



Holy Cross Catholic Secondary School

Main Office 613-384-1919; Attendance 613-384-1355; Student Services 613-384-2023;

FAX 613-384-8665

For complete information about events at the school visit our website at

www.hctoday.ca

Newsletter – April 2015

School Pastoral Theme for 2014-2015 "BLESSED ARE THE PEACEMAKERS"
(Matthew 5:9)

Message from the Principal

Last Thursday, March 26th, 268 students wrote the Ontario Secondary Schools Literacy Test, a demonstration of their learning over 12 years in the educational system. Special thanks to the Holy Cross literacy committee, led by **Mrs. Anne Poels and Mr. Vince Stabile**, our Special Education Resource team, as well as the entire staff, who pitched in to support our students as they completed this important assessment.

Another important milestone in the year, registration, is happening now. Students who plan on returning to Holy Cross, or who are registering for the first time, should do so immediately, as planning for course offerings, based on enrolment, is already underway, and space in certain high-demand courses cannot be guaranteed for late registrants. Get this done now to avoid disappointment.

I would like to acknowledge the contribution to our community of both **Hannah Smith and Kaitlyn Philip**, co-recipients of the Beacons Of Hope Award for Holy Cross in 2015. These two ladies, who work behind the scenes in support of others, are Crusaders in Community Service (CICS), and are exemplary people who richly deserve this honour.

Although we are now looking forward to spring sports, I wish to acknowledge the efforts of coaches and players who just completed the winter season: our boys' hockey team, led by **Coaches White and Clarke**, KASSAA finalists; the girls' hockey team, led by **Coaches Gillis, Nichol and Bernabei**, KASSAA champions and competed at OFSSA; **coaches DeMelo, Garant and Dziernejko**, senior boys' basketball quarterfinalists and the junior boys, coached by **Rob and Joanna Besselink**, KASSAA finalists; **Mr. Brady** coached six wrestlers at OFSSA in Windsor; our girls' volleyball teams, led by **Mrs. Waller** at Senior and **Mrs. Hawkins-Hogan** at Junior, were quarterfinalists. And last, but by no means least, our curling team, supervised by **Mrs. Bland**, came in third at the Eastern Ontario brier. Thanks to all athletes and coaches for representing Holy Cross in the best possible light all winter season.

Like you, I pray for the blessings of warm weather.

All the best to you and your family for a happy and holy Easter season. **I. Stuart**, Principal

- April 1st** – Spring Uniform sale
- April 2nd** – Holy Thursday Stations of the Cross in the cafetorium
- April 3rd** – Good Friday holiday
- April 6th** – Easter Monday holiday
- April 8th** – Catholic School Council Meeting #8 – 6:00 p.m. in the Library; applications due for Students' Council
- April 9th** – Spring Team Photos
- April 13th** – Spring Athletic Season officially begins
- April 14th** – Mid-semester
- April 15th** – Wellness Wednesday #8; Cabaret in the Cafetorium
- April 17th** – Grad Retreat
- April 19th** – Secretaries Week and Earth Week begin
- April 20th** – Mid-term marks submitted; post-secondary students Transition Evening
- April 21st** – Band Trip to Festival Disney departs
- April 22nd** – Earth Day (lights out) and Secretaries Day
- April 23rd** – Mid-term Marks sent to universities and colleges
- April 24th** – Non-uniform day; Pitch In Day
- April 27th** – Spring Uniform begins
- April 30th** – Town Hall Assembly

Upcoming Events

The Holy Cross Dance Team will participate on April 8th in Scarborough in "STRIVE", the high school and community centre Annual Dance Competition.

From Thursday, April 9th to Saturday, April 12th, the Holy Cross

Cheerleading Team will travel to Niagara Falls to compete in the National Cheerleading Competition. Special thanks yours to Ms. Perugino and Mrs. Myers for their time and effort in supporting these teams.

From our Math Department, the Euclid Contest for Grade 12 students will be written Wednesday, April 15th and the Fryer, Galois and Hypatia Contests for grade 9, 10, and 11 students on Thursday, April 16th. The Waterloo Math Contests are being written at HC in April.

In happy news, grade 11 student Wenting Zhou was an Outstanding Achiever in the annual Fermat Mathematics and Computing competition and she will travel to the University of Waterloo for a math workshop in June. Congratulations Wenting!

Counsellors' Corner – For April

Mid Semester Report Cards

On Monday, April 27th mid semester report cards will be issued to all students in Period 1. Students will be directed to take the report cards home that day. No formal interviews are scheduled at this time. Parents with concerns are asked to contact Student Services.

