

Wednesday, October 9, 2019 - Volume 12, Issue 5

Called to Belong: Saints' faith in action takes many forms

By Mr. B. Rempel

Opening School Mass

Mass is a great way to begin the school year.

Mass is a great way to celebrate the grace and love that is foundational to our lives. So it was on September 26 that the St. Benedict school community gathered to celebrate our opening school mass. The gym was full, reverent and respectful as Father Ross, pastor at St Patrick parish, presided. We are grateful that Father Ross made time to celebrate with us.

Mass became an all-school event with phys-ed classes setting up chairs and tech setting up the stage and mics. Musicians, readers, altar servers, gift bearers and Eucharistic ministers are all members of our school community and made meaningful contributions. As we move forward into the school year, we all agree that our opening Mass is a meaningful morning for our school community.





Food Bank Collection

Every October the St. Benedict school community collects food donations for the Cambridge Self Help Food Bank. This year is no exception. Each home room class has a box to fill with food. Students are encouraged to bring in food regularly during the month. At the end of the month, we combine all the food donated and send it off to the Food Bank. This year we are focusing on special dietary options as well as infant items.

Administrative

We're listening!



Some of you may have noticed something new last week; instead of the usual BENN Newsletter in the subject line for emails from us you received two Bennie's **NewsWires**.

Parents have commented that they are used to receiving "NewsWire" emails from elementary school, which contain important notices and information. These emails are usually shorter. Until now, when such messages have been necessary we would send a "special edition" of the BENN. We are looking to create a uniform message with our elementary counterparts.

Your bi-weekly BENN will still retain its current format.



Take our Kids to Work Day coming soon!

Take our Kids to Work Day is a national program involving more than 250,000 grade 9 students annually, and 2019 is the 25th year of this event! It will be held this year on Wednesday, November 6th, and is an excellent opportunity for students to obtain an appreciation for their parents or family member's jobs. It also allows students an opportunity to start thinking about career options for their future.

Paperwork and information will be handed out this week by period 1 teachers to all grade 9 students. Signed permission forms are due back on Friday, November 1st.

News from Guidance

By Mrs. L. O'Neill

Who is your Guidance Counsellor?

Mrs. Lesley O'Toole A-Di & International Students ext. 5190

Mrs. Karla Arkell Dj - Ki ext. 5636

Mr. Nick Betik KI - PI ext. 5633

Mrs. Laura O'Neill Po - Z ext. 5634

Mrs. O'Connor Administrative Assistant ext. 5631

Update: Universities Fair

Jacob Hespeler is no longer hosting the University Information Presentation on October 17th. The local event will take place at the Cambridge Hotel and Conference Centre. Please see the below details.

Date: Thursday October 17, 2019

Time: 6:00 PM - 7:30PM

Location: The Cambridge Hotel and Conference Centre (700 Hespeler Rd, Cambridge)

On behalf of the 21 Ontario Universities, we look forward to connecting with you and your students! Also, in the area Cameron Heights (Kitchener) on October 15th from 6pm – 8pm

College and University Presentations

We have been fortunate in arranging visits to our school with liaison officers from several Ontario universities and colleges who will be making presentations to interested grade 12 students. The presentations will get started at the end of September and provide an excellent way for students to ask questions about specific schools that they are interested in. Students must sign up to attend the presentations that they are interested in attending, by the end of lunch the day prior to the visit. While we do not limit the number of visits that students may attend, we do encourage students to be selective about the visits that they attend as many of them take place during class time. Students are responsible for any schoolwork that they miss if they choose to attend a presentation. Please refer to the complete list of presentations that is posted on our school website.

PINS ARE IN!!

Please visit the Guidance office to pick up your OUAC application number.

Study and go abroad

We are bringing back the Study and Go Abroad Fair to the Metro Toronto Convention Centre (North Building) on Sunday, October 6. This free education expo offers students an opportunity to meet face-to-face with almost 100 top universities from around the world to find out about degree and certificate programs, scholarships, admission requirements etc. Embassies and student travel organizations will also be at the event for information on visas, language travel, volunteering, and internships. The website for more information is https://www.studyandgoabroad.com/toronto/

Youthforce

YouthForce is hosting it's first full day FREE workshop event on Saturday October 19th and all of your youth ages 15+ are welcome to attend!

