



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

February 2013

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

PRINCIPAL'S MESSAGE

On behalf of the school community I bid farewell and best wishes to **Mr. Joe Vaitekunas** and **Mr. Sean Roberts**, who retire from teaching after distinguished careers at both **Regiopoliis-Notre Dame** and **Holy Cross**. Both men have been mentors to staff as well as students and have contributed in lasting and tangible ways to the science and arts programs that are unparalleled in Kingston. I welcome **Mrs. Joanna Besselink**, **Ms. Elizabeth Mulvenna**, **Ms. Sarah Murray**, **Ms. Julie Roantree**, **Mrs. Margaret Williams** and **Mr. Curtis Stanzel** in new teaching positions.

I offer congratulations on behalf of our school community to our **Cheer Team** who are **Senior Novice** and **Grand Champions** of the **Eastern Region**. That, combined with the civic award garnered by last year's **Cheer Team**, is testament to the team's ongoing hard work and talent. Well done team and coaches! Thanks also to the basketball programs and volunteers, and to all who participated in the **Memorial** – over \$8500.00 raised for cancer research.

As we start fresh in the new semester, I hope that all students and staff are re-invigorated and ready to tackle the academic, extracurricular and spiritual opportunities that arise. In particular, I would like to emphasize the importance of **being present** – of taking the time to be witnesses in faith for one another (particularly as we prepare for the Holy season of Lent) and on a more mundane level, simply being present in your classes. As students fall into a pattern of being absent, they begin to feel more and more disconnected from their classroom activities and also begin to feel overwhelmed by the work that piles up – the connection between absences and failure is very clear. We will renew our efforts to encourage better attendance from our students.

As we begin the second semester and new classes and routines are forming, we revisit existing expectations at **Holy Cross**. In particular, we expect that students will be in full compliance with our uniform policy as outlined in the Code of Conduct, found in student agendas and on our school website, www.hctoday.ca. I encourage parents to see that their sons and daughters wear the proper uniform to **Holy Cross**. The uniform must be worn modestly; kilts are expected to be no shorter than two inches from the top of the knee, with plain black tights (no socks), and shirts / blouses must be neither too loose nor too tight. Throughout the day, students should wear black dress shoes, and have buttons done up and shirts tucked in. If wearing undershirts, they too must be white. Pants are to be grey Holy Cross dress pants. A progressive system of intervention will be put into place to deal with uniform violations, up to and including suspension from school for persistent opposition to authority. Girls who roll up their kilt or continuously wear too short a kilt will have their parents notified and will receive school consequences. Some students may be advised to let down

the hem of their kilts. Students who demonstrate an unwillingness to comply and cooperate with their teachers and other school authorities on this matter will not remain in our school. Please contact me if you have any suggestions, concerns, or questions regarding the uniform and the expectations I have been charged with putting in place. You may contact **Paul Walsh** at **613 384-1919, ext. 3411** at any time.

Paul A. Walsh, Principal

FEBRUARY DATES TO REMEMBER

February	Black History Month
Friday, February 1.....	P.A. Day (no classes)
Saturday, February 2	Groundhog Day
	Big East Blast Cheerleading Championships
Mon, Feb 4	Turnaround Day (exam return end of day)
Tues, Feb 5.....	Semester One Final Marks due at 3 p.m.
	First Full Instructional Day in Semester Two
Thursday, February 7.....	Semester Two Grade Assemblies
	Blind Dinner, fundraising event
Fri, Feb 8.....	Cheques cashed unreturned/damaged textbooks
Sun Feb 10.....	Chinese New Year (Year of the Snake)
Mon, Feb 11	Queen's Student Teachers Second Practicum Begins
Tuesday, February 12	Shrove Tuesday
	Pancake Tuesday Breakfast, Period One
	Semester 1 Report Cards distributed
	S1 Marks Due to OCAS
	Grade Eight Parent Information Night, 7 p.m.
Wed, February 13.....	Ash Wednesday
	ShareLent Collection Begins
Thurs Feb 14	Lenten Mass with Distribution of Ashes
	Valentine's Day
	S1 Marks Due to OUAC
Friday, February 15	National Flag of Canada Day
	Semi-Formal Dance, 6 p.m.
	Last Day for Sem 2 Timetable Changes
	Jamaica Mission Trip Departs
Mon, Feb 18.....	Ontario Family Day Holiday (no school)
Tuesday, February 19	Tribal Vision Dancers, P3
Tues – Thurs, Feb 19 – 28	Course Selection Workshops
Wednesday, February 20	Toronto Auto Show Field Trip
Friday, February 22	Non-Uniform Day
Sat, February 23.....	Kingston Improv Games Finals
Sun, Feb 24	Jamaica Mission Trip Returns
Mon, Feb 25	SHSM WHMIS / Health & Safety Certification
Tues, Feb 26	Canadian Computing Competition
Wed, Feb 27	Anti-bullying Pink Shirt Day
	Cabaret, 7 p.m., Cafeteria

