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Wednesday, April 17, 2019 - Volume 11, Issue 17

Canada's Prime Minister visits St. Benedict

Tuesday, April 16





Photos courtesy Adam Scotti (PMO PHOTO)

Champions for Change Club rolls up the rim to help others win

By Mrs. C. Kot

The Champions for Change Club was proud to partner this year with Trinity Community Table in Cambridge and provide them with over 165 donations of winning Roll up the Rim wins collected from students and staff. These winning tabs were donated to Trinity Community Table who were able to pass them on to the homeless in our community.

Bill McMullen, one of many incredible volunteers, invited us to see what they do and we were very grateful and inspired to see them putting their faith into action by serving a full and delicious hot meal two weeks ago. They do this three times a week, every week, out of Trinity Anglican Church in Cambridge.

We were told that our donations of the winning tabs were greatly appreciated by the guests of Trinity Community Table, who then knew that they had an extra opportunity for a warm place to be with a free, hot beverage or food item.

The Champions for Change club are particularly excited to make this an annual tradition that can be built upon. Special thanks to Ryleigh McDermid and her mom Alison Fraser for the great idea to collect Roll up the Rim Wins for members of the Cambridge community!



... winning tabs were greatly appreciated by the guests of Trinity Community Table ...



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 six together today and start fundraising for this amazing cause. For more information, check out our school's site <http://StBenedict.theinsideride.com>

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/>

Administrative

Get your immunization records updated or risk suspension



Students who have been notified to update the immunization records are reminded to do so as soon as possible. Please contact Waterloo Region Public Health. The first day of school suspensions is **May 1**. Do not leave this until the last minute.

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.



Intrinsic Motivation

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 is Intrinsic Motivation?

This month at the Umbrella Project, we are focusing our energy on Intrinsic Motivation.

Intrinsic Motivation is motivation that comes from inside you instead of from external rewards like money or grades. It's the pleasure you get from doing something because it is interesting, challenging and absorbing. When we are intrinsically motivated, we do activities for enjoyment. We do not worry as much about the reward at the end.

Failing to hit the goals, marks or achievements we are hoping for can be tough. This is even more true when the outcome was the only thing we cared about.

When we enjoy the process, it takes some of the stress off the end result and makes us feel happier. In fact, being intrinsically motivated increases our wellbeing and our success at the end of the day.

Umbrella Intrinsic Motivation Tip #1

Use proximal, self-directed goals to build intrinsic motivation.

Last month, we built the autonomy portion of our umbrellas. This skill helps our children make self-directed decisions. This week's tip is continuing to make use of autonomy to build intrinsic motivation.

Building intrinsic motivation is about helping our children find enjoyment and reward in the process of achieving their goals. It's a great way to protect their well-being, even if the end outcome isn't what they had hoped for. You can use goal setting to help your child build this important skill by encouraging them to set proximal, self-directed goals.

'Proximal' means that the goal being set is close to where they currently are. It's the next small step needed to get to a bigger goal. Proximal goals have been shown to help student progress rapidly and achieve higher levels of mastery and interest in areas that they previously experienced disinterest or significant deficits. It improves their self-efficacy and perceived competence by breaking the task into smaller and

more manageable tasks.

'Self-directed' means that our children are choosing the steps in the process for themselves instead of having us tell them what to do next. This autonomy allows children to make their own path to success, improves their enjoyment of the process and highlights how all of the Umbrella Skills work to build and support each other into the strongest umbrella of protection for our children.

The autonomy our children build will help them set these proximal, self-directed goals that in turn, build their intrinsic motivation.

Umbrella Intrinsic Motivation Tip #2

Be on the lookout for the flow state.

Flow state is that state of existence when we are completely engaged in what we are doing. Coined by researcher Mihály Csíkszentmihályi, it describes the feeling of being energized and fully absorbed in a task. You might see this state in a high-level athlete as they execute an extremely difficult skill. You may see it in your children when they are so absorbed in what they are doing that they lose all sense of time. You've probably felt it yourself when you have been so absorbed in something you look at the clock and realize hours have passed without realizing it. Flow state is a great indicator of intrinsic motivation as an enjoyment of the process.

