

HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

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October 2009 Newsletter ... visit our web site at www.hctoday.ca

PRINCIPAL'S MESSAGE

Now that the month of September has come and gone, let me take a moment to thank all members of our school community for a great start to the school year. Some highlights of our first month together include:

- The nearly 100 members of our Holy Cross community who participated in the **29th Annual Terry Fox Run at St. Lawrence College on Sunday, September 13th**. Many participants wore Crusader Spirit attire, making our participation clearly visible. For the seventh consecutive year, HC had the largest number of high school participants.

- Our **Students' Council**, led by **Mr. Richard Coleman**, for spearheading our initiatives to welcome Grade Nines into our school from our day in August set aside to make sure students had their books and their lockers and were able to locate their classrooms, to the **Grade Nine Orientation** morning, which was good, if not clean, fun and ended with a BBQ, to the first school dance, which also was well-organized and students responded well to our call to respect school and civic rules. We are proud of all of our students who were well-behaved at the dance, living up to the responsibilities charged to Holy Cross students.

- Our fall sports teams, who are underway, are demonstrating Crusader spirit in their preparations and fierce but fair play. We are excited about the annual **PH Classic on Thursday, October 29th** and **The Catholic Cup**, being played "under the lights" at **Richardson Stadium** (weather permitting) on **Friday, October 9th**.

- Our arts department, many of whom are rehearsing for this year's school musical, **West Side Story**. A modern-day Romeo and Juliet, this show is sure to have something for all.

- The announcement of the **Specialist High Skills Major** program that we begin this year in Communications Technology. 24 students are enrolled in this Ministry-approved program and, through the SHSM, they will be offered specialized learning and experiential opportunities to excel in the area of communications technology. At graduation, SHSM students will earn a red seal on their high school diploma. Good luck to **Mr. John Esford** and the SHSM team of staff and students as they begin this exciting journey.

- Another eco-initiative: starting next month, our intention is to distribute this monthly newsletter electronically to all parents and interested community members.** Over the last two years, staff have reduced photocopying costs from just over \$60,000 to \$48,000. This is a significant savings to the school and, ultimately, to the environment. (The dollars saved have been re-invested into department budgets in order to help purchase other needed supplies.) We believe that distributing the newsletter will achieve two goals: a further reduction in photocopying as well as increased access to the newsletter for our parents. We will still make some hard copies for homeroom classes to share and for distribution in some public areas of the school, such as Student Services and the Main Office. **If your email address (provided to the school on registration forms), is out of date, please contact Student Services to update it.**

THIS MONTH AT HOLY CROSS

Thurs., Oct. 1.....Atlantic Universities Fair 10:45 – 12:15, Library
Friday, Oct. 2.....College Application and Timeline Session, 11:15
University of Waterloo, 2:30
KFL&A Health Unit "Truth Uncensored" Day
Grad Portrait Orders & Write-ups Due, Rm. 129
Sun, October 4 – Sat, October 10.....Fire Prevention Week
Monday, October 5.....Fall Team Photos
Carleton University 2:30
World Teachers' Day
Tuesday, Oct. 6.....Grad Photo Retakes, P1 & lunch, Rm 128
Wednesday, October 7.....University of Ottawa, 2:30
Loyalist College, 1:15
Grade Representative Elections
Thursday, October 8.....School Masses (Thanksgiving)
Cathy Joyce Memorial Field Hockey at HC
Friday, October 9.....Laurentian University 2:30
Friday Night Lights at Richardson Stadium
Green and Silver Pep Rally Day
Graduation Portrait Orders due in Rm 129
Thanksgiving Food Drive ends
Tues – Fri, October 13 – 16 Grade 10 Sexuality Retreats
Wed., October 14.....Grade Representative Elections
Concordia University 2:30
Thurs & Fri, Oct.15 & 16....OFSAA Golf Championships, Vineland
Friday, October 16.....School Photograph Retakes
Algonquin College 2:45
Semester One Early Report Cards Issued
PINK Bake Sale for Breast Cancer Research
Saturday, October 17.....International Make Poverty History Day
Tuesday, Oct. 20....University Information Program (Bayridge SS)
Lockdown Practice Drill #1
Thursday, Oct. 22.....Grade 9 Take Our Kids to Work forms due
Parent / Teacher Interview Night, 3 – 6 & 7-9
KASSAA Cross-Country Championships
BBQ Lunch (toonie) by Bridges Lifeskills Program
ECO Schools Conference at RND
Friday, October 23.....ALCDSB P.A. Day #2 (no classes)
Saturday, October 24..... Jr. Girls' Basketball Fall Classic
International Day of Action on Climate Change
Monday, October 26... .. Nipissing University, 2:30
HC Catholic School Council Meeting, 7 p.m.
Tues., Oct.27.....Online University App. Workshops, 11:15 & 2:35
College Info. Program at St. Lawrence College, 5 – 7 p.m.
Wednesday, October 28.....Parent / Teacher Interview Night, 7 – 9
Queen's University, 2:30
Brescia College, 11:15
School Photo Retakes, 8 – 10 a.m.
Thursday, October 29.....Humber College, 2:30
Guelph University 11:15
Mid-semester Test Period Begins
Toonie-for-Non-Uni (prepaid) for PH Classic
KASSAA Field Hockey Championships
EOSSAA Cross-Country Championships
Friday, October 30.....Non-Uniform Day (tentative)

