



Wednesday, February 27, 2019 - Volume 11, Issue 14

Course selections

for 2019/2020

are due

Thursday, February 28

U.S. vs. Canada in Twitter-fuelled art throwdown

Dozens of high school students collaborated openly in a deadline-driven, cross-border artistic throwdown, streamed live online.

By [Jeff Outhit](#), Waterloo Region Record

CAMBRIDGE — Maybe you picture an artist as someone who works alone in unknowable ways, emerging from seclusion with a piece you can't fathom.

You would be wrong. Young artists proved it Friday.

Dozens of high school students collaborated openly in a deadline-driven, cross-border artistic throwdown, streamed live online.

So: not weird. Not secluded. Fully on display while in progress. And competitive.



Alisha Benjamin and Jamie Milne work together to create a 3D sculpture as part of the live art throwdown at St. Benedict Catholic Secondary. Photo by Rod Frketich, Waterloo Region Record

Kids got a kick out of it at [St. Benedict Catholic Secondary School](#). Also at [Martha Layne Collins High School](#) in Kentucky. The schools went head to head, U.S. vs. Canada.

"It brings a different level of intensity to the art," said St. Benedict student Sydney Standing, 15.

Teams of students were given two hours to craft three sculptures to showcase a theme. Kentucky students chose the essence of America. Cambridge students chose the essence of St. Benedict.

Then they got busy, sculpting with glue guns, scissors, cardboard, wrapping tape and plastic.

It's been a revelation to Standing that art can be a team effort.

"I had this different image of what art was in my head," she said. "You don't have to just be painting by yourself. Art can be so much more."

"It's just so amazing to see everything come together," said Kamal Sambi, 15.

Their job was to help sculpt a tree of life for St. Benedict, using plastic and tape. Lights will make it glow.

Jaimie Milne, 16, helped to craft a three-dimensional cardboard heart, because St. Benedict is the heart of a community.

Art appeals to her because it is not black or white, right or wrong. It is interpretation.

"I'm so connected with art," she said. "You can't really mess up."

Eric Laffin, 15, did not expect art class to be so relaxing. "There's something soothing about it," he said. "It's like an escape, almost."

But maybe not so relaxing on this day. "It's a competition," Laffin said. "We're hoping to win."

Art teachers collaborated over Twitter to make the throwdown happen.

"Most of my kids probably won't go to Canada," Kentucky teacher [Matt Cockrell](#) said.

So this helps connect them to a different country. And it gives artists the kind of performance platform that musicians enjoy.

"I want to give them that opportunity to be seen and be heard," Cockrell said.

Cambridge teacher [Ann Weiler](#) sees a future payoff as students grasp the power of collaboration.

"What is the most important skill that employers are looking for right now?" she said. "It's creativity. It's thinking outside the box."

Also see

- the article in the [Cambridge Times](#)
- national coverage on [CBC News](#)

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

Important graduation information!

On Thursday February 21, students who are on track to graduate this June were given a gold Graduation Registration Form to be completed and returned to Guidance by Tuesday March 5, 2019. There is also an \$85 fee that is due and can be paid online (School Cash Online). The online payment instructions are on the back of the registration form.

This registration form is very important as it allows the student to verify the name that will be printed on their diploma. It also indicates the size of the graduation gown the student will require for the ceremony and confirms that the student has all of the required credits and volunteer hours. If the student does not plan to attend the ceremony, the Graduation Registration Form still must be returned to Guidance indicating this option. This year, Graduation will be held on Wednesday, June 26, 2019 at 7pm at The Kitchener Memorial Auditorium Complex.