Flow state exists just a step beyond our current ability levels and usually requires us to recruit all of our attention to complete the task. Often referred to as 'Goldilocks Tasks', these activities are not too hard, not too easy... just right!

The tasks that elicit this state help us work up to our potential, challenge ourselves and build confidence in our abilities. In a learning environment, the lessons that fall in this sweet spot are usually the ones that keep our children the most engaged - preventing boredom from tasks that are too easy and anxiety or procrastination from tasks that are too hard.

Be on the lookout this month for the activities that put your child in this state of flow. Help them find opportunities to practice these activities. Identifying the natural flow states our children experience is a great way to learn about what type of activities, learning methods and environments intrinsically motivate them. With this information, we can teach our children how to move towards this flow state more often, practicing their intrinsic motivation and prioritizing engagement with the process instead of just the outcome.

Umbrella Intrinsic Motivation Tip #3

Create a learning environment at home.

It isn't always easy to create a love of learning, but studies show that if we can create a learning environment in our homes, it will build our children's academic intrinsic motivation and engagement with their education.

The greater the emphasis on learning opportunities and activities at home, the more motivated children are to learn.

This week, observe your house with an eye on learning. What kinds of books, activities and opportunities are available for your child to learn new things around the house. This could be anything from science

experiments, to a vegetable garden, fiction books that explore other people's experiences, art supplies or games that encourage math skills or strategy in a fun way. This shouldn't be forced upon them and is more about allowing for opportunities to explore the intersection between intrinsic motivation and learning.

News from the Guidance Department

By Mrs. L. O'Neill

OECTA WATERLOO BURSARY

The main purpose of this program is to provide financial assistance to our graduating secondary students who are continuing in their education. All students completing their studies at any Catholic Secondary School in Waterloo Region may be eligible to submit an application. All awards will be made based on the expressed financial needs of the students and within the financial limitations of our Waterloo Unit. Applications are available in Guidance and are due by May 24th, 2019.

VOLUNTEER SPOTLIGHT

Heart Healthy Day 15

Heart Healthy day is taking place May 4, 2019. They are looking for volunteers to assist with setup, decorating, directing guests, distributing flyers and cleanup. On April 4th from 6:30am – 2pm at Forward Church SS Franklin Blvd. If you are interested please email Mrs. O'Neill (laura.oneill@wcdsb.ca) or stop by Guidance to see her.

KW Pet Expo

Interested in being around furry and feathery friends? There are many ways you can volunteer with us for this community event. We are always looking for people with various backgrounds, talents and skill levels. Volunteers will have a unique opportunity to participate in an exciting environment with two and four legged friends alike.

May 4 and May 5 10am – 5pm.

The Cambridge Rotary Ribfest 2019

Ribfest will be held August 9-11 at Riverside Park. Please register online and include St. Benedict in your registration. www.cambridgeribfest.com/volunteers/

They are looking for about 300 volunteers over the weekend. If you have questions please email volunteer@cambridgeribfest.com

2019 St. John Ambulance Waterloo Marathon

Be an important part of our 21st Annual Marathon. It's a fun and easy way to make a difference in YOUR community. We need volunteers to assist runners from the start to the finish line. Sunday April 28, 2019.

Bechtel Park, Waterloo Please email waterloomarathon@kwsja.com or visit their website www.waterloomarathon.com

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.

Interested in Police Services?

Students interested in attending the Cops and Youth program run by the Waterloo Region Police Services are asked to pick up an application in Guidance between now and the deadline of May 17. It's a great way to learn about all aspects of policing and it will grant more than 40 volunteer hours.

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

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

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

GRT
GRAND RIVER TRANSIT

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.

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 EXTRA HELP with school!?
Need a quiet space?



