



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

March, 2009 Newsletter... visit our web site at www.hctoday.ca

Main Office 613-384-1919; Attendance Office 613-384-1355; Student Services 613-384-2023; Fax 613-384-8665

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

PRINCIPAL'S MESSAGE

As we head into the March Break, I express my appreciation to all students and staff for the great start to Semester Two. Our community is blessed to have so many dedicated and talented members who share their time and talents with one another. I offer my congratulations on behalf of our community to **Mr. John Walsh**, who retired this month after twenty years of service to our school and school board. His students and colleagues will miss his fiery spirit and so will the members of **Catholic School Council** on which he most recently served the role of teacher representative. We all wish **Mr. Walsh** the very best for him and his family in his retirement. We welcome to our staff **Ms. Suzanne Davidson**, who will be teaching the Grade 12 College-Level English classes this semester.

World Day of Prayer is an international, ecumenical, prayer movement initiated and carried out by Christian women in more than 180 countries and over 1000 languages. Every year, Christians of many traditions and all ages, celebrate a common day of prayer on the first Friday in March, this year **Friday, March 6th, 2009**. God invites us to have a prayer relationship with Himself, but He also expects us to have concerned relationships with our neighbours, throughout the world. Prayer must be accompanied by action, as God moves our hearts and directs our thoughts.

The motto of the World Day of Prayer movement is **Informed Prayer and Prayerful Action**. Through participation in the World Day of Prayer, we affirm that prayer and action are inseparable and that both have immeasurable influence on the world. This year the service comes from Guyana with the theme of **In Christ, there are many members, yet one body**. Locally, the **World Day of Prayer** will take place at **Princess Street United Church**, 484 Albert Street, Kingston on **Friday, March 6th, 2009**, at **2:00 pm**.

Queen's University graduate psychology students are training **twenty nine** of our students in bullying prevention. The education training workshops sessions, held at lunch in the lecture theatre, train our students who in turn will present the workshops to their peers. The

program called "**I Decide- The Bystander**" is endorsed by the **Ontario Ministry of Education**. The program promotes bystanders to intervene on behalf of a teen who is being victimized.

Bullying intervention workshops are scheduled for **Period Two Grade 9 classes on Tuesday, March 10th, 2009**. *More than one-half the time, bullying stops within 10 seconds of a bystander stepping in to help.*

Paul A. Walsh

MARCH DATES TO REMEMBER

- Sunday, March 1.....First Sunday of Lent
- Monday, March 2.....Blood Donor Clinic in the HC Library
- Tuesday, March 3.....OSSLT Preparation, Period 2, Grade 10s (Graphic Reading Selection / Multiple Choice Questions / Test-taking Skills)
- Thursday, March 5...Grade Level Reconciliations all day in the Library
- Friday, March 6.....World Prayer Day
- Sunday, March 8.....Second Sunday of Lent
Daylight Savings Time begins
- Tuesday, March 10...OSSLT Preparation, Period 1, Grade 10s (Reading Dialogue, Reading Real-Life Narrative)
Grade 9 Classes, Standing Up Against Bullying Peer Presentations
- Wed. & Thurs., March 11 & 12...C.I.C.S. Toronto Street Retreat
- Friday, March 13.....Last Instructional Day before the March Break
- Sat., March 14 to Sun, March 22.....March Break 2009
- Monday, March 23....First Day of Classes after the March Break
Try-outs for Spring Sports Teams Begin
- Tuesday, March 24.....Early Semester Reports Cards Issued
OSSLT Preparation, Grade 10s, Period 4, (Writing News Reports)
- Wednesday, March 25.....93 Days until the Class of 2009 Graduation
HC Class of 2009 (10:40 to 11:10) Information Meeting
- Thursday, March 26.....Todd Cunningham Assemblies, Gymnasium
- Friday, March 27.....Tentative Non-Uniform Day
Earth Hour at Holy Cross
- Saturday, March 28.....Earth Hour 8:30 to 9:30 pm
- Sunday, March 29.....Fifth Sunday of Lent
- Tuesday, March 31...Literacy Tuesday Period 3, Grade 10 Classes (Writing a Series of Paragraphs Expressing an Opinion)

PASTORAL SERVICES UPDATE

LENT: We began the season of Lent here at Holy Cross with our **Ash Wednesday Liturgy** on **Wednesday, February 25th**. The distribution of ashes at the end of the Mass was a sign of our common need for repentance and conversion. As Christians, we are encouraged to embrace the traditional observances of fasting, abstinence and almsgiving throughout the 40 days of Lent. We will be having a celebration of Reconciliation for the school community on **March 5th**. And, our **Drama Department** is preparing a Holy Week liturgical celebration for **Wednesday, April 8th**.