A FUNDRAISER IN SUPPORT of
ST. BENEDICT'S and MONSIGNOR DOYLE'S
SERVICE LEARNING TRIP to KENYA



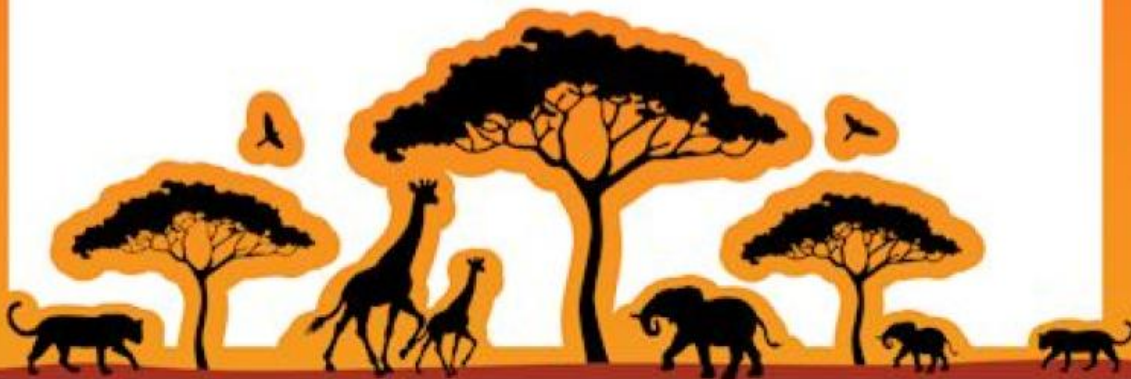
DREAMS TAKE FLIGHT

DINNER and AUCTION

Thursday, March 28th, 2019

\$35 per person
Portuguese Club of Cambridge
870 Townline Road

3 Course Dinner - 6:30
Cash Bar opens - 5:30
Silent Auction begins - 5:30



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)

Spring Vendor Market

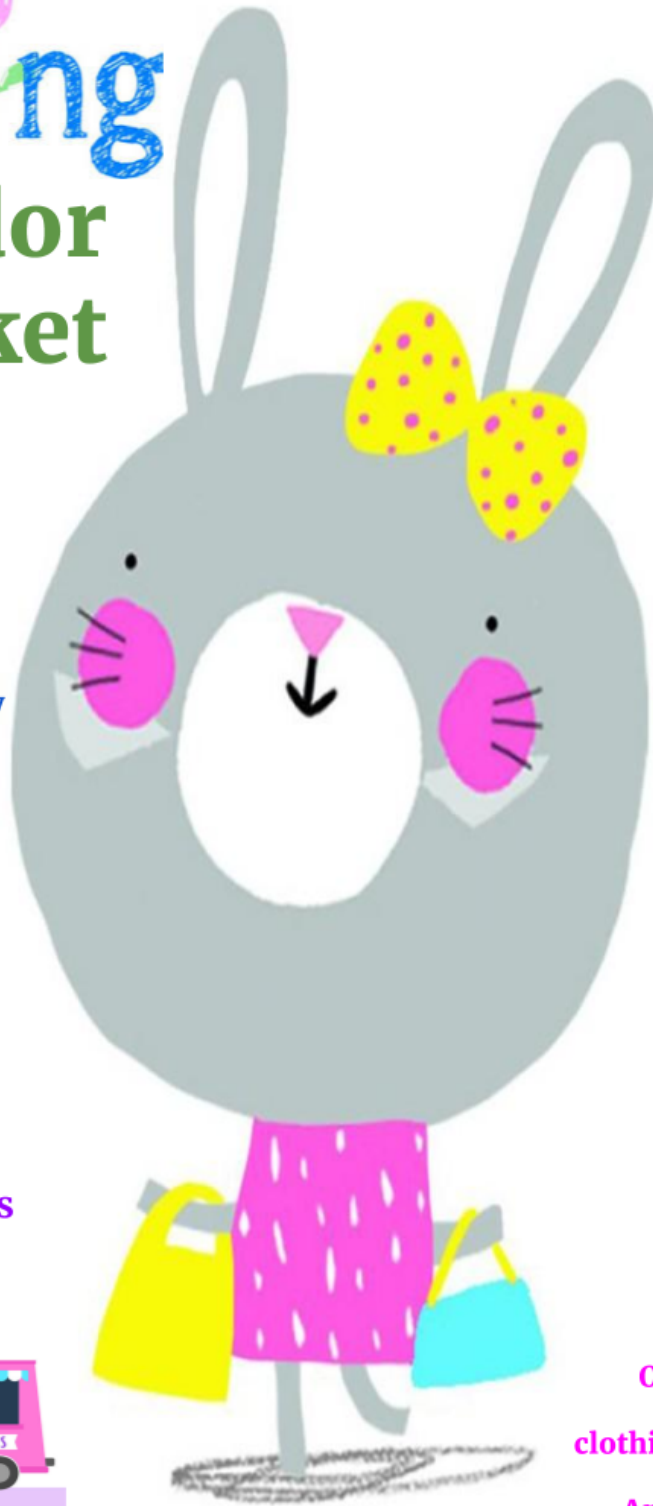
**Saturday,
April 6th**
9 a.m. - 3 p.m.

