



Wednesday, May 1, 2019 - Volume 11, Issue 18

Celebrating Catholic Education

Catholic Education Week: May 6-10

By Mrs. L. Temple

This year's Catholic Education Week theme is "Living as Joyful Disciples."

The 2019 theme was inspired by three sources: Renewing the Promise, The Pastoral Letter on Catholic Education from the Bishops of Ontario; *Gaudete et exsultate*, the Apostolic Exhortation of Pope Francis on the Call to Holiness; and Young People, the Faith and Vocational Discernment, the October 2018 Synod of Bishops. Mindful of the Synod on Youth, the theme and sub-themes are very much directed to the young people in our schools, especially in their growth in holiness and their formation as disciples of Christ through the discernment of their vocational pathways. In the section of Renewing the Promise entitled, "A Community that Forms Joyful Disciples," we read, "Our Catholic schools help to form joyful disciples as hearts and minds are opened to the transforming love of God and to the flame of faith in action. On a daily basis, Catholic schools demonstrate the joy of believing and witness the Good News to the communities that they serve."

There are five sub-themes for each day of Catholic Education Week. We present them here, along with activities that will be undertaken at the school

Day 1: Rooted in Prayer

- Take time to "Stop & Breathe" - watch the skit on vlog
- Greeting music
- Check out the Speech Bubbles
- B Kind to your Mind Resource cards
- Puppies in the Library

Day 2: Living in Community

- Do something positive that makes you happy
- VLOG period 2
- Display/take away resources
- Rosary at Lunch

- Innovation evening

Day 3: Doing Justice & Creating Hope

- Talk to someone
- VLOG period 2
- Wear your Mental Wellness T-Shirts
- Easter Mass
- SAC celebration BBQ

Day 4: Journeying Together in Faith

- Taking Care of yourself (Sleep & Exercise)
- VLOG period 2
- Soul Cycle at lunch
- Rosary in Chapel at lunch
- Family of Schools Mass and School Council meeting 6:30 pm

Day 5: Sharing the Good News

- Be Kind to yourself - "Kindness Notes" on Lockers
- VLOG period 2
- Kahoot activity in the Cafeteria
- Rock Opera in Library
- Weekly celebration update by Admin

Ongoing throughout the week:

- Mental Wellness themed prayer/Catholic Education Week Prayer and music to start the day, over the PA
- Mental Wellness facts and information about increasing our resilience shared throughout the week over the announcements
- Strategy of the Day Skits to be played in class (Period 2 - vlog)
- Social media and outdoor sign with daily motivators and resiliency building tips
- Bulletin board display outside of room 212 providing Mental Wellness Resources and Resiliency Building Strategies
- Display by Cross sharing the themes of Catholic Education Week

Next week is Canadian Mental Health week

Canadian Mental Health week is May 6-12 2019 (<https://mentalhealthweek.ca>). Mental health is a state of well-being, and we all have it. It is a positive state of mind - the state of being able to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. We might have a mental illness, and we might not. Either way, we can all feel well. We can all have good mental health. It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it's never too early or too late to get there. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn. Throughout the week St Benedict will focus on Strategies for Positive Mental Health. Each day will highlight a different Strategy of The Day.

Here are 16 Strategies to Help You Thrive

These sixteen strategies are based on sound science. Try one of these strategies each day and reflect on how they impact your mood and sense of well-being. Keep stock of which strategies make the biggest impact and keep them in your back pocket to boost your mental health on the bad days, and on the good ones too.

Starting the day off fresh

It's a brand-new day. Take a deep breath. Fill your lungs with cool outdoor air as you start your day. Repeat this at lunch and when you arrive home... keeping in perspective that we can make a conscious choice to slow down and just breathe throughout our day.

Focusing on the positives

Write down 3 things that went well today. What was your role in it? Do this before you go to sleep and reflect on the good things of today. Being grateful can enhance your mental well-being.

Getting outdoors

Play with your kids, your pet, your friends or you family. Take a moment to just play, move unwind. As far as your mental health is concerned, there is no such thing as too much play!

Seeing the bigger picture

What is meaningful to you? Do you want to make a difference in your community? Jot down one thing you can do today to make that difference. Volunteer? Check on your neighbour who lives alone. Get involved in a community organization whose mission you support. Choose something and go for it.

Treating yourself

Learning

Go online. You can learn how to do just about anything on Youtube. Or got out in the world and take that course you've meant to try.

