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Wednesday, Jun 12, 2019 - Volume 11, Issue 21

## **ROCK OF AGES really rocked!**

### By Mr. A. Milardovic

In what can only be described as a musical masterpiece, the St. Benedict drama crew put on a fantastic rendition of the musical *Rock of Ages: High School Edition* over a three-night run from May 30 to June 1st. The production, directed by Mr. Renner, Mr. Lacalamita, brought together a cast of over thirty students, a six member student band, and many more students and teachers working on the background and supporting the onstage production.

The musical has several intertwined story lines of romance and social justice, all told using spoken lines and over twenty musical numbers covering 30 well known songs over the two hour show.

Over the three-night run, over seven hundred people took in the show; many of which took to social media to make comments. Friends and family members were genuinely impressed at the high calibre quality of the show.

The end of the show brought many tears of joy and sadness for the cast. For some members of the Saints' Drama group, this is their last performance before they graduate and move on to other endeavours. They will be greatly missed, and we thank them for their dedication and contribution to the Arts at St. Benedict.

Having said that, the future does look bright at Bennie's, as many junior students have been involved in the different Arts activities this year, including the musical.

Congratulations once again to the entire cast and crew of Rock of Ages! This was the drama final performance for the school year, a year which showed off the abundant talent through the fall plays, the coffee houses, hosting the NTFS Drama Festival, and now a full blown musical. We look forward to seeing what next year brings in the wonderful world of drama at St. Benedict!













## June Exam Schedule

## Grade 12

**Tuesday, June 18:** Period 4 final examination, 11:40 to 1:40 **Wednesday, June 19:** Period 3 final examination, 11:40 to 1:40 **Thursday, June 20:** Period 1 final examination, 8:10 to 10:10 **Friday, June 21:** Period 2 final examination, 8:10 to 10:10

Grade 12 students are expected to be in class in the mornings on June 18 and 19.

## Grades 9-11

Thursday, June 20: Period 1 final examination, 8:10 to 10:10 Friday, June 21: Period 2 final examination, 8:10 to 10:10 Monday, June 24: Period 3 final examination, 8:10 to 10:10 Tuesday, June 25: Period 4 final examination, 8:10 to 10:10

## **Notes**

- Buses will run on their regular schedules for June 18 and 19. Buses will run on an altered schedule for June 20 and 21.
- For students who require CREDIT RESCUE: Teachers will co-ordinate time for CREDIT RESCUE with these individual students.
- All students will remain in their exam room for the full 2 hours, even if they are writing a 75 minute exam.
- Please direct any student request for an alternate exam date to their respective administrator.

For more information about exams and credit rescue, visit the exam page on the school website.

## GREEN ALERT!!! All 48 WCDSB Schools Officially Certified as Ontario EcoSchools!

### By WCDSB Newswire

The Waterloo Catholic District School Board proudly announces that all 48 WCDSB elementary and secondary schools have been officially certified as Ontario EcoSchools.

The WCDSB is among just a handful of Ontario school boards to have reached the 100% certification milestone.

The board joined the program in 2011, with seven certified EcoSchools, and had set an ambitious target of having all schools certified by the end of the 2018-19 school year.

This year, five schools reached the prestigious Platinum level, 19 schools achieved Gold status, 19 schools achieved Silver status and five schools achieved Bronze status.

The results for each school follow below:



#### PLATINUM (5)

Holy Rosary CES
Resurrection CSS
Saint John Paul II CES
St Anne – Kitchener - CES
St Margaret of Scotland CES

### GOLD (19)

Blessed Sacrament CES Canadian Martyrs CES Christ The King CES **Holy Spirit CES** Our Lady of Fatima CES St Agnes CES St Augustine CES St Benedict CSS St Bernadette CES St Boniface CES St Clement CES St David CSS St Dominic Savio CES St Elizabeth CES St Kateri Tekakwitha CE St Luke CES St Mary's HS St Matthew CES St Michael CES