St. Benedict CSS
50 Saginaw Pkwy
Cambridge

**Supervised
KIDS' ZONE!**

**Face Painting
from 11 - 1!**

Food Trucks



Supporting
the Service
Learning
Program
which is
sending
St. Benedict
students to
Kenya with
WE Charity!

**First 50
customers
receive a
raffle ticket
to win a
DOOR PRIZE!**

Local artisans
and businesses.

Unique and
handcrafted
home decor
and gifts.

Organic home and
beauty products,
clothing and jewellery.

And so much more!

**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 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 tool 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.

Considering Co-op?



If you have questions about a co-op program for next year please drop by the coop office on the second floor at lunch to speak with a coop teacher.

Reminder that the application and reference forms are due to the coop office mailbox or guidance by Friday March 8.

Specialist High Skills Major

Did you know that St. Benedict has 11 majors for the Specialist High Skills Major program? Grade 10 students are encouraged to sign up now so they can start off their grade 11 year with certification and training right away. Sign up forms are available from the coop and guidance offices. See Mrs. Crowell in the 2nd floor coop office or your guidance counselor if you have questions.





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 #3

Review your schedule daily with the lens of mindfulness.

For happier and more fulfilling days, review your daily schedule with a lens of mindfulness and focused attention. In last week's newsletter, we discussed spending undivided attention listening to your child. This week, we can add to that idea by reviewing your schedule in advance with the goal of reducing the time your attention is divided between tasks.

Take 5 minutes at the end of each day or the beginning of the week to review your upcoming schedule. Is there anything you can do or change to create space for undivided attention with the people you care about? For your job? Is there anything you can change about the set up of your home or work to protect your attention?

How many tasks are you expecting yourself to get done in one small block of time? For example: making dinner while helping with homework, making lunches for the next day and replying to the emails you didn't quite finish at work.

There is no such thing as multi-tasking! When we multi-task, what we are doing is switching back and forth between tasks quickly. This uses up much more energy than just doing one task at a time with our full

focus. By the time we reach the end of the day, this heavy energy expenditure leads to a lack of will power and poor emotional regulation. It's no wonder we snap and get upset more often than we want to.

We have strong evidence to suggest that when parents are more mindful of their emotions and think before they react with anger or stress, children benefit. This is a difficult task when we have already depleted our mental and emotional resources. Setting up our days for focused instead of divided attention is a great way to regulate our parenting frustrations, connect with our kids, bring more joyfulness into parenting and teach our children how to protect their attention too.

Umbrella Mindfulness Tip #4

Stay present and cultivate awareness of your emotions in conflict.

Parenting elicits strong emotional reactions. Very strong emotional reactions!! Our kids are capable of being our greatest source of joy and at the same time a steady source of rain and challenges to get through. I'm probably not telling you anything new here. To say parenting is easy would be the understatement of the century.

It's okay and normal to feel angry, frustrated, stressed and the other feelings that come along with raising a small human with a mind of their own. These feelings are normal and expected. We don't need to get rid of them or make them different. The challenge is to have these feelings and not let them unconsciously take over and undermine our parenting practices. We cannot allow these feelings to cause us to have unpredictable responses, based on our current mood.

