



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

September, 2006 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 2006 - 2007 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 5th, 2006** staffed for 1355 students.

We extend our best wishes and appreciation to **Mrs. Theresa Harper Dubé**, who will be Principal at Loyola Community Learning Centre.

Our staffing for the school now appears to be complete and we would like to welcome at this time: **Mrs. Donna Coombs** in the Bridges Program, **Ms. Deanah Shelly** in Physical Education and Science, **Mr. Chris Mazzeo** in Mathematics and Religion, **Mrs. Jenny Melo-Jordan** in Mathematics and the Resource Departments, **Ms. Kristi LeSarge** in English and Drama, **Mr. Michael Zanette** in Mathematics and Technology, **Ms. Rebecca Martin** in Science, **Ms. Tricia Rodrigue** in Mathematics, **Mrs. Catherine Hill** in Student Services and English, **Ms. Gabriella Zamojski** in Mathematics and Technology, **Mrs. Judy Speagle** in Student Services, and **Ms. Terri Daniel** as Vice-Principal.

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 327 Grade 9 students at our Grade 9 Profile Night on **Wednesday, September 27th at 7:00**. 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.

Transportation

All students and parents/guardians are reminded to record their bus number and bus company in case of inclement weather or emergencies.

SEPTEMBER AT HOLY CROSS

Tuesday, Sept. 5	First Day of School
5, 6, 7 & 8.....	Sign-up for Grad Photos in Room 129
Wed. 6.....	Try-outs for Fall Sports Teams Begin
Thurs. 7.....	Semester One Grade Assemblies
Fri. 8.....	Grade Nine Orientation Morning and BBQ
Fri. 8.....	Dalhousie University 2:35
Tues. 12.....	Picture Day – Smile! Payment required
Wed. 13.....	Grade Representative Elections
12, 13 & 14.....	Grad Photos 3:00 – 7:00 in Room 129
12, 13 & 14.....	Graduate DVD Year Disc Video Interviews
Wed. 13.....	Absentee Photo Day – payment required
Thurs. 14.....	Opening School Mass “Triumph of the Cross”
Fri. 15.....	Students’ Council Dance # 1
Sun. 17.....	26 th Annual Terry Fox Run
Mon. 18.....	University application sessions
Tues. 19.....	University of Ottawa 2:35
19, 20 & 21.....	Graduating Athlete & Artist Photos in Room 129
Wed. 20.....	St. Jerome’s (University of Waterloo) 2:35
Fri. 22.....	P.A. Day #1 – no classes; staff retreat
Mon. 25.....	College application sessions
Mon. 25.....	Grade Nine Friends Photos in Room 129
Mon. 25.....	Lakehead University 2:35
Tues. 26.....	Wilfrid Laurier University 2:35
Tues. 26.....	Grade Ten Friends Photos in Room 129
Tues. 26.....	School Council Meeting 7:00 p.m.
Wed. 27	Grade Eleven Friends Photos in Room 129
Wed. 27.....	Loyalist College 10:30
27 & 29.....	Class ring sales for graduates
Wed. 27.....	Grade Nine Profile Night – 7:00 HC Cafetorium
Thurs. 28.....	Grade Nine Retreat
Thurs. 28.....	Grade Twelve Friends Photos in Room 129
Fri. 29.....	Non-Uniform Day

Holy Cross Catholic School Council

The first meeting of the 2006/2007 Catholic School Council will take place on **Tuesday, September 26th, 2006 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** prior to **September 15th**. Check our website regularly for Council news.

Pastoral Services

Our pastoral theme this year, “**We are called to proclaim Christ**”, challenges us to reflect on our lives and on how we can share Christ’s love with those around us. 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 **Thursday, September 14th**, the Feast of the Triumph of the Cross.

The **Grade Nine retreat** will take place on **Thursday, September 28th** and students can sign up either with **Fr. Labelle** or with **Mr. Forster**. We are also looking forward to our **Grade Ten retreats October 23 – 26** during which all of our Grade Ten students will take part in a “Sexuality: Mind, Body, Spirit” retreat.

Crusader Gear Sale

The **Holy Cross Tuck Shop** will be open **Wednesdays from 11:15 to 11:45 a.m. starting September 20th**. 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 evenings of **September 12, 13 and 14**. These photographs will be used in the school yearbook publication, and will also be made available for purchase. This year, we will have our **school Photo Day on Tuesday, September 12th**. Those who are absent on the 12th will have their pictures taken the following morning, Wednesday, September 13th. 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, and that consent would be requested prior to their use. Friends Photos will also be slotted on various days in September; please consult the attached calendar for your grade’s day. If 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.

Terry Fox Run

The **26th Annual Terry Fox Run** will be held on **Sunday, September 17th, 2006**. Before Terry died, he knew that an annual event would be held to commemorate his Marathon of Hope. It would be called, appropriately, The Terry Fox Run. The first Terry Fox Run in 1981 attracted 300,000 participants across Canada and raised \$3.5 million. To date, more than \$400 million has been raised worldwide for cancer research in Terry’s name.

Let’s make this a special year and celebrate Terry’s legacy. As a community let us join the Greater Kingston community in responding to Terry’s dream of finding a cure for cancer. “The Run” is a non-competitive event which begins at **2:00 at Woodbine Park**, near Holy Cross. The route is a 10 km course which you may WALK, RUN, BIKE, use a wheelchair or inline skates. Last year, Holy Cross was awarded the Barry Brady Trophy for the third consecutive year for having the largest number of high school students involved in the run. Let’s build on our past success and get even more Crusaders involved this year. The emphasis of the event isn’t on how much you raise, but that you participate in Terry’s memory and help him finish his Marathon of Hope.