Homework Club
Wednesday & Thursday AFTER SCHOOL
2:15 - 3:30 pm in Room 212



St. Benedict's hosts Model UN

By WCDSB Newswire

Approximately 60 student delegates from the five high schools of Waterloo Catholic District School Board descended upon St. Benedict C.S.S. on March 20, 2019, with the goal of solving important global concerns. The St. Benedict Model United Nations club was pleased to host these delegates who debated, conferenced and offered solutions to issues as diverse as nuclear proliferation, gene editing, sexual violence in warzones, and corruption in foreign aid. By the end of the day, a sense of collaboration and collegiality was established as students walked away with a greater sense of the challenges that the world community faces when confronted with global tensions. The day was highlighted with words of wisdom shared by Mr. Paul Heinbecker, former permanent ambassador to the United Nations for Canada, and former graduate of WCDSB; and Gallit Dobner, political counsellor to the Canadian embassy in the Netherlands.

[Check out the highlight video from the day here.](#)

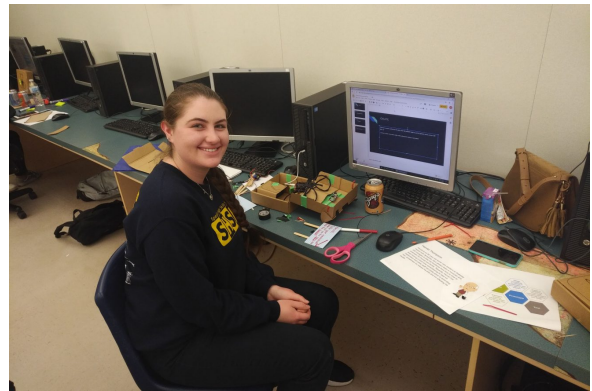
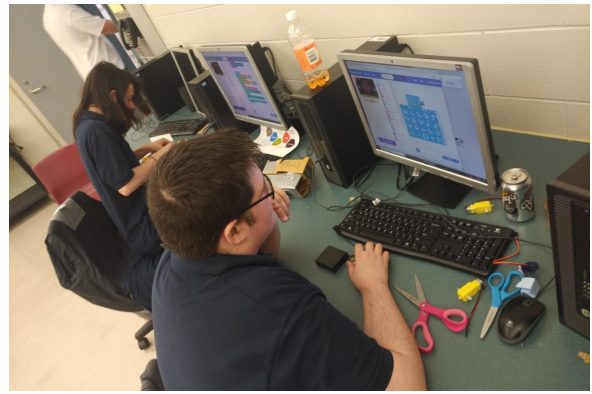
Planning, Producing, Promoting: SHSM students learn valuable skills

(and build and code some cool circuits at the same time!)

Specialist High Skills Major grade 12 students are working with INKSMITH this Wednesday and Thursday to complete an activity required for their red seal if not already completed.

SHSM now requires students to work with a sector partner to make stronger connections with employers outside of school. They need to do something in either mathematical literacy, coding or ICE (innovation, creativity, and entrepreneurship).

This activity covers them all!



What's Happening at your Library this Spring



Need a break from assignments, tests and school in general? Why not come out to one of our teen programs in the next few weeks? Here's what's on tap at several Idea Exchange locations:
Create a beautiful piece of art in our Creative Frames program on Wednesday, May 1, 2:30 to 4:00pm at Clemens Mill location. Using the Cricut, make a vinyl cutout of your favourite quote and frame it for a unique art piece. All materials supplied. **Registration required.**

Code a Spheros robot to navigate an obstacle course in this Robotic Obstacle Course at the Old Post Office (OPO), Thursday, May 9: 4:00 to 6:00 pm.

On Saturday, May 11, from 2:00 to 5:00pm at Hespeler, play MarioKart 8 Deluxe and show off your racing skills for a chance to win prizes.

Join us for Pineapple Paint Night on Thursday, May 16 when you will have the opportunity to create a stunning still-life on canvas. Instruction and all materials are provided. Program runs from 6:30 to 7:30 pm at our Clemens Mill location. **Registration required.**

Artist-In-Residence

In collaboration with Ms. Adamo's Grade 10 art class, this semester the school library will feature original artwork created by students, on the windows of the mini-makerspace. The artwork will change every few weeks. The term work of art students will also be on display in the makerspace and in the library during the month of May.