Mindfulness is a great parenting tool because it builds our capacity to a) become aware of our feelings; and b) accept our feelings, good and bad, without judgement. This is incredibly helpful in stopping our automatic reaction and instead noticing our feelings and responding more intentionally.

Start by accepting that life will rain, conflicts will happen, your child will push your buttons and start expecting these experiences to mix themselves in with the easier days. When they happen, notice your emotional response in these different situations. Tune into your child's emotional response as well. You may be surprised to see the different layers of fear, hurt, disappointment that exist under the behaviour or emotion being expressed.

Try to stay present with the experience and give it the attention it deserves. Note that your feelings are just feelings and that they don't need to be immediately expressed. After walking through this process with presence you will often see a natural downgrading of the conflict as you become more attuned to the true feelings occurring on both sides and catch issues before they escalate. If needed, take a few deep breaths or a few minutes of space to calm down the emotion you are experiencing before reacting to particularly hurtful or triggering situations.

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.

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.

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



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/>

Looking for OSSLT HELP?



LUNCH n LEARN Every

Wednesday in Rm. 207 - pizza supplied on first come, first served.

Homework Club

Wednesday & Thursday

2:15 - 3:30 pm in Room 212

OSSLT is

the *FOCUS*, SUCCESS

is the **KEY!**



The Ontario Secondary School Literacy Test

Date: Wednesday, March 27

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!

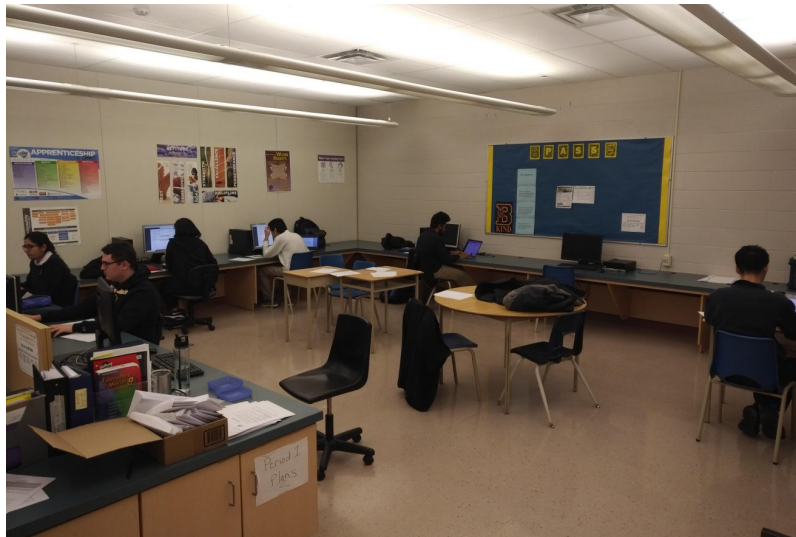
Questions?

Email Amy.Healy@wcdsb.ca

Computer Science students strive for success

By Mr. A. Milardovic

Wednesday afternoon six of our computer science students participated in the University of Waterloo's Canadian Computing Competition. Congratulations to our top three scorers: Ryan Deng, Curtis Hall, and Aariana Singh. Big shout out for a solid effort to our other participants Nick Laparan, Alaina Hansen and Maaz Syed.



Our grade 12 programmers solving some tough problems in the UW computer contest.

**Interested in programming?
Consider taking ICS 3U/C in any grade!**

Certificate Program in Engineering starts in September 2019

By Mr. B. Strassburger

Starting in the fall of 2019, St Benedict's will be offering a certificate program in engineering; formally known as the Engineering Certificate Program (ECP). This program has been developed to help provide students

with the academic and practical skills needed to be successful at the University and College levels in numerous STEM fields. Students may still participate, and in fact are encouraged to participate, in the SHSM programs for Information and Communications Technology or Manufacturing. The intention of the ECP program is to build capacity and to recognize the higher level of learning that students are undertaking by completing courses in computer engineering, manufacturing, and robotics.