Course Selection Verification Forms

Although it may seem early, the planning for the 2015-16 school year is well underway at Holy Cross. Students will receive Course Selection Verification sheets on Tuesday, April 7th, which indicate the courses that students have selected for next year. Our students are asked to select their courses in consultation with their teachers and parents. In addition, students are asked to bring the course verification sheet home and to return signed verification forms by Friday, April 17th, 2015. Alternatively, students and parents may view the courses selected for next year by visiting the Maplewood Access button on our website, clicking on Timetable and then selecting Choices. The courses selected for next year will be indicated. Students who plan to return to Holy Cross for next year should ensure that they have completed the course selection process including verifying their courses. Students who do not plan on returning to Holy Cross should inform Student Services

Change the World United Way

Change the World is a way for students to earn volunteer hours while 'doing good' in their community. From April 12th to May 27th students are encouraged to volunteer and bring in their volunteer hours to Student Services.

First Year 40

Grade 9 students who complete their 40 hours of community service graduation requirement by Monday, May 25th, 2015, will be invited to a recognition ceremony on Friday, June 5th. All students must complete 40 hours of community service before the end of grade 12 in order to be eligible to graduate. Grade 9 students who have completed the hours before the end of their 1st year of high school will be recognized at an assembly on Friday, June 5th. Students are encouraged to complete their 40 hours and submit the volunteer form to Student Services.

U.S. COLLEGE EXPO

Meet U.S. University Admissions officers and Athletic Directors, Saturday, April 18th, 2015, Roy Thompson Hall, Toronto. For more information call 1-866-973-7737 or go to info@uscollegeexpo.com.

University and College Acceptances

Final first semester marks have been forwarded to both OUAC and OCAS.

Please be aware of the fact that universities vary widely in when they send their offers of admission. Some students may have already had an early acceptance, but this is not the norm. Mid-term marks will be forwarded to OUAC/OCAS by April 23rd. Universities will then begin to send offers of admission. Please reassure your son/daughter that they should not be alarmed if they do not hear at the same time as their friends. Students should expect a response from Universities by **May 28th** (latest). **June 1st** is the earliest date by which Ontario universities may require a response to an offer of admission. Grade 12 student's enrolled in e-learning courses must have a midterm mark submitted to Student Services by **April 20th** and a final mark by **June 19th**. Please note college applicants must confirm their acceptance of a college offer by **May 1st**.

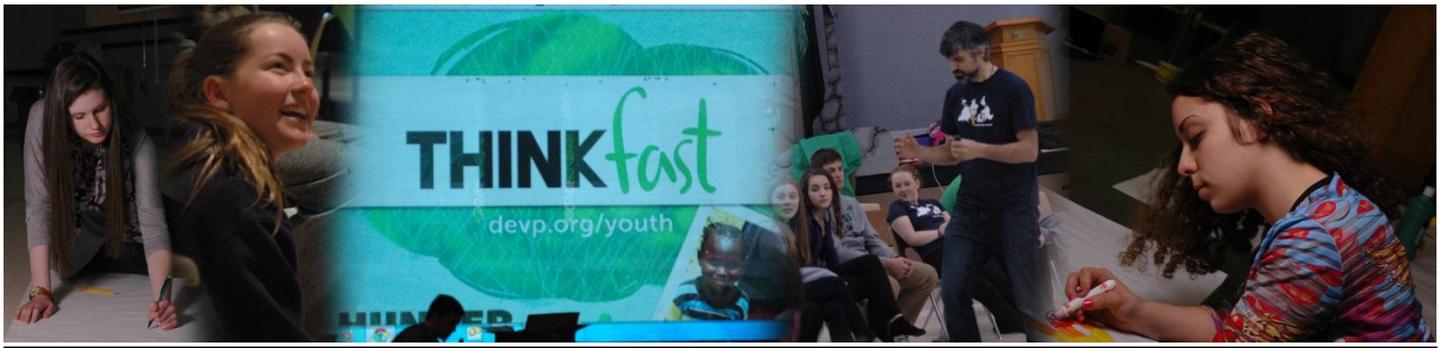
St. Lawrence College Connections

Some grade 10/11 students have the opportunity to attend a one-day enrichment program at St. Lawrence College on **May 7th**. This program provides students the opportunity to experience one of the following career pathways: Justice Studies, Community Services, Business, Health Sciences, Applied Science and Computing, and Skilled Trades and Tourism. Contact Student Services for a registration form. Application deadline is April 1st.

Transitioning to College or University Holy Cross will be hosting an information session for graduating students. **Mary Walsh** will be speaking to graduating students on Monday, April 20th in our cafetorium for about 45 minutes regarding the challenges of transitioning to post-secondary institutions. This is one of many opportunities for students to overcome any anxiety they might be feeling about moving to the next level of studies. Information is power!

