



Wednesday, March 20, 2019 - Volume 11, Issue 15

## Progress Reports out March 28

### Be prepared to book teacher conferences online only

After a successful pilot run in the fall, the decision has been made to go fully online for interview booking for the April 4 conferencing day.

The pilot project--in which approximately a quarter of the teaching staff participated--was met with favourable results by parents who used the online booking system and completed the survey.

The only complaint was that "not all teachers are using the system". As it was only a pilot, it was not the intention to have the whole staff use it. "Our intention was to test it out, work out the kinks, and then based on feedback decide how to proceed", says Mr. Milardovic, the initiator of the project. "As a result of some of the feedback, part of the booking process has been modified, and we will be ready to go live the day interim reports go out."

Over sixty different online booking systems were tested before finally deciding to go with Outlook Bookings, which is integrated with our Board's email and calendar system.

Parents will be able to book appointments with their son's or daughter's teachers by visiting the school website, and:

1. **Hover over About us, and click on *Staff List*.**
2. **Find your son's or daughter's teachers' names, click on the icon in front of their name.**
3. **The teacher's personal page will appear with (starting at approximately noon on Thursday, March 28) their interview booking calendar on the right side of their personal page.**
4. **Navigate through the calendar to April 4, the teacher's available time slots will appear.**
5. **Click on your preferred time slot, and complete the form.**
6. **You will receive a verification email of your appointment booking.**

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*Note: as you select teachers their page opens in a new tab. This will allow you to select all your son's or daughter's teachers and see if you can line up your appointments more easily.*

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After the interview day, we invite parents to complete a brief survey to tell us what you thought of the new online booking system. Information will be posted around the school.

## **Called to Belong: Theme One of our Pastoral Plan**

**By Mrs. L. Temple, Principal**

Our School Board has just launched their three-year strategic plan entitled "Living in Faith". Inside the document is outlined the Board's Pastoral Plan under the pillar of Nurturing our Catholic Community. This year's theme for the Pastoral Plan is: Called to Belong. We are tasked with supporting each other and journeying together to bear witness to our Faith through joyful discipleship and our relationship with Christ. The theme chosen for this year is rooted in a response to the pastoral letter, *Renewing the Promise*. The theme of belonging challenges us to live out our call to be inclusive, to be there for one another, and to truly live in community with one another as Saints at St. Benedict.

Throughout the next 10 months, we will be doing activities as a staff, as a student body and whole school that shed light on what being called to belonging means. We will also be sharing prayers and meditations around this theme and we will also be in engaging with our prayer buddies at St. Mary's Catholic Secondary School in Kitchener.

Our Director shared that "our tapestry at WCDSB is one that is rich in its diversity and cherished for its legacy..." and I look forward to weaving our community of St. Benedict into this tapestry during the next year. We all are one in Christ; we all belong; we all have a responsibility to do our part to call and include others...we are SAINTS.

## Survey says...



The WCDSB has a Ministry requirement for schools to conduct a School Climate survey every two years with students, staff and parents.

The Administration dates for all surveys is from March 18th - April 5th. All parents/guardians are invited to do the Ministry Developed survey. Surveys are anonymous.

[Please click on this text to access the School Climate Survey.](#)



## WCDSB 2019-2020 Budget Survey

The purpose of this budget survey is to gain feedback from stakeholders within areas of the budget where flexibility exists. The following pages provide a brief outline of our budget development process and priorities for the upcoming budget.

Please note that at the time the budget survey was developed, complete information about funding was not known. The intention of the survey is to incorporate stakeholder responses into the budget where possible. Given the potential for changes in funding, legislation, or Ministry of Education direction, there is a possibility that budget priorities may need to change.

[Click here to complete the survey.](#)

## Catholic Education Centre Moved Until September

**By WCDSB Newswire**

In 2005, the Waterloo Catholic District School Board relocated its head office from the former Sacred Heart Catholic Elementary on Moore Avenue in Kitchener to the retrofitted former St. Mary's High School on Weber Street. The oldest portion of the St. Mary's building dates from 1928, with other portions dating from the early 1960s and late 1970s.

After 14 years in the Weber Street building, significant renovations are needed to ensure our staff are able to maintain the highest possible level of service for our schools.

To accommodate the construction process, our headquarters staff have relocated to several different locations across Waterloo Region. Staff are expected to be returning to Weber Street in September, 2019.

