



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

September, 2007 Newsletter... visit our web site at www.hctoday.ca

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Principal's Welcome

On behalf of the school's teaching staff, support staff and administrative team, I would like to welcome all students, parents and guardians to the 2007 – 2008 school year at Holy Cross. As the year begins, I extend my best wishes for a successful school year to all members of the Holy Cross community. We began our school year on **September 4th, 2007** staffed for 1312 students. We extend our best wishes and appreciation to **Mr. Bernie O'Connor**, who will be joining the teaching staff at our sister school, Regiopolis-Notre Dame Catholic High School. Our staffing for the school now appears to be complete and we would like to welcome at this time: **Ms. Ilena Culleton, Ms. Nancy Haines, Mr. Bryan MacMillan, Mr. Chris Switzer, Ms. Carolyn Fenrich, and Ms. Carey Varga.**

We encourage parents and guardians to keep the lines of communication open with your sons and daughters and with us. Please talk to your children about their daily experiences as well as the high and sometimes low spots. Talk to them about their academics as well as their extra-curricular involvements.

I am looking forward to meeting the parents of our 318 Grade 9 students at our Grade 9 Profile Night on **Wednesday, September 26th at 7:00 p.m.** This is an important night for you as parents since it provides an opportunity for you to learn more about policies and procedures of Holy Cross. Please plan on joining us on this evening. I would like to thank you in advance for your prayers, support and co-operation. May God bless.

Pastoral Services

Our pastoral theme this year, "**Feed My People, Mind, Body, Spirit**", connects us with the International Eucharistic Congress to be held in Quebec City in June 2008. During the coming year, we are invited to reflect on the importance of the Eucharist in our lives. We look forward to meeting new students and staff as they join us in making this theme come alive in our classrooms, in the gym, at school Masses, and in every aspect of our life as a school community. Our school chaplain, **Fr. René Labelle** will celebrate our Opening School Mass on **Friday, September 14th**, the Feast of the Triumph of the Cross.

SEPTEMBER AT HOLY CROSS

Monday, September 3.....Labour Day
 Tuesday, 4.....First Day of School, Regular Schedule
 Tuesday – Friday 4-7.....Sign-up for Grad Photos in Rm 129
 Wednesday 5.....Try-outs for Fall Sports' Teams Begin
 Thursday. 6..... Grade Nine Student Success Workshops
 Friday . 7.....Grade Nine Orientation Morning and BBQ
 Monday 10.....Semester One Grade Assemblies
 Tuesday 11.....Picture Day – Smile! Payment required
 Tuesday 11...Chicago Band Trip Parents and Musicians Meeting
 Tues – Thurs. 11, 12 & 13.Grad Photos 3:00 – 7:00 in Rm 129
 Wednesday, 12.....Absentee Photo Day – payment required
 Thursday. 13.....University Application Sessions, 11:15 & 2:35
 Thursday 13 Jamaica Service Learning Trip, Parents and Students, 7 p.m.
 Friday 14.....Opening School Mass "Triumph of the Cross"
 Friday 14.....Students' Council Dance # 1
 Friday 14.....Last Day for Timetable Changes
 Sunday 16.....27th Annual Terry Fox Run, 1 p.m.
 Monday. 17.....Trent University Session 3:00 p.m.
 Monday and Tuesday 17 & 18.Auditions for School Musical
 Tuesday. 18.....Wilfrid Laurier University, 2:35
 Tues.-Thurs., 18-20...Graduating Athlete & Artist Photos, Rm 129
 Wednesday 19.....Ryerson University, 2:35
 Wednesday 19.....Call-backs for School Musical
 Thursday 20.....Niagara College, 1:45 p.m.
 Thursday 20.....College Application Sessions, 11:15 and 2:35
 Friday. 21.....P.A. Day #1 – no classes
 Friday 21.....International Day of Peace
 Friday 21.....Herff Jones Yearbook Workshop @ HC
 Friday 21 & Saturday 22...HC Junior Boys' Volleyball Tournament
 Monday 24.....Grade Nine Friends Photos in Room 129
 Monday 24..... School Council Meeting 7:00 p.m
 Monday 24.....Thanksgiving Food Drive Begins
 Tuesday. 25.....Grade Ten Friends Photos in Room 129
 Wednesday. 26Grade Eleven Friends Photos in Room 129
 Wednesday. 26.....Loyalist College 10:00
 Wednesday 26.....Grade Nine Profile Night – 7:00 HC Cafetorium
 Thursday 27.....Grade Twelve Friends Photos in Room 129
 Friday 28 Non-Uniform Day (tentative)
 Fri.–Sun. 28, 29 & 30...Ontario Universities Fair in Toronto

Grade Nine Retreat

The **Grade Nine Retreat** will take place early in Semester One, date to be announced, and students can sign up either with **Fr. Labelle** or with **Mr. Forster**. We are also looking forward to our **Grade Ten retreats on October 16 – 19th** during which all of our Grade Ten students will take part in the second annual “**Sexuality: Mind, Body, Spirit**” retreat.