Finding meaning

Want to get in touch with a sense of your purpose? What excites you? What do you feel passionate about? How can you get more involved in what is important to you? Think about this throughout your day.

Enjoying yourself

Spend ONE hour today doing what YOU want... what was that like? How do you feel now? Taking time to re-energize allows you to continue to be your best in other areas of your life.

Connecting

Call a friend or someone you like and arrange to meet. Spending time with people can actually boost our immune system and our mental health!

Disconnecting

Really? Yes, to stay connected you need to disconnect. Turn away from your screens. Turn off all electronics for one hour today (cell phones, television, computer, video games). Do something that you haven't done in a while – read a book, write in a journal, play an old-fashioned board

Feeding yourself

Enjoy something you usually deny yourself. Really experience the taste, smell and texture. Be mindful of all your senses as you enjoy this treat! Now share some with a colleague or friend with a little note saying, "Enjoy, you deserve it!"

Embracing culture

Reflect on your heritage. What part of your cultural roots do you celebrate? Is it specific traditions or celebrations, foods, faith or spirituality? Embrace your uniqueness and your history as a valuable part of who you are. You may want to do an exchange with someone who celebrates a different culture.

Being active

Head out to a local park or activity centre. Take your friends or meet new ones there. Bring along your frisbee, balls and your favourite snacks. Did you know being active and connecting with others has real health benefits, including for your mental health?

Using your personal resources

What or who has helped you through difficult times in the past? Make a list. Now, add things you do for your yourself! Keep this list for the next time you might need it. We all have difficulties from time to time but knowing what helps us can make a difference in how quickly we get through it.

Write in a journal, play an old-fashioned board game, or visit a friend. Enjoy this time without any interruptions.

A moment just to rest

Give yourself a moment to just close your eyes and let go of your thoughts. This might lead to a few minutes – or more – of mindfulness meditation. (Check online for easy instructions!) This is time for you and only you.

Time out to breathe

Take 3 minutes to focus on your breathing. Get comfortable in your chair (legs uncrossed, arms relaxed by your side). Inhale slowly through your nose (or mouth), count one, two, three; completely fill your lungs. Hold your breath – pause, then exhale through your mouth. Repeat this process for a few minutes and focus on how relaxed you are.

Nature

Take a walk in a natural setting and take in the sights and sounds, perhaps the bird songs, the squirrels scurrying, footprints on the ground, or the texture of the tree bark. Re-connect with the natural world around you!

Now that you've tried out some of these strategies, how do you feel? Which strategies are your favourites? Which made the biggest impact? Are there other strategies you use that aren't on this list?

Taken from CMHA Mental Health Week (mentalhealthweek.ca) and adapted from a list created by the Winnipeg Regional Health Authority.

A Student with Passion Takes Action and Brings SMILES to Many!

By Mrs. M. Rocha

Earlier this year, a wonderful young lady in grade 11 named Savannah approached me about possibly helping her to raise funds for Operation Smile. Her enthusiasm for the organization caught my attention from the start. I asked her to put together a presentation to propose her ideas and to educate the students in my Service Learning Program about the organization.

We learned that the organization believes that every child suffering from cleft lip or cleft palate deserves exceptional surgical care. In many developing countries, children who have cleft lip or cleft palate can experience social stigma, hunger and thirst and speech impediment. Every \$240 raised for Operation Smile provides a surgery for a child to repair cleft lip or cleft palate.

After her presentation to our class, we decided to help her fundraise through our annual 24 hour Overnight Fast Fundraiser. Savannah started an Operation Smile Club and together with the Service Learning Program students, the work to start bringing our school community awareness of the organization and to start organizing fundraisers began!

I am extremely proud to inform you that the total funds raised for Operation Smile to date is \$7145.73.

Savannah was an exceptional leader during this initiative. Her passion was contagious! Her dedication and work ethic was commendable! Savannah is a humble individual who always remained focused on providing as many children as possible with a "smile".

It was a true pleasure to learn more about Operation Smile and to educate others about it. A big thank you to Lisa Atkinson, a nurse who volunteers with Operation Smile, for taking the time to come out during the Overnight Fast to present to the participants.

A special thank you to all of the participants, leaders and staff members who were involved in the Overnight Fast Fundraiser. WE all worked together to help Savannah and the St. Benedict community make a difference by bringing SMILES to so many children!