SAFE SCHOOLS, BILL 157

Based on the recommendations of the **December 2008 Safe Schools Action Team's** report, the government passed **Bill 157 (Keeping Our Kids Safe At School Act)** which came into force on **February 1st, 2010**; revised and reissued **Policy /Program Memorandum 144: Bullying Prevention and Intervention and Policy/Program Memorandum 145: Progressive Discipline and Promoting Positive Student Behaviour** to reflect additional legislative and policy requirements. *These changes will require every board employee to play a role in addressing issues of inappropriate student behaviour to improve school climate and to support victims.* Working with the changes to the Act, **Holy Cross** will continue to provide all members of our community with a positive school climate in which to learn and grow scholastically, socially and spiritually. Our policies and procedures, which are developed within a Catholic context, are used to help us ensure the safety and security of all members of our community. For more information, please see the **Ministry of Education** website at <http://www.edu.gov.on.ca/eng/safeschools/KeepKidSafeSchool.pdf> and the anti-bullying brochure for parents at <http://www.edu.gov.on.ca/extra/eng/ppm/144.html>.

PASTORAL MESSAGE

PANCAKE BREAKFAST: Student Council, and CICS are organizing a **Pancake Breakfast** for **Holy Cross** on **Tuesday, February 12** during Period One in our **Cafeteria**. A big plate of pancakes will cost only \$3.00 with all proceeds going to our **ShareLent Collection**.

ASH WEDNESDAY (February 13th) marks the beginning of the **Penitential Season of Lent**. We will gather as a school community on **Thursday, February 14th** this year to celebrate our **Lenten School Mass** with **Fr. Leo Byrne** presiding. Ashes will be distributed at the end of **Mass**.

JAMAICA MISSION TRIP: Members of the **2013 K2K Jamaica Mission Team** are excitedly preparing for their departure on **Friday, February 15th**. While in **Jamaica**, the eight **Holy Cross** and ten **Regiopolis-Notre Dame** students and their staff supervisors, will be volunteering with **St. Patrick's Foundation** as they work at **St. Margaret's** and **Riverton City Remedial** schools, **St. Monica's** (a home for abandoned seniors), and with the **Seaview Gardens Performing Arts Band**. They will also participate in a 1-day house build through "**Food for the Poor**". Our school, as well as many church groups, including **C.W.L.** and **Knights of Columbus**, have made generous donations to the Mission Trip. Thanks to all who have donated. The group looks forward to sharing about their experiences when they return from **Jamaica**.

THINKFAST: Another major fundraiser for our **ShareLent** campaign will be the **Thinkfast** on **Friday, March 22nd**. And, keep in mind that our **Graduates' Retreat** will take place on **Friday, April 5th** at **Rideau Acres**.

YEAR OF FAITH VIDEO COMPETITION: In order to encourage students to think about the relevance of their faith during this "Year of Faith", the **Pastoral Team** at **Holy Cross** is organizing a '**Year of Faith' Video Competition**. Either individually, or in teams, students will be invited to come with a 3-5 minute video addressing what it means to be a Catholic young person in 2013. **First prize will be \$300.00; second prize will be \$200.00; third prize will be \$100.00;** and there will be consolation prizes for all participants. The registration deadline is **March 1st** and the submission deadline for all videos is **April 2nd** with the winning videos to be chosen by a panel of expert judges **April 8-9th**. The 1st prize winner will be announced at our **School Mass** on **April 18th**. See **Fr. Jan Kusyk** or **Chris Forster** for details.