Students can also let **Mr. Forster** know if they are interested in volunteering with the **Rosewood Retirement Home Seniors’ Outreach** program - it takes place for an hour after school every 2nd and 4th Wednesday.

We are proud of the efforts of our students and staff in making Holy Cross an environmentally friendly school as we continue to recycle our paper, pop cans and plastic water bottles. Once again these will be picked up from bins located in class rooms, hallways and the cafeteria. Thanks to all for their support of this important effort to be good stewards of our environment and to support **Habitat for Humanity’s Pop Can Campaign**.

Finally, twelve students and several staff from Holy Cross are heading off to **Kingston, Jamaica** during the 2008 March Break to volunteer at several projects sponsored by **Monsignor Richard Albert’s St. Patrick’s Foundation**. Students and staff will be selling chocolate bars in September to support this Mission Trip. Please be generous in your support of this and other upcoming fundraising events.

Transportation

All students and parents/guardians are reminded to record their bus number and bus company in case of inclement weather or emergencies. The Triboard Transportation website, <http://www.triboard.on.ca/>, will provide parents who register with them up-to-date information on any delays or cancellations for their children’s buses.

Terry Fox Run

This year the **27th Anniversary** of the **Terry Fox Run for Cancer Research** will be held on **Sunday, September 16th** starting at **1:00 p.m.**

In 2006 Holy Cross was awarded the Barry Brady Trophy for having the largest number of participants (100) participating in the Terry Fox Run at St. Lawrence College. Since Terry’s run in 1980, there has been great progress in cancer research:

- Almost 60% of people diagnosed with cancer in Canada today will survive.
- Incidence rates for most cancers are stabilizing or declining.
- Death rates for childhood cancers have fallen by more than 50% since the 1950s.
- Cancer treatments are more effective and have fewer side effects.
- Most children and youth who have the same bone cancer as Terry had will survive their disease today. Most will not lose their legs or affected limbs.

Hopefully, we can all contribute to this worthy cause and walk, run, bike, or roll as participants in this great Canadian tradition.

School Dance

The first school dance will be held on **Friday, September 14th** from **7:30-11:00 p.m.** All are encouraged to participate appropriately. Students must show ID to gain admission. All students and their belongings will be searched before being admitted. The cost of admission is \$10.00.

Extracurricular Activities at Holy Cross

Get involved! Holy Cross students can be proud not only of their academic achievements, but also of their achievements in **music, drama, yearbook, Students’ Council, Crusaders in Community Service, athletics and many other initiatives**. The extracurriculars offered at Holy Cross are supported by the teachers, administrators, Board office officials and support staff because of the contribution that extracurriculars make to the general educational experience of our students. Our extracurricular programs are second to none and a source of pride within our community.

Holy Cross Catholic School Council

The first meeting of the 2007/2008 Catholic School Council will take place on **Monday, September 24th, 2007, at 7 p.m.** The election of the school council executive, if necessary, will be announced. If you are interested in being a member of the School Council Executive, please contact **Mr. Paul Walsh** at **384-1919 ext. 3411** or walshp@alcdsb.on.ca prior to **September 14th**. Check our website regularly for Council news.

Urinetown – The Musical

Take a little corporate greed, add a dash of slapstick humour, stir in environmental damage, mix it all with a Broadway chorus line, and you have a recipe for one of

today’s funniest and most thoughtful musicals –

“**Urinetown.**”

This is the Holy Cross Arts Department musical for 2007. Our production

will involve 35-40 actors, singers and dancers, numerous musicians and many creative visual artists.

Auditions take place **September 17, 18 and 19th**. Production dates are **November 28, 29, 30th and December 1st, 2007.**

Crusader Gear Sale

The **Holy Cross Tuck Shop** will be open **Wednesdays and Fridays from 11:15 to 11:45 a.m. starting September 12th**. Check out our Holy Cross sweatshirts, hats, long sleeve t’s, yoga pants, water bottles, etc. Show your Crusader pride by wearing green and silver!