## SILVER (19) Holy Family CES

John Sweeney CES Monsignor Doyle CSS Monsignor Haller CES Our Lady of Grace CES St Brigid CES St Daniel CES St Gabriel CES St Gregory CES St John CES St Joseph CES St Mark CES St Nicholas CES St Paul CES St Peter CES St Teresa CES St Timothy CES St Vincent de Paul CES St. Teresa of Calcutta CES



#### **BRONZE (5)**

Our Lady of Lourdes CES Sir Edgar Bauer CES St Aloysius CES St Anne – Cambridge - CES St Teresa of Avila CES

For more information, please refer to the Board's press release.

## **Administrative**

**GRADUATION: Wednesday, June 26** 

Graduation will be held this year on Wednesday, June 26 at 7pm at the Kitchener Auditorium. Grads must be there before 6:15.

There are no tickets this year so guests can just park and come into the Aud. There will be a reception on the Aud floor after the graduation ceremony for all grads, guests and teachers.





## To graduate...

...you need 30 credits, have successfully completed the literacy test or the OLC course and complete and HAND IN your 40 hours of community service.

To walk across the stage and be celebrated at Graduation you need all of this completed. The last possible day for us to accept your 40 hours is Friday June 14!

Please see you GUIDANCE counsellor asap if you have them, need a sheet, need help....you can do this!!!

## And speaking of grad... how would you like breakfast?

**Grade 12s:** Are you planning to come to grad breakfast on Monday, June 24? Go onto School Cash Online to CONFIRM your attendance and get your FREE e-ticket. Again this is FREE, ZERO COST, GRATIS!!! Looking forward to seeing you there!

## And one more announcement for grade 12s...

## Regarding uniform collection for our Used Uniform Sale

Would you like a couple of days to wear your civvies? All grade 12 and super 12's are invited to donate at least 3 items of **clean** used uniform on Friday, June 14 after school from 2-3pm in the cafeteria or on Monday, June 17 from 7:30am until 8:00am in the cafeteria. Once we receive your donation you will be provided with a uniform pass that must be shown to all your teachers. You will then get to be in Civvies for the rest of your time at St. Benedict.

Thank you for sharing your resources: reducing, reusing and recycling to help our community and being further stewards of the Earth is awesome.

In making this decision we needed to be mindful of safety first and the learning environment we are trying to create for all our students. We know you are a fabulous group of young people ready and willing to hand in your used uniforms for our community. It is for this reason that we still give you the entire week. Some schools don't do this, and some have chosen to cut back on the days. We know you don't need or want to the reward, and would likely do it anyway, but this is our way to still say thank you for giving! Thanks for

digging out your used and in good share used uniforms to donate to St. Benedict. WE THANK YOU FOR YOUR KINDNESS, STEWARDSHIP AND GENEROSITY!!!

## 2019-2020 Student Verification Forms & School Start Up Information

The Waterloo Catholic District School Board continually strives to find new and improved ways to become Eco-friendly. Beginning with the 2019-2020 school year, St. Benedict Catholic Secondary School will be going cashless & paperless.

On June 3, all returning students received a **School Start Up Package**.



Included in this package is:

- · Important Dates & Information notice
- · Start Up Forms & Information Check Lists by Grade Level
- A personalized lilac Student Verification Form; this will be the only printed form provided. This form MUST be completed and returned to homeroom teachers or the Main Office by June 14.
- All other mandatory Start Up Forms are accessible through School Cash Online and must be completed by June 14.

Thank you for your cooperation with this initiative.

## **Fees**

## Student Activity Fee

\$50 All students are required to pay this fee

## Yearbook Fee

\$25 Optional fee

## **Student Timetables**

As in past years, students will be able to pick up their timetable at the end of August. Students will be required to show their receipt in order to receive their timetable.

Further information will be sent out at a future date—watch the school website, social media, and the electronic sign for details.

