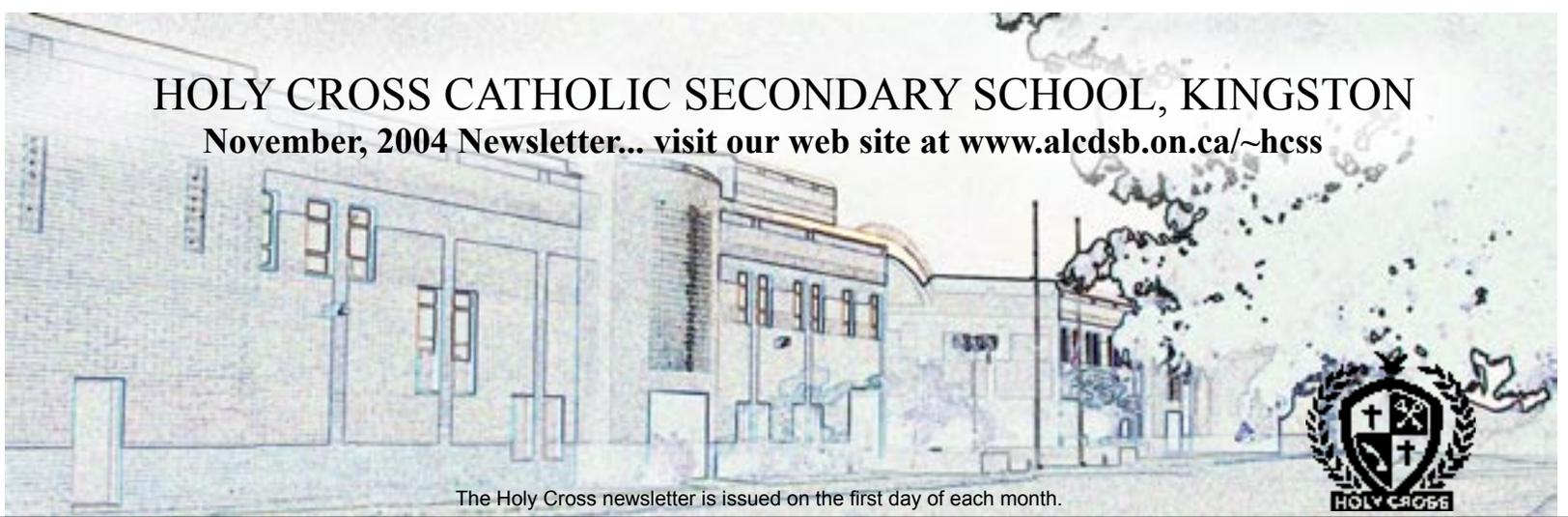


# HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

November, 2004 Newsletter... visit our web site at [www.alcadsb.on.ca/~hcss](http://www.alcadsb.on.ca/~hcss)



The Holy Cross newsletter is issued on the first day of each month.

## Principal's Message

During the average day at Holy Cross our large common area in the centre of the school acts as the heart of the school. The four hallways leading from the center of our school are filled with students who are completing homework, talking with each other, planning activities and making our school special. On many occasions there are activities in the Main Foyer that involve displays of student work, interesting demonstrations, and informational sessions by outside groups and agencies. This is an area that is very much alive within the school.

In October the response of our Holy Cross Community to the K-Rock High School Challenge was stacked around the Sacred Heart of Jesus statue in the "Heart" of Holy Cross, all 6,000 pounds. One could not help but be impressed with the efforts of all who contributed to restocking the shelves of the Food Bank. Our students, your sons and daughters are striving to make a difference in this world. Some may say that the youth of today are lost in their own little worlds of entertaining and serving themselves. We, who have the pleasure of working at Holy Cross, see another side of today's youth. We witness young people demonstrating compassion, empathy, and sensitivity to others. We see young people giving their time and talent to assist those in need. We can all learn a great deal from one another and indeed that is the challenge we have accepted at Holy Cross.

