

HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

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September, 2008 Newsletter ... visit our web site at www.hctoday.ca

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 2008 – 2009 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 2nd, 2008** staffed for 1280 students. We extend our best wishes and appreciation to **Mr. Frank Halligan**, who announced his retirement in early July. Our staffing for the school now appears to be complete and we would like to welcome at this time **Mr. Tim Sicoli** and **Mr. Frank Gillis** to our teaching staff.

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. The first day of school went very successfully and our students looked starched and pressed and shiny white in their uniforms. The girls, in particular, looked smart with **the addition of black tights to the kilt option of the fall/winter uniform**. This has gone a long way to address the issue of immodest kilt lengths. During the warmer autumn days, girls who do not wish to wear leotards or tights should wear the grey HC pants instead.

I am looking forward to meeting the parents of our 280 Grade 9 students at our **Grade 9 Profile Night on Wednesday, September 24th 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.

Paul A. Walsh

Smoking Restrictions – All Students

Beginning this September, **students in every grade are prohibited from smoking at Holy Cross. Therefore, students are not allowed to gather in the former smoking area and are not allowed to be in possession of cigarettes or tobacco products.** Students are also reminded to be courteous to our neighbours. Gatherings off-campus, which can be bothersome both in terms of noise and littering, will not be condoned. If a student is found smoking or in possession of cigarettes, he or she will be given a warning. There will be a progression of consequences for subsequent infractions, including suspension from school. Smoking is the number one preventable cause of premature death and disease in Ontario.

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.

SEPTEMBER AT HOLY CROSS

Monday, September 1.....Labour Day
Tuesday 2.....First Day of School, Regular Schedule
Tuesday – Friday 2-5.....Sign-up for Grad Photos in Rm 129
Wednesday 3.....Try-outs for Fall Sports' Teams Begin
..... Grade Nine Student Success Workshops
Friday 5.....Grade Nine Orientation Morning and BBQ
Monday 8.....Semester One Grade Assemblies
Mon – Thurs. 8, 10 & 11...Grad Photos 1:45 – 5:45 in Rm 129
Tuesday 9.....Picture Day – Smile! Payment required
Wednesday 10.....Absentee Photo Day – payment required
Thursday 11.....University Application Sessions, 11:45 & 2:35
.....Opening School Mass "Triumph of the Cross"
Friday 12.....Students' Council Dance # 1
.....Last Day for Timetable Changes
Sunday 14.....28th Annual Terry Fox Run, 1 p.m., SLC
Monday 15.....Meeting for School Play, auditions to follow
Tues.-Thurs. 16-18.....Graduating Athlete & Artist
Photos, Rm 129
Friday 19.....P.A. Day #1 – no classes
Friday 19 & Sat.20.....HC Junior Boys' Volleyball Tournament
Monday 22.....Grade Nine Friends Photos in Room 129
School Council Meeting 7:00 p.m
Thanksgiving Food Drive Begins
Tuesday 23.....College Application Sessions, 11:15 and 2:35
.....Grade Ten Friends Photos in Room 129
Wednesday, 24Grade Eleven Friends Photos in Room 129
.....Grade Nine Profile Night – 7:00 HC Cafetorium
Thursday 25.....Grade Twelve Friends Photos in Room 129
.....Queen's OnLine To Success Fall Call-Back, 12 – 3 p.m.
Friday 26 Non-Uniform Day (tentative)
Fri.–Sun. 26 - 28.....Ontario Universities Fair in Toronto
Tues. 30 & Wed., Oct. 1.....Grade 11 Drive For Life
Assemblies, P.1

**GOD ASKS US TO CARE
FOR HIS CREATION.**

Pastoral Services

Fr. Labelle and I look forward to meeting both returning and new students as another academic year begins. Through our monthly School Masses, daily prayer and liturgies in the Chapel, retreats and community outreach programs, we hope to challenge all our students to answer God's call in their daily lives. Our school theme this year "**God asks us to care for His Creation**" connects us with efforts throughout our Board and in countries around the world to respect and care for the world in which we live. Thanks to all for their past support of our school's efforts to recycle, reuse and to reduce waste. This year, we will be invited to reflect on the ways in which God is calling us to do even more as individuals and as a community to live in a sustainable and eco-friendly way. This will include our continued participation in the **Habitat for Humanity** Pop Can Collection as well as our paper and bottle recycling program.

Our school chaplain, **Fr. René Labelle** will preside at our **Opening School Mass** on **Thursday, September 11th** as we celebrate together our school feast day, The Triumph of the Cross. We are also looking forward to taking **Grade Ten students** on our annual "**Sexuality: Mind, Body, Spirit**" retreats which will take place from **October 6 – 9th** at **Rideau Acres**. And, students can let me know if they are interested in volunteering with our **Crusaders In Community Service** (or CICS) - including the popular **Rosewood Retirement Home Seniors' Outreach** program.

Finally, we are looking forward to welcoming members of the **St. Patrick's Foundation All-Stars** from **Kingston, Jamaica** to our school on **October 21st**. These talented and engaging young people will be visiting classrooms during the day and participating in an evening concert of Jamaican music and dance right here at Holy Cross. Join us as we support these wonderful performers and **Monsignor Richard Albert's St. Patrick's Foundation**. Call the **Pastoral Office (ext. 3436)** for tickets or more information.

Let us ask God to bless our Holy Cross community this year and all our efforts to serve God and each other.