Let us begin this new semester with renewed faith in God. And let us ask God to continue to bless all our students, staff and families.

Chris Forster, Chaplaincy Team Leader

STUDENT COUNCIL

February is here, the month of love! Not just for our beloveds but for our friends, family and your friendly neighbourhood **Student Council** as well. We welcome back all students from their exam break and look forward to the new semester. Last month was a focused and rewarding end to the first semester of classes with students writing their final exams and finishing culminating projects. This month marks a new beginning to classes and an opportunity for all students to have a fresh start. **Student Council**, along with **CICS**, will be hosting a **Pancake Breakfast** on **Tuesday, February 12th** during period one. For \$3 students can enjoy a plate of pancakes with juice. All proceeds will go to this year's **ShareLent** campaign. **Student Council** junior reps **Lexi Perin** and **Rajiv Tanwani**, are selling Valentine cards during lunch and these will be delivered on **St. Valentine's Day**.

Administration has graciously granted us permission to host the school's first dance in over a year. The **Semi- Formal** school dance will be on the **15th** of this month. Tickets are \$25 and will be sold in the main foyer during the lunch periods leading up to the dance. Your ticket gets you into the dinner at 6:00 (served by **Pasta Shelf**) and the dance starting at 7:30.

"If you surround imperfection with perfection, it will make it seem perfect."

Matthew Mark, Communications Officer

CATHOLIC SCHOOL COUNCIL

The **Catholic School Council** at **Holy Cross** is hosting a presentation by **Dr. Jean M. Clinton** entitled **The Adolescent Brain: Why teens do the things they do**. The presentation will speak to the teen brain being under construction. Over the past decade neuroscience has finally been able to shed light on why teenagers do the things they do and explore what has been learned about brain development and how the environment and experience plays a key role in this development. Risk taking, novelty seeking, and risk of substance abuse will be discussed.

Tuesday, March 5th, 2013 @ 7 p.m. followed by Q&A Session. There is no cost to attend and everyone is welcome. We encourage you to come for an evening filled with information listening to a dynamic and much sought after speaker. This event is funded by the **Ministry of Education's PRO** grant program and in collaboration with **K.F.L.&A. Public Health**. **Dr. Clinton** will be speaking at **Holy Cross Catholic S.S.** on **March 5th**, the following day she is presenting a full day workshop to professionals in our community - this event is being hosted by **Pathways Children & Youth** and is sold out!

TURNAROUND DAY

On **Monday, February 4th**, an abbreviated **Semester II** timetable is scheduled to begin the day and **Semester I** classes will meet at the end of the day. The end of the day provides an opportunity for Semester 1 classes to conclude any unfinished business, such as the return and take-up of the January examination, return of projects and assignment, collection of any course resources, and review of the final mark calculation. Semester 2 student timetables will be distributed in S2 P1 classes. S2 P1 classes will be posted on the pillars in the Main Foyer.

ONTARIO SECONDARY SCHOOL LITERACY TEST (OSSLT)

The **Ontario Secondary School Literacy Test** has been scheduled by the **Ministry of Education** for **Thursday, April 11th**. *All Grade 10 students who are working towards an OSSD will write the test. In addition, students who have not yet completed the test, for example because they have arrived from out of province or because they were not successful in their first sitting, will also prepare for the test.* Any student in Grade 11 or 12 who needs to fulfill this graduation requirement should see **Ms. Daniel** or a **Guid-**

ance Counsellor in order to receive preparatory materials. **Holy Cross** will be conducting the test between 8:30 and 11:15 a.m. All Grade 10 students will be reviewing their literacy skills once/ twice a week for a four week period prior to the test date. Each component of the test will be reviewed with students during these classes. Grade 10 students will receive a copy of a workbook entitled, **The Ontario Secondary School Literacy Test Workbook** that they will be using in their literacy classes. Students are encouraged to take this workbook home for continuous review. Parents and students may obtain additional practice materials, student resources, and sample questions and answers at the **Education Quality and Accountability Office** website at www.egao.com under the link 'Student Resources'. Parents/ guardians will be advised in writing of their son/daughter's test outcome in June. Students who are not successful will retake the test next year or may enroll in the Literacy Course.