## Locker Clean up!

This is a reminder to all students that they are required to clean out their lockers, leaving them completely empty by **June 25**. All textbooks must be returned to teachers, all personal belongings are to be taken home, all garbage and writing in the lockers is to be removed. The door should be left open and your lock should be locked on the latch. Anything left behind will be removed, thrown out, or donated where appropriate.



# Student Transportation Services of Waterloo Region surveys



We are asking parents and/or guardians to participate in a survey about their student's journey to school. The purpose of the surveys is to get a better understanding of the thoughts and opinions of the student's journey to school. We have created surveys for students using the school bus and for students who use other forms of transportation like walking or biking to school. Our goal is to enhance the student's experience and to improve our services in the future. The survey typically takes 5 minutes to complete and will be open until Friday, June 14th, 2019.

If you have any questions in regards to the surveys please contact the Morgan Potts at (519) 744-7575, extension 229 or at <a href="mailto:morgan\_potts@stswr.ca">morgan\_potts@stswr.ca</a>.

Thank you for providing your feedback. We appreciate the time you have taken and will actively use it to improve our services to you in the future!

### **Transported Students Survey**

https://docs.google.com/forms/d/1YwWy\_uOoivH9fuAi1vijGlpKgAeyEzio3dPVp\_bvjCY/edit

#### Students in the Walk Zone

https://docs.google.com/forms/d/1m2TuB8c6xKF9VeIV4uV1HpmI3gzMievYqsNw4aEKXdc/edit

## **News from Student Transportation**

Transportation details for the 2019-2020 school year will be available on **Monday, August 19, 2019**. Parents can login and view your child's transportation details by going to <a href="www.stswr.ca">www.stswr.ca</a> and following these easy steps:

- 1. Click on "Student Login"
- 2. Enter your child's Ontario Education Number (OEN)
- 3. This can be found on your child's report card
- 4. Numbers only, no space, no dash

- 5. Enter your child's birth date
- 6. Enter your child's street number house number only
- 7. Select the school your child is attending from the drop down menu

**Please note:** any address changes need to be done through your school. If you are moving this summer or change caregiver arrangements for the fall, you should communicate the change of address to your child's school before the end of the 2018-2019 school year.

You can also visit www.stswr.ca to see bus delays and cancellations, subscribe to receive e-mail notifications for late buses and closures and follow us on Twitter.

## 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 <u>download and print out this document</u> and take it to your nearest Staples store.



## **Mastery**

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.

This month, we're building our Mastery Umbrella Skills. Mastery is a great way to wrap up before the summer. It requires us to use many of the skills we have learned over the school year.

## What is Mastery?

Mastery is our ability to work towards excelling at something – our craft, our relationships, our jobs and many others. The early stages of mastery require many of our Umbrella Skills to push through the boredom, fear, impatience and other difficult emotions of the learning journey. Over time, we build strength and confidence and can accomplish great things.

"Everyone holds his fortune in his own hands, like a sculptor the raw material he will fashion into a figure. But it's the same with that type of artistic activity as with all others: We are merely born with the capability to do it. The skill to mold the material into what we want must be learned and attentively cultivated." —Johann Wolfgang Von Goethe

## **Umbrella Mastery Tip #1**

### Help your child discover their natural inclinations and curiosities.

The best masters start with a deep interest and curiosity in the area they are working towards mastering. The journey to mastery requires time, patience and overcoming obstacles so this interest (see Intrinsic Motivation skill tips) is paramount in persevering through the learning process. You may have a vision for your child. If this vision does not align with their personal interests, it is unlikely that they will go on to master this path while building their well-being. Trying to master something you don't care about is arduous, requires lots of will power and depletes our energy and happiness.

When you start with your child's natural interests, they are much more likely to engage with the process of learning and mastering their chosen activity.

Start by helping your child notice the subjects they are most engaged in and the problems they most want to solve. Try to be specific when having these conversations, i.e.: What unit in science did you like the most and why? Instead of asking, 'What subject do you like?'