Until then, staff are now located at the former St. Francis CES in Cambridge, the former St. Agatha CES in St. Agatha, St. Luke CES in Waterloo, and several other locations.

A complete list of which departments are located where is available online at: <https://www.wcdsb.ca/about-us/contact-information-location/>

## St. Benedict to hold *The Inside Ride* fundraiser



The Inside Ride, presented by the Coast to Coast Against Cancer Foundation is Canada's first indoor cycling challenge and fundraising event dedicated to raising money in support of children with cancer and their families.

This 'party with a purpose' is a fun and meaningful way to engage the community whether it be your student body, your colleagues or the larger community and raise money for children and families as they move through and beyond their cancer journey.

St. Benedict CSS is excited to bring this FUNdraising opportunity to YOU on Thursday, April 25th, 2019! Get your team of 6 together today and start fundraising for this amazing cause. For more information, check out our school's site <http://StBenedict.theinsideride.com>

## Administrative

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### Literacy Test March 27

#### Modified Schedule

As you are aware, the grade 10 OSSLT will be held the morning of Wednesday, March 27. For the rest of the day, we will be on a modified schedule.

**There will be no grade 11 or 12 classes on Wednesday, March 27.**

Teachers have been asked to give grade 11 and 12 students advanced assignments and/or instructions and to work with students virtually. The expectations will be clearly communicated by teachers to students in the days prior to the Literacy Test.

Students in grade 11 and 12 who wish to come to school for the day will be provided with a supervised Study Hall space in the cafeteria and lecture hall if needed, with chromebooks made available, as well as teacher support.

Grades 9s and 10s will have period 3 and 4 classes in the afternoon:

Period 3 – 11:55 to 12:55

Period 4 – 1:00 to 2:00

Buses will depart the school at the end of day at normal time.