The day will focus on coping mechanisms for various mental health issues that many youth struggle with today along with stress management in the workplace and school.

YouthForce will be providing FREE pizza lunch to all registered attendees and fun activities they can take part in over the lunch hour.

Job opportunity

Cambridge Surplus is now hiring Part-time evenings and weekends.
Apply with Resume in person
Cambridge Surplus 336 Eagle Street North Unit 2B
519-653-2946

Volunteers needed

Fiddlesticks Community Centre has many volunteer Opportunities. Please contact Bernadete at 519-621-4040 ext.222 or email volunteer.services@on.aibn.com



On behalf of Build a Dream and Waterloo Catholic District School Board, we invite you to our FREE Build a Dream Young Woman and Parent/Guardian Career Discovery Expo for grades 7-12.

THURSDAY, NOVEMBER 14, 2019

5:30 PM – 9:00 PM (Doors open at 5:00 PM)
BINGEMANS
425 Bingemans Centre Dr, Kitchener

We are thrilled to welcome #DreamMakers from around the community to speak about their career journey's and successes in a high-powered 30-minute workshop!

We know you will enjoy all that Build a Dream has to offer, including:

- * **EMPLOYER CAREER FAIR!** Meet 50 employers and explore careers in Skilled Trades, STEM, Emergency Response, and Entrepreneurship.
- * Conestoga College's **DREAMZONE!** This interactive space is the perfect opportunity to get your hands dirty, build something and have fun!
- * FEMALE MENTORS who will chat one-on-one with you and answer your questions.
- * DRESS UP and SMILE at the PHOTO BOOTH!
- * Prizes, Swag, Scholarships, a light evening meal, and MORE!

We will be highlighting opportunities in a number of careers to better assist you in making career informed career choices. As a community, we recognize the critical role parents/guardians play in the development and education of their child, which is why we are providing this opportunity for you to come with your daughter and learn more about careers in these growing sectors!

P.S. Space is limited - 3 per household. Register today to secure your tickets to this FREE event! REGISTER HERE: https://buildadreamkw2019.eventbrite.ca

WE LOOK FORWARD TO SEEING YOU THERE! For additional information, please contact: info@webuildadream.com.



Nutrition for Learning back at St. Benedict

Hot breakfast has started up again and is available in room 107 at 7:30am until the first bell at 7:55am. Hot breakfast will again this year be offered on Wednesdays for "Waffle Wednesday" and on Fridays for "Bagel Friday". Look forward in seeing you there!

Are you considering volunteering at St. Benedict?



Volunteers are a welcome resource at St. Benedict C.S.S. The school is in a position of trust with regards to students and must strive to protect their intellectual, physical, mental, and emotional well-being. As such, the WCDSB administrative procedure (APO 001) mandates that all volunteers be screened, references checked, and Criminal Background Check (CBC) done. School administration reserves the right to oppose or rescind any volunteer placement.

If you would like to volunteer at St. Benedict, please contact <u>Ms.</u> <u>Fondacaro</u> or visit our <u>Volunteering</u> page on the school website.

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

What are these things called "Learning Skills"?

"The development of learning skills and work habits is an integral part of a student's learning." - Growing Success, 2010



Responsibility • completes and submits work according to agreed-upon timelines • takes responsibility for and manages own behaviour	Organization • establishes priorities and manages time to complete tasks & achieve goals • gathers and uses information & resources to develop a plan to complete tasks	Independent Work • independently completes tasks and meet goals • uses class time appropriately • follows instructions with minimal supervision
Collaboration • accepts various roles and a fair share of work in a group • responds positively to others • builds healthy peer-to-peer relationships and works with others to resolve conflicts • promotes critical thinking to solve problems and make decisions	Initiative *approaches new tasks with a positive attitude • demonstrates a willingness to take risks and interest in learning; • looks for and acts on new ideas and opportunities for learning • advocates for self and others	Self-Regulation • sets own goals and monitors progress towards achieving them • seeks clarification or assistance when needed • assesses and reflects critically on own strengths, needs, and interests • perseveres when responding to challenge