## Holy Cross Pastoral Services

Our Thanksgiving Food Drive was a tremendous success this year as Holy Cross participated in the **K-Rock High School Challenge** for our local Food Bank. Given only 24 hours to collect our food, we still finished in second place with over 6,000 lbs collected. Special recognition goes to **Mrs. Kim Grady's 11E Homeform** which will receive this year's Thanksgiving Turkey Cup for collecting the most food items.

We welcomed **Mr. Fabian Brown** to our school a few weeks ago. Mr. Brown spoke to our school community after our **October 14<sup>th</sup> Mass**, as well as on **October 13<sup>th</sup>** at a special Evening presentation, about his work with **St. Patrick's Foundation in Kingston, Jamaica**. We were excited to hear about ways that our school could support his work in that impoverished area of the world. Special thanks to the following businesses for their kind donations to these events: **Mr. & Mrs. Villemaire** of M & M Meats (Gardiner's Road), **Mrs. Babcock** (and the Brown's Kitchen Staff), **Mrs. Ragusa** at Classic Bakery (Princess St.) and **John and Julia** at Saint Cinnamon (Catarqui Town Centre). Our school will be supporting many projects in Jamaica over the coming year through

this foundation.

On **November 11<sup>th</sup>**, our school will gather in the Cafetorium by Grade levels during Period One for a special observance of Remembrance Day. Parents and visitors are welcome to join us.

Our C.I.C.S. Club is busy volunteering at **Rosewood Retirement Home**, taking part in a **Toronto Inner-City Mission Trip** from **Nov. 3-5**, leaf-raking for seniors, organizing a new **Mission Club** as well as a **Habitat for Humanity** project, and canvassing for Diabetes on **Nov. 15<sup>th</sup>**. See **Mr. Forster** to sign up for any of these activities.

## November Events

Monday, Nov. 1.....All Saints Day  
Monday, Nov. 1 to Tues. Nov. 9..... Mid-semester Exam Period  
Tuesday, Nov. 2 .....All Souls Day  
Tuesday, Nov. 2 ..... Gr. X Civics field Trip to Ottawa  
Tuesday, Nov. 2nd.....University Application Session #1 - 9:00-9:45  
University Application Session #2 - 10:30-11:15  
Wednesday, Nov. 3...University Application Session #3 - 12:30-1:15  
University Application Session #4 - 1:45-2:30  
Wednesday, Nov. 3 ..... "Take Our Kids to Work" Grade 9 Day  
Wednesday, Nov. 3 ..... Honour Roll Breakfast  
Wednesday, Nov. 3 to Thursday, Nov. 11 ..... Veteran's Week  
Wed. to Fri., Nov. 3-5 ..... Toronto Inner City Awareness Retreat  
Thursday, Nov. 4 .College Application Session #1 - 12:30 to 1:00  
Thursday, Nov. 4 .. College Application Session #2 - 1:45 to 2:15  
Friday, Nov. 5 .....College Application Session #3 - 9:00 to 9:30  
Friday, Nov. 5 ... College Application Session #4 - 10:30 to 11:00  
Tuesday, Nov. 9.....Mid semester Examination Period Ends  
Tuesday, Nov. 9..... University/College Info Night, 7pm  
Wednesday, Nov. 10 .....Drama field Trip to Toronto  
Wednesday, Nov. 10 ..... Half Courses End  
Thursday, Nov. 11 .....Remembrance Day Liturgy  
Thursday, Nov. 11 ..... Half Courses Begin  
Week of Nov. 15.....Try-outs for Winter Sports Teams Begin  
Thursday, Nov. 18 .....Cabaret at Holy Cross  
Friday, Nov. 19.....Mid-semester Report Cards Issued  
Friday, Nov. 19 .....Students' Council Dance  
Friday & Saturday, Nov. 19 & 20 .....French Trip to Quebec City  
Thursday, Nov. 25 .....Lainie Cohen Presentation to Grade 11's  
Thursday Nov. 25 .....Non-uniform Day  
Friday, Nov. 26 .....P.A. Day - no classes  
Sunday, Nov. 28 .....First Sunday of Advent  
Monday, Nov. 29 .....CICS Advent Food Drive Begins  
Tuesday, Nov. 30 .....Catholic School Council Meeting



### World Youth 2005

St. Paul the Apostle Parish will be having an information meeting on **Thursday, November 4<sup>th</sup>** at 7:30 pm for everyone interested in World Youth Day 2005. Youth and their parents, as well as young adults (16-30 yrs) are welcome to find out more about this exciting opportunity. See you in Cologne, Germany from **August 11-21**.

