



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

April 2014 Newsletter... visit our web site at www.hctoday.ca, or Twitter @HCtoday1

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

On Thursday, March 27th, over 300 students wrote the Literacy Test at Holy Cross. I am very confident that our students were very well prepared thanks to our classroom teachers, Special Education Resource Teachers, the HC Literacy Committee and our EQAO Test Preparation Team led by Literacy Co-ordinator Kristi LeSarge, Vince Stabile and SERT Anne Poels. I thank all parents for the encouragement and support they offered to their sons and daughters in the acquisition and development of their literacy skills. The Individual Student Reports are expected by the end of June. Our Grade Nine students wrote a Practice Literacy Test during the afternoon – teachers will mark these practice tests and return them to students for individualized feedback as they get ready for next year.

Students who plan to return to Holy Cross for next year should ensure that they have completed the course selection process and have made selections based on their interests, abilities and destinations. At this time, many registrations have been received for the Class of 2018. Please ensure that you have completed the course selection process while space is still available. Classes do become full quickly.

To celebrate the extraordinary accomplishments of our students, the Algonquin and Lakeshore Catholic District School Board hosted a "Beacons of Hope" celebration at a series of community breakfasts in our region. Two Holy Cross students, Meagan Kirbyson and Chad Lees, were selected for this honour, which took place on Wednesday, March 17th at the Days Inn. Congratulations also to our Girls' Hockey Team who captured the Silver Medal at OFSAA in Sudbury. This collaborative effort, coached by Mr. Gillis, Ms. Nichol and Mr. Peirson, was a Holy Cross first and we are all so proud of their achievements. Thanks again to all of the players especially our graduating girls: Rachel Falcone, Erin McAuley, Megan McGuire, Brenna Murphy, Kai-ley Peirson and Shelby Perry who helped lead the way to silver.

Catholic Education Week runs from May 5th to May 10th this year and the theme is "Growing Together in Faith." In our schools, our faith resonates throughout the curriculum. Take a careful look around our building. You will hear the marvellous work of the students and staff reflecting God's graciousness in their learning and teaching. During this Catholic Education Week, let's open our doors to our faith in a special way and celebrate humble servant leadership as demonstrated by our new pope, Francis. I pray that the Risen Christ blesses you and your families with His peace and love.

Paul A. Walsh

APRIL EVENTS AT HOLY CROSS

April 2014.....	Skilled Trades Month Autism Awareness Month
Tuesday, April 1.....	April Fool's Day
Wed, April 2.....	HC Uniform Sale, 3:30 – 8 pm, Cafeteria World Autism Awareness Day Junior Badminton Cabaret, 7 pm, Cafeterium Spring League Basketball begins
Thurs, April 3	Limestone Skills Competition, St. Lawrence Student Council Nomination Package due
Fri, April 4 ...	2014-15 Course Selection Verification Sheets Issued
Sunday, April 6	National Volunteer Week Begins
Tues, April 8	Inside Ride, 12 - 2:30, HC KASSAA Spring Transfer Deadline ALCDSB Learning Services Visit to HC
Tues – Tues, April 8 – 15.....	Midsemester Test Period
Wednesday, April 9	Vimy Ridge Day Spring Team Photos
Thurs, April 10	2014-15 Course Verification Sheets returned Dodgebowl for Easter Seals, 5 pm, HC Gym Spring Thaw Lacrosse Tournament, Ottawa
Friday, April 11	THINKfast Queen's University Sr. Girls' Rugby Tourn.
Sat, April 12.....	Skills Qualifier Comp at St. Lawrence College
Sunday, April 13	Easter Seals Telethon, 12 to 4 Palm Sunday
Monday, April 14.....	KASSAA Spring Season begins
Tuesday, April 15	Mass of Chrism, St. Mary's Cathedral Last Day for Term 1 Careers and Civics Classes
Wed, April 16	Term 2 Careers and Civics Classes Begin Euclid Mathematics Contest Sr. Badminton Tournament
Thursday, April 17	Holy Thursday School Liturgies for Holy Week (Cafeteria)
Thurs – Sat, April 17 – 19	Cdn National Improv Games
Friday, April 18	Good Friday (no school)
Sunday, April 20	Easter Sunday Administrative Professionals' Week Begins
Monday, April 21	Easter Monday (no school) Earth Week Begins
Tuesday, April 22	Earth Day
Wednesday, April 23	Secretaries' Day
Wed – Sun, April 23 – 27	HC Bands Trip to Washington Comm Tech Trip to NYC
Thursday, April 24	Midterm Marks due to OCAS & OUAC Kingston Community Conversation about Creating Confident Kids, HC
Friday, April 25	World Malaria Day KCVI Jr. Boys' Rugby Tournament