Discovery Days in Health Science

Queen's University is hosting workshops related to careers in medicine and health sciences on Tuesday, May 5th, 2015. This event is open to senior students and registration is free. See Mrs. Cantarutti for Registration forms.



Pastoral Message for April – from Mr. Forster

SHARELENT ACTIVITIES: One of the major Share Lent fundraising events here at Holy Cross is the overnight Thinkfast which took place this year on Friday, March 27th. Over 50 students and staff went without food for 25 hours and raised over \$2500.00 in support of Catholic Dev't & Peace. We were fortunate to have Luke Stocking from D & P as our guest speaker this year. He shared about the people and groups in developing countries whom we are fundraising for, and talked about many issues connected to our theme "Sow Much Love... To Give". Thanks to the staff who joined us for the overnight fast including Darlene Alexander, Jeff Brady, and Bobby Jo Laplante. And thanks also to the staff, Terrie Hoey and Principal Stuart, who helped to prepare and serve breakfast for our Thinkfasters early Saturday morning.

YOUTH POVERTY CHALLENGE CONFERENCE: 13 Holy Cross students took part in this year's Youth Poverty Challenge at McArthur College on Monday, March 30th. Together with over 100 students representing every High School in Kingston, our students experienced what it is like to live in poverty, and discussed how we can change things for the better in our local community.



Beacon of Hope recipients Kaitlyn Philip (left) and Hannah Smith with Mr. Stuart and Trustee Catarina Summers at the Award breakfast at the Ambassador Hotel, Friday, March 27th.

HOLY WEEK LITURGIES: Members of the 2015 Jamaica Mission Team are organizing our Holy Week "Jamaica Way of the Cross" liturgies which will take place on Thursday, April 2nd during Period One in the Cafeteria. The presentations will consist of prayers, songs, and reflections written by the students about their recent Jamaica experiences. All are welcome to attend.

GRADE 12 RETREAT: We are looking forward to this year's Graduating Students' Retreat which will take place at Rideau Acres on Friday, April 17th. See Mr. Forster for more information and for permission forms.

As we look forward to celebrating Easter may each of us open our hearts to experience the joy and peace of the Resurrection.

Chris Forster, Chaplaincy Team Leader

Members of **ThinkFast 2015**, led by staff members Mr. Forster and Mr. Brady, who raised \$2500 for Development and Peace. Congratulations to each participant and thank you to all sponsors.



April Update from

Special Education and Resource

There will be a Transition to St. Lawrence College Presentation for students who have an IEP on Tuesday, April 7, 2015 from 11:10-11:45. Speaker: Shauna Dick, Accessibility Counsellor, St. Lawrence College. Lunch provided. Sign up in room 117 or register by email gavankno@alcdsb.on.ca. Students, parents/guardians are welcome.

The Learning Disability Association of Kingston Spring 2015 newsletter can be found on the LDAK website at <http://ldakingston.com> You can also download the newsletter directly from <http://www.ldakingston.com/newsletters/ldak-spring-2015.pdf>. You will find information about several new workshops in Kingston, as well as webinar info and resources from LD@SCHOOL.

"Reality Checklist - Life After High School. So, you've survived high school, and want to go to university or college. What's in your academic tool kit? Speaker: Gail Eaton-Smith, Learning Disabilities Strategist, Queen's University. This workshop is offered Monday May 25, 2015 Time: 7 - 8:30 pm LOCATION: Ongwanada Resource Centre , BOARD ROOM , 191 Portsmouth Avenue, Kingston, Ontario Please call or email to pre-register: ldak@ldakingston.com

Free workshop for students, parents/guardians & teachers.

To foster the development of Self-Advocacy Skills, students on IEPs are asked to communicate with staff in Room 117 resource room of any upcoming tests or quizzes. They are asked to come to room 117 and write the subject, date and teacher's name. on the board. The subject teachers are to follow up by providing a copy of the test. If a student forgets, accommodations are always offered.

The new web version of **Kurzweil**, which replaces the older version, requires a password. To obtain individual

passwords, students/parents/guardians are asked to see staff in Resource room 117.