### Holy Cross Catholic School Council

The first meeting of the newly elected HC Catholic School Council for 2004-2005 was held on Tuesday, October 26<sup>th</sup>. Current members include: **Patti Arnold (Chair), Bruce Chapman (Vice-Chair), Rosie Thompson (Secretary), Dawn and Dave Neely, Lyn Mortimer, Sue Shurrock, Lori O'Connor, Dave Lafortune, John Walsh (Teacher), Chris Forster (Pastoral), Paul Walsh (Principal), John Halligan (Student) and Alex Iori (Student)**. All interested community members are invited to attend. The next meeting of the Holy Cross Catholic School Council will be held on **Tuesday, November 30<sup>th</sup>** in the **Library** at 7:00 pm.

### Holy Cross Bridges Lifeskills Program

#### Crusaders Give Generously - Operation Christmas Child.

Once again, the Holy Cross Bridges Lifeskills Program will be organizing the school's participation in **Operation Christmas Child**. We will be sending small gifts, hygiene products and school supplies in shoe boxes to needy children all over the world. Last year Holy Cross donated 200 of the 18,675 boxes that came from the Kingston area. We were the school with the highest number of donations. We are asking for your help to meet or beat last year's amount. There will be an information package sent to Homeform classes. If you have any questions contact **Jill Courneya** or **Sue Little** at 384-1919 ext 3501.

#### Crusaders Become Best Buddies!

Best Buddies is a national charitable organization dedicated to enhancing our communities through one-to-one friendships between people with intellectual disabilities and their school peers. The organization is committed to creating communities where people with intellectual disabilities are able to participate fully in social and cultural life. In Canada there are over 50 university and college chapters. In **November, 2004** Holy Cross will be launching the first area High School Chapter of **Best Buddies**. The organization emphasizes quality friendships that promote growth and development of all individuals. Therefore, the programs are designed to meet the needs of those with and without disabilities. Watch for posters and flyers inviting you to participate in this opportunity to broaden your social circle and to strengthen your empathy for, and understanding of, the ability of students with intellectual disabilities to be responsible and compassionate friends. For further information contact either **Michelle Carr** or **Jill Courneya** in Room 132 or at extension 3501.

### Show your Crusader Pride!

Looking for a new hoodie? a toque? a way to show your green and silver pride? The **Holy Cross Tuck Shop** has a variety of Crusader items for sale. The staff and students of the Bridges program try to keep a large number of items available in a variety of sizes and colours. However, if the item you wish to purchase is not available, it can readily be ordered for you. If you feel the need for something sweet, try our new "Gourmet Lollipops" available for \$1.00 a pop. The Tuck Shop is located next to Student Services in the main foyer. Our hours of operation are **Tuesday and Thursday** from 11:15 to 11:45 am. See you there!!

### Veteran's Week

The week before **Remembrance Day** has once again been declared Veteran's Week by the Prime Minister. It is a week to honour and remember the achievements and sacrifice of Canada's veterans. For background information on Veteran's Week visit the **Veteran Affairs Canada** web site at [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

### Communication Technology

The 2004-2005 **Holy Cross DVD Year Disc** is on sale now for \$10.00. The DVD will include 99 videos on Holy Cross students, teams, clubs, arts performances and special activities. The DVD features full screen, moving images, using digital audio and video quality. The DVD comes with a colour case, label, site map and autograph section insert. Order forms are available in homeroom classes, at the front office, and in room 215. You may also contact **Mr. John Esford** (384-1919 ext. 2215)

**Friend Photo orders** will be accepted until **Thursday, November 4<sup>th</sup>**. Please submit your orders to **Mr. Prior** in room 129. Completed orders will be distributed immediately after Christmas.