Pitch-In Kingston Day
Track and Field Invitational

Sun, April 27.....Students' Council Election begins
Mon, April 28.....Report Cards Issued
HC Spring Uniform Begins
ALCDSB Student Trustee Election & Student Senate mtg.
Tues, April 29 2014-15 Students' Council Executive Videos
Lacrosse Tournament
Wed, April 30 .. College applicants must confirm admissions offer
Make the CUT at Algonquin College-
Saturday, April 26 Sr. Girls' Soccer Invitational
Sun, April 27.....Students' Council Election begins
Band Trip returns @ 7pm, Comm Tech Trip @ 6 pm-
Mon, April 28.....Report Cards Issued
HC Spring Uniform Begins
ALCDSB Student Trustee Election & Student Senate mtg.
Nat'l Day of Mourning For Persons Killed or Injured in Workplace
Tues, April 29 2014-15 Students' Council Executive Videos
Wed, April 30 College applicants must confirm admissions offer
Make the CUT at Algonquin College
Newcastle Kreswick Lacrosse Tournament

families living with and beyond childhood cancer. Students are encouraged to form teams for the event or to donate what they can to show their support. Also on **April 8th** is the MCV4U Vectors Midterm exam which many senior students will be writing. I'd like to wish the best of luck to math students making the well-deserved transition from vectors to calculus, as well as to our **Improv Team** who will be travelling to **Ottawa** over the **Easter** weekend for the **Canadian Improv Games!** **Holy Week** begins **Sunday, April 13th** and school liturgies will occur on **April 17th, Holy Thursday**. During the days before **Easter**, consider the meaning of Lent and the importance of family, prayer, and repentance during this season of reflection. There are no classes **Easter Monday**, which marks the beginning of **Earth Week**. The first day back after the **Easter** weekend is **Earth Day**, a worldwide environmental event promoting the importance of protecting our planet. **Earth Week** concludes with a "**Pitch-In**" **Day** where litter is collected from the school grounds and properly disposed of. The month of **April** concludes with the much anticipated **2014-2015 Student Council Election**. The elections officially begin **Sunday, April 27th**; however candidates will be campaigning all this month to be elected to the position of their choice. Finally, the return of the spring uniform occurs on **Monday, April 28th**. Remember, no matter how long the winter, spring is sure to follow!
Sarah Flisikowski, Communications Officer

PASTORAL REPORT

SHARELENT ACTIVITIES: A big thank you to **Students' Council** and **CICS** who helped to organize this year's **Pancake Breakfast** which marked the beginning of our **ShareLent Campaign**. Students are also donating through their home room classes. One of the major Share Lent fundraising events is the overnight **Thinkfast** which will take place on **Friday, April 11th** here at **HC**. Over 40 students and staff have signed up to go without food for 25 hours in support of the **Canadian Catholic Organization for Development & Peace**. Congratulations to the 17 students and 6 staff who travelled to **Kingston, Jamaica** during the **March Break** to work at various projects and schools sponsored by **St. Patrick's Foundation**. They have been busy since their return doing presentations at our elementary feeder schools and will be taking part in the **Thinkfast** on **Friday, April 11th**.
GRADE 12 RETREAT: Over 50 students and staff took part in this year's **Grad Retreat** at **Rideau Acres** on **Friday, March 28th**. The **Catholic Campus Outreach (CCO)** team from **Queen's University** organized this day of reflection on how God impacts our lives as young people.
HOLY WEEK LITURGIES: **Ms. Check Drumm's Vocal Class** and **Ms. Pellegrino's Dance Club** are organizing our **Holy Week Liturgies** this year on **Thursday, April 17th**. They will offer a reflection on the Way of the Cross, embodying prayer, music and dance.
PARTNERS IN MISSION FOOD BLITZ: Please mark **Wednesday, May 14th** on your calendars as we will be looking for volunteers to help with this year's **Food Blitz**. **Holy Cross** is a major participant in this annual effort to restock the **Food Bank** shelves with non-perishable food items in this time of great need in our local community. And we will need lots of volunteers to make this possible. As we continue our Lenten journey may each of us open our hearts to God's love through almsgiving, prayer and fasting. And, may we enter deeply into **Christ's** Passion and Death during **Holy Week** so that we can fully experience the joy of His Resurrection this **Easter**.