Sports

Badminton Saints stellar

By Mr. L. Mathe

Congratulations are in order to members of the Junior badminton team on their stellar play last week at their District 8 tournament. The team was 2 points shy of a podium finish, but still our best team finish in quite some time!

In addition to stellar team play we also had three ladies advance to CWOSAA, which is taking place today.

Caitlin King & Rachel Anderson finished 2nd place and will advance for girls doubles, while Gemma Piraino finished 1st place in Girls singles with a strong performance in the Championship.

Coaches Reis and Mathé are very proud of all the athletes for their play this season!

Sports Results

The spring season begins today, so check out the next BENN for sports scores in this space.

Student Activities

The Arts

ST. BENEDICT'S PRESENTS...

Coffee House Auditions

Come share your talents with the school!
Auditions take place on April 23rd and 24th at
lunch in room 104.



Other News



Let's Talk!

a free program for immigrants aged 14-17 in secondary school

Make new friends! Explore career options!
Figure out how to achieve your career and education goals
Develop a stronger sense of belonging in Canada
Connect with mentors in your dream career
Learn new types of art

Register Online: <https://www.kwmc.on.ca/lets-talk>

Where: Kitchener Public Library, 85 Queen Street North, Room A
(bus passes available)

Meet up every Thursday from 5PM to 7PM!
(we'll have food!)

Fall 2018
Winter 2019
Spring 2019

October 11 - November 29
February 7 - March 28
April 25 - June 13



KITCHENER-WATERLOO
MULTICULTURAL
CENTRE



Ontario

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Kitchener
Public Library

Cambridge Community

CLEAN UP

Sat, April 27
9am-noon



www.CambridgeCityGreen.ca

519-740-4681 ext. 4262

willmsp@cambridge.ca

St. Vincent de Paul Blessing and Dedication



Waterloo Catholic District School Board
Cordially invites you to join with Staff, Students, and Parents for the
Blessing and Dedication
of

St. Vincent de Paul Catholic Elementary School
30 Faial Rd, Cambridge Ontario

Sunday, May 5, 2019 at 1:30 p.m.

RSVP to St. Vincent de Paul Catholic School via link below by April 22, 2019

[RSVP St. Vincent de Paul](#)



Living In Faith



Knowledge Café **SAVE THE DATE**



**Tuesday,
May 7th
4pm – 7pm
D.O.307 CMH
Auditorium**

The Mental Health Family Advisory Committee
Welcomes all CMH staff, patients, visitors and general public
To join us and learn about Mental Health Resources at the

CMH Mental Health Knowledge Café

The Café will allow Mental Health Community Service Partners
to share information with you about the
MH services they provide.

Our Knowledge Café will be an unstructured conversational process
for knowledge and resource sharing.

Please plan to join us
if you would like more information about
Mental Health Resources
Available in our Community.

Having "The Talk"...

Talking with your teen about cannabis may seem hard, but what you say does have an impact. To ensure you're prepared, practice live with our kids before speaking with yours.

An expert will also be on hand to provide advice and help guide you through the discussion.

See you soon!

[Facebook Live Event Dates](#)