Along with the academic requirements of the ECP is the requirement to be an active participant in our schools FIRST Robotics team, our e-car team, and/or participate in a Skills Canada event. The purpose of requiring this participation is to ensure that students are not just learning in school, but actively applying their learning to real world challenges and problem solving scenarios.

With the program officially starting we have begun reaching out to our local College and Universities to obtain recognition for our students and the advanced level of learning they are achieving. We are also speaking with local companies to obtain their endorsement of the program, and endorsement that would benefit students co-op opportunities both in high school and in post-secondary. These endorsements will also prove valuable when it comes time for students to look for full-time employment in a competitive job market.

If you are interested in learning more about the program and the specific courses that are required please visit our school website and check our enrichment opportunities, or you can use the link here: <https://bit.ly/2DTiPip>



Sports

Senior Boys Basketball

wrap-up

By Mr. R. Martinello

Please congratulate the boys on a great season. They lost a hard fought semi-final game against Centennial Collegiate from Guelph 53-50. The boys rallied from a 12 point deficit with 1:50 to turn it into a 1 point game and they came close to a steal with 18 seconds to go for a chance for the win, but it wasn't to be. Despite the loss, the boys had a great season, winning District 8, winning a number of tournaments, and defeating some of the top teams in the province and country along the way.

Sports Results

JUNIOR BOYS BASKETBALL

[finals] St. Benedict CSS 61, St. Mary's HS 46

SENIOR BOYS BASKETBALL

[finals] St. Benedict CSS 64, St. David CSS 38

MIDGET BOYS BASKETBALL

[finals] St. Benedict CSS 57, St. David CSS 19

SENIOR GIRLS ICE HOCKEY

[sf] St. Mary's HS 3, St. Benedict CSS 2

SENIOR BOYS ICE HOCKEY

[sf] St. David CSS 4, St. Benedict CSS 0

Track and Field start-up

There is a very important meeting this Friday for everyone interested in being part of the 2019 Track and Field team. The meeting will start at the beginning of lunch in the Lecture Hall. No experience is necessary. Track and field practices start next week. Come and join a fun and competitive team. Permission forms will be handed out at the meeting.

SAINTS BASKETBALL

2019 SPRING LEAGUE BASKETBALL PROGRAM

THIS 10 SESSION PROGRAM IS DESIGNED FOR BOYS AND GIRLS TO
IMPROVE THEIR SKILLS AND GAIN A THOROUGH UNDERSTANDING
OF THE GAME OF BASKETBALL

No basketball experience is necessary.
Players must be prepared to learn, try their best and
make new friends from other schools.

Age Divisions: Grades 4, 5, 6
Tuesdays from 6pm to 7:30pm
From April 10th to May 29

Grades 7, 8
Tuesdays from 7:30pm to 9pm
From April 10th to May 29

Cost: \$90

Registration: Tuesday, March 6, 2018
7pm - 9pm
St. Benedict Atrium
(enter through front doors
by the library)

Program Features

- Emphasis is on developing solid fundamentals and basic principles of play in a fun and encouraging environment
- Fundamental stations and/or large group instruction emphasizing offensive moves and defensive footwork
- Daily League games and team competitions
- Will be grouped according to gender if numbers permit
- League reversible jersey for each player
- Certificate of Achievement
- Awards and Prizes

FOR MORE INFORMATION CONTACT:

JOHN MALNERICH
ST. BENEDICT C.S.S.
519-621-4050 ext 3070
John.Malnerich@wcdsb.ca
Or
go to: <http://stbenedict.wcdsb.ca>
and look under "Student Life/Saints
Athletics"



Coaching staff
includes
John Malnerich,
(Head Boys' Coach)
and
Former and Current
Senior St. Benedict
Players

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 in room 216 to join Finance Club for semester 2.