SUPPLEMENTAL LITERACY PROGRAM

The literacy program, designed to boost reading and writing skills and to help students gain confidence in preparation for the **Literacy Test on Thursday, April 11th**, will begin in the second week of **February**. *This program will run on Mondays and Wednesdays.* Students interested in receiving supplemental literacy support should see **Ms. Daniel** or **Ms. Kristi Lesarge**. All students must successfully complete the **Literacy Test** (or subsequently enroll in and complete the **Grade 12 Literacy Course**) in order to obtain an **Ontario Secondary School Diploma**. If you want your child to participate in this program, please contact **Terri Daniel** at **613 384-1919, ext. 3406**.

HC GRADE LEVEL ASSEMBLIES

At the beginning of a semester, it is customary for grade level assemblies to be held where the Principal and vice-principals review, reinforce and outline expectations for all students and staff.

COUNSELLORS' CORNER

COURSE CHANGES/DELETIONS

Students are to consult a counsellor if they wish to make a change to their timetable. It is advised that any required course changes be dealt with by the end of the first week of semester two. Furthermore, it is required that all changes be completed by the end of the second week of the semester. The last day to change a course is **Friday, February 15th**.

COURSE SELECTION PROCESS

At this time of year, students begin the process of selecting courses for the **2013-2014** academic year. It is critical for all students who plan on returning to **Holy Cross** that they follow the timelines in order to ensure that they are able to obtain the courses they desire. **Holy Cross** will be conducting the on-line process of selection of courses in workshops taking place at the school. Details will be explained in grade sessions being conducted on **Wednesday, February 13th**.

COURSE LOAD

All students in Grades 9, 10, 11 are required to carry a course load of 4 courses each semester. All students in Grade 12 who have achieved at least 24 credits are required to carry a minimum of 3 courses each semester.

GRADE 8 PARENT INFORMATION NIGHT

Grade Eight Parent Information Night will be hosted on **Tuesday, February 12th, 2013 at 7:00 p.m.** This evening is open to Grade Eight students and their parents/guardians. Registration packages will be available for all non-feeder school parents. All completed registration packages are to be returned to **Holy Cross** by **March 1st, 2013**.

VOLUNTEER & JOB OPPORTUNITIES

Students are reminded to check the bulletin board for volunteer

and job opportunities.

THE ONTARIO YOUTH APPRENTICESHIP PROGRAM (OYAP)

There are over 150 skilled trades in **Ontario**, and forecasts indicate there are extreme shortages of workers in many of these areas. The province expects to register 24,000 new apprentices this year; however, there are indications that this number will not keep up with the on-going demand for skilled trade workers. To assist in this regard, **OYAP** helps young people to "jump start" their careers while still enrolled in high school. Full-time senior students who are at least 16 years of age and have an interest in a skilled trade/occupation are eligible to apply. Information about **OYAP** may be obtained from the guidance department or cooperative education teacher in any of the Board's high schools. Additional support or information is available from **Jim Johnston** or **Paul Denison, OYAP Co-ordinators** with the Board. **Jim** may be reached at **(613) 532-3985**; **Paul** may be reached at **(613) 849-8550**.

US COLLEGE EXPO

Meet US University Admissions officers and Athletic Directors, **Saturday, April 30th, 2013** from 9 -3, **Roy Thompson Hall, Toronto**. For more information call **1-866-973-7737** or go to info@uscollegeexpo.com.

STUDY AND GO ABROAD FAIR

Students can meet representatives from Universities and Colleges from around the world offering internships, volunteer programs, work abroad and language travel. **March 2 – Montreal Convention Centre, March 3 – Toronto Convention Center**. To pre-register go to www.studyandgoabroad.com.

BREATHE FREE! SMOKING CESSATION GROUP

KFL&A Public Health Nurse **Lisa Lollar** and Youth Worker **Terrie Hoey** will facilitate a **Smoking Cessation program** at Holy Cross beginning on **Wednesday, February 13th**. Sessions will run each Wednesday until **April 18th** for a total of 8 sessions. It takes more than willpower to quit smoking. Skills and support are an important part of the process.