For example, this year my daughter noticed that she really loved learning about energy in science and is also concerned about the environment which led her to thinking about the jobs that might exist in sustainable energy. She is far from having to make these types of life decisions, but reflecting on things that peak interest will help her engage and learn when opportunities present themselves.

## **News from the Guidance Department**

By Mrs. L. O'Neill

## Summer School

There are several options available this summer for students who wish to attend summer school. Our board will be offering a selection of New Credit Courses through St. Louis is Kitchener. These courses will run from July 3 – July 26 (final exam July 27), from 8:30 AM – 3:30 PM, Monday to Friday. All classes will run at St. Louis is Kitchener, with the exception of Career Studies and Civics which will only available on-line. While transportation is not required, teachers will distribute 2 bus tickets at the end of each school day, to students who require transportation. These bus tickets will allow students use of the GRT transit system. Summer school will be available this summer for St. Benedict students through the Waterloo Region District School Board, our coterminous board. Make-up Credit Courses will be offered at Jacob Hespeler Secondary School in Cambridge and Huron Heights Secondary School in Kitchener. A selected number of New Credit Courses will be offered at Jacob Hespeler Secondary School in Cambridge, Sir John A. Macdonald Secondary School in Waterloo and Huron Heights Secondary School in Kitchener. Classes will run from July 2 – July 26. Make-up courses are 3 hours in length, either morning or afternoon, while new credit courses are 6 hours in length, not including a 30-minute nutrition break. Students can register for a maximum of 2 make up credits or one new credit course. There will also be a limited number of Online Blended Courses offered at all locations this summer as well. More information regarding summer school course offerings and registration is available in the guidance office. The registration deadline for New Credit, On-line Blended, and Locally Developed courses is Thursday June 6. Students planning to take a credit recovery course must be registered by Monday June 24. Transportation is provided for students who take summer school courses through the public board - a bus schedule will be available to students in June. Please see the guidance office for more information regarding summer school.

## **Grade 12 Reminders**

1. While most Grade 12 students have likely completed their required 40 hours of Community Service, there are many students who have not yet handed their documentation of this into the main office. Please remind your student to take care of this important detail as soon as possible. This is a necessary requirement for all graduates and students who do not complete this requirement in a timely manner risk losing their graduation status, as well as conditional offers that they may have already received from post-secondary institutions. The last day to hand in community service hours is Friday, June 14!

2. Invitations to the June 26, 2019 Graduation ceremony were mailed last week and should have arrived at your home address. We look forward to seeing everyone at the ceremony.

## Grade 12 Post-Secondary Information Update

- 1. Students should have heard an admission response to all university programs that they applied to by May 29th. Students interested in accepting an offer of admission should do so by June 3, 2019.
- 2. If you applied to an Ontario University and you do not receive an offer of admission, please know that from June 6 August 26, you are eligible to apply to any university program that still has known vacancies. You must have completed the necessary OSSD requirements, including six 4U/M classes by early August 2019 to be eligible. To find out more, call 519-823-1063 or check out www.ouac.on.ca/ais
- 3. Students who did not apply to college, or students who applied and did not get an offer to a program of their choice, are welcome to apply on-line for September 2019 to any program that is still accepting applications. See www.ontariocolleges.ca for more information.

## **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 <a href="https://www.hourrepublic.com">www.hourrepublic.com</a>. This website can also be used to track your hours and see volunteer opportunities.

## Volunteer spotlight

### 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/volulnteers/

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

### **PRIDE STABLES**

Love the outdoors? Enjoy kids? Like horses? Check out this unique volunteer opportunity . . . Therapeutic horseback riding for people with disabilities is looking for volunteers. No experience necessary. Training provided. Must be 15+. Email volunteering@pridestables.com or visit www.pridestables.com for more information.

### SOCCER TOURNAMENT VOLUNTEERS

The South-West Regional Soccer Association is looking for volunteers for a number of soccer tournaments and festivals throughout the summer. If interested, please email generalmanager@swrsa.ca

### **CAMBRIDGE MINOR BASEBALL**

CMBA is run by volunteers. If you are interested in giving back to your community please contact info@cmbaball.ca to see where you might fit in.