Above: Mrs. Rocha and Savannah; below: some of the children who benefited from our community's generosity; left: participants at the Overnight Fast



BENN Newsletter reaches new milestone

BENN saves over 2.5 million sheets of paper

With the publication of this issue of the *BENN Newsletter*, the number of sheets of paper saved versus doing a bi-weekly paper newspaper has brought us over the **2,500,000 sheets of paper** mark.

Pictured here is Mr. Milardovic standing with a stack of 25 reams of paper, which contains 12,500 sheets. The amount of paper saved by going to an electronic newsletter has saved us **two hundred times that amount of paper**. Not to mention all the ink, electricity, wear and tear on copiers... that is AWESOME!



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 student elected to Student Trustee position

By Ms. A. Kreuger

On April 24th, at the Waterloo Catholic District School Board, the Student Senate gathered to elect the two student trustees for the 2019-2020 school year. The role of Student Trustee is to act as a representative of the students for the school board and they are present at the board meetings. They offer insights, opinions

or perspectives on behalf of all students in the WCDSB.

Student Trustees have three key elements in which they represent the views of students or support student leadership: 1) serving as the Co-Chairs at Student Senate meetings for WCDSB, 2) attending board meetings, and 3) Are a active members of Ontario Student Trustee Association's (OSTA-AECO) and attend the associations conferences.

The eight eligible candidates did a wonderful job sharing their leadership experiences and presenting ideas to contribute to our board. St. Benedict's, Meghan Cymbron and Rori Schaefer of St. David's were elected by the senate to represent the student voice next year. Congratulations!



Administrative

Seeking Dominican Encounter participants

Are you in grade 10 or 11?

Do you want to experience the Dominican Republic in November?

Do you want an experience of a lifetime?

The Dominican Encounter trip may be for you. The Dominican Encounter focuses on living in solidarity with the people of the Dominican Republic. Students will spend a week living with local families while visiting schools, hospitals, cultural and historical centers and speak with sweat shop workers to provide students with an opportunity to experience faith in action. Interested grade 10 or 11 students are asked to attend an information session at Lunch in room 111 on Thursday, May 2. The link for the application is found on twitter, and the St. Benedict website Homepage. Please see Mr. Betik or Mr. Borba if you have any questions.

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.

Grab on to Link Crew!

Attention all grade 10 and 11 students: Link Crew NEEDS YOU! Applications for 2019-2020 Link Crew are available NOW in Guidance, come pick one up today! Applications are due Friday, May 10. If you have any questions, please see one of the teacher coordinators. Looking forward to having you on our amazing team!!

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 #4

Limit your use of Extrinsic Motivators.

Extrinsic motivators are the external rewards, pervasive in parenting, that are contingent on a child's task performance or behaviour.

Used regularly because of their effectiveness, there is a dark side to these extrinsic motivators. Studies show that we actually decrease our child's intrinsic motivation over time by offering up these external rewards. This means that our children will want to do things less and less the more we provide them rewards. The task itself becomes less enjoyable without the reward.

When we think about academics, we can see why this causes a problem over time. If we provide rewards for good marks, for example, we slowly start to decrease our children's enjoyment of the learning process.

Here are a few ideas for reducing extrinsic motivators:

- **Don't link your child's allowance with their expected tasks.** Paying children for making their beds or putting their clothes away can reduce their desire to do these tasks without external reward. Instead have expected tasks that come along with being part of the family and an allowance that helps them learn to manage money or that they earn through extra jobs.
- **Don't offer dessert as a reward for eating dinner.** Instead set a family expectation that we eat small amounts of sweets as a balanced part of a day that also includes lots of fruits, veggies and healthy foods. If the healthy food doesn't go in on a regular basis, it's not good for our bodies to put the sweets in.
- **Focus on task-intrinsic practices** like encouraging your child's pleasure and engagement with the learning process.

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. This website can also be used to track your hours and see volunteer opportunities.

Important Graduation Information 2019

WATERLOO REGION CATHOLIC SCHOOLS FOUNDATION AWARDS OF DISTINCTION

Honouring Catholic secondary school graduates who demonstrated exemplary performance in one or more of the award categories through academic achievement & participation in extra-curricular school activities.

For more information and a SELF-NOMINATING FORM please see Guidance or visit www.wrscsf.ca

DUE MAY 6th, 2019

VALEDICTORIAN AWARD

This award is a student nominated award. The criteria for the award can be found in the Google form.

Please consider nominating someone from your class by Monday May 6th by 2p.m.