Adapted from Growing Success, pg.11

Updates to the GRT fare card promotion

[&]quot;In fact, achievement of the curriculum expectations in many curriculum areas is closely tied to learning skills and work habits." - Growing Success, 2010

Fare Cards processed after September 1 are now preloaded with \$25

Students currently attending a Cambridge high school and who have not previously taken part in this promotion are eligible to receive GRT's EasyGO fare card pre-loaded with \$25 in stored value (increased from last year to still be equivalent to 10 rides at the new 2019 high school reduced fare rate).

Students have until December 31, 2019 to take advantage of this promotion. More information can be found here: www.grt.ca/cambridgehs

New! Online Request Option for Parents and Students

In an effort to make getting the card easier, parents and students can now request a card by completing the online consent form available here: www.grt.ca/cambridgehs

The card, loaded with \$25, will be sent directly to your high school for student pick up.



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.

Visit the Advanced Placement blog:

https://advancedplacementsaintbenedict.wordpress.com/



Are you signed up for SHSM?

Training opportunities are happening! Check your school email account for messages about upcoming certifications.

You can also go to highskills.ca and go under trips and trainings for your school and sector to see what is coming up.

Still want to become a Specialist High Skills Major student?

Grade 10's and 11's can still get registered for the program–forms are in guidance and the coop office (2nd floor).

Grade 11 SHSM students watch for an information meeting to be happening in a few weeks.

GOT QUESTIONS?

See your guidance counsellor or Mrs. Crowell in the co-op office.

Arts & Culture

Business

Construction

Energy

Environment

Health & Wellness

Hospitality & Tourism

Info & Communications Tech

Justice, Emergency Services & Community Safety

Manufacturing

Transportation



St. Benedict Library Learning Commons



All St. Benedict students should have an Idea Exchange library card.

This card allows you to access your school's library databases and eBooks, and to sign out books and other materials from your Library Learning Commons. Printing is available from the library computers for a cost of 25 cents per side. Your school print credits cannot be used in the library.

If you aren't sure if you have a library card or you have lost your card, please come to the member services desk.

Sports

2nd Annual Senior Saints Girls' Basketball Tournament coming!

By Mr. M. Mascarenhas

On October 18th and 19th, the Senior Girls' basketball team will host seven teams from around the province for the 2nd Annual Senior Saints Basketball Tournament. The KCI Raiders, last year's champion, will be looking to defend their title against some difficult competition. The other teams attending the tournament are Hillfield Strathallan College, Guido de Bres Christian School and Bishop Ryan, all from Hamilton, Chatham Kent Secondary School, Lasalle Secondary School from Sudbury, and St. James Secondary School from Guelph.

Last year, the Saints lost their first game, but managed to pull out two wins in their remaining games to win the consolation title. This year the Saints are anxious to take a run at the championship plaque. The Saints are led by a young core of players, including, Sarah Malnerich, grade 11, and Lara Johnson, grade 10, who control the offence, and grade 11 defensive specialists, Alexia Lewis and Hannah Yantha.

Matches begin at 9:00am both mornings, full draw to be posted on the school website shortly. St. Benedict's first game is at 10:30am on Friday. All support is welcome! Go Saints!