SHARELENT CAMPAIGN: We are once again encouraging donations to **ShareLent** in our home form classes and through the various fundraising events at our school. This year, our monies will be going to support two great causes: the construction of a **Performing Arts Centre** in **Kingston, Jamaica** through **St. Patrick's Foundation** and projects in developing countries sponsored by the **Catholic Organization for Development & Peace**. Thanks to everyone who supported our first **ShareLent** event, the **Shrove Tuesday Bake Sale** on **Tuesday, February 24th**. Our annual **25-Hour Thinkfast** will take place on **Friday, April 3rd**. Students will be asked to collect pledges and to fast from solid food for 25 hours as part of this overnight retreat experience.

TORONTO STREET RETREAT: **CICS** is sponsoring an overnight Street Retreat in **Toronto** from **March 12-13th**. Students will be working at **St. Felix Centre** and with **St. Patrick's Church Street Patrol** in order to gain an understanding of what life is like for the poor and homeless on the streets of **Toronto**. See **Mr. Forster** to sign up.

THEOLOGY OF THE BODY CONFERENCE:

Holy Cross is hosting a one-day 'Theology of the Body' conference on **Saturday, March 28th** with many excellent speakers including **Archbishop Prendergast** from **Ottawa** and **Fr. Tom Lynch** from **St. Augustine's** in **Toronto**. The day includes lunch and a closing Mass at 4:30 p.m. Cost: \$25.00. Call the **Chaplaincy Office (ext. 3436)** to register.

May all of our students, staff and families enter deeply into this holy season of Lent so that we can truly celebrate the peace and joy of Easter.

Chris Forster, Pastoral Services

NEWS FROM STUDENTS' COUNCIL

Another month is coming to an end here at **Holy Cross** while March is fast approaching. By this time, all students have settled into their second semester classes and are preparing for another successful term. The **intramural Semi Pro basketball league** started this month and is well into its season. All teams look very promising for playoffs. We will be having an all star

THE ECO-CORNER

Earth Hour 2009: Saturday, March 28th at 8:30 pm. Individuals and organizations all over the world will turn off their lights for one hour to raise awareness of our ability to take action on global warming. Over 75 countries have signed up on the Earth Hour website for this global event. **Holy Cross** will do its part on **Friday March 27th**, when classes will reduce or eliminate the use of their classroom lights for one hour. We hope that by celebrating at school we can encourage and remind our school community to be a part of this event on Saturday and to take steps to reduce their ecological footprint. For more information, visit www.earthhour.org

EcoTip: Whenever possible, keep lights off during the day. Encourage family members to get in the habit of turning off lights when they leave a room (taping small reminder notes to light switches can help). Replace standard light bulbs with compact fluorescent bulbs - new ones are available with tri-lite and dimmer options.

week for all Semi Pro ballers. All those interested are encouraged to come watch. On **Friday, February 13th** we had our **Semi Formal "Red Carpet" dance** which had a great turnout. Thank you to all those who helped in making the dance successful. Congratulations to the **Junior and Senior boys' basketball teams** who defeated the **Regi Panthers** in this year's **Peter Carty Memorial**. **Holy Cross** hosted the event fundraising for cancer research. We had a great turn out of "**Crusader Crazyies**" at the games to cheer on the boys. On **Monday, March 2nd**, **Holy Cross** will be hosting a **Blood Donor Clinic**. All those interested please sign up. Looking forward to another exciting and eventful month, **Holy Cross!**

Laura Brown, Communications Advisor

HOLY CROSS CLASS OF 2009 GRADUATION CEREMONY
The graduation ceremony for this year's graduating class will be held on **Thursday, June 25th** beginning at **7:00 pm** in the gymnasium.