Autism Ontario – Events - Kingston April 2, 2015 is Autism Awareness Day. Events to promote awareness are found on the following

websites: <https://aoesespringpicnickingstoncookingclub.eventbrite.ca>

websites: <https://aoesespringpicnickingstoncookingclub.eventbrite.ca>;

<https://aoesebldgasimplebahviourplankingston.eventbrite.ca>

Building a Simple Behaviour Plan with Anne Borbey-Schwartz (April 26). For more information contact: Orlanda Bourgoin Family Support Coordinator South-East Region. orlanda@autismontario.com Check out our Events and Learning Opportunities at www.aoesespringpicnickingstoncookingclub.eventbrite.ca

"2015/16 **Autism Spectrum Disorder Respite Funding** for Frontenac, Lennox and Addington." Applications are now being accepted for the 2015/16 Autism Spectrum Disorder Respite Funding for Frontenac, Lennox and Addington Contact Ms Gavan Knox(613-384-1919 ext 3426) for an information letter, along with the respite funding application form and consent form. Both forms must be received to consider the application. The families who received ASD Respite funding in 2014/15 have been emailed and mailed this package.

Our school wellness team led by Lisa Lollar has arranged for a guest speaker to make two presentations on the topic of **Transitioning to Post-Secondary** to students at 12:00 p.m. and to parents/guardians at 7:00 p.m. on Monday, April 20. Mary's Bio: Mary Walsh, BNSc., RN., MA., CCC, graduated from Queen's Nursing in 2005 and then completed a Masters in Counseling Psychology at UBC. In 2009 she began working with Counseling Services at Queen's and moved into the Residence Outreach Counselor role in 2011. She recently completed the Primary Care Nurse Practitioner program at Queen's, and her research interests include compassion fatigue and building resilience.



Looking Forward to May

Friday, May 1 – Student Council Executive Election Day; confirmation of admission to College programs; Grad list published.

Saturday, May 2 – start of Catholic Education Week

Monday, May 4 – Fr. Stan Kurusumuthu Memorial Soccer Games @ RND; grad invitations mailed; Skills Competition @ Waterloo

Tuesday, May 5 – Full course disclosure; CEW Mass @ St. Joseph Church in Belleville

Friday, May 6 – Summer School information available; Grade 8 Orientation Day; 2015 Valedictorian election begins.

Thursday, May 7 – CEW Mass @ Holy Cross

Friday, May 8 – final date for the submission of community service hours for Class of 2015

Wednesday, May 13 – Partners in Mission Food Blitz; Catholic School Council Meeting #9; KASSAA Track and Field Day 1

Thursday, May 14 – KASSAA Track and Field Day 2

Tuesday, May 19 – Field Trip Moratorium

Wednesday, May 20 – Wellness Wednesday #9

Thursday, May 21 – Toonie Non-Uni Day; Genesis Awards Evening @ 7:00 at Holy Cross

Friday, May 22 – P.A. Day; Soccer and Rugby Championships

Wednesday, May 27 – Edu-Cast Fishing Derby, Aylmer, Day 1; Green and Silver Athletic Awards Banquet; Yearbook distribution

Thursday, May 28 – University response to applicants; Edu-Cast Fishing Derby, Day 2

Friday, May 29 – First Year Forty Community Service Hours deadline to submit; KASSAA Baseball Finals



News from Holy Cross Catholic School Council

Catholic School Council at Holy Cross was pleased to present a talk and question and answer session with Dr. Greg Wells, on the evening of Tuesday March 10th. Dr Wells, a professor, scientist, broadcaster, author, coach and athlete from Toronto, spoke to a crowd of about two-hundred, about “wellness”, in a presentation entitled “Eat Better. Move Better. Sleep Better.”

Sponsored by KFL&A Public Health, and funded by a P.R.O. (Parents Reaching Out) grant from the Ontario Ministry of Education, the presentation was a collaboration between Holy Cross and our ALCDSB elementary schools. Dr. Wells gave a number of presentations reaching both high school and older elementary school students, as well as their parents/guardians/educators.

Participants learned the science behind why the body and the brain depend on regular sleep, good nutrition and effective exercise. Dr. Wells spoke of the importance of recognizing the powerful connection between better health and better learning, and helped those present to understand how to improve resilience, focus and mental performance at school and in their lives, through basic lifestyle improvements. During the evening program and in keeping with the theme, a number of light and healthy refreshments were served.

For those parents and guardians who missed the presentation, Dr. Wells has quite an extensive website upon which he elaborates about many of the topics he covered while speaking at Holy Cross. You may wish to see www.drgregwells.com for more information.

Holy Cross Catholic School Council meets regularly, once per month, in the school library resource centre. All members of the Holy Cross community are cordially invited to attend these meetings. Please consider joining us at our next gathering, which will be held on Wednesday April 8th at 6:00 pm. For further details about the meeting, or about Holy Cross Catholic School Council in general, please feel free to contact me at eiliescu@cogeco.ca.

Michelle Iliescu

Chair, Holy Cross Catholic Secondary School Council