Sports results

JUNIOR GIRLS BASKETBALL

St. Benedict CSS 29, Pere-Rene-de-Galinee 26 St. Benedict CSS 36, Woodland Christian HS 16 St. Benedict CSS 45, St. Mary's HS 30

SENIOR GIRLS BASKETBALL

Woodland Christian HS 34, St. Benedict CSS 30 St. Mary's HS 44, St. Benedict CSS 36

JUNIOR BOYS SOCCER

St. Benedict CSS 4, Monsignor Doyle CSS 2 St. Benedict CSS 3, St. David CSS 2 St. Mary's HS 3, St. Benedict CSS 0 St. Benedict CSS 1, Resurrection CSS 1

JUNIOR BOYS VOLLEYBALL

Woodland Christian HS 3, St. Benedict CSS 1 St. Benedict CSS 3, St. Mary's HS 2

SENIOR BOYS VOLLEYBALL

St. Benedict CSS 3, Woodland Christian HS 2 St. Benedict CSS 3, St. Mary's HS 2

JUNIOR BOYS FOOTBALL

Pere-Rene-de-Galinee 3, St. Benedict CSS 1 St. Benedict CSS 7, St. David CSS 0 St. Benedict CSS 19, St. Mary's HS 6

SENIOR BOYS FOOTBALL

St. David CSS 25, St. Benedict CSS 9
St. Benedict CSS 3, Pere-Rene-de-Galinee 0
St. Mary's HS 42, St. Benedict CSS 15

Junior girls over Rez at Bball Tournament

The girls travelled to Rez last Friday for their first tournament where they managed to sweep the competition finishing 3-0. It was a great day of basketball all around and all the girls contributed to all 3 victories! The girls then followed that up with a 45-30 victory over first place St. mary's last night at home. Lily Vrugteman led the way with 18 points and Olivia Bluhm scored 12. The girls take on St. David's today at home and as always would love your support!

Student Activities

The Arts

Calling All Artists!

Skills Ontario is calling all high school artists to put forward their best medal and/or pin design for the 2019/20 Skills Ontario competition.

Here's your opportunity to represent the St. Benedict community and potentially take home the \$250 prize. View the following link for details and previous winners:

https://www.skillsontario.com/pin-and-medal

Good luck!

Other News

Do you like shopping, bake sales, food trucks and a chance to win free prizes?

St. Benedict's Fall Vendor Market

Saturday, October 19th from 9 - 3!

Over 75 vendors, and many groups will benefit from sales that day - including the Operation Smile Club and WE Charities.

St. Benedict's Fall Fundraiser Vendor Market Saturday, October 19th 9 am - 3 pm 75 vendors • 3 food trucks • free raffle table free face painting from 10 - 1:30 • supervised kids' zone ballot to win a prize with every purchase door prize entry for first 50 families St. Benedict Catholic Secondary School, 50 Saginaw Parkway, Cambridge Free parking and admission!

There is also an opportunity to earn volunteer hours! See Ms Varriano Lane in room 325 if you are interested!



YouthForce is a program for youth that offers free workshops, year-round supports and employment opportunities in the Region of Waterloo.



"YOUTHFORCE HAS BEEN A PATHWAY FOR ME TO GROW AS A PERSON, IT IS ONE OF THE STEPPING STONES THAT HAS GONE A LONG WAY IN HELPING ME"

YouthForce Participant

ENGAGE

- Training Employment Skill Building Workshops Volunteer Activities

CONNECT

- With employers
- Peers
 Community Agencies

EMPOWER

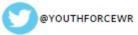
- Gain workplace tools
 Supportive Environment
- Independance

CONTACT THE COORDINATORS

youthforcecommunity@gmail.com

FOLLOW US ON SOCIAL MEDIA







@MAYYOUTHFORCEBEWITHYOU













YouthForce Presents



Wellbeing Event

Free workshops and fun activities for youth ages 15-29, that promote mental health and wellbeing at work, school and in your communities!

Join Us Saturday October 19 2019 10:00-3:00PM Churchill Park 200 Christopher Dr. Cambridge

DAYS AGENDA

9:30AM Doors Open

10:00AM Motivational Speaker Kobby Eshun

10:30AM Coping Mechanisms for anxiety and depression Workshop Facilitated by Kobby Eshun

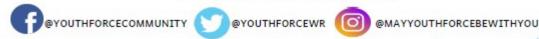
12:00:100 FREE PIZZA LUNCH AND ACTIVITIES

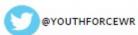
1:00-3:00PM You're Stressin' Me Out Workshop Facilitated by Sharmarke Dualeh from TYES

For more information or to register please e-mail:

> youthforcecommunity@gmail.com 519-740-6585

FOLLOW US ON SOCIAL MEDIA





















V

NEW All Sorts of Sports Drop-in

Wednesdays at St Margaret's School Gym. Starting Oct 2nd.
6-7pm (Gr 1 - 4) and/or 7-8pm (Gr 5 - 8) Volunteer for 1 or both time slots.