PASTORAL UPDATE

We are now well into this year's **Thanksgiving Food Drive** which runs until **Friday, October 9th**. Once again, we are in a friendly competition with other local high schools to see who can collect the most food for the local **Food Bank** and win the coveted **K-ROCK High School Challenge**. This annual campaign provides our school community with a wonderful opportunity to share our blessings with those less fortunate than ourselves. We will be announcing the totals for our Food Drive as soon after the drive ends as possible.

We are also busy planning for our **Grade 10 Sexuality Retreats** which will take place right after **Thanksgiving** from **October 13 to 16th**. Once again all of our Grade 10 students will have an opportunity to participate in these important and thought provoking retreats. The theme of the retreat days "*Sexuality: Mind, Body & Spirit*" addresses an important aspect of our lives, one that is often seriously misunderstood and even distorted in our contemporary culture. The retreat day format has been developed in consultation with our Religion Department, Pastoral Services, Youth Worker Services, School Board, school administration and the local Health Unit as we look at our sexuality from the perspective of a healthy and well-balanced Catholic moral framework. We are especially fortunate that **Anne Heemskerck, Youth Coordinator for the Archdiocese of Kingston**, will be part of our retreats this year, along with **Dan Schultheis** from **Ajax**.

One day to keep in mind is **Saturday, October 17th** which is **Make Poverty History Day**. It is also the day that **St. Paul the Apostle Church** will be hosting an **Archdiocesan Justice & Peace Commission Workshop "Dealing with Difficult Times: Finding Creative Solutions."** Join us as we share ideas and resources to help those feeling the effects of the recent economic downturn in our parish communities. Blessings to all this Thanksgiving and throughout the month ahead.

Christopher Forster

CATHOLIC SCHOOL COUNCIL

Council met for the first time this school year on **Monday, September 21st** in the school library. Nominations were held and for the fourth consecutive year **Greg Heffernan** will serve as Chair. As an active member of our Board's Catholic School Council Association, Greg will continue to share his knowledge and passion of local and provincial issues with parents in our community. **Lori O'Connor** was named Vice-Chair, and **Ann van Herpt** agreed to serve as Secretary. Parent members for 2009-2010 include: **Adam Check, Kim Pho, Nancy Hayes, Carolyn Kellar, and Nicole Taylor; Ana Cantarutti** continues to serve as Teacher Representative; **Christopher Forster** as Nonteaching Representative; **Richard Farrell** as Parish Representative; members from the Administration Team and from Students' Council also participate regularly in these meetings. School Council is an advisory body that forms an important link with the school. All are welcome to join meetings. Please see the minutes on hctoday.ca for Catholic School Council information.