Chris Forster, Pastoral Services

STUDENT COUNCIL

It's been said that "**April** showers bring **May** flowers", so ideally **Old Man Winter** should be ready to retire. Amidst the budding branches and chirping birds, **Holy Cross** moves forward through the year encountering the season of spring and the season of lent. Hopefully students and staff had a restful **March Break** and are ready to work hard during the final months of semester two. On **Tuesday, April 8th**, **Holy Cross** and the **Coast to Coast Against Cancer Foundation** are teaming up to bring "**The Inside Ride**" to our school for our first annual event. The **Inside Ride** is an indoor cycling celebration that raises funds in support of children and their

HOLY CROSS OPTIONAL SPRING UNIFORM

The **optional** spring uniform may be worn beginning on **Monday, April 28th, 2014**. The spring uniform consists of a school-crested green golf shirt and school-crested beige shorts offered for purchase at **Holy Cross**. Flat front shorts for girls will be offered once again this year. Footwear for the spring uniform is either sandals or running shoes. Students may continue to wear the fall/winter uniform. **Combinations of the seasonal uniforms are not permitted. Students can expect that all staff will be particularly vigilant that only school-crested khaki shorts and green uniform shirts are worn in their classrooms.**

HC SPRING UNIFORM SHOPPING

On **Wednesday, April 2nd from 3:30 p.m. – 8:00 p.m.** the Spring Uniform is available for purchase from the **Halpern's Mobile Store** in the **Holy Cross Library**. Please note **Halpern's** accepts cash, **Master Card, Visa** and debit cards. **Halpern's** does not accept cheques. This will be the only day students and their families may purchase the spring uniform at Holy Cross. After this date, the spring uniform will be available at the **HC Uniform Store located in the Tuck Shop**. Available clothing and prices may be viewed at the Halpern's web site at www.halperns.ca.

- Boys** Men's green golf shirt, short sleeve, crested
Youth \$19.95 Adult \$24.95
Khaki walking shorts, "H" crested \$29.95
- Girls** Ladies' green golf shirt, short sleeve, crested
Youth \$21.95 Adult \$26.95
Khaki walking shorts, "H" crested \$29.95

**ATHLETICS
OFSAA RESULTS**

Congratulations to the **Girls Hockey team** who captured **Holy Cross'** first ever **OFSAA Silver Medal** in the **AAA/AAAA Championships in Sudbury**. The **Boys' Hockey Team**, despite being seeded 16th out of 20 teams at the **OFSAA AAA/AAAA Championship in Oakville**, played hard but unfortunately **finished third in their pool** and were beat out by some of the top seeds at the tournament. On **Thursday, April 10th** the **Cheerleading team** heads to **Niagara Falls** for the **National Cheer and Dance Championships**. The ladies hope to follow up last year's **National and Grand Champion** performance. At **OFSAA Wrestling, Mikala Wheeler** managed to make it to quarter finals before narrowly losing her

match. We congratulate all wrestlers that competed in **Brampton. EASTER SEALS DODGEBALL: Mr. Dzierniejko's Sports Leadership Class** are organizing the 4th annual **Dodgeball Games vs. Frontenac and Regiopolis-Notre Dame**. This year, **Holy Cross** will be hosting the event on **Thursday, April 10th**, with games starting at **5:00 p.m.** All are welcome. The entrance fee, **\$2.00**, goes towards **Easter Seals**. All are welcome!

COUNSELLORS' CORNER

Mid Semester Report Cards

On **Monday, April 28th** 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 **2014-15** school year is well underway at **Holy Cross**. Students will receive Course Selection Verification sheets on **Friday, April 4th**, which indicates 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 **Thursday, April 17th, 2014**. 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**.

Volunteer & Job Opportunities

Students are reminded to check the bulletin board for volunteer and part-time job opportunities. Ontario summer job opportunities are available through Ontario.ca/summerJobs. Volunteer opportunities are available with the Breast Cancer Action Kingston for their run/ walk on Saturday, May 10th, 2014, and with Kingston General Hospital. Please see Student Services for more details.