O

Afterschool Program

Monday to Friday —Afterschool to 5:30pm— at Fiddlesticks. You can volunteer for one or more days. Walking groups leave from Clemens Mill public school and St Margaret's school.



Afterschool Walking Group

Monday to Friday —Afterschool to 3:45pm- ongoing till June.

Help our afterschool program kids get to Fiddlesticks. Walking groups leave from Clemens

Mill public school and St Margaret's school. Which day can you help?



Dodgeball

Mondays 6:30-8pm- Clemens Mill Public School- ongoing to June, starting Sept 16th

N

Girls Club & Guys Night

Thursdays 6-8 pm- at Fiddlesticks Starting: ongoing to June

Kids in the Kitchen

Tuesdays at Fiddlesticks 6-7:30pm. Fall session Oct 1st- Nov 19th (8 weeks)

Krafty Kids

Wednesdays at Fidalesticks 6-7pm. Fall session Oct 2nd – Nov 20th (8 weeks)



Office Help

Thursdays from 5-7pm at Fiddlesticks. Starting 5th.

E

PD Day Camps at Fiddlesticks

Sept 20th, Oct 25th, Nov 15th, Jan 24th, Apr 3, May 29th (Morning shift: 8:30am-12:30pm) (Afternoon shift: 12:30pm-5:30pm) (all day shift: 9-4pm)



Youth Committee

Thursdays 5-6 pm at Fiddlesticks, starts October 3rd and is ongoing till June, Join anytime. Counts for high school hours.

Christmas in The Neighbourhood Event

Wed Dec 4th. 5:30-9pm at Clemens Mill P.S. Various positions available

Outdoor Ice Rink - Winter 2020 Can-Amera Park

Contact Bernardete:

Phone: 519.621.4040 x 222

Email: volunteer.services@on.aibn.com



Calendar of Events

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

Mental Health Awareness Week

3:00pm: Sr Boys Football vs St. David CSS
3:00pm: Jr. Boys Soccer @ Msgr Doyle CSS
3:00pm: Jr. Boys Volleyball @ St. David CSS
3:00pm: Sr. Girls Basketball vs St. David CSS
3:00pm: Sr. Boys Volleyball @ St. David CSS
4:30pm: Jr. Girls Basketball vs St. David CSS

Thursday, October 10

Mental Health Awareness Week
8:00am: Girls Golf: D8 Championship
8:00am: Boys Golf: D8 Championship
10:30am: Cross Country: Waterloo Dist Inv

10:40am: MCU Club

10:40am: DECA Business Club

10:40am: Chess Club

10:40am: Racing Saints E-Car Team2:15pm: Magic the Gathering club

2:15pm: Band

3:00pm: Sr. Girls Basketball vs Rockway MC **4:30pm:** Jr. Girls Basketball vs Rockway MC

7:00pm: Academic Awards Night

Friday, October 11

Mental Health Awareness Week

8:15am: Univ/Coll visit: Wilfrid Laurier University

10:40am: MCU Club **10:40am:** Coders Club

2:15pm: Doctor Who Video Club

Monday, October 14

Thanksgiving

10:40am: MCU Club **2:15pm:** Choir

Tuesday, October 15

SAC Spirit Week

9:30am: SHSM Training: GPS Training

10:40am: Arts Council 10:40am: Finance Club

10:40am: DECA Business Club

10:40am: Champions for Change Club10:40am: Racing Saints E-Car Team11:30am: Univ/Coll visit: Niagara College