EARLY SEMESTER REPORT CARDS AND INTERVIEWS

On **Friday, October 16th**, the Early Report Cards for Grades 9 – 12 students will be distributed in homeroom classes. Parent-teacher interviews are scheduled for **Thursday, October 22nd** from **3:00 to 6:00 p.m.** and from **7:00 to 9:00 p.m.** and **Tuesday, October 27th** from **7:00 to 9:00 p.m.** Each parent-teacher conference is scheduled for ten minutes, and should be booked by appointment, in advance, in the days prior to the interview. Parents and guardians should feel free to contact their son or daughter's teacher at

any time in order to learn more about his or her performance, but this time, in particular, is reserved for the essential link between home and school.

THE PAUL HALLIGAN CLASSIC

On **July 21st, 1997**, our fellow school community, **Regiopolis - Notre Dame**, lost one of its greatest supporters. **Paul Halligan** died of cancer after a two year battle with the disease. Paul was a graduate of RND, a basketball and football coach, an organizer of the Alumni Association, founder of the Irish Ontario Basketball Club, and the driving force behind the **Peter Carty Memorial**. Above all else, Paul was a devoted member of the school community, continually demonstrating his Christian call to service. He lived a vocation of service and our school communities are blessed to have known him and touched by his life.

October is **Breast Cancer Awareness month**; therefore we have decided to focus our efforts in the direction. This year alone 25,000 women will develop breast cancer and 5,500 of these women will die from this disease. We are hopeful that through your donations, we will continue the progress in "*Shooting For A Cure!*"

P.H. Classic Day (October 29th) Girls' Basketball

Senior – RND @ Holy Cross 1:00 p.m.

Junior – RND @ Holy Cross 2:30 p.m.

Boys' Volleyball

Junior – Holy Cross @ RND 5:00 p.m.

Senior – Holy Cross @ RND 6:30 p.m.

EQAO GRADE NINE MATHEMATICS ASSESSMENT

The Grade Nine EQAO Math Assessment Individual Results will be distributed to all students who wrote the assessment last year. The results will be distributed to students in their homeroom in the first week of October. The detailed results will be available on the Holy Cross website. This year our applied student's results dropped. We will be working diligently to support our applied students in their attempts to reach the provincial level or higher.

TEACHER CANDIDATES

On **Monday, October 5th**, the Holy Cross community welcomes ten teacher candidates to our staff: **Matthew Clarke** in Geography/History; **Bernadette Dos-Santos** in Biology/French; **Amanda Eros** in Biology/English; **Paul Green** in Communications Technology; **Paul Hanz** in Mathematics/Physics; **Rachelle Harty-Edwards** in PHE/Biology; **Alessandro La Gamba** in Chemistry/Mathematics; **Joyce Mak** in English/History; **Ashley Mercer** in English/History; and **Angelo Migliara** in History/English

FIRE DRILLS AND LOCK DOWN DRILLS

In order to maintain our student's safety it is necessary for students to practice Fire Drills and Lock Down Drills. According to our Board Policy, we will be participating in three Fire Drills per semester and one Lock Down Drill. We have already had three very successful fire drills, including one run by the fire department. Our Lock Down Drill this semester will occur on **Tuesday, October 20th**. The Lock Down Drill is an attempt to empower our staff and students with the knowledge of what to do in the event that we may need to invoke a school lock down. Teachers will review the lock down protocol with their students before the actual drill.

BRIDGES LIFE SKILLS PROGRAM BBQ LUNCH

Please mark **Thursday, October 22nd** on your calendar as the students in the **Bridges Life Skills Program** will be holding a *BBQ lunch for just a toonie*. All students & staff are welcome to join us.

OPEN YOUR CRUSADER HEART!

Once again our United Way Campaign begins at Holy Cross. This year's campaign will be spearheaded by **Ms. Katherine Kritsch, Ms. June Hannah, Ms. Debbie Myers, and Mrs. Cathy Hender-**

son. Watch for their creative and fun events which will offer both staff and students opportunities to "touch a life". Your United Way gift helps people in KFL&A when they need it the most!