## **Important Graduation Information 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!



## **BACK-TO-SCHOOL PROMOTIONS**

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!

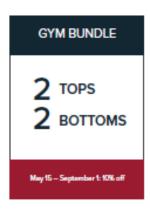


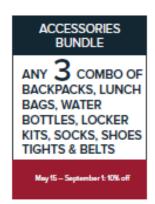




McCarthy Vouchers to be redeemed from October 15 - December 31, 2019









We believe in the power of uniforms to create community.

Visit us online at www.mccarthyuniforms.ca



## **OK2BME**

### By Mrs. S. Ayerst, School Social Worker

OK2BME offers a no cost, confidential counselling program in Waterloo Region for <u>LGBTQ2+</u> individuals and couples aged 5-29. They also offer counselling at no cost to families with LGBTQ2+ children or youth under age 18. OK2BME also runs youth groups to LGBTQ+ identified children, teens and their families.

Individuals interested in supports can email <a href="mailto:intake@kwcounselling.com">intake@kwcounselling.com</a> or call 519.884.0000 x222. You can also complete an online intake form at <a href="mailto:https://ok2bme.ca/services/intake/">https://ok2bme.ca/services/intake/</a>

OK2BME also runs a youth group in Cambridge at the Queen's Square Idea Exchange https://ok2bme.ca/services/cambridge-youth-group/

For more information on OK2BME please visit their website at <a href="https://ok2bme.ca/">https://ok2bme.ca/</a> or contact them at 519-884-0000.

Location: 480 Charles Street East Kitchener, ON N2G 4K5

## **Support Catholic Education**



The number of Catholic ratepayers in Waterloo Region has fallen in the last number of years to below 100,000. This has happened at the same time Waterloo Region's population has grown significantly. To help counter this downward trend, in conjunction with our annual Kindergarten sign-up campaign, we are also launching a campaign to increase the number of "official" Catholic school supporters in Waterloo Region.

Learn More Here



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

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

## **Academic**

## **Enriching the Lives of Students**

### By Mrs. D. Wittmann

There 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/

## Saints gain international learning

By Mrs. L. Temple



On Wednesday May 29th, 10 of our students participated in the International Certificate Program Graduation in Waterloo.

It was incredible to hear their adventures, experiences and accomplishments that they had achieved in this program.

Congrats to Shayna for receiving the ICP Bursary as well as presenting her learning during the evening.

The ICP Program was introduced in 2015 and has been growing ever since. The program is a comprehensive one that allows for students to internationalize their learning and gain an appreciation for global citizenship.

We have a good group of students involved in the program which is managed by Mrs. Karla Arkell in Guidance.

We are very proud of our graduates and wish them the best of luck in their exploration of the world and in realizing their promising futures.

## Politicians bring voter awareness to Bennie's

### By Emma Biffi

On May 21, St. Benedict's welcomed Member of Parliament Bryan May and Mayor of Cambridge Kathryn McGarry for a presentation on Voter Awareness. The presentation was part of a Voter Awareness day at St. Benedict's to inform students about the election process, how to interpret political and media messages ("weeding out the fake news"), and how they can become involved in the political process.



Emma introduces Mayor Kathryn McGarry and MP Bryan May.

The purpose of the presentation was to educate students on the voting process. Since there will be a federal election taking place in October, it is important for students to know how to vote and why it is important. Voter turnout has been lower in the past elections and educating students about this topic will teach them to become more involved in their democratic society.

During the presentation, Bryan May and Kathryn McGarry discussed many topics relating to voting, such as the importance of voting and the process one must go through before they vote in an election. They also discussed topics such as the structure of government, as it is very important to understand what an individual is voting for in an election. Having a Member of Parliament as well as a former Member of Provincial Parliament and now Mayor, perspectives from all three levels of government were shared.