OVERNIGHT FAST

MARCH 22-23

Join us for the St. Benedict's 24 hour OVERNIGHT FAST to raise funds for

Operation  Smile

You get a spirit wear t-shirt! Breakfast in the morning!
Participate in various fun activities! Games, sports, prizes, and more!

**PLUS WE WILL ALL "CAMP OUT"
IN THE GYM ON FRIDAY NIGHT.**

Pick up reg forms in Port.1 during lunch [Feb 27 - March 5](#)
Completed forms and \$10 reg fee DUE: [Thurs. March 7](#)

An added BONUS is that you will receive
10 hours of community service for participating!

SPOTS ARE LIMITED, SO ACT FAST!

See Mrs. Rocha in Port.1 at lunch or email marisa.rocha@wcdsb.ca for more details

Eco Team: Important upcoming dates

March is Nutrition awareness month! More information will be made available to staff and students over the next several weeks. We encourage everyone to be mindful about making healthy eating choices and eating clean and locally whenever possible.

March 21

International Forests Day: Plant a Tree, Walk Outside, Yard-Clean Up

March 22

World Water Day: Staff and students will get some tips for water conservation

March 30

Earth Hour: Challenge yourself to go techless; turn everything off and tune in to people!

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



SKILLS ONTARIO SUMMER CAMPS

FOR STUDENTS ENTERING GRADES 7, 8, AND 9!

Inspiring the next generation of skilled trade and technology professionals!

Explore skilled trade and technology careers as you **build, fix, design, and create** your way through this fun, week-long day camp experience.

Hosted at the following locations:

July 8 - 12

Conestoga College, Waterloo
Georgian College, Midland
Confederation College, Thunder Bay
George Brown College, Toronto
Linamar, Guelph (*All-Boys Camp*)

July 15 - 19

Conestoga College, Kitchener (*All-Girls Camp*)
Loyalist College, Belleville
Humber College, Toronto
Cambrian College, Sudbury
Bruce Power, Tiverton

July 22 - 26

Conestoga College, Guelph
Centennial College, Toronto
Humber College, Toronto
Georgian College, Owen Sound

July 25 & 26

Kenjigewin Teg, M'Chigeeng (*FNMI-Oriented*)

July 29 - August 2

Sault College, Sault Ste. Marie
Algonquin College, Ottawa
Mohawk College, Stoney Creek
Centennial College, Toronto

August 12 - 16

Algonquin College, Ottawa
St. Clair College, Windsor
Linamar, Guelph (*All-Girls Camp*)
Durham College, Whitby
Collège Boréal, Timmins (*Francophone Camp*)

9:00 a.m. - 4:00 p.m. Daily

Cost: \$225/camper

Visit skillsontario.com/camp to register!

More locations, like Collège Boréal (Sudbury), are tentative. Make sure to check our website for updates. **Space is limited.**

Healthy Heart Day 15 - Fit for Life

NEW DATE May 4, 2019, 7:30 am - 1:00 pm

NEW PLACE: Forward Church, 55 Franklin Boulevard,
Cambridge, ON

519 624 3511 or www.cambridgecardiaccare.com to register

NEED A SUMMER JOB? WE CAN HELP!

YOUTH JOB CONNECTION SUMMER WILL HELP YOU

- Create a job-winning resume
- Find out exactly what employers are looking for
- Prepare for those awkward interview questions
- And **Get a Job!**



MARCH BREAK

March 11 to 14, 2019



LUTHERWOOD

Guelph - 89 Wyndham St N
519-822-4141

Kitchener - 165 King St E
519-743-2460

Cambridge - 35 Dickson St
519-623-9380

CALL OR DROP BY OUR RESOURCE CENTRE NOW TO SIGN UP.

Space is limited



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Une emploi vous attend. Nous nous efforçons à le trouver.

This Employment Ontario program is funded in part by the Government of Canada.
Ce programme Emploi Ontario est financé en partie par le Gouvernement du Canada.

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!