H1N1 GUIDELINES FOR SCHOOLS

During grade assemblies, our Public Health nurse **Lisa Lollar** presented flu prevention strategies to all of our students. You can see the PowerPoint on our school website, www.hctoday.ca. We have put some strategies in place to prevent the spreading of illnesses like the flu (for example, hand sanitizer in classrooms, posters about proper hand-cleaning techniques, and an increased vigilance by custodians on commonly touched surfaces). Any school members who are experiencing flu symptoms, such as fever, nausea, diarrhea or fatigue, should stay home. Should students become ill at school, we will do our best to isolate them and make contact with parents to take their children home. We are also in contact, through the Board, with the Health Unit, who will monitor absence rates and provide counsel as necessary.

INTRODUCTION TO THE HOLY CROSS LIBRARY

Every year, we devote one class period to introduce all Grade Nine students to our **Holy Cross Library** and to give them information about our facilities and services. New students to our school will need to start developing advanced research skills and will need to become familiar with the resources available to them. This will be a hands-on experience which will involve the students in activities designed to teach them about the various areas of the library. These will include the fiction, non-fiction, and reference sections, especially our various sets of encyclopedias; the PC computer lab, the CD-ROM computers, and the OPAC computers; the newspaper and periodicals section, both current and archives; as well as the various on-line databases accessible to them. We see the library as a focal point of our school and our aim is to have each and every student feel welcome and comfortable with the use of all our facilities.

POINSETTIA FUNDRAISER 2009

Due to the continued success of the Poinsettia Fundraiser, the **Bridges to Community 18-21 Program** will once again be taking orders for these beautiful, high quality plants. Students will begin taking orders on **Tuesday, October 20th** with delivery taking place **December 2nd**. If you would like to place an order or would like more information, please contact **Mrs. J. Courneya** at (613)384-1919 ext. 2258.

CRUSADER TUCK SHOP

The **Crusader Tuck Shop** provides all Crusaders (and families too) with Crusader wear. We have a selection of long sleeve tees, hoodies, sweat pants, and gym bags available for purchase. The first **Green & Silver Day** is quickly approaching, **Friday, October 9th**, so make sure you are ready to show your Crusader pride. The Tuck Shop is open for students every Wednesday and Friday at lunch time.

PINK BAKE SALE

On **Friday, October 16th**, the **Bridges to Community Program** is hosting a **PINK bake sale** in support of Breast Cancer Research. Pink treats will be available in the foyer during lunch. Think pink!

KFLA HEALTH UNIT PRESENTS DRIVE FOR LIFE

An impaired driving prevention program for Grade 11 students, this event features four interactive presentations that address the consequences of alcohol use, strategies to avoid drinking and driving, and strategies to manage situations where alcohol is involved. The presentations took place on **Tuesday, September 29th** and **Wednesday, September 30th**.

COUNSELLORS' CORNER

Post Secondary Information

Application information session #1 for students applying to universities has been completed. College information sessions will take place **September 29th** and **October 2nd** at 11:15 a.m. In the upcoming months, Student Services will be hosting many presentations from Ontario colleges and universities as well as workshops for the application process. Applicants should have a copy of this schedule. A note to parents that a **Post Secondary Info Session** will be held on **November 29th** at 7:00 p.m. Students may access dates for presentations and the application process online at www.hctoday.ca.

Parent-Student Maplewood Portal access

Grade 12 students have access to their credit history through the parent-student Maplewood portal access on the Holy Cross website. Passwords and usernames are available from Student Services. Students are encouraged to check their credit histories to ensure all requirements are fulfilled for graduation and post secondary applications.

Volunteer Opportunities/Part time Jobs

Students are reminded to check the Information Board outside Student Services for volunteer opportunities. Some part time jobs opportunities are also posted.

Take Our Kids to Work

Wednesday, November 4th is **Take Our Kids to Work Day**. Information sheets, including permission forms, have been distributed to Grade 9 students. Students are required to return a signed permission form by **Thursday, October 22nd** in order to participate.