Breathe Free is designed to help youth quit smoking. Each week, students will be asked to complete activities which will help them learn about why they smoke, how to quit and how to stay quit. Students will create a personal profile, track their smoking, build a quit calendar, practice quitting and learn how to deal with stress, boredom and people who might not support them. **Breathe Free can help Holy Cross students quit now or learn the steps for quitting later.** Staff is asked to promote this program to students that they feel would benefit from it. The **BREATHE FREE** program will run in partnership with KFL&A Public Health each Wednesday starting on **February 13th** for a total of 8 weeks.

Note: *Scheduled tests/evaluations take precedence over Breathe Free sessions. All work covered in the period remains the responsibility of the student.* **Location:** Room 238

PINK SHIRT DAY

In collaboration with anti-bullying initiatives at **Holy Cross** and throughout the country, students are invited to don a pink shirt in addition to the regular uniform on **Wednesday, February 27th**. This symbol, which began with the efforts of two teenage boys at **Central Kings Rural High School** in **Nova Scotia** is a tangible way for youth to stand together and let bullies take notice that their behaviours will not be tolerated.

ARTS NOTES

Kiwanis

On **Wednesday, February 20th**, the **Crusader Bands** will be participating in the **Annual Kiwanis Music Festival**. This year the event is being hosted at **MacArthur College**. Our competing bands include the **Symphonic Band** and the **Senior Wind Ensemble**.

Kingston Regional Tournament of the Canadian Improv Games

The **Holy Cross Improv Team** will be performing in the **Kingston Improv Games on Friday, February 22nd, 2013**. The show starts at 7:00 pm at the **Octave Theatre (Cultural Center, 711 Dalton Ave.)** The team members are **Matt McGlashen, Arianna Bullett, Miguel Martins, Claire Choiniere, Andrew Hurt, Sarah Flisikowski, Amanda Ho, and Simon Lewis**. Coaches are **Ms. Rose and Mr. Stabile**. Tickets for the show are: \$10 for adults, \$8 for seniors and students, and \$5 for children under 12.

Cabaret 2013

Cabaret 2013 will take place on **Thursday, February 28th, 2013 at 7:00 p.m.** in the **Holy Cross Cafetorium**. This evening features a variety of entertainment in a relaxed atmosphere. Auditions will be held on **Tuesday, February 19th at 2:45** in the music room. We welcome singers, dancers, bands, stand-up comics and solo instrumentalists. Join the **Arts Department for Cabaret 2013** either as a performer or an audience member. Tickets are \$5.00 for students and \$7.00 for adults.

After School Dance Club

Beginning in February there will be an **After School Dance Club** which will work with two styles of dance: **modern and hip hop**. The end goal will be entering the routines in the Cabaret event.

1) Hip Hop Mondays Class

- Students will work with choreography and physical warm-ups to create a routine for Cabaret. - Students will work on a "three strikes" attendance policy until they are no longer in the class. - It will be an "open" class, therefore no 'audition' is necessary (this will allow more students to be involved).

2) Advanced Crew Wednesdays Class

Advance Crew Auditions: **Wednesday 7th February** after school
- Dancers will be working with the Grade 11 drama class and their Cabaret "theme" to create a routine that captures their theme. They will also learn a routine based around an anti-bullying message to demonstrate how dance is a universal language. - Auditions will be held to ensure *strong* dancers so they can pick up the choreography quickly and complete *both* routines. - Dancers may be required to rehearse on a couple Sundays prior to Cabaret.