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 21st to May 27th, students are encouraged to volunteer in their community and bring in their volunteer hours to Student Services.

Freshman 40

Grade 9 students who complete their 40 hours of community service graduation requirement by Monday, May 28th, 2014, will be invited to a recognition ceremony on Tuesday, June 6th. 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 first year of high school will be recognized at an assembly on Tuesday, June 6th. Students are encouraged to complete their 40 hours and submit the volunteer form to Student Services.

US College Expo

Meet **US University Admissions** Officers and Athletic Directors, **Saturday, April 26th, 2014** from **10 - 3, 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 April 24th**. 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 29th** (latest). **June 2nd** 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 25th** and a final mark by **June 19th**. 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 **Thursday, May 8th**. 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 **Wednesday, April 2nd**.

College Bound Students

Representatives from **St. Lawrence, Fleming, Loyalist and Algonquin College** will be presenting post-secondary information to grade 11 students on **Wednesday, April 2nd, 2014** during period 3. Any grade 12 student who is returning to **Holy Cross** and plans on applying to college may also attend.

Discovery Days in Health Science

Queen's University is hosting workshops related to careers in medicine and health sciences on **Friday, May 2nd, 2014**. This event is open to senior students and registration is free. See **Mrs. Cantarutti** for Registration forms. Registration is open until **Tuesday, April 22nd**.

HIGH SCORE! An Exciting New Opportunity!

CNIB is launching a youth group for school students in grades 7-12 with vision loss. **WHO:** Grade 7 to grade 12 students. (Please note that we are not able to offer one-on-one assistance or attendant care.) **WHEN:** P.D. days and holidays. **WHERE:** **CNIB office, 826 Princess Street, Kingston K7L 1G3** Some events will be at community locations around the city. **WHAT:** A chance to get to know other students and build skills while taking part in a range of different activities, including sports, games, technology, arts and crafts, field trips, meal preparation, and suggestions from participants. Fun all the way! **COST:** There is no charge for the High Score program! **RANS-PORT:** If there is a difficulty with transport, CNIB will make every effort to arrange for volunteer drivers. **REGISTRATION:** If you are interested in taking part in High Score and would like a registration package, or if you have any questions, please contact us by phone or email: hazel.nicholson@cnib.ca Tel: **613 563 4021 ext 5005**

HOLY CROSS CLASS OF 2014 GRADUATION CEREMONY

The graduation ceremony for this year's graduating class will be held on **Thursday, June 26th, 2014**. Please mark this date on your calendar. Students eligible to graduate this **June** will receive an invitation in **May**.

TRANSITIONING TO POST-SECONDARY EDUCATION ASSEMBLY

Transitioning to post-secondary school is a time of significant change in a student's life and with these changes come challenges and often stress. Preparing our students for this transition will help foster resilience and start them on a path to success. **Holy Cross** is happy to announce that **Mary Walsh, RN (EC), MA., CCC**, will be visiting the school on **Tuesday, May 27th** to speak to senior students about transitioning to post-secondary. Mary is working in the community as an NP and counsellor – predominantly with adolescents and teenagers. Her research interests include compassion fatigue and building resilience. **Mary's** forty minute presentation will address the top differences between high school and post-secondary, creating and maintaining balance and structure to combat stress, and tips for coping with increased workload, social stress, and academic uncertainty.

HOLY CROSS STUDENTS' COUNCIL EXECUTIVE ELECTIONS

Students who are interested in becoming a member of Students' Council executive for the 2014-2015 school year are required to complete a nomination package. **Holy Cross Students' Council 2014-15 Executive** election packages are available from **Mr. Coleman**. Completed packages are to be submitted to a current **Students' Council Executive** member by **Thursday, April 3rd**. The **Town Hall Assembly** is scheduled for **Thursday, May 1st** and voting will take place on **Friday, May 2nd, 2014**.

To be eligible to stand for election a student must:

- i) Attain and maintain a minimum 75% academic average
- ii) Be a student in good standing
- iii) Submit a nomination form with 50 signatures from peers
- iv) Submit 3 teacher references.

NEWS FROM THE SPECIAL EDUCATION DEPARTMENT

Fifty-seven students with IEPs wrote the **Ontario Secondary School Literacy Test**. Most received their regularly used accommodations: time only up to double time, use of word processor, **Kurzweil** text-reader, **Dragon Naturally Speaking** voice recognition software, reader and scribe. Special thanks to **Mrs. Poels** and all staff who supported the students with special needs.