Overall, the presentation was very informative for students who were either learning something completely new or reminding themselves of concepts they had learned previously. Thank you to Kathryn McGarry and Bryan May for visiting our school and speaking to our students!

## **COPE Program provides student support**

### By Ms. M. Malcolm-Pando

The COPE Program is a new program introduced during second semester by Melanie Malcolm-Pando, YCW and Amy Healy, School Improvement Head. The COPE program focused on building and fostering an environment for students to continue working on everyday life skills and mental wellness.

The program was fortunate to receive grant money from the Community Connected Experiential Learning Project back in April. We would like to take this opportunity to thank Andrea Nijhuis from WCDSB. This grant money was used towards a trip to Conestogo Horseback River Adventures on Friday, June 7th. Students participated in a horseback ride trail through the fields and river.

Students were then challenged to work together on team building/problem-solving activities, while throughout the day learning more about the horses.

## Student Co-op at Waterloo Regional Police Services



### By Mrs. M. Crowell

Another successful semester for our students with Waterloo Regional Police Services.

Mackenzie Kingston and Luke Kitchen (doing the CCEP program) both participated from our school.

Almost all of the students who did Co-op placements with WRPS this semester were from our board.

## More collaboration between WRPS and Bennie's students

### By Miss S. Grebinski

Recently, students from Miss Grebinski's BOG 4E Business Management class collaborated with the Waterloo Regional Police Service on a marketing project. The students were given access to the WRPS online employee store as well as Shopify administrator access so students could see the products being offered, how they are being sold, and how much profit is being made on each item.



As a group, students then created a marketing plan which included a SWOT Analysis, and the 4Ps (product, price, place, promotion). They talked about products that were/were not selling well, suggested new prices for a couple of the products to reflect how they were selling, came up with three new product suggestions, and created some sales promotion ideas.

The group received feedback from WRPS team last week which was *extremely positive*. They are going to be implementing many of the changes the students suggested, including offering the three products students came up with, and having a "one day/week only" sale for community members to also access the

employee store.

As a thank you, the WRPS sent the students branded WRPS t-shirts. I am very proud of the hard work this group put into this assignment and how positively it was received.

## **Sports**

## **Sports Results**

#### **SENIOR BOYS SLO PITCH**

St. Benedict CSS 16, Resurrection CSS 5 St. David CSS 18, St. Benedict CSS 14

## **OFSAA Track & Field wrap-up**

By Mr. R. Martinello

## **OFSAA** West

Nine athletes competed at the OFSAA West Track and Field Championships at Jacob Hespeler. While all nine competed and represented St. Benedict well, four turned in outstanding performances and have qualified for the OFSAA Championships in Guelph.

In Senior Boys Javelin, Terrell Webb battled a back injury to finish 4th overall. In Senior Boys 100 m, Riley Silva, a grade 11 student, competing against a large group of Grade 12 athletes, earned a silver medal with a blazing time of 11.05. Alex Webb once again showed herself to be the class of the field winning a gold medal in Senior Girls Javelin outthrowing the rest of the field by about 6 meters. And in Senior Girls shot put, Alex battled the favourite from Windsor to the wire. Having never thrown over 12 meters before and leading by 2 centimeters with a throw of 12.16 meters, Alex unleashed a throw of 12.71 to win by over 1/2 meter.

And finally in the most exciting finish of the day, Alexia Lewis who was ranked 8th in the Junior Girls Triple Jump put out a personal best jump of 10.49 to place 4th going into the final rounds of jumps. Just when it looked like she qualified for OFSAA, the 5th place competitor made a huge jump of 10.65, temporarily knocking Alexia out of OFSAA contention. But with pressure squarely on her shoulder, Alexia let out a jump of 10.77. This not only qualified her for OFSAA but it propelled her into the gold medal.



## **OFSAA Provincials**

We had 4 athletes compete at the OFSAA Track and Field Championships from Thursday to Saturday. They represented St. Benedict with pride.