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



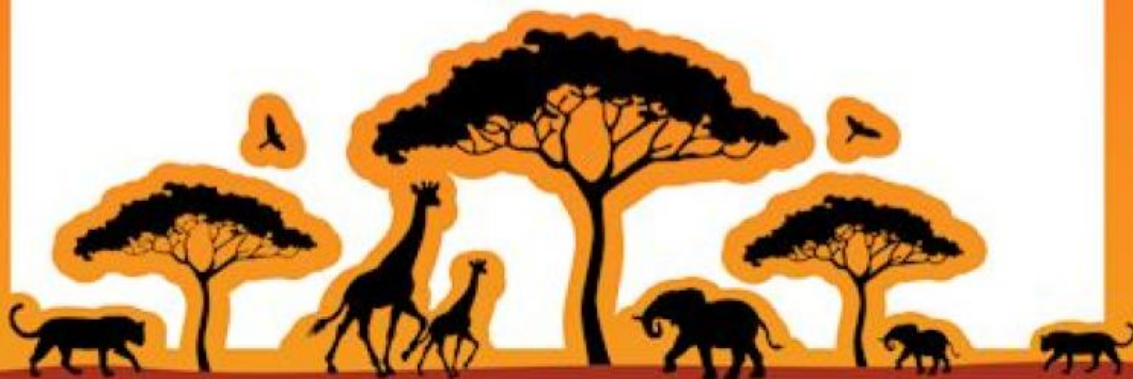
# DREAMS TAKE FLIGHT

## **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



# Spring Vendor Market

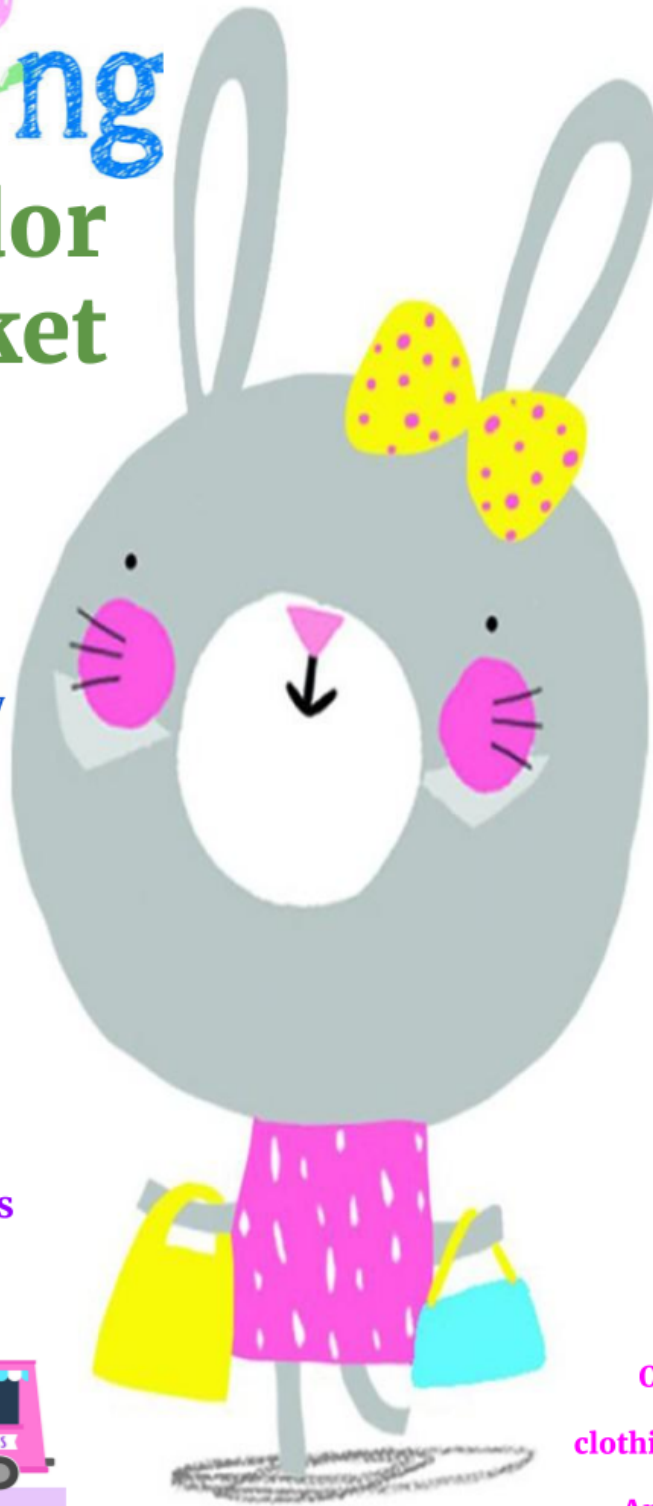
**Saturday,  
April 6th  
9 a.m. - 3 p.m.**

**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!**

## **School Council looking for help with Bingo**

We are looking for parents, or anyone over the age of 18, to help support us in our fundraising efforts.

Our Parent Council is looking to secure us a spot on Tuesday evenings to run a Bingo in Cambridge.

We could earn \$800 to \$1000 for one event. INCREDIBLE!!!

The money would support initiatives at the school that we would otherwise not have funds for.

Thanks for considering. If we get enough volunteers, it may only mean volunteering 1 or 2 nights for the

year.

If you are interested, please email Mrs. Temple at [lorrie.temple@wcdsb.ca](mailto:lorrie.temple@wcdsb.ca).

Let's rock the bingos and make some money for our St. Benedict School Community.

# 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.



## Autonomy

Welcome to the Umbrella Project! The Umbrella Project program is designed to help you and your family proactively build wellbeing and prepare for life's challenges. This can be done through practicing a set of

skills that are known to improve our children's happiness and success. Much like an umbrella protects us from the rain, each of these skills forms a piece of an umbrella that protects us from life's rainy days and helps us learn and succeed.

## What will autonomy do for my child?

When we have autonomy, we feel empowered to make decisions that can improve our lives instead of feeling that our lives are outside of our control. Having autonomy increases our motivation and ability to do things for ourselves. It can make tasks feel less like work and more enjoyable.

Research on autonomy in more than 80 countries has shown a positive connection to our wellbeing. The feeling that our life is self-directed instead of controlled by others has wide-reaching implications on almost every aspect of our well-being from our engagement in school to our honesty at home. It forms the foundation of our independence.

## Umbrella Autonomy Tip #1

### **Don't compare your child to others.**

To boost your child's confidence and ability to make self-directed decisions, resist the urge to compare them to siblings and peers. Instead of motivating your child, this most often has the effect of making them feel inferior and reduces their confidence in decision making for themselves. Low self-esteem comes from perceiving we are inferior to those around us. This is not a great autonomy builder! When our children don't feel good about themselves, they tend to look to others to make decisions for them instead of having the confidence to do it for themselves.

The best comparison for your child is themselves. If your child struggles with listening in class, for example, the first step shouldn't be comparing them to the great models of listening in the class. Change does not happen overnight and becoming a mediocre listener is a step in the right direction towards the eventual goal of being good at this skill.