Wednesday, October 16

SAC Spirit Week

8:00am: Progress Report Distributed **9:30am:** SHSM Training: GPS Training

SAC Spirit Week

8:00am: Tennis: CWOSSA Championship **9:00am:** SHSM Training: Working at Heights **9:00am:** Saints Senior Girls B-ball Tournament

10:40am: MCU Club 10:40am: Coders Club

12:45pm: Cross Country: WCSSAA **2:15pm:** Doctor Who Video Club

Saturday, October 19

9:00am: Fall Fundraiser Vendor Market

9:00am: Saints Senior Girls B-ball Tournament

Monday, October 21

8:00am: Univ/Coll visit: Carelton University **9:30am:** Univ/Coll visit: Conestoga College

10:40am: MCU Club 10:40am: Finance Club

1:00pm: Univ/Coll visit: Windsor University

2:15pm: Choir

3:00pm: Sr. Boys Volleyball @ ES Père-René-de-

Galinée

3:00pm: Jr. Girls Basketball vs ES Père-René-de-

Galinée

3:00pm: Jr. Boys Volleyball @ ES Père-René-de-

Galinée

Tuesday, October 22

9:00am: SHSM Training: MasterCam/AutoCAD **9:15am:** Univ/Coll visit: University of Toronto

10:40am: Arts Council

10:40am: DECA Business Club

10:40am: Champions for Change Club10:40am: Racing Saints E-Car Team1:00pm: Univ/Coll visit: Brock University

Wednesday, October 23

BENN Newsletter release

9:30am: SHSM Training: Plant Identification &

Advanced Training

9:30am: Univ/Coll visit: Queen's University

10:40am: Model UN Club 10:40am: Cosmo Club

10:40am: Spoken Word Club **10:40am:** MarioKart Club

10:40am: Racing Saints E-Car Team2:15pm: Magic the Gathering club

3:00pm: Sr. Boys Volleyball vs Woodland CHS **3:00pm:** Jr. Boys Volleyball vs Woodland CHS

10:40am: Model UN Club 10:40am: Cosmo Club

10:40am: Spoken Word Club **10:40am:** MarioKart Club

10:40am: Racing Saints E-Car Team2:15pm: Magic the Gathering club

3:00pm: Jr. Boys Volleyball vs Resurrection CSS
3:00pm: Sr. Girls Basketball @ Resurrection CSS
3:00pm: Sr. Boys Volleyball vs Resurrection CSS
4:30pm: Jr. Girls Basketball @ Resurrection CSS

7:00pm: Arts Coffee House

Thursday, October 17

SAC Spirit Week

9:00am: SHSM Training: Working at Heights

10:40am: MCU Club

10:40am: DECA Business Club

10:40am: Chess Club

10:40am: Racing Saints E-Car Team **12:45pm:** Cross Country: District 8

Championships

1:00pm: Jr Boys Football at Resurrection CSS

2:15pm: Band

3:00pm: Sr Boys Football at Resurrection CSS

6:30pm: SAC Homecoming Dance

The BENN Newsletter

Unsubscribe | Manage subscription







3:30pm: Sr. Girls Basketball @ Woodland CHS
5:00pm: Jr Boys Football vs St. Mary's HS
5:00pm: Jr. Girls Basketball @ Woodland CHS
7:00pm: Sr Boys Football vs St. Mary's HS

Thursday, October 24

8:00am: Photo Retake Day

8:30am: SHSM Training: Infection Control

10:40am: MCU Club 10:40am: Coders Club

10:40am: DECA Business Club

10:40am: Chess Club

10:40am: Racing Saints E-Car Team

1:00pm: Univ/Coll visit: University of Ottawa **1:30pm:** Parent/Student/Teacher Conferencing

2:15pm: Band

7:00pm: Post-Secondary Parent info Night

Friday, October 25

Professional Activity Day

See the calendar on the school website for the most up-to-date information!

St. Benedict Catholic Secondary School

50 Saginaw Parkway, Cambridge, ON N1R 5W1

Telephone: (519) 621-4050 FAX: (519) 621-4057

Attendance: (519) 621-4001