In Senior Boys Javelin, Terrell Webb competed with an injury and was only able to make one throw before having to retire. His throw placed him 12th in the province.

Alexia Lewis, competing at OFSAA for the 1st time, jumped close to her personal best and finished 17 in Junior Girls Triple Jump.

Riley Silva, competing against mostly grade 12 and super 12 students, placed a respectable 18, running close to his personal best time.

Finally, Alex Webb won 2 silver medals (one in shot put and one in javelin). Both losses were to highly ranked grade 12 students who both had to throw personal bests by significant amounts. One throw came on the last throw of the competition, while the other came on the competitor's 2nd last throw of the competition. While disappointing, it was a remarkable achievement for a grade 11 student competing against older athletes.

Congratulations to the entire team this year.

## **Special Olympics Day in review**

### By Erin Parsons

On Monday I had the opportunity to join the school at the Special Olympics. This is a marvelous event held at Resurrection run by volunteers. When I found out about the event I so knew I wanted to go and be apart of the day, the staff at the school made sure I felt included in the entire day. The day was the so extraordinary as each student gave it their all and left everything they had on the track. It was wonderful to see the camaraderie of all students and staff to have a fun filled day. The teachers put so much time and effort into the day and it definitely did not go unnoticed.

As for the weather, it was just perfect not to sunny not to cold so the athletes were all able to perform at peak. It warmed my heart to see the sportsmanship among students, as they all went up to support the other students when the race and event was on it was like they all had their personal cheer team. This was so marvelous to see how close these students are and the support they gave each other before, during and after the each event.

This day was so perfect for each student and I am very grateful for the opportunity to go as I got to hang out with friends and create new friendships, days like these make of the memories of our lives.



Some of the participants, staff and volunteers from St. Benedict who participated in the Special Olympics.

See one of our student athletes, Neil Holdbrook featured in this <u>CTV News Kitchener article</u>. See more from the event today on *In Your Backyard* with Stu Gooden on CTV News Kitchener at 5.

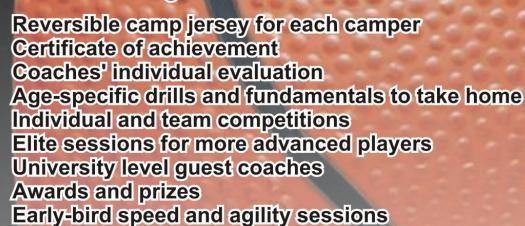
Do you want to improve your basketball skills this summer?

# St. Benedict Basketball Camps 2019

July 8 to July 12

For Boys & Girls Entering Grades 1 - 9

Special guest lecturers and much more!



**Age Specific Divisions** 

Jr. Saints (Entering Gr. 1-3):

8am-10am

Semi Pro Division (Entering Gr. 4-6):

10:30am-4pm

Pro Division (Entering Gr. 7-9):

10:30am-4pm

For more info or application brochure visit: http://stbenedict.wcdsb.ca and look under "Student Life/Athletics"

Or Contact:

John Malnerich at St. Benedict C.S.S.