School Pictures and Graduation Photos

Graduating students are asked to sign up for their grad photos immediately in room 129. **Graduation photographs and interviews** will be taken during the eve-



nings of **September 11, 12 and 13th**. These photographs will be used in the school yearbook publication and will be made available for purchase. This year, we will have our **school Photo Day on Tuesday, September 11th**. Those who are absent on the 11th will have their pictures taken on Wednesday, September 12th. These pictures will be available to you for purchase. Students will be required to pay for their photo package on the day that the photos are taken. A copy of each student photograph will be maintained at the school for the purposes of record keeping, identification and use in the school yearbook publication. Any other use of these photographs would require your consent. That consent would be requested prior to their use. Should you have any questions or concerns regarding the use of the student photographs, please do not hesitate to contact Mr. Prior or a member of administration. Friends Photos will also be slotted on various days in September; please consult the attached calendar or HC agenda for your grade's day.

Holy Cross Athletics

The fall of 2008 sees the return of a strong extracurricular athletics program at Holy Cross. Tryouts and practices begin the first week of September. This fall will see no less than eight teams carrying the green and silver of Holy Cross.

The commitment of our student athletes and coaches generates dividends for all in our community. The parental support our teams have grown accustomed to over the years is most welcomed and appreciated. Grade 9 students should not hesitate to get involved. There are a wide range of teams to join and all are age appropriate.

High school sports are a great way to develop lasting friendships while learning and developing many skills. The values, beliefs and invaluable life skills which school sports provide allow our student-athletes the opportunity to fully develop themselves. If you have any questions regarding a team, contact one of the coaches or see your homeroom or physical and health education teacher.

OFSAA operates with a Five Year Eligibility and a Transfer Eligibility Rule. Student-athletes now have a maximum of five years of eligibility to compete in high school athletics. Any student who has transferred into Holy Cross from another high school remains ineligible for all sports until they go through the transfer appeal process and are ruled upon. Any transfer student should contact **Mr. Tim Hunter, Athletic Director** to begin the appeal process.

The costs of running an extracurricular athletic program are great. Our teams are most fortunate to have the financial support of the Holy Cross Students' Council. Even with this support, user fees are required for all sports at Holy Cross. User fees for individual teams are listed in the Holy Cross Student Agenda and are due in full for all athletes before their first competition. Have a great season and we hope to see you on the sidelines supporting the Green and Silver Crusaders of HC.

Paul Halligan Classic

Girls Basketball teams will be promoting breast cancer awareness by participating in the **7th Annual PH Classic** games against Regi in early October with games at Holy Cross at 5:00 and 6:30. Students are encouraged to listen to announcements regarding upcoming activities that will support fundraising efforts.

Crusader's Girls Field Hockey 2007

We are coming off a strong 2006 season and are looking to build on our successes, with the goal of making this coming year our best season yet! We have the foundation for an extremely talented team. We are on the lookout for rookies who are passionate about the sport and have the potential and desire to be really positive contributors to the Holy Cross program this upcoming season and beyond.

Smoking Restrictions – Grade Nine, Ten and Eleven Students

Beginning this September, **students in Grades Nine, Ten and Eleven are prohibited from smoking at Holy Cross. Therefore, Grade Nine, Ten and Eleven students are not allowed in the smoking area and are not allowed to be in possession of cigarettes or tobacco products.** If a student in Grades Nine, Ten or Eleven is found smoking or in possession of cigarettes, they will be suspended from school. There will be a progression of consequences for subsequent infractions. Smoking is the number one preventable cause of premature death and disease in Ontario.

Smoking and Student Gathering Areas

It is the policy of our School Board that smoking is not allowed on the property and it is a distinct expectation that all will respect this policy. We recognize that the decision to smoke or not to smoke is an individual one, but we sincerely hope that in the face of mounting evidence with regard to the risk of our health that anyone thinking about beginning or ending "the habit" will give it serious thought. Grade Twelve students who smoke must do so either off the property or along the northwest corner (by the school sign). Smoking on the property will result in fines by the Health Unit's Tobacco Enforcement Officer who regularly patrols the area.

Students wanting to quit smoking should listen for further information about our Quit4Life program, to be implemented later in the fall, or can visit www.quit4life.com to find out more information.

Benefits of quitting smoking:

- Within 8 hours, carbon monoxide level drops in your body and the oxygen level in your blood increases to normal.
- Within 48 hours, your sense of smell and taste improves and your chances of having a heart attack go down.
- Within 72 hours, your lung capacity increases and bronchial tubes relax, making breathing easier.
- Within 2 weeks, the nicotine is removed from your body.
- Within 3 months, circulation improves and lung func-

tioning increases up to 30 %.

- Within 6 months, coughing, sinus congestion, fatigue, and shortness of breath improve.
- Within 1 year, risk of smoking-related heart attack is cut in half, and your risk for cavities is lower.
- Within 10 years, risk of dying from lung cancer is cut in half.
- Within 15 years, risk of dying from a heart attack is equal to a person who never smoked!