HOLY CROSS CLASS OF 2009 REMINDERS

Wednesday, March 25 (10:40 to 11:10)

..... HC Class of 2009 Info Meeting

Friday, May 1...Potential HC Graduates List Published

Week of May 4...Grad Invitations distributed in Period 1

Tuesday May 5... Valedictorian Submission Deadline

Friday May 15...Community Service Hours documentation due

Tuesday June 16....Final Course documentation deadline

Thursday June 25...Graduation Mass and Commencement

A list of students who are potential graduates of Holy Cross and eligible to receive their **Ontario Secondary School Diploma** and take part in the **June 2009 graduation ceremony** will be published in the **May Newsletter**. The completion of thirty (30) credits (including compulsories), forty (40) hours of Community involvement, and the successful completion of the literacy test, are the key components of the diploma requirements. The community involvement hours (40) are to be completed and submitted to Student Services by **Friday, May 15th, 2009**. It is the student's responsibility to ensure that all requirements (including night school courses and on-line courses) have been completed or will be completed. The final marks for on-line and night school courses must be submitted to Student Services by **Tuesday, June 16th, 2009**. Students may contact their counselor regarding any questions concerning graduation.

i) **HC Class of 2009 Assembly**; To mark the beginning of their final days as Holy Cross students the HC Class of 2009 will assemble in the cafeteria on **Wednesday, March 25th, 2009 in Period Two**. This date marks **the beginning of the last 93 days** as a Holy Cross student and provides a great opportunity for the school to review and remind the senior class of their obligations and responsibilities in the days and weeks to come. This marks the beginning of the final 93 days as a Holy Cross student before they become a Holy Cross graduate. As the saying goes, a student for a short time but an alumnus for a life time, **Once A Crusader, Always a Crusader**.

LITERACY TESTING

The Literacy Test will be written on **Thursday, April 2nd, 2009**. A Literacy Test preparation class is being presented to **all Grade 10 students**. A practice booklet has been sent home with the students. This year, the test will be conducted on one day for two ninety-minute sessions. In order to serve the test writers properly, **our Grade 11 and 12 students not writing the test are granted an Independent Study Day (at home) on April 2nd. Grade 9 classes will run as regularly scheduled.**

LOCKDOWN DRILL

In order to maintain an atmosphere that addresses the safety of all members of our community we participated in our second Lockdown Drill of this school year, on **Thursday February 19th**. The purpose of this drill was 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. We will continue to work with the City of Kingston Police as we refine our procedures which are designed to inform and empower all members of our community.

COUNSELLORS' CORNER COURSE SELECTION FOR 2009 - 2010

The course selection process for next year was completed last week. It is critical that any student who has not selected their courses, do so, before **Wednesday, March 4th**. A workshop will be conducted this week. Contact a guidance counsellor if further assistance is needed. It should be noted that opportunities to adjust choices will be made available to students. **Room 215** is available during the lunch period from **March 2 to March 6th** allowing students the opportunity to input their selections. A verification sheet listing choices will be issued after the March Break.

VOLUNTEER & JOB OPPORTUNITIES

Students are reminded to check the bulletin board for volunteer and part-time job opportunities.

COLLEGE / UNIVERSITY INFORMATION

A reminder that university and college applicants who have made course changes recently must check their university/college site to make sure the changes have been made. See your counsellor as soon as possible if the academic info on either the OUAC or OCAS site is incorrect. Students are encouraged to visit post secondary campuses during March Break Open Houses.

QUIT4LIFE- SMOKER'S CORNER

Terrie Hoey and KFLA Public Health Nurse **Lisa Lollar** are co-facilitating a **Q4L program** which will began in February and run each Tuesday until early **April** for a total of eight sessions. It takes more than will power to quit smoking? It takes skills and support, as well as motivation to quit. The Quit4Life (Q4L) is designed to help youth quit smoking... for life.

Q4L is organized around 4 central steps: **Get Psyched, Get Smart, Get Support, Get On With It**. Each week, students will be asked to complete 3-5 activities which will help them learn about why they smoke, how to quit and how to stay quit once you get there. Students will create their profile, store and save their completed activities, build a quitting calendar, track their smoking, sign up for reminders and messages, learn how to deal with stress, boredom and people who might not support them.

KIWANIS MUSIC FESTIVAL RESULTS

Congratulations to the Holy Cross Crusader Bands for their stellar performance in the **Kiwanis Music Festival**. The **Holy Cross Junior, Senior, Jazz and Symphonic Bands** each performed very well in the annual Kiwanis Music Festival held at **RND on Thursday, February 26th and Friday, February 27th**. Congratulations to **Mr. Dave Orser and Mrs. Diane McCombs** for their outstanding and inspiring artistic leadership of our Holy Cross Bands which involve more than **108 students** in the bands. Next stop for the Bands is the Washington D.C. in **April**.

IMPROV TEAM

Congratulations to the Holy Cross Improv Team coached by **Ms. Carrie Rose** which took **third place** at the **Kingston Regional Tournament** of the **Canadian Improv Games** on **Saturday, February 21st** held at **Duncan McArthur Hall at Queen's University**, after having won the preliminaries at the **Octave Theatre** on **February 19th**.