Celebrate positive progress from your child's own baseline and try to eliminate other unhelpful comparisons. It will serve your child more to go down their own path at their own pace. Confidence that you are good enough is a big piece of developing autonomy, independence and good decision-making skills.

## Umbrella Autonomy Tip #2

### **Ask, 'Who can help you with that goal?'**

Autonomy doesn't mean that we do whatever we want without any help, support or regard for others. Healthy autonomy includes gathering information from those around us, weighing options and seeking out important relationships that help us make self-directed decisions.

When your child is hoping to achieve something, help them reflect on who could help them with that goal. Be careful to distinguish between 'doing it for them' and 'helping them learn to do for themselves'.

Take this simple example. Your child wants to start wearing their new shoes with laces to school but needs to be able to tie them at school by themselves.

Self-directed goal: Learn to tie my shoes.

Parent ask: Who can help you with that?

Child response: Mom or Dad could show me on the weekend. My older sibling or teacher could help show me again if I forget the first few times at school.

Relationships are so important in being able to learn and build on our autonomy and should be identified when working on your child's independence. As a bonus, research shows that this question can help us think of others more positively, deepen our relationships and approach others more easily.

## Umbrella Autonomy Tip #3

### **Offer your child constructive choices**

Often, our children can feel frustration because they have no choice or power in a given situation. We all thrive when we feel we have some control or choice in our lives. Children will sometimes attempt to seize this power back by making choices anyways. Responding to the situation with meltdowns, anger, yelling, ignoring us, refusing to eat the food they don't want to eat, and others are our children's attempt to demonstrate autonomy.

By purposely offering choices to our children, we can head off this reaction to feeling powerless. This helps our child to practice their autonomy in a healthier way.

Here are a few of the benefits of offering choices to your child whenever possible:

- Improves their problem-solving skills
- Helps them feel an internal sense of control over their lives
- Promotes self-regulation
- Teaches them to accept responsibility for their choices
- Minimizes the reactive behaviour that comes with feeling controlled and helps to prevent our children from seeking power in unhealthy ways

Remember, there is often a layer of non-negotiable that exists for children. It's not an option to skip out on school, for example. In our house, I consider healthy eating a non-negotiable.

It's important to learn that not everything in life is within our control and we often must work within the parameters of society, workplaces etc. There are, however, choices within these situations that can usually be identified and help us to practice our autonomy.

At our house, I may add control by getting the kids to help with the family meal plan or selecting the vegetables that they want in their school lunches. This choice can also be deciding to use our Umbrella Skills, such as empathy or cognitive flexibility. These are always within our power to choose.

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## News from the Guidance Department

**By Mrs. L. O'Neill**

## 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](http://www.hourrepublic.com). This website can also be used to track your hours and see volunteer opportunities.



*St. Benedict C.S.S. Proudly Presents*



## *Navigating The Teen Years*

The teen years can be a confusing and overwhelming time for both teens and parents. St. Benedict's is pleased to offer a community information session that will address specific areas of concern; providing parents with a better understanding of some of the challenges teens encounter, as well as providing strategies for working through these challenges.

The evening will consist of short presentations, followed by an open form carousel for those wishing to speak directly with community agency representatives.

<p><b>Supporting Anxious Teens</b></p> <p><i>Presented by</i></p>  <p>WCDSB Social Workers</p>	<p><b>Cannabis What Parents Need to Know</b></p> <p><i>Presented by</i></p>  <p>Region of Waterloo PUBLIC HEALTH</p>	<p><b>Social Media &amp; Problem Technology Use</b></p>
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*We invite you to join us:*

**Wednesday, April 10, 2019**  
**6:30 p.m.**

*For more information, please contact:*

*Sandra Ayerst, Social Worker—St. Benedict C.S.S.*  
*519-621-4050 ext. 5191*

**Jeans for Teens shows Saints' generosity**

**By Mr. B. Rempel**



On the last Thursday of February St. Benedict held its annual Civvies Day extravaganza. With the approx. \$2000.00 students and staff donated to wear “civvies” for the day, we purchased 200 pairs of pants and jeans from Urban Planet. (Your math is right, \$10 a pair. The staff are wonderful to work with.) We then dropped of our purchases along with some donated items to Argus residence. Argus is a residence for teens who are homeless. We are honored to work with community partners to assist teens in Cambridge.