Scholarship News

The deadline for two prominent scholarships is approaching. The **Loran Awards** (formerly known as the **Canadian Merit Scholarships**) website is www.loranaward.ca. We can sponsor/nominate one candidate and if you are not chosen as the sponsored candidate you can apply to the direct entry pool. You must download the application and read it carefully. If you are submitting your application for consideration as the school sponsored applicant we must have the COMPLETED application form by **October 5th**.

The deadline for the **TD Canada Trust Scholarships for Community Leadership**, www.tdcanadatrust.com/scholarship/index.jsp is **October 30th, 2009**.

The deadline date for **Queen's** major entrance scholarships and awards is **December 1st, 2009**. Students interested in being nominated for the **Queen's Chancellor's Scholarship** must see **Mrs. Hill** by **October 15th**. Students must have an average of higher than 90% to be eligible.

If you have any questions about these or any other scholarships, please contact **Mrs. Hill** in Student Services. Students can access general scholarship information on the HC Today website under Student Services in the Financial Aid link.

Atlantic Universities Fair

Representatives from 18 post secondary Atlantic Canada institutions will be here on **Thursday, October 1st** in the library. Students are welcome to visit with representatives from 11 - 12:30 p.m.

SPECIAL EDUCATION AND RESOURCE

As the Individual Education Plan (I.E.P) is developed for your son or daughter this semester, we continue to seek your input as part of the consultation process through Transition meetings, Grade 9 Profile Night, your returned Consult Form, parent-teacher interviews, notes, phone calls, assessment reports, I.P.R.C. meetings, case conferences etc. We invite you make any additions /changes

to the "Individual Education Plan", by contacting the Special Education Dept.

For Grade 9 , A-K- & Grade 10- **Mrs. Poels** at 384-1919 ext. 3426
Grade 9, K-Z, and Grade 11 - **Mrs. Hulse** at 384-1919 ext. 3428
Grade 12 - **Ms. Gavan** at 384-1919 ext. 3426.

The Draft IEP as formulated by the IEP Team (subject teachers special education resource teacher, counsellors, Parent/Guardian and your son or daughter) will be mailed to you on **Thursday, October 15th**. Provincial legislation requires that we also obtain a parent(s)/guardian signature on the Consultation Form.

Please review this copy of the I.E.P. and remove the page which is found at the back of the I.E.P. Kindly check the appropriate boxes at the top, add comments if you wish, sign the form at the bottom, and return it to **Special Education Resource, Room 117**, Students in the Bridges Program to **Mrs. Coombs 613-384-1919 ext.3501**, or in School to Community, **Mrs. J. Courneya.@ 613-613-384-1919 ext. 2258**. An I.E.P. will be sent home each term with the provincial report card, and will reflect any changes that are made to the plan during the term.

The **On-Line to Success** course for senior students in grade11 or 12 with a Learning Disability will once again be offered. For details contact **Ms. Gavan, 613-384-1919 ext. 3426**.

Post-Secondary Transition Planning – Graduating Students on IEPs : We recommend that graduating students on an Individual Education Plan prepare a Transition Portfolio during their application process. This step fosters self-advocacy and is highly recommended for those going into the trades, college, university or the work force. Begin this process by contacting **Ms. Gavan-Knox, Room 117**, at **(613) 384-1919, ext. 3426** or **Mrs. Vella-Bowry Counsellor** at **ext. 3427**

SCHOOL PHOTOS

Grad photo retakes will be taken on **Tuesday, October 6th** during period 1 and lunch hour in room 128. Please sign up with **Mr. Prior** before **October 6th** to register for your retake in room 129.

School photos were distributed earlier this week. School photo retakes will be taken on **Friday, October 16th** during period 1 in the cafetorium. To qualify for a retake, please bring the original photo package to the photographer on **October 16th**.