519-621-4050 ext 5337

## Clubs

## **Student Activities**

## **Other News**

18TH ANNUAL



GOLF CLASSIC · IN SUPPORT OF THE WATERLOO REGION CATHOLIC SCHOOLS FOUNDATION

CONESTOGA GOLF & COUNTRY CLUB



Location: Conestoga Golf Club, Conestoga

Date: Thursday, August 22, 2018

7:30am Registration 8:00am Shotgun Start

Price: Registration+Cart+Breakfast+Lunch \$150

Lunch Only: \$30

Registration & Information: 519.578.3660, ext. 2373

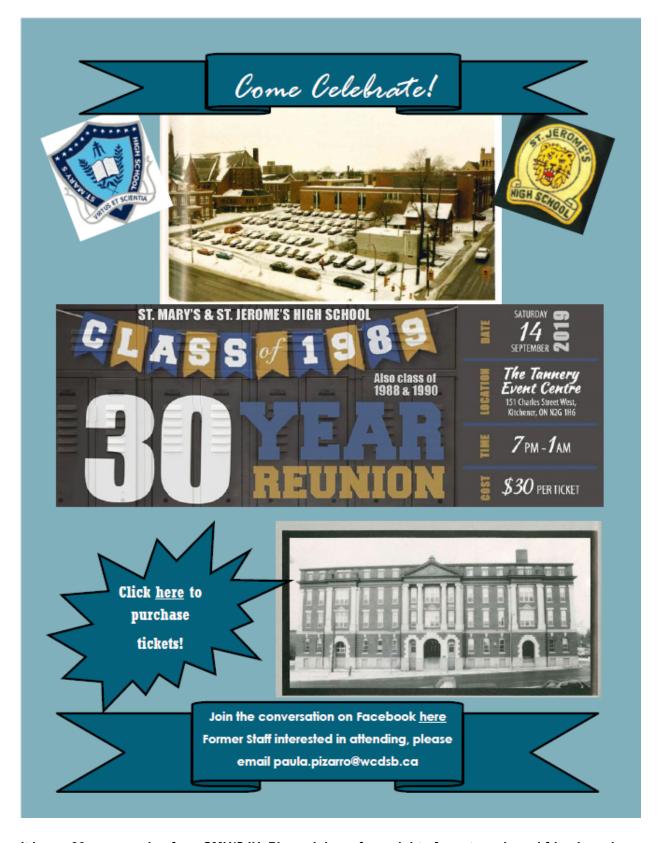
Proud Sponsor...



HOME+AUTO INSURANCE







It is our 30 year reunion from SMH/SJH. Please join us for a night of great music and friends and celebrate our past 30 years...how has it been that long???

We look forward to seeing everyone from far and wide. Get your tickets early. This space has a max capacity of 250. We will be starting the music at 7pm. So get your dancing shoes on and head out to The Tannery Event Centre downtown Kitchener.

## 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.

### Facebook Live Event Dates

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 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**.







## **Calendar of Events**

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

### Wednesday, June 12

**BENN Newsletter release** 

EQAO Grade 9 Math

10:35am: E-car meeting

10:35am: Doctor Who Club

10:35am: Guitar Club

10:35am: Model UN Club

10:35am: Anime Club

2:00pm: Games Club

2:15pm: Homework Club

### Thursday, June 13

EQAO Grade 9 Math

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: Homework Club

### Friday, June 14

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

10:35am: Star Trek Club

2:00pm: Graduate uniform turn-in

2:00pm: Rock Orchestra practice

### Sunday, June 16

Father's Day

### Monday, June 17

7:30am: Graduate uniform turn-in

### Tuesday, June 18

Grade 12 Final Evaluations (period 4)

### Wednesday, June 19

Grade 12 Final Evaluations (period 3)

### Thursday, June 20

Grade 12 Final Evaluations (period 1)

Grade 9-11 Final Evaluations (period 1)

### Friday, June 21

Grade 9-11 Final Evaluations (period 2)

Grade 12 Final Evaluations (period 2)

**Summer Solstice** 

### Monday, June 24

**Graduation Mass and Brunch** 

Grade 12 Final Evaluations (period 3)

Grade 9-11 Final Evaluations (period 3)

### Tuesday, June 25

Grade 9-11 Final Evaluations (period 4)

### Wednesday, June 26

Grade 9-11 Final Evaluations (credit rescue)

7:00pm: Graduation

### Thursday, June 27

**BENN Newsletter release** 

### Friday, June 28

Last Day of School

### Monday, July 1

Canada Day

### Monday, July 15

7:00am: Report Card Pickup

### Tuesday, July 16

7:00am: Report Card Pickup

### Wednesday, July 17

7:00am: Report Card Pickup

### Thursday, July 18

7:00am: Report Card Pickup

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

### The BENN Newsletter

<u>Unsubscribe</u> | <u>Manage subscription</u>







## St. Benedict Catholic Secondary School

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