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# 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](http://buildadreamkitchener-waterloo.eventbrite.ca)**

[WeBuildADream.com](http://WeBuildADream.com) • [info@WeBuildADream.com](mailto:info@WeBuildADream.com)

**next dimension**

**FamiliesFirst**  
BECAUSE WE CARE

**EllisDon**

**Tigercat**



Cambridge high school students

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**December 31, 2019**  
and get **\$24\*** pre-loaded

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- 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.

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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

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## 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/>

## Homemade *HUGS* for the Community!

**By Mrs. L. Laforet**

Students in the Period 2 *Exploring Our World* class have been learning textile arts through hand sewing, machine sewing and blanket making. Our class made five blankets this term. Through the generous donation of fleece from Fabricland, arranged by Mrs. Ildi Kloiber, students selected fabric, measured to specs, marked, cut and tied fringe to complete these snuggly blankets.



**We are a GREAT team!**  
**Three of these blankets are**  
**community blankets (each**  
**student worked on a section**  
**or task on the same blanket).**  
**Blanketeers (L-R): Miguel**  
**Ramirez, Matthew Leal, Ravi**  
**Green**

## Project Linus

Remember Charlie Brown's friend, Linus? The one with the blanket? Sometimes in life, the warmth and touch of something small, soft and "just mine" can make the troubles seem far away as we wrap love and protection around our bodies and hold ourselves close. We are proud to be contributing to the inaugural donation of the brand new Cambridge chapter of Project Linus – Canada on March 30, 2019. This charitable organization provides "*much loved blankets full of hugs to children going through a crisis in their lives.*" (*Project Linus Canada website*). Miguel, Matthew and Ravi have made a huge impact through this gift of a blanket to children who are "*living lives far from the own, even if only across town.*" (*Ibid.*) Showing strangers they are loved, cared for and valued as people just for being them is our call as followers of Jesus. What a wonderful way to hug those who need comfort. Thank you, Gentlemen!



## 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](http://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](mailto:Amy.Healy@wcdsb.ca)

## Sports

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### Junior Badminton Tournament

**By Mr. L. Mathe**

Please congratulate the Junior Badminton team for a very strong showing at the Glenview Park badminton tournament at the beginning of March. The juniors won 4 of the 5 disciplines at the tournament falling just short of the sweep in mixed doubles.

Shout out to:

Gemma Piraino - Girls singles Champion

Mateo Amaral - Boys Singles Champion

Caitlyn King & Rachel Andersen - Girls Doubles Champions

Caleb Hamilton & Issay Tieu - Boys Doubles Champions

### Sports Results

We are between seasons! Look for results to start up in a few weeks.

### Senior Boys Soccer

**By Mrs. A. Borba**

For all boys who are interested in senior boys soccer: All consent forms must be signed and returned before the first tryout this Thursday, March 21st. There will also be an important but quick meeting in room 125 today at the beginning of LUNCH - Be prompt!

# 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 10<sup>th</sup> to May 29

Grades 7, 8  
Tuesdays from 7:30pm to 9pm  
From April 10<sup>th</sup> 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](mailto: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

## Rock Climbing club is back!

Attention all rock climbers, rock climbing club is officially back! If you are interested in participating there will

be a very important information session Thursday March 21st at beginning of lunch in room 317. See you there!



## 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.

Do you want try your hand at stock picking at talk about all things money? See Mr. Milardovic at lunch time starting **this coming 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



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](mailto: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

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## The Arts

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### Arts department getting ready to rock you!