Grad Photo orders are still being accepted. Please bring your orders to **Mr. Prior**. Orders placed at this time may not arrive before Christmas.

New this year: **The HC Spin**. The Spin is a newspaper written by students for students. The Spin is a method in which you can communicate your views and opinions about certain upcoming events and important issues at the school. The Spin is an image of what the student body believes, and also looks for individuals to help contribute their beliefs. The newspaper will contain articles and columns that will not only interest and educate students about their school, but will also give them up to date reminders about what is going on and what is coming up. The first issue is already in circulation and includes sports articles and statistics, entertainment and movie reviews, classified ads, comics and stories about people you know and want to read about. Each issue will contain stories about important events that happen between publication dates. The Spin is a monthly newspaper that is always looking for suggestions and improvements. The next issue will contain two new columns: a "letter to the editor" section and "health and fitness tips". If you have any questions, comments, queries, suggestions, or beliefs, contact us either in room 129 during periods 1 and 2 or by e-mail



at [prior@alcdsb.on.ca](mailto:prior@alcdsb.on.ca). We are currently accepting new contributions for the next issue of The HC Spin which will be distributed on November 25. We look forward to hearing from you soon.

### The Arts

On Thursday, **November 18, 2004** at 7:00 pm., Holy Cross hosts the new and exciting **Holy Clue Cabaret** - an evening of music, dance, and comedy based on the theme of the game Clue. Admission is \$5.00, and tickets will be available in the days leading up to the show during the lunch hour. Refreshments will be served.

On Wednesday, **November 10<sup>th</sup>, 2004**, the junior drama classes and students from the vocal music course will be travelling to Toronto. The morning will involve attending and participating in a workshop at Second City Mainstage. In the afternoon, the students will attend a performance of the musical "Hairspray" at the Princess of Wales Theatre. Departure time from Holy Cross will be 6:30 a.m. and return time will be approximately 8:00 p.m.

### Injury Prevention Presentation

Lainie Cohen will make a one-hour presentation on injury prevention to all Grade 11 students in the gym on Thursday, November 25, 2004. Lainie draws on the first-hand experience of her son Daniel, who sustained a severe brain injury in a car crash at the age of seventeen, to convey her safety message to students.

Lainie Cohen is a former educator and psychoeducational consultant whose writing has appeared in *The Globe and Mail*, *Canadian Jewish News*, and *Parchment*. She is listed on the OSAID website as a motivational speaker.

Her book *Crooked Smile: One Family's Journey Toward Healing* chronicles Daniel's story and videos bring his recovery process to life. Students, moved by this gut-wrenching story, examine their own lives and the choices they make. After all, so many lives can change in one careless moment.

### Next Month at Holy Cross

Thursday, Dec. 2 .. Grade Level Reconciliation - Library All Day  
 Friday, Dec. 10 .....Early Dismissal Day. Buses depart 11:10 am  
 Friday & Saturday, Dec. 10 & 11 .....Archbishop Spence Junior  
 Varsity Boys' Basketball Tournament at Holy Cross  
 Wednesday, Dec. 15 .....Advent Mass  
 Thursday, Dec. 16 .....Christmas Concert  
 Friday, Dec. 17 .....Last Instructional day of 2004  
 Saturday, Dec. 18 to Sunday Jan. 3 .....Christmas Break  
 Saturday, Dec. 25 .....**Christmas Day**  
 Sunday, Dec. 26 .....Boxing Day  
 Friday, Dec. 31 .....New Year's Eve

## Counsellor's Corner

### Honour Roll Breakfast

A ceremony honouring last year's honour roll students will take place during period 1 on **Wednesday, November 3<sup>rd</sup>**. Our guest speaker will be **Suzanne Fortier**, VP (Academic), Queen's University.

### Take Our Kids to Work Day

On **Wednesday, November 3<sup>rd</sup>**, our grade 9 students have been invited to go to work for a day with a parent, guardian, relative or friend. Information sheets including permission forms were distributed to grade 9 period one classes. Additional information may be viewed at [www.takeourkidstowork.ca](http://www.takeourkidstowork.ca).