May 14 at 7:30 pm Ethan + Dr. Richard Bélanger

June 11 at 7:30 pm Dimitri + Dr. Richard Bélanger

July 16 at 7:30 pm Talyssa + Dr. William Barakett

Participating experts

Anne Élizabeth Lapointe

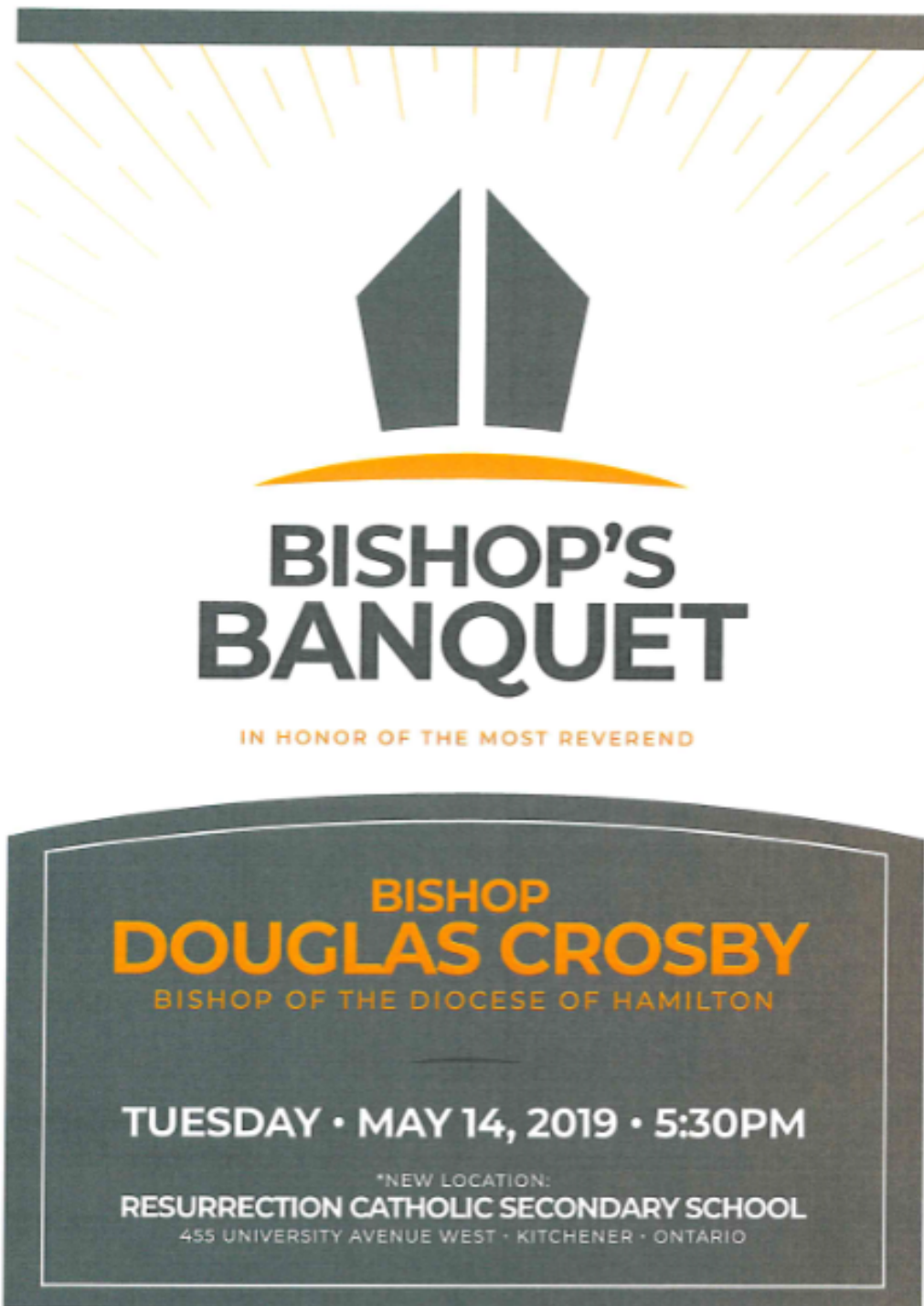
Executive Director of the Centre québécois de lutte aux dépendances et de la Maison Jean Lapointe, Anne Élizabeth has implemented several prevention programs, in addition to publishing many articles and studies.

Dr. William Barakett

A family doctor, researcher and President the Quebec Cannabis Registry, Dr. Barakett is a respected expert in the field of addiction treatment.

Dr. Richard Bélanger

Pediatrician Dr. Bélanger is, among other things, an assistant professor in the Pediatric Department of the Université de Laval. His main research area is the use of psychoactive substances among youth.