There are nine grade 11 and 12 students from **Holy Cross** who have registered in the **On-Line to Success** course. This course, which runs from **March** until **May**, is a transition program for high school students with learning disabilities and/or ADHD who plan to attend any post-secondary institution beginning in **2014** or **2015**. **Identification Placement and Review Committee Meetings:** Letters of invitation will be mailed to parents/guardians to review the identification or placement of their son or daughter. Please complete the form and return it to **Room 117**.

Grade 12 Students, Post-secondary Transition

A Transition Resource Guide for Students with Disabilities transitioning from secondary to post-secondary has been developed by Queen's University. Please check this site out to discover all the resources available for students with special needs at all colleges and universities in Ontario. The site is www.transitionresourceguide.ca **Most** colleges and universities offer free Transition Programs such as **Project Advance(two weeks) Pre-Flight(one week), Campus Compass (two-day),** and **Orientation workshops** are offered in the summer to prepare students with different disabilities for success at college and university. Check your college/university for such a program. **The graduating student is solely responsible for sharing all confidential documentation pertaining to disabilities with the post-secondary institution. Arrange an in-take appointment in May.** Please contact **Ms. Gavan Knox** for details.

Postsecondary Financial assistance information is available on our Holy Cross website and also www.disabilityawards.ca and www.studentawards.ca;

For students transitioning to post-secondary who have been diagnosed with an **Autism Spectrum Disorder?** Are you aware that **Learning Disability Services (LDS)** at **York University** has been provided with funding from the Ministry of Training, Colleges and Universities to expand services for students who are **transitioning to any post-secondary** institution and have been diagnosed with an **Autism Spectrum Disorder?** If not, please click on the link below to find out more about the exciting new resources and supports being offered at LDS. http://lds.info.yorku.ca/pilot-project-strengthening-transitions-for-students-with-autism-spectrum-disorders/Eleanor_Ritchie_Scholarship_for_Students_with_Autism_Spectrum_Disorder, [Jeanette Holden Scholarship for Students of Siblings with ASD](http://lds.info.yorku.ca/pilot-project-strengthening-transitions-for-students-with-autism-spectrum-disorders/Jeanette_Holden_Scholarship_for_Students_of_Siblings_with_ASD), [Macdonald Scholarship for Students of Parents with Autism Spectrum Disorder](http://lds.info.yorku.ca/pilot-project-strengthening-transitions-for-students-with-autism-spectrum-disorders/Macdonald_Scholarship_for_Students_of_Parents_with_Autism_Spectrum_Disorder)

[Scholarships for Students with Disabilities :Justin Eves Scholarships for Students with Learning Disabilities-Deadline is April 30, Aird Scholarship](#)

Learning Disabilities Association Free Workshop: Want to Learn More about the iPad / iPhone and how it can be helpful? Come on **Tuesday, April 29th, 2014** from 7 - 8:30 pm at **Ongwanada Resource Centre, 191 Portsmouth Ave. Kingston ON**. Pre-registration recommended. See www.ldakingston.com or call **613-546-8542** for more details about this free workshop. **World Autism Awareness Day is Wednesday, April 2nd**. **The Ministry of Trades, Colleges and Universities** have implemented new programs to strengthen the post-secondary transition process for students with Autism Spectrum Disorder **The National Alliance on Mental Illness (NAMI)** is an organization dedicated to improve the lives of individuals affected by mental illness. For information please visit www.nami.org/familytofamily/1-800-950-6264.

Kingston's ADHD Parent Support Group supports families who have children with **ADHD**. Please contact www.adhdsupportgroup.ca **Social Skills Program** is offered at **Quintilian School**. Please contact **Laura DeSousa** at **613-542-0400**.

Kingston Mood Disorders Support Group (Ontario Trillium Foundation) offers confidential support for people who struggle with depression or bipolar disorder (manic depression) their families and friends. Please contact **The Family Resource Centre** at **613-544-2886**, or frc@fcmhas.ca.

Katarokwi Native Friendship Centre is committed to bringing positive changes to the daily lives of the Aboriginal community. For further information, contact **613-548-1500**/email knfc@cogeco.net.