Indigenous Events in Waterloo Region



Tuesday March 19

7pm – 8:30pm

Martin Luther University College, Laurier Waterloo

We are pleased to welcome Elder and actor Edna Manitowabi as our keynote speaker for our Circle of Dialogue. Manitowabi played Naomi in the film *Indian Horse*.

Topic: Respecting Indigenous Spirituality in its Own Right.

Respondent: The Rev. Rosalyn Elm, Her Majesty's Royal Chaplain, HM Chapel of the Mohawks, Brantford

Sponsored by Luther; Laurier's Office of Indigenous Initiatives; and the [WLU Graduate Students' Association](#). (Photo courtesy of Elevation Pictures)

****FREE EVENT****

David A. Robertson

Wednesday March 13

2:30 – 4:30pm

Theatre of the Arts, University of Waterloo

Artwork by Metis Artist Catherine Dallaire



David A. Robertson is a nationally bestselling author of children's books, graphic novels, and novels. His books include *When We Were Alone* (Governor General's Literary Award winner, McNally Robinson Best Book for Young People winner, TD Canadian Children's Literature Award finalist), *Will I See?* (Manuela Dias Book Design and Illustration Award, Graphic Novel Category), and the YA novel *Strangers* (Michael Van Rooy Award for Genre Fiction, Best Indigenous Writer at the High Plains Book Awards). David educates as well as entertains through his writings about Indigenous Peoples, reflecting their cultures, histories, communities, as well as illuminating many contemporary issues. David is a member of Norway House Cree Nation.



Wednesday, March 6, 2019

Join us for a lecture with Sarain Fox. Hosted by Indigenous Student Center – Wilfrid Laurier

Sarain Fox is an Anishinaabe activist, dancer, choreographer, actress and sought after stylist. She is the host of RISE on VICELAND, the eight-episode series profiles various indigenous activists engaged in resistance against oppression and the host of Future History on APTN which celebrates the reclamation and revitalization of Indigenous knowledge.

In BA201, Bricker Academic from 7:00 p.m. to 8:00 p.m.

This event is wheelchair accessible.

If you have any questions, you can reach out to jpenner@wlu.ca

This event is part of Indigenous Education Week, Indigenous Initiatives annual week-long series of events that highlight the contributions of Indigenous knowledge to education.

Calendar of Events

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

Wednesday, February 27

National Theatre School Drama Festival

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

National Theatre School Drama Festival

Jeans for Teens day

Paid Civvies Day - \$2 min.

10:35am: E-car meeting

10:35am: Mario Kart club

10:35am: Praise Choir

2:00pm: Course Selections due

Tuesday, March 19

9:30am: SHSM Event: Nutrition and Dietary Considerations

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

Wednesday, March 20

Paid Civvies Day - \$2 min.

Spring Equinox

9:30am: SHSM Event: Electrical Safety and Confined Space Awareness Training

10:35am: OSSLT Lunch 'n' Learn

10:35am: Guitar Club

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

National Theatre School Drama Festival
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
9:30am: SHSM Event: Law Day
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

Wednesday, March 6

Ash Wednesday
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, March 7

9:00am: SHSM Event: Working at Heights Training
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

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, March 21

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

Friday, March 22

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

Monday, March 25

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

Tuesday, March 26

9:00am: SHSM Event: Conflict Resolution & Lifting Techniques Training
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

Wednesday, March 27

BENN Newsletter release
OSSLT Literacy Test Grade 10
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: Homework Club

2:15pm: Homework Club

Friday, March 8

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

10:35am: Star Trek Club

2:00pm: Doctor Who Club

Monday, March 11

March Break week begins

Thursday, March 28

8:00am: Progress Reports Distributed

10:35am: E-car meeting

10:35am: Mario Kart club

10:35am: Praise Choir

2:00pm: Math Club

2:15pm: Homework Club

Friday, March 29

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

10:35am: Star Trek Club

2:00pm: Doctor Who Club

The BENN Newsletter

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