FOR TICKETS & INFORMATION CONTACT MS. JODY FRITZ:
TEL: 519.578.3660 EXT. 2373 OR EMAIL: 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 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

Calendar of Events

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

Wednesday, April 17

2:00pm: Games Club

2:00pm: Sr. Boys Soccer vs St. David CSS

2:15pm: Homework Club

3:45pm: Girls Soccer @ St. David CSS

Thursday, April 18

Holy Thursday

8:00am: Badminton: CWOSSA Senior
Championships

10:35am: AP Lit practice session

10:35am: E-car meeting

10:35am: Giving Back Club

10:35am: Mario Kart club

10:35am: Praise Choir

2:00pm: Doctor Who Club

2:00pm: Math Club

2:15pm: Homework Club

Friday, April 19

Good Friday

Saturday, April 20

Holy Saturday

Sunday, April 21

Easter Sunday

Monday, April 22

Easter Monday

Monday, April 29

SAC Spirit Week

10:35am: Eco Club

10:35am: E-car meeting

10:35am: Finance Club

Tuesday, April 30

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

2:15pm: Concert Band

Wednesday, May 1

BENN Newsletter release

Coffee House

10:35am: Guitar Club

10:35am: E-car meeting

10:35am: Model UN Club

10:35am: Anime Club

2:00pm: Games Club

2:00pm: Girls Soccer vs Resurrection CSS

2:00pm: Sr. Girls Slo Pitch vs Msgr. Doyle CSS

2:00pm: Sr. Boys Soccer @ Resurrection CSS

2:15pm: Homework Club

3:30pm: Sr. Girls Slo Pitch @ St. Mary's HS

Thursday, May 2

10:35am: AP Lit practice session

10:35am: E-car meeting

Tuesday, April 23

9:00am: SHSM Event: Animation 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
10:35am: Finance Club
2:15pm: Concert Band

Wednesday, April 24

Paid Civvies Day - \$2 min.
9:00am: SHSM Event: Animation Training
10:35am: Guitar Club
10:35am: E-car meeting
10:35am: Model UN Club
10:35am: Anime Club
2:00pm: Games Club
2:15pm: Homework Club
3:45pm: Girls Soccer @ St. Mary's HS
3:45pm: Sr. Boys Soccer vs St. Mary's HS

Thursday, April 25

8:00am: Track and Field: Maxi-meet #1
10:35am: AP Lit practice session
10:35am: E-car meeting
10:35am: Mario Kart club
10:35am: Praise Choir
2:00pm: Math Club
2:15pm: Homework Club

Friday, April 26

8:00am: Mid-Term Report Cards distributed
10:35am: Hobbit and Lord of the Rings Club
10:35am: Star Trek Club
2:00pm: Rock Orchestra practice
2:00pm: Doctor Who Club

The BENN Newsletter

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

**Friday, April 26**

10:35am: Giving Back Club
10:35am: Mario Kart club
10:35am: Praise Choir
2:00pm: Math Club
2:00pm: Sr. Boys Slo Pitch @ St. Mary's HS
2:15pm: Homework Club
3:30pm: Sr. Boys Slo Pitch @ ES Père-René-de-Galinée

Friday, May 3

8:00am: Track and Field: Track Wars
10:35am: Hobbit and Lord of the Rings Club
10:35am: Star Trek Club
2:00pm: Rock Orchestra practice
2:00pm: Doctor Who Club
3:45pm: Girls Soccer @ Woodland CHS
3:45pm: Sr. Boys Soccer vs Woodland CHS

Monday, May 6

SAC Co-presidents' Campaign week
 Catholic Education Week
10:35am: Eco Club
10:35am: E-car meeting
10:35am: Finance Club
3:00pm: Girls Soccer @ ES Père-René-de-Galinée
3:00pm: Sr. Boys Soccer vs ES Père-René-de-Galinée

Be sure to visit the calendar
 on the school website for
 more updates and detailed
 information about upcoming
 events.

St. Benedict Catholic Secondary School

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