### Grade 12 Students Take Note!

The policy of Ministry of Education is that all attempts by students in Grade 11 and 12 courses be recorded on the Ontario Student Transcript. The last day for a student to drop a course without it appearing on the transcript is **Friday, November 24<sup>th</sup>**.

### Aiming for the Top Tuition Scholarships

Aiming for the Top recognizes students who graduate with top marks at their high school, and who plan to continue their studies at an Ontario college or university. Students who maintain an 80% average at the post-secondary level can receive these scholarships, which are worth up to a maximum of \$3,500 per year for up to four years. Congratulations to our 2004 recipients: **Emily Brady, Julie Callan-Blakey, Scott Campbell, Jessi Cooper, Andrew Cornell, Laura Desveaux, Scott Desveaux, Sarah Goldie, Terrence Hamilton, Kaitlyn Hunt, James Kobus, Ji Eun Lee, Corinne Mason, Christopher McGonegal, Christopher McIntosh, Leif Palmer, Victoria Switzer and Andrew Van Vlack.**

### University and College Information Night

Holy Cross Student Services will host a night for parents of students who are applying to post-secondary institutions on **Tuesday, November 9<sup>th</sup>, 2004** at 7:00 in the Lecture Theatre. Topics to be covered include the Application Process, Application Timelines, Financial considerations, and OSAP. The night will also include a question and answer period where parents can ask HC Student Services staff questions regarding the application process.

### College and University Application Deadlines

Recommended date for on-line submission of college applications to OCAS (Ontario College Application Services) and university applications to OUAC (Ontario University Application Centre) is **December 15<sup>th</sup>**. (This is not an absolute deadline but rather a Holy Cross recommended deadline.) Application sessions for university applicants will be conducted on **Tuesday, November 2<sup>nd</sup>** and **Wednesday, November 3<sup>rd</sup>**. College application sessions will be **Thursday, November 4<sup>th</sup>** and **Friday, November 5<sup>th</sup>**. Sessions will be offered each period to allow students to sign up for a session offered during their study period. Sign up must take place in Student Services.

# Holy Cross Athletics

## KASSAA High School Sport Championship Dates

Friday, Oct. 29 ( Brockville) .EOSSAA Boys & Girls' X-Country  
Monday Nov. 8 .....Boys' Volleyball  
Saturday Nov. 13 .....Boys' Football  
Monday Nov. 15 .....Girls' Basketball

The winter sport season **begins late in November** and Holy Cross is again expected to field extremely competitive teams in Wrestling, Curling, Cheerleading, Badminton, Boys' Basketball, Girls' Volleyball, and Girls' and Boys' Hockey.

Holy Cross teams participate as members of **KASSAA**. KASSAA is a teacher run organization which includes all the high schools in Kingston and the surrounding area. Any school in KASSAA becomes a member of **EOSSAA** (Eastern Ontario) and **OFSAA** (Ontario) which are also teacher run organizations. Provincial championships are held for all **OFSAA** sanctioned sports. This winter, over 170 student athletes from Holy Cross will attempt to compete in these championships. Approximately 50 staff coaches and 16 volunteers will provide these opportunities throughout the year. Both the KASSAA website - [www.kassaa.ca](http://www.kassaa.ca) and the OFSAA website [www.ofsaa.on.ca](http://www.ofsaa.on.ca) are excellent resources for schedules, league rules and any general information regarding high school sports.

**Students**, in particular new students entering **grade 9**, are strongly encouraged to get involved in the athletic program at Holy Cross. Athletics offer students an opportunity to enrich their educational development, while promoting an overall feeling of camaraderie and school spirit. Unfortunately, due to the sheer size of our school, most teams require try-outs. However, there are teams each season, such as Wrestling and Badminton, which provide students the opportunity to participate in a High School sport. Many students also get involved by becoming a team manager or a minor official. It is important that any student who wants to become involved has the opportunity. Please discuss any questions regarding athletics with your homeroom teacher.

Information regarding teams can be obtained through a number of mediums including school announcements, posters, our school's athletic web site - [www.alcidsb.on.ca-hcssa](http://www.alcidsb.on.ca-hcssa), local newspapers and the KASSAA web site - [www.kassaa.ca](http://www.kassaa.ca). If you have any questions concerning a team please contact the coach listed or ask your home room teacher for assistance.