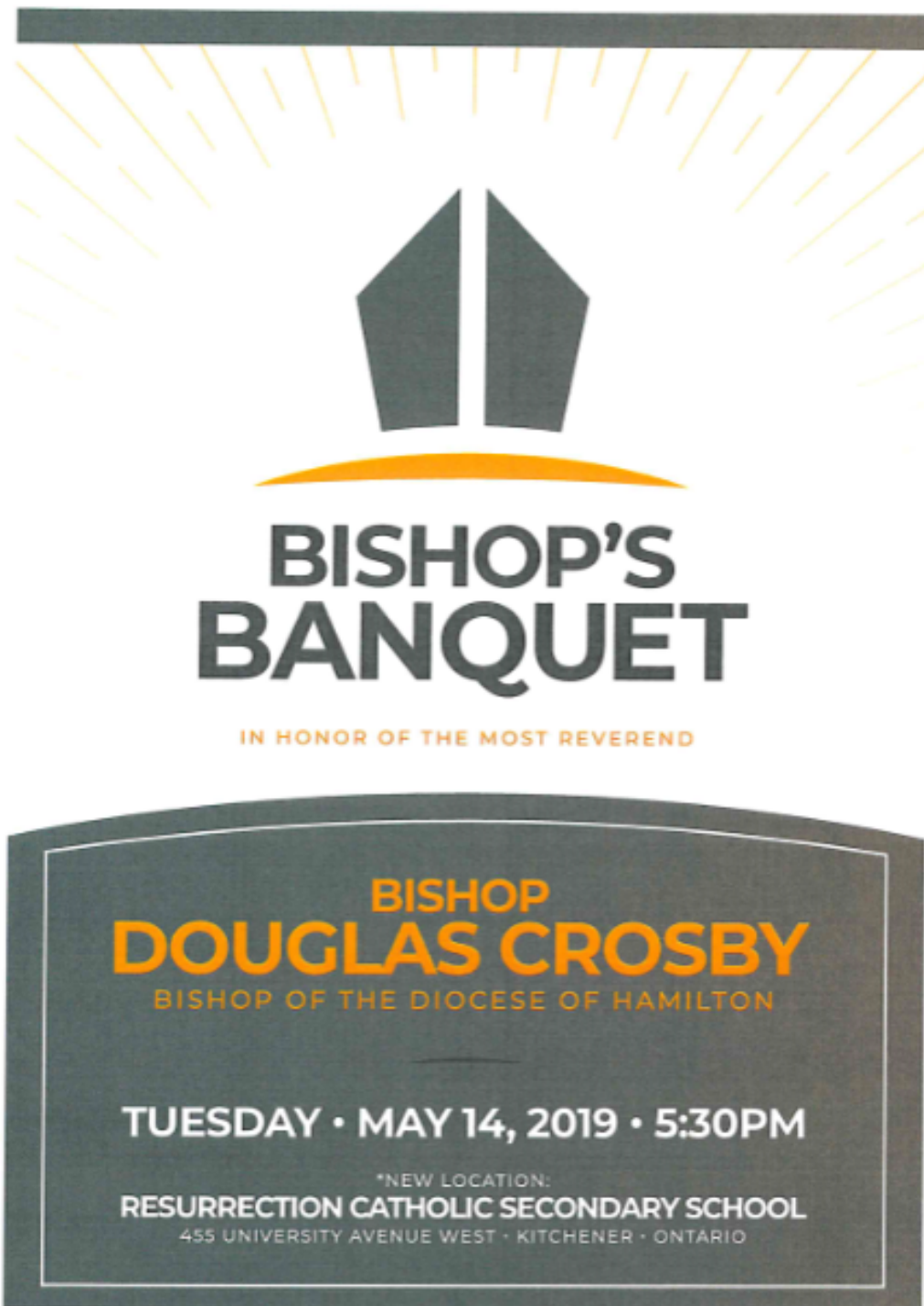
**By Mr. D. Lacalamita**

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 **May 30th to June 1st** 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!

## Other News

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FOR TICKETS & INFORMATION CONTACT MS. JODY FRITZ:  
TEL: 519.578.3660 EXT. 2373 OR EMAIL: [JODY.FRITZ@WCDSB.CA](mailto:JODY.FRITZ@WCDSB.CA)  
A CHARITABLE RECEIPT WILL BE ISSUED FOR A PORTION OF THE TICKET PRICE.

**CAMBRIDGE SPORTS HALL OF FAME  
INDUCTION CEREMONY**

SATURDAY MAY 4TH. 1:00P.M.  
CAMBRIDGE CENTRE ICE RINK  
ALL ARE WELCOME



## 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

Kenjgewin 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](https://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](http://www.cambridgecardiaccare.com) to register

**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](https://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](mailto:project@volunteerWR.ca) if you have any questions!

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## Calendar of Events

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

**Wednesday, March 20**

BENN Newsletter release

Spring Equinox

**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**

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

**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

**Monday, April 1**

**10:35am:** Eco Club

**10:35am:** E-car meeting

**10:35am:** Finance Club

**Tuesday, April 2**

**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, April 3**

BENN Newsletter release

Math Contest: Euclid

**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

**Thursday, April 4**

**10:35am:** E-car meeting

**10:35am:** Giving Back Club

**10:35am:** Mario Kart club

**10:35am:** Praise Choir

**1:30pm:** Parent/Student/Teacher Conference

**Friday, April 5**

**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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