HCTV "GAME OF THE WEEK"

Holy Cross Television (HCTV) in partnership with **Cogeco Community Television** are producing the **KASSAA "Game of the Week"**. Holy Cross Com Tech students will be operating Cogeco's half-million dollar mobile video production van recording home sports events. This activity is a direct dividend from the new Holy Cross SHSM program. Students will operate professional video cameras, audio, graphics, switcher, and instant replay equipment. In addition, students are producing the **HCTV Half-time Show**, a news, sports & information program. The Halftime show will include student news anchorpersons introducing news reports created by Holy Cross student reporters and camerapersons. **The Game of the Week** production will start with football games and continue throughout the school year to cover other sports. The program will be cablecast on **Cogeco channel 13** following the games. Please check your local TV guides for times & dates.

Scheduled Jr & Sr Football Games of the Week:

- October 1 HC vs Ernestown
- October 9 HC vs Regi (Friday Night Lights)
- October 29 Football Quarter Final
- November 3 Football Semi Final
- November 7 Football Championship

ECO-CORNER

The Holy Cross Green Team met for the first time in September. Their focus for this fall is 350. Scientists have identified 350 parts per million as a safe upper limit for CO2 in our atmosphere. Currently levels are around 390 ppm and getting back under 350 means a lot of changes need to occur and soon. The time for acting on this is critical: in December of this year, world leaders will meet in Copenhagen, Denmark to develop a new global treaty for cutting emissions. It is the belief of many that the current draft for this treaty does not do enough to reduce carbon emissions to a safe level. The organizers of **350.org** have made it their mission to inform and educate individuals and political leaders on the importance of 350ppm and the short-time frame we have to achieve it. The hope is that we will see these ideas reflected in the new treaty. An **International Day of Climate Action** is planned for **October 24th, 2009**. The Holy Cross Green Team is hoping HC will make a contribution and a school awareness campaign is in the works. If you would like to be a part of planning these initiatives at HC, come out to the next meeting of the **Green Team** - Tuesdays at lunch in room 243. Of course everyone is welcome to be a participant in green activities at HC; more information will be coming soon!

STUDENTS' COUNCIL

In the first two months of the school year the Holy Cross Students' Council has been hard at work. The year started with a very successful grade 9 Orientation. The grade nine students experienced a fun day of official welcoming into the school community by our grade twelve students. The day ended with the grade nines being officially knighted as crusaders. The first Holy Cross dance saw students dressing up for the "Pop star / Tribute to Michael Jackson" theme and everyone danced the night away. We would like to thank all staff and students for their support of these two events. Without your help we could not make these events so successful. The council has been working hard with **CICS** on the Thanksgiving food drive. This year the classes have been presented with a new challenge to try and donate more food. Each class has been assigned 2 football players and the combined weight of the two players is the weight the classroom will try achieve in food donations. The classes that meet these goals receive a performance from the football players themselves. **Friday, October 9th** is the annual Holy Cross pep rally. We look forward to seeing all fall teams and students in their green and silver ready to get pumped up and support the boys football teams in their games against **Regi** at **Friday Night Lights** at **Richardson Stadium**.

Kaitlyn Barbosa, Communications Officer

NEXT MONTH AT HOLY CROSS

- October 29 – November 5.....Mid-Semester Test Period
- 1.....All Saints Day
- 2.....University Application Online Workshops, 11:15 and 2:35
- 4.....College Info Program at St. Lawrence College Honour Roll Celebration (Period One)
-"Take Our Kids to Work" Grade Nine Day
- 9.....Term Two Courses (Civics and Careers) Begin
- 10.....Online College Application Workshops 11:15 a.m.
- 11.....Remembrance Day Liturgies
- 12.....Online College Application Workshops 11:15 a.m.
- 17.....Try-outs for Winter Sports Teams Begin
- 17-18.....Toronto Street Retreat
- 16.....P. A. Day #3 – no classes
- 18.....Mid-Semester Report Cards Issued
- 20.....Dance
- 23.....National Child Day
- 23-24.....Matinee (or morning) performances, *West Side Story*
- 25-28.....Evening performances, *West Side Story*
- 30.....Catholic School Council Meeting, 7 p.m.