### Boys' Basketball

The **Senior Boys' Basketball** team will play under the leadership of teacher coach **Mr. Tim Hunter**. Mr. Hunter is looking forward to his first year as the senior basketball coach. The team will be attending 4 tournaments including tournaments in Belleville, Brockville and St. Andrew's. Tryouts will begin mid November while the team's user fee has yet to be decided.

The **Junior Boys' Basketball** team will be looking to improve upon their strong showing last year. Teacher Coaches **Mr. Frank Halligan** and **Mr. Sean Murphy** will be taking the junior Crusaders to 5 tournaments including tournaments in Orleans, Aurora, Peterborough and Belleville. The team will also be hosting the Archbishop Spence Invitational on December 10 and 11. Practices occur daily Monday through Friday after school. Tryouts will begin on November 15 while the team's user fee has yet to be determined.

### Wrestling

The **Wrestling** team is lead by teacher coaches **Mr. Shawn McDonald** and **Mr. John Thorburn**. The team practices on Tuesday and Thursday from 2:45 until 4:30. Any student wishing to attend practice regularly will be allowed to compete in the meets. The team's user fee will be approximately \$75 .

### Badminton

The **Badminton** team is lead by teacher coaches **Mr. Matt Gervais** and **Mr. Dan Roberts** and **Miss Mary Pryal**. The team will start training after Christmas with morning practices. Practices will move to an after school slot as the winter season draws to an end as the team prepares for KASSAA competitions. The team's user fee is \$40.

### Cheerleading

Holy Cross Cheerleading has developed a reputation nationally as a powerhouse in the sport of cheerleading. Teacher Coach **Mrs. Christine Waters** is returning for her 3<sup>rd</sup> year along with former Cheerleading Crusaders **Miss Stephanie Shea** and **Miss Laura Kittner**. The team practices on Tuesday, Thursday and Sunday evenings. The sport season is intensive and ends at a national championship in the Spring. Tryouts begin at the end of November and the team's user fee is approximately \$200.

### Girls' Volleyball

The **Senior Girls' volleyball** team, under the leadership of **Mr. Rob Manion** will continue to be a strong competitor. Current students Kyle Kersten and Cooper Johnston will act as assistant coaches. The team plans to attend at least 2 tournaments. The team's user fee is \$80.00.

**Mr. Mike O'Brien** will return as the coach of the **Junior Girls' Volleyball** team. Returning veterans Sarah Splinter, Melissa Ireland, Amber Brent and Joanna Boyle will look to lead the junior Crusaders. The team will be attending 3 tournaments in Kingston including the RMC Invitational. The team's user fee is \$60.

### Girls' Hockey

The **Girls' hockey** team, under the leadership of teacher coach **Mr. Andrew Michalski** and **Mr. Tony Clarke** will continue to be a KASSAA favorite. The team plans to attend a tournament in Toronto. Any interested girl will be given an opportunity to join this highly competitive team. Tryouts occur in late November. The team's user fee is approximately \$280.00.

### Boys' Hockey

The **Boys' Hockey** team is looking forward to defending their KASSAA title. Lead by teacher coaches **Mr. Rob Zarichny** and **Mr. Doug Corrigan**, the team will begin the difficult task of selecting the team in late November. The team practices after school on Monday at 3:30 and will be attending a tournament in Toronto in the new year. The team's user fee is approximately \$170 .

### Curling Team

In the past, Holy Cross has had a Curling Team. As we have very few practices as a team, members must have experience in the sport. You may get experience at local clubs, such as at the Napanee Curling Club. The curling season begins there on November 7<sup>th</sup> from 7:00-8:30pm (for ages 14-20). Junior curling fees at that club are \$65.00, which includes instruction, skill development, and team play. Contact the club's junior directors Cameron McFadyen at 354-6161, or George Moniz at 354-0129. Contact **Mr. Speagle** if you are interested in becoming a member of the Holy Cross Curling team.