Basketball @ St. David CSS

1:00pm: [SF] Boys Hockey vs St. David CSS

1:30pm: [SF] Jr. Boys Basketball vs St. Mary's

2:00pm: Math Club

2:15pm: Literacy Lab homework club

2:15pm: OSSLT Literacy Test Prep

2:15pm: Homework Club

3:00pm: [SF] Sr. Boys Basketball vs St. David

3:00pm: [SF] Girls Hockey vs St. Mary's HS

6:00pm: [Finals] Jr. Girls Volleyball vs St. Mary's

8:00pm: [Finals] Jr. Girls Volleyball vs Resurrection CSS

Friday, February 15

10:35am: Kenya Service Learning Program info meeting

10:35am: Hobbit and Lord of the Rings Club

10:35am: Star Trek Club

2:00pm: Doctor Who Club

Monday, February 18

Family Day

Tuesday, February 19

10:35am: Hobbit and Lord of the Rings Club

10:35am: Arts Council

10:35am: E-car meeting

10:35am: Reach for the Top club

10:35am: Champions for Change club

6:30pm: Kenya Service Learning Program parent info meeting

Wednesday, February 20

8:00am: Swimming CWOSSA Championships

8:00am: Wrestling CWOSSA Championships

9:00am: SHSM Event: Infection Control

9:30am: SHSM Event: Self Defense Training

10:35am: OSSLT Lunch 'n' Learn

10:35am: Guitar Club

10:35am: E-car meeting

10:35am: Model UN Club

10:35am: Anime Club

2:00pm: Rock Orchestra practice

2:00pm: Games Club

2:15pm: Literacy Lab homework club

2:15pm: OSSLT Literacy Test Prep

2:15pm: Homework Club

10:35am: Reach for the Top club

10:35am: Champions for Change club

Wednesday, February 27

BENN Newsletter release

Paid Civvies Day - \$2 min.

9:00am: SHSM Event: Patient Management, Lifting Techniques and Ethics Training

9:00am: SHSM Event: Specialized Care (Dementia) Training

9:00am: SHSM Event: CAD/CAM Training

9:00am: SHSM Event: Graphic Design Training

10:35am: OSSLT Lunch 'n' Learn

10:35am: Guitar Club

10:35am: E-car meeting

10:35am: Model UN Club

10:35am: Anime Club

2:00pm: Rock Orchestra practice

2:00pm: Games Club

2:15pm: Literacy Lab homework club

2:15pm: OSSLT Literacy Test Prep

2:15pm: Homework Club

Thursday, February 28

10:35am: E-car meeting

10:35am: Mario Kart club

10:35am: Praise Choir

2:00pm: Math Club

2:15pm: Literacy Lab homework club

2:15pm: OSSLT Literacy Test Prep

2:15pm: Homework Club

6:30pm: Semi-Formal Dance

Friday, March 1

Overnight Fast

10:35am: Hobbit and Lord of the Rings Club

10:35am: Star Trek Club

2:00pm: Doctor Who Club

Monday, March 4

10:35am: Eco Club

10:35am: E-car meeting

10:35am: Finance Club

Tuesday, March 5

Shrove (Pancake) Tuesday

10:35am: Hobbit and Lord of the Rings Club

10:35am: Arts Council

10:35am: E-car meeting

Thursday, February 21

Graduation Photo Retakes

10:35am: E-car meeting

10:35am: Giving Back Club

10:35am: Mario Kart club

10:35am: Praise Choir

2:00pm: Math Club

2:15pm: Literacy Lab homework club

2:15pm: OSSLT Literacy Test Prep

2:15pm: Homework Club

7:00pm: School Council Meeting

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10:35am: Reach for the Top club

10:35am: Champions for Change club

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