Chris Forster, Coordinator of Pastoral Services

Terry Fox Run

This year the **28th Anniversary** of the **Terry Fox Run for Cancer Research** will be held on **Sunday, September 14th** starting at **1:00 p.m.**

In 2007 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 12th** 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.

Dramatic Production

This year, the Arts Department will mount a major production of **Arthur Miller's *The Crucible***. The year is 1692, the place, **Salem** – infamous in history for the hysteria that swept up a small town and resulted in the wrongful deaths of nineteen people caught in the madness of a witch hunt. With a cast of twenty seven, this production promises an evening of suspense and thought-provoking issues. Auditions begin on **September 15th** with a general meeting for all who are interested in taking part. Our grade nine students are encouraged to take a risk and audition; no experience is necessary. ***The Crucible*** will take to the Holy Cross stage the last week of November.

Holy Cross Catholic School Council

The first meeting of the 2008/2009 Catholic School Council will take place on **Monday, September 22nd, 2008, 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.

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. **Crusader Gear Sale**

The **Holy Cross Tuck Shop** will be open **Wednesdays and Fridays from 11:10 to 11:50 a.m. starting September 10th**. Check out our Holy Cross clothing and 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 evenings of **September 8, 10 and 11th** (from **1:45 to 5:45 p.m.**). 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 9th**. Those who are absent on the 9th will have their pictures taken on Wednesday, September 10th. 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 wearing 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 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 **8th Annual PH Classic** games against Regi on Thursday, October **9th**, with games at RND 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 2008

We are coming off a strong 2007 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.

Counsellors' Corner

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. It is recommended that **no changes to schedules occur after September 12th**.

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. Students will need to sign up for all presentations in Student Services that do not take place over the lunch hour.

Sept. 11	University Application Session
Sept. 23	College Application Session
Oct. 23 & 28	University Application Workshop
Oct. 29	Post-Secondary Information Night for Parents 7:00 p.m.
Nov. 4.....	College Application Workshop

Individual College and University Presentation Dates

Sept. 15	Trent University 11:10 a.m.
Sept. 16	Ryerson University 2:30 p.m.
Sept. 17.....	Wilfrid Laurier University 11:15 a.m.
Sept. 24	University of Western Ontario 2:30 p.m.
Sept. 26	Niagara College 9:00 a.m.
Oct. 3	Lakehead University 11:15 a.m.
Oct. 6	Carleton University 2:30 p.m.
Oct. 8.....	Memorial University (St. John's) 11:15 a.m.
Oct. 10	Nipissing University 11:15 a.m.
Oct. 14.....	Loyalist College 10:15 a.m.
Oct. 15	Concordia University, Montreal 1:00 p.m.
Oct. 15.....	York University 2:30 p.m.
Oct. 20.....	St. Lawrence College 8:30 a.m.
Oct. 21.....	University of Ottawa 2:30 p.m.
Oct. 22.....	McMaster University 11:15 a.m.
Oct. 29	University of Guelph 10:00 a.m.
Oct. 30	Queen's University 11:15 a.m.
Oct. 30.....	Algonquin College 1:20 p.m.
Oct. 30.....	Huron University College 2:30 p.m.
Nov. 6.....	Dalhousie University (Halifax) 2:30 p.m.
Nov. 6	University of Toronto 11:15 a.m.
Nov. 7.....	University of Waterloo 11:15 a.m.
Nov. 12 ...	University of Guelph (Humber Campus) 11:15 a.m.
Nov.13.....	Redeemer University 11:15 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.

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.

2008 – 2009 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 2008 – 2009 Holy Cross Yearbook. Students from Grades 10 – 12 must pay **\$66.00**. Graduating students will pay **\$101.00**, which includes the Grad Fee and Grad disc. The Grade Nine rate is **\$85.00**, 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.

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. 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 functioning 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!

Attendance Matters!

A review of school data from last year's report card results reinforced something that teachers, students and parents already know intuitively: when a student misses more than five classes in a semester, his or her chance of not achieving a credit in that course increases substantially. Our students' results are very good, with well over 97 % of our students achieving their credits every semester. However, students who fall behind in credits are at greater risk of dropping out of school. So, our message to students and parents is to make every effort to be in attendance whenever possible.



Next Month at Holy Cross OCTOBER 2008

- 1.....University Info Program @ KCVI, 7 p.m.
Drive for Life Grade 11 Assemblies cont'd
- 2.....Grad Portrait Orders & Writeups Due, Rm 129
- 6-9.....Grade 10 Retreat at Rideau Acres
- 9.....PH Classic at RND
- 10.....Green & Silver Pep Rally Day
Friday Nights Lights, Richardson Stadium
- 10 & 11.....HC Pioneer Years Reunion
- 13.....Thanksgiving Day Holiday
- 14.....Gr 9 "Take our Kids to Work" Permission Forms Due
- 16.....Thanksgiving Food Drive Ends
Thanksgiving School Masses
- 17.....Early Semester Report Cards Issued
- 21.....Jamaican Arts Celebration Evening
- 22.....Archbishop's Catholic Education Foundation Dinner
- 23.....Parent-Teacher Interview Night, 3 – 6 and 7 – 9 p.m.
- 24.....Non-uniform Day (tentative)
- 27.....P.A. Day #2 (No classes)
- 28.....Parent-Teacher Interview Night, 7 – 9 p.m.
University Application Workshops, 11:15 & 2:35
- 29.....School Photo Retakes, 8 - 10 a.m.
Post-Secondary Information Night for Parents, 7 p.m.
- 31.....Start of Mid-semester Evaluation Period