As Terry said in 1980: “If you’ve given a dollar, you are part of the Marathon of Hope .”

School Dance

The first school dance will be held on **Friday, September 15th from 7:30-11:00 p.m.** The theme for this dance is ***Under the H-Sea***. All are encouraged to wear clothing that expresses this nautical theme but, of course, is also modest in accordance with our school dress code. Students must show ID to gain admission and all students and their belongings will be searched before being admitted. The cost of admission is \$8.00 in theme wear or \$10.00 in regular clothing.

Extracurricular Activities at Holy Cross

Get involved! Holy Cross students can be proud not only of their academic achievements, but also 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. Involvement in extracurriculars provides all students with the opportunity

to develop invaluable life skills, such as team spirit, self discipline and dedication to a common team goal. Participate in the life of Holy Cross by getting involved in an extracurricular activity this year.

Holy Cross Athletics

The fall of 2006 sees the return of a strong extracurricular athletics program at Holy Cross. Tryouts and practices begin the first week of September for all teams in preparation for the fall sports program in the Kingston area. 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 listed below or see your homeroom or physical and health education teacher.

The Ontario Federation of School Athletic Association, 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 Pendergast, 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 below and are due in full for all students on all teams before their first competition. Have a great season and we hope to see you on the sidelines supporting the Green and Silver Crusaders of Holy Cross.

Paul Halligan Classic

Girls Basketball teams will be promoting breast cancer awareness by participating in the **6th Annual PH Classic** games against Regi on **Thursday, October 5th** with games 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 2006

We are coming off a strong 2005 season and are looking to build on our successes, with the goal of making this coming year our best season yet! We have the foun-

ation for an extremely talented team, and 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 and Ten Students

Beginning this September, **students in Grade Nine and Ten are prohibited from smoking at Holy Cross. Therefore, Grade Nine and Ten students are not allowed in the smoking area and are not allowed to be in possession of cigarettes or tobacco products.** If a Grade Nine or Ten student is found smoking or in possession of cigarettes, they will be suspended from school. 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 their 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. 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 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!

Want to Fight Big Tobacco?

Generation Empowerment is in its second year in Kingston and the surrounding area. Any student, or group of students, interested in learning more about leading tobacco awareness activities should check the website www.takechargecrew.ca, see **Terrie Hoey or Ms. Daniel** for further information. The deadline for orientation registration is **September 22, 2006**. Get involved; show the tobacco companies that youth don't want to be manipulated, in spite of the \$11.2 billion a year they spend on advertising.

2006 – 2007 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, the DVD Year Disc, and a personalized 2006 – 2007 Holy Cross Yearbook. Students from Grades 10 – 12 must pay \$66.00. 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.

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 and Students' Council is better able to support the extra-curriculars that make Holy Cross such a great place to be.

Counsellor's Corner

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 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 15th.**

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. 18 University Application Session
Sept. 25 College Application Session
Oct. 23 & 25 University Application Sessions
Nov. 8 Post-Secondary Information Night for Parents 7:00

Individual University Presentation Dates

Sept. 8Dalhousie University (Halifax) 2:35 p.m.
Sept. 19University of Ottawa 2:35 p.m.
Sept. 20St. Jerome's University (Waterloo) 2:35 p.m.
Sept. 21Ryerson University 2:35 p.m.
Sept. 25Lakehead University 2:35 p.m.
Sept. 27Wilfrid Laurier University 2:35 p.m.
Oct. 2York University 2:35 p.m.
Oct. 3Carleton University 2:35 p.m.
Oct. 4Trent University 2:35 p.m.
Oct. 5University of Western Ontario 2:35 p.m.
Oct. 10Brock University 2:35 p.m.
Oct. 11Queen's University 2:35 p.m.
Oct. 12Nipissing University 2:35 p.m.
Oct. 13St. Mary's University (Nova Scotia) 2:35 p.m.
Oct. 26King's College (UWO) 2:35 p.m.
Nov. 2University of Guelph (Humber) 2:35 p.m.
Nov. 6University of Guelph 2:35 p.m.
Nov. 16University of Toronto 2:35 p.m.
Nov. 21Laurentian University 2:35 p.m.

Individual College Presentation Dates

Sept. 27..... Loyalist College 10:30 a.m.
Oct. 19Algonquin College 9:00 a.m.
Oct. 31..... St. Lawrence College 10:00 a.m.
Nov. 9Humber College 10:30 a.m.

Due to the volume of material (application and scholarship related) handled in Student Services, university-bound students are asked to provide **Mrs. Cantarutti** with their email address to improve communication throughout the application process.

Next Month at Holy Cross, October 2006

2.....Thanksgiving Food Drive Begins
5Paul Halligan Classic Jr. and Sr. Girls' Basketball
5.....Early Semester Report Cards Issued
9.....Thanksgiving Day Holiday
12.....Thanksgiving School Mass
13..... Thanksgiving Food Drive Ends
23, 24, 25 & 26.....Grade Ten Retreat
26 Hallowe'en Dance
26 Non-uniform Day
27 P.A. Day #2 (No classes)
30 Start of Mid-semester Evaluation Period
31..... Catholic School Council Meeting 7:00 p.m.