- <https://forms.gle/oL9gspv735GDwxcGA>

OECA WATERLOO BURSARY

The main purpose of the bursary program is to provide financial assistance to graduating secondary students who are continuing their education. All awards will be made based on the expressed financial needs of the students and within the financial limitations of our Waterloo unit.

Please submit a completed application (available in Guidance) by Friday May 24th, 2019.

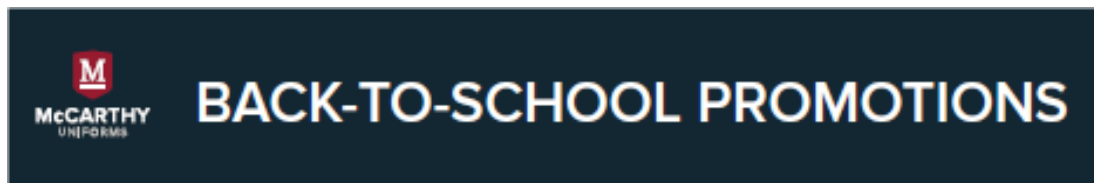
ARE YOU GRADUATING?

Yes you may have 'registered' to graduate, BUT things can change IF:

- You have not completed your 40 Community Service Hours

- You do not have 30 credits by June 26th



There will be a meeting at the beginning of June for all Graduates to help prepare them for the graduation ceremony – STAY TUNED!



McCarthy Uniforms is your official school uniform headquarters! Shopping with McCarthy Uniforms will get you great deals on a number of school materials. Check out our upcoming back-to-school bundles and promotions to save big!

TIME SAVER BUNDLE	PRACTICAL BUNDLE	TOP UP KIT
7 TOPS 4 BOTTOMS 3 SWEATERS	5 TOPS 3 BOTTOMS 2 SWEATERS	3 TOPS 2 BOTTOMS 1 SWEATERS
May 15 – July 15: 15% off July 15 – August 12: 10% off August 13 – September 1: \$50 voucher	May 15 – July 15: 10% off July 15 – August 12: 5% off August 13 – September 1: \$30 voucher	May 15 – July 15: 5% off July 15 – August 12: \$10 voucher August 13 – September 1: \$10 voucher

McCarthy Vouchers to be redeemed from October 15 - December 31, 2019

	GYM BUNDLE 2 TOPS 2 BOTTOMS May 15 – September 1: 10% off	ACCESSORIES BUNDLE ANY 3 COMBO OF BACKPACKS, LUNCH BAGS, WATER BOTTLES, LOCKER KITS, SOCKS, SHOES TIGHTS & BELTS May 15 – September 1: 10% off	 Parkland by Herschel Republic of Leather Shoes
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We believe in the power of uniforms to create community.

Visit us online at www.mccarthyuniforms.ca

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

*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.



Monsignor Doyle Catholic School Advisory Council
proudly presents

ASK AN EXPERT

CANNABIS, VAPING AND MENTAL HEALTH PANEL DISCUSSION

Are you concerned that the legalization of Cannabis sends the wrong message to teens about whether or not it's safe to use? Have you been struggling with how to approach conversations with your teen/preteen about Cannabis, Vaping and other substances?

This session is designed to equip parents with accurate information about the impact Cannabis has on the developing adolescent brain & overall mental health. We will explore how parent/caregivers can be active influences to effectively equip their teen/pre-teen with the skills they need to make informed choices about Cannabis later in life, rather than relying on the "eggs & frying pan" scare tactics of the 80's which research has shown to be ineffective.

With GUEST PANELISTS

Dr. Shrenik Parekh – Psychiatrist at Grand River Hospital



Ruth Cordukes – Public Health Nurse – Region of Waterloo



Sharon Porty, MSW, RSW – Mental Health Lead – WCDSB

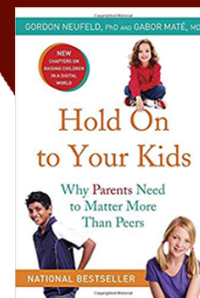


First **20** families receive a copy of the
book **"Hold on to Your Kids"**



Lecture Hall

Monday May 13, 2019
7-9pm



Presentation made possible by the Ministry of Education PRO Grants (Parents Reaching Out Grants)

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 EXTRA HELP with school!?

Need a quiet space?



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



St. Benedict Learning Commons/Clemens Mill Library



This coming week, May 6th to 12th is Mental Health Week. Mental health is as important as physical health. The Canadian Mental Health Association states: "Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance."

Your St. Bennie's Learning Commons will be offering activities to help relax, rejuvenate, and reconnect you. All activities are free.