2007 – 2008 Crusader Student Activity Fee

Most students have now paid their student activity fee, which covers the Holy Cross Agenda, the Students' Council ID Card, a Holy Cross Spirit T-shirt, two T-woonie for Non-Uni Days, and a personalized 2007 – 2008 Holy Cross Yearbook. Students from Grades 10 – 12 must pay \$66.00. Graduating students will pay \$100.00, which includes the Grad Fee and Grad disc. The Grade Nine rate is \$83.00, which also includes a French Cahier and a school lock. Students may opt out of receiving the yearbook by signing the "opt out" form. For parents with more than one child at Holy Cross, a reduction of \$4.00 per additional child is available when purchasing a yearbook. The value of the items purchased individually is much greater than the actual comprehensive fee. By ordering in bulk, Holy Cross is able to pass the savings on to the community. Therefore, Students' Council is better able to support the extra-curriculars that make Holy Cross such an easy place to get involved .

Counsellor's Corner

Course Load

All students in Grades 9, 10, and 11 are required to carry a course load of 4 courses each semester. **Even in Grade 12, only students who have already earned 24 credits may take a spare.** All are required to carry a minimum of 3 courses each semester.

Course Changes/Deletions

Students are to consult with a counselor prior to any decisions being made to their timetable. It is "advised" that any course changes required be dealt with by the end of the first week of the semester. Further to this, it is "required" that all changes be completed by the end of the second week of the semester. **No changes to schedules will occur after September 14th.**

Post Secondary Information Sessions

In the upcoming months, Student Services will be hosting many presentations from Ontario Colleges and Universities. Below is a schedule of the visits. Unless otherwise mentioned, all presentations will be held in the lecture theatre. The time of the events will be posted.

Sept. 13 University Application Session
Sept. 20 College Application Session
Oct. 24 & 26 University Application Workshop
Nov. 6 College Application Workshop
Nov. 7 Post-Secondary Information Night for Parents 7:00

Individual University Presentation Dates

Sept. 17Trent University 2:35 p.m.
Sept. 18Wilfrid Laurier University 2:35 p.m.
Sept. 19Ryerson University 2:35 p.m.
Sept. 20Niagara College 1:45 p.m.
Sept. 26Loyalist College 10:00 p.m.
Oct. 1University of Ottawa 2:35 p.m.
Oct. 3St. Lawrence College 10:15 a.m.
Oct. 4..University of Guelph (Kemptville Campus) 2:35 p.m.
Oct. 9University of Western Ontario 2:35 p.m.
Oct. 11McMaster University 2:35 p.m.
Oct. 12Queen's University 2:35 p.m.
Oct. 12St. Mary's University (Nova Scotia) 11:15 a.m.
Oct. 15Memorial University (St. John's) 2:35 p.m.
Oct. 16York University 2:35 p.m.
Oct. 17Brock University 2:35 p.m.
Oct. 19Carleton University 11:15 a.m.
Oct. 23Lakehead University 2:35 p.m.
Oct. 25King's College (UWO) 2:35 p.m.
Oct. 30University of Guelph 2:35 p.m.
Oct. 30Laurentian University 11:20 a.m.
Oct. 31Huron University College 2:35 p.m.
Nov. 2 Humber College 12:30 p.m.
Nov. 2 University of Waterloo 11:10 a.m.
Nov. 5Redeemer University 11:15 a.m.
Nov. 8Dalhousie University (Halifax) 2:35 p.m.
Nov. 12University of Toronto 2:35 p.m.
Nov. 13Algonquin College 10:00 a.m.
Nov. 14 ... University of Guelph (Humber Campus) 2:35 p.m.
Nov. 21Nipissing University 12:30 p.m.

Individual College Presentation Dates

Sept. 27 Loyalist College 10:30 a.m.
Oct. 19Algonquin College 9:00 a.m.
Oct. 23 St. Lawrence College 5 – 7 p.m.
Nov. 9Humber College 10:30 a.m.

Due to the volume of material (application and scholarship related) handled in Student Services, graduating students are asked to regularly visit the HC website for current information on university and college presentations, the application process and scholarship information.

Next Month at Holy Cross, October 2007

4Thanksgiving Food Drive Ends
4Early Semester Report Cards Issued
5Green and Silver Pep Rally Day
8Thanksgiving Day Holiday
10Grade Representative Elections
11Thanksgiving School Mass
11 ...Parent-Teacher Interview Night, 3 – 6 and 7 – 9 p.m.
16 - 19Grade Ten Retreat
17Parent-Teacher Interview Night, 7 – 9 p.m.
23 "Drive For Life", Grade Eleven
26 Hallowe'en Dance
26 Non-uniform Day
29 P.A. Day #2 (No classes)
29 Catholic School Council Meeting 7:00 p.m.
31 Start of Mid-semester Evaluation Period