SPECIAL EDUCATION AND RESOURCE

The **Individual Education Plan, sent home with the semester two report card**, is a living document designed to support academic success. Please discuss with your son or daughter if there is a need for any updates in their documentation/accommodations for semester two. Complete the IEP Consultation Form or contact your special education resource teacher with comments, changes, or concerns: at **613-384-1919, Ms. Gavan Knox, Department Head/grade 12 @ext.3426, Mrs. Hulse, Grade 9(M-Z),10@ext 3428 and Mrs. Poels, grade 9 (A-L),11 @3425. Course selection for students on IEPs, 2013-14** If assistance in the course selection process is needed, contact your special education resource teacher (SERT). **Learning Strategy Credits:** Students on IEPs are allowed to take four GLE courses as part of their elective credits to complete their Ontario Diploma requirements. All students with IEPs are tracked by a SERT during their studies at Holy Cross, whether they take a GLE course or not. **SEA Laptops** are loaded with semester two courses. Please phone or have your son or daughter visit room 117 to expedite this process as there are 105 students with SEA laptops @ Holy Cross. If more training is needed, please contact Mrs. Hulse @ ext. 3428. **EQAO Mathematics and Ontario Secondary School Literacy Test (OSSLT) questions: Contact Mrs. A. Poels @ext. 3425** **Post-Secondary Education Transition Planners** are available in **Room 117** Contact Ms. Gavan Knox; Financial Assistance Programs and Scholarship information for Post-Secondary Students with Disabilities: <http://www.studentawards.com/english/can>; Contact the Learning Disabilities Association for their upcoming events at <http://www.ldaokingston.com.enrolled>.

HC PRACTICE LOCKDOWN DRILL

In order to maintain an atmosphere that addresses the safety of all members of our community, we will be running a Lockdown Drill on **Wednesday, February 20th**, to rehearse what staff and students should do in the unlikely event that a dangerous intruder invades our school; this practice is intended to inform and empower rather than alarm. Teachers will discuss and review the Lock Down procedures with each of their classes..

SEMESTER 1 FINAL REPORT CARDS

Semester 1 Final Report Cards will be issued to students in their Homeroom classes on **Tuesday, February 12th**. Any parent or guardian who did not receive a report card on this date is asked to contact **Student Services at 613 384-2023**.

U OF WATERLOO GR. 9, 10 & 11 MATH CONTESTS

The **Pascal, Cayley and Fermat** math competitions are an opportunity for students to have fun and to develop their mathematical problem solving ability. Each contest is sixty minutes in length, and should begin at 9:00 a.m. or as close to 9:00 a.m. as the school schedule allows, on **Thursday, February 21st, 2013**. The contests are supervised by teachers of mathematics in the school.

TRIBAL VISION DANCERS

On **Tuesday, February 19th** at the beginning of Period 3, Gr. 11 students from **Mr. Burke and Mrs. Melo Jordan's** world religion classes, as part of their aboriginal spirituality unit, will be called down to watch the **Tribal Vision Dancers** as they perform the multimedia presentation "**Visions of Turtle Island**" **Powwow and Haudenosaunee** dancing.

ECO-CORNER

Help Launch Sustainable Packaging! As a customer, you have enormous power to help launch the [sustainable packaging](#) movement. Companies you purchase products from and ask them to consider switching to 100% sustainable packaging - the [Sustainable Packaging Coalition](#) is a great resource as a starting point. Most companies really listen to their customers - you'll be surprised how many respond (and you may receive some great coupons for your trouble!)

NEXT MONTH AT HOLY CROSS

Friday, March 1	Staff Soup & Bread Luncheon
Friday, March 8	Last Day of Classes before March Break
Sat, March 9 – Sun, March 17	March Break (no classes)
Thursday, March 14	Pi Day
Monday, March 18	2013 Spring Season Team Tryouts Begin
	Return to classes after March Break
	S2 Early Progress Reports Issued
Wednesday, March 20	Spring Equinox
	Coffee House, Cafeteria, 7 p.m.
	Grade Level Reconciliations in the Library
March 21	Parent – Teacher Interviews, 3:30 – 5:30, 6:30 – 8:30
	Queen's Online to Success Opening Days
Friday, March 22	Thinkfast at Holy Cross
	World Water Day
	Holy Cross Earth Hour
	Tentative Non-Uniform Day
Saturday, March 23	Earth Hour 2012 8:30 – 9:30 p.m.
Sunday, March 24	Palm Sunday
Thursday, March 28	Holy Week Liturgies (cafeteria)
Friday, March 29	Good Friday (no classes)
Saturday, March 30	Holy Saturday
Sunday, March 31	Easter Sunday