Monday:

Learning Commons area: Cambridge Therapy Dogs. Come meet Kathy and her dog Valley, and Rhonda and her dog Lucy during lunch hour.

VR Lab: Experience Discovery VR – travel to Hawaii or Japan, take a short gondola ride in Venice, or take a ride up Mount Everest in a helicopter. Most realities are under 3 mins.

Makerspace: use modelling clay to make your own creation. Return throughout the week to decorate what you've made. All materials supplied.

Tuesday:

Makerspace: Create your own unique T-shirt using fabric markers or the cricut machine to cut out a short quote using iron-on vinyl. Please note we have a limited supply of t-shirts, so bring your own t-shirt if possible.

VR Lab: Relaxation VR – Breathe the World, Dances with Butterflies very short relaxing VR experiences.

Wednesday:

Makerspace: colouring sheets, play doh

VR Lab: Explore the world's oceans. Try the Undersea Park Reality where you can swim with sharks, whales and rays!

Thursday:

Makerspace: Build a rollercoaster with Gravitrax

VR Lab: Games Day – come try your hand at Beat Saber, Blobby Tennis or the FunHouse Arcade

Friday:

Learning Commons: Rock Orchestra will perform in the library during lunch hour. Come enjoy some great music made by your fellow students.

Makerspace: Use the cricut to make a special Mother's Day card for your mom

VR Lab: Create virtual art with the Vive Tiltbrush

Also don't forget about the Teen Lounge which runs every day after school from 2:15 to 3:30pm. Enjoy free snacks, play X-box, table tennis or just hang out with friends.

Sports

Girls' Softball News

The girls are looking forward to getting the season started . . .if it ever stops raining!

Today's games have been rescheduled to

Thursday May 9 at the Peter Hallman Ballyard.

The girls will then be in action May 14 at the Sport Park, May 16 and 21st at RIM Park.

The girls will practice Tuesday after school at the Sports park. Please return form and money if you have not done so.

Sports Results

VARSITY GIRLS SOCCER

St. David CSS 2, St. Benedict CSS 0

St. Mary's HS 5, St. Benedict CSS 0

SENIOR BOYS SOCCER

St. David CSS 5, St. Benedict CSS 2

Student Activities

The Arts

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

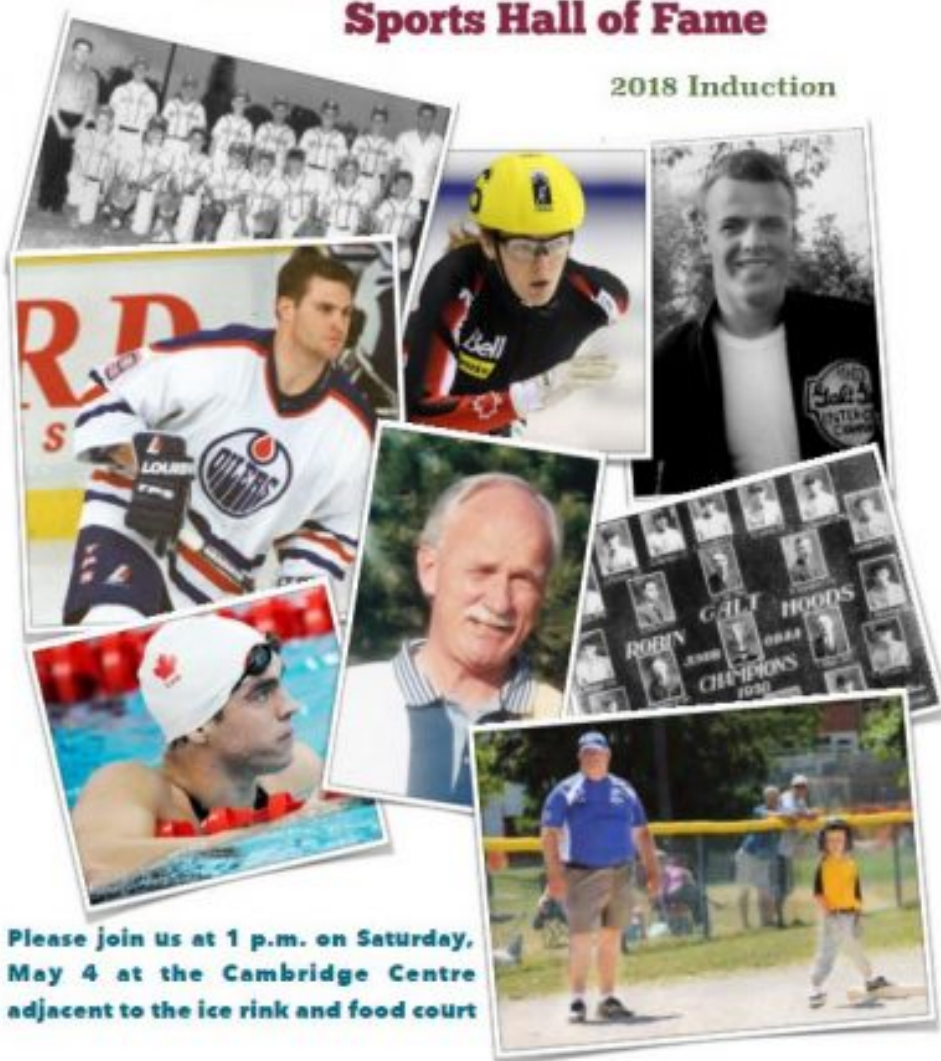
An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Kitchener
Public Library