DIRECTION OF TAX SUPPORT

Catholic parents and guardians, electors and supporters are being encouraged to continue to ensure that they are registered as English-Separate Supporters. The support of residential ratepayers is directly linked to attendance rights and indicates a firm commitment to the system essential to maintaining the existence of Catholic school boards in Ontario. If you are not listed as a **Separate School Supporter** and wish to remedy this, please visit our web site www.alcdsb.on.ca and choose the link named "**Direction of Tax Support**" or call our **Assessment Department** at **(613) 354-6257, Extension #455**.

IMMUNIZATION MESSAGE

Students between the ages of 14 and 16 need a booster of tetanus, diphtheria and pertussis (dTaP) called Adacel. They are also eligible for Meningococcal C vaccine between the ages of 15 and 19. **KFL&A Public Health** will be holding clinics at all secondary schools in the new year. Our clinic will be held in April.

If your child receives a booster at the doctor's office, ask the office to send the information to **KFL&A Public Health** or you may call the automated vaccine reporting line at **613- 549-1232 ext. 445 or 1-800-267-7875 ext. 445** to give them an update.

NEWS FROM THE SPECIAL EDUCATION DEPARTMENT

Individual Education Plans will be mailed out for Semester Two students receiving accommodations and / or modifications by **Tuesday, March 24th**. Please return the contact forms. *Post-Secondary Education Transition Planners* are available in **Room 117** for graduating students. Please feel free to address any concerns regarding programming and accommodations for special needs students with the Special Education staff.

EARLY SEMESTER REPORT CARDS

Look for **Early Semester Report Cards** to arrive home just after the March Break, on **Tuesday, March 24th**. These report cards are intended to let students and parents know how well a student is progressing in each of his or her classes. We do not include grades at this point in time because we want to focus on learning skills and the anecdotal comments. Please discuss the report card with your son or daughter. You may also want to make use of this information to prepare for **parent-teacher interviews on April 1st**. We always welcome contact between school and home, starting with subject teachers at any point in the semester.

HOLY CROSS ATHLETICS

This spring, over 200 student athletes from **Holy Cross** will compete for **KASSAA** and **EOSSA** championships. Both the KASSAA website - www.kassaa.ca and the OFSAA website www.ofsaa.on.ca are an excellent resource for schedules, league rules, and any general information regarding high school sports. Information regarding teams can be obtained through a number of media, including school announcements, posters, our school's athletic web site – www.alcdsb.on.ca/~hcssa, local newspapers and the KASSAA web site – www.kassaa.ca. If you have any questions concerning a team please contact the coach listed or ask your home room teacher for assistance.

Similarly, our **Senior Boys basketball team** advanced to the finals and lost a tightly contested battle. Our **boys' hockey team**, coached by **Mr. Tony Clarke** and **Mr. Chris Switzer**, beat RND for the **KASSAA crown**. Girl's Hockey Lost 1-0 in the semi-finals vs NDSS on **Tuesday, February 24th**.

The **wrestling team** will be off to OFSAA, March 4-6 in Brampton, Ontario. The participants will be **Katie Wheeler** (EOSSAA Gold), **Meghan Stewart** (EOSSAA Silver), **Adam Drew** (EOSSAA Silver) and **Chas Murphy** (EOSSAA Silver).

Swim Team departs school on **March 3rd** for OFSAA in Etobicoke. Participants will be **Samantha Searle, Mackenzie Chamberlain, Colin Palmer, Andrew Klenke, and Ryan Coens**.

Badminton season hits full stride in March and April. Spring teams include boys' and girls' soccer, boys' and girls' rugby, co-ed tennis, co-ed rowing, baseball (potentially), and track and field.

Spring team photos will be taken on **Wednesday, April 1st** and **Friday, April 3rd**. **Only the teams photographed on these dates will appear in this year's yearbook publication.**

NEXT MONTH AT HOLY CROSS

April 1.....	Spring Team photos at lunch hour Semester II Parent-Teacher Interviews 3:00 to 6:00 & 7:00 to 9:00
April 2.....	Ontario Secondary School Literacy Test Day Independent Study Day for most Senior Students Halpern's Spring Uniform Sale, HC Cafetorium, 3:00 – 8:30 p.m.
April 3.....	Spring Team photos at lunch hour Think-Fast
April 8.....	Easter Week Masses
April 9.....	Mid-Semester Test Period Begins
April 14.....	First Day of Term 2 (Civics / Careers Classes Begin)
April 17.....	Mid-Semester Test Period Ends
April 22.....	Earth Day Energy Check Assemblies