CAMBRIDGE

Sports Hall of Fame

2018 Induction



Please join us at 1 p.m. on Saturday,
May 4 at the Cambridge Centre
adjacent to the ice rink and food court

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.



BISHOP'S BANQUET

IN HONOR OF THE MOST REVEREND

BISHOP
DOUGLAS CROSBY
BISHOP OF THE DIOCESE OF HAMILTON

TUESDAY • MAY 14, 2019 • 5:30PM

*NEW LOCATION:
RESURRECTION CATHOLIC SECONDARY SCHOOL
455 UNIVERSITY AVENUE WEST • KITCHENER • ONTARIO



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.



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

Calendar of Events

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

Wednesday, May 1

BENN Newsletter release

Coffee House

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

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 Christian HS

3:45pm: Sr. Boys Soccer vs Woodland Christian HS

Monday, May 6

SAC Co-presidents' Campaign week

Catholic Education Week

10:35am: Eco Club

Friday, May 10

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

10:35am: Star Trek Club

2:00pm: Rock Orchestra practice

2:00pm: Doctor Who Club

Sunday, May 12

Mother's Day

Monday, May 13

10:35am: Eco Club

10:35am: E-car meeting

10:35am: Finance Club

Tuesday, May 14

National Denim Day for breast cancer

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

2:00pm: Sr. Boys Slo Pitch vs Resurrection CSS

2:00pm: Sr. Girls Slo Pitch @ St. David CSS

2:15pm: Concert Band

3:30pm: Sr. Girls Slo Pitch @ Resurrection CSS

3:30pm: Sr. Boys Slo Pitch vs St. Mary's HS

Wednesday, May 15

BENN Newsletter release

8:00am: Track and Field: District 8 Championships

10:35am: Guitar Club

10:35am: E-car meeting

10:35am: Model UN Club

10:35am: Anime Club

2:00pm: Games 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

Tuesday, May 7

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

2:00pm: Sr. Boys Slo Pitch @ St. David CSS

2:15pm: Concert Band

3:30pm: Sr. Boys Slo Pitch vs Msgr Doyle CSS

Wednesday, May 8

Easter Mass

8:00am: Track and Field: Maxi-meet #2

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

3:00pm: Girls Soccer vs Monsignor Doyle CSS

3:00pm: Sr. Boys Soccer @ Msgr Doyle CSS

Thursday, May 9

10:35am: E-car meeting

10:35am: Mario Kart club

10:35am: Praise Choir

2:00pm: Math Club

2:15pm: Homework Club

6:45pm: Family of School Council Mass

2:15pm: Homework Club

Thursday, May 16

8:00am: Track and Field: District 8 Championships

10:35am: E-car meeting

10:35am: Giving Back Club

10:35am: Mario Kart club

10:35am: Praise Choir

2:00pm: Math Club

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

2:00pm: Sr. Boys Slo Pitch vs ES Père-René-de-Galinée

2:15pm: Homework Club

3:30pm: Sr. Boys Slo Pitch vs St. David CSS

3:30pm: Sr. Girls Slo Pitch vs St. David CSS

Friday, May 17

8:00am: Ultimate Frisbee Championships

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

10:35am: Star Trek Club

2:00pm: Rock Orchestra practice

2:00pm: Doctor Who Club

Monday, May 20

Victoria Day

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

The BENN Newsletter

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