TECHNOLOGICAL EDUCATION DEPARTMENT

Grade 11 **SHSM** student **Harmony Holland** has been professionally "published"! Her photo and article was published in the **March/April** edition of **SportsXpress** magazine. Compliments on an excellent job, Well Done! **SHSM** students, in partnership with **SportsXpress**, take photographs and write articles for **Kingston** and area's premier sports magazine. Aspiring Photo Journalists acquire the opportunity to add an impressive credential to their resume. This partnership fulfills the **SHSM** "Reach Ahead" criteria of providing students with first hand professional experience and career exploration. Bonus, the article highlighted and promoted the **Holy Cross Boys' Track & Field Team** who will participate in the prestigious "**Nike High School Grand Prix**" this spring. A regular contributor, the next **HC SHSM** article/photo will be on the **HC Girls' Hockey Team** and their Provincial Silver medal win!

SKILLS COMPETITION

Holy Cross students enrolled in the **Specialist High Skills Major in Information and Communications Technology** program will be participating again in the **OTSC (The Ontario Technological Skills Competition)**. **Holy Cross** offered its own in-house **Skills Competition** to interested students to determine which students will represent **Holy Cross**. An initial field of fifteen students was narrowed down to four competitors. They are; **Katie Cross & Amanda Lloyd (TV & Video Production)**, **Claudia Pawlak (Photography)**, and **Ryan Purdy (Graphic Design)**. The skills competitions provide students with the opportunity to face problem solving challenges to hone their technological skills. For example, students in the **TV & Video Production** skills challenge have to create in one day from start to finish a 30 second public service announcement on "How Technology Changes Culture".

INSIDE RIDE

The **Holy Cross Students' Council** is sponsoring **The Inside Ride** at **Holy Cross** in the afternoon of **Tuesday, April 8th**. The **Inside Ride** is an organized stationary cycling challenge, which is set up indoors or outdoors. Up to sixty state of the art racing bikes, are mounted and held stationary on trainers, with mileage and speed gauged with odometers. Each cyclist rides for ten minutes to heart-pounding, uplifting music as cyclists rotate through the event, cheered on by teammates, friends, colleagues and spectators. Volunteers record rider team mileage and photos are visually displayed throughout the event – creating momentum and camaraderie between the teams! A minimum of 20 participating teams per school. A team is comprised of 6 members. Fundraising is set at \$50 per person or \$300 a team. The event itself is 90 minutes long. For additional info click here www.CoastToCoastAgainstCancer.org

HOLY CROSS PITCH IN DAY

On **Friday, April 25^h**, Participating classes will clean up the school grounds as well as public areas near the school. See **Mr. Gervais** or **Mr. Forster** if you would like your class to participate.

18TH ANNUAL REGIONAL TOURNAMENT OF THE CANADIAN IMPROV GAMES

This year, on **Saturday, February 22nd** our **Improv Team** of **Miguel Martins, Arianna Bullett, Matt McGlashan, Claire Choiniere, Andrew Hurt, Sara Doyle, Nick Lansdown** and **Kort Clifford** placed first at the **Kingston Regional Tournament** and now advance to the **National Games** for the second consecutive year from **Thursday to Saturday, April 17 to 19th** at the **National Arts Centre** in **Ottawa** along with coaches are **Ms. Rose** and **Mr. Stabile**. The team is looking forward to once again continuing the tradition of **Improv Excellence** at the **Nationals**.

KINGSTON COMMUNITY CONVERSATION ABOUT CREATING CONFIDENT KIDS

ALCDSB invites you and your family to come and enjoy food, fun and learning on **Thursday, April 24th** at **Holy Cross**. The evening begins with free pizza at **5:30**, followed by activities for all ages. Free childcare is available for pre-school aged children, while elementary aged children work with the **Barefoot Players**. Intermediate and secondary aged students will have the opportunity to work with **Claire Bouvier**. All children will present their creative works to parents and guardians at the end of the evening. While the children are creating their presentations, parents and guardians are invited to participate in a panel discussion. **Dr. Dean Tripp, Deacon Blaine Barclay, Aaron Bailey, Sherry Campbell, and Constable Greg Harbec** will try to help us answer the question: How do we, as a community, foster confidence in our children? We look forward to sharing this time together!

WELLNESS WEDNESDAYS

Thanks to **Metro Green Apple Grant**, our **Wellness Team** along with **Public Health Nurse Lisa Lollar**, will be offering free fruits and vegetables on **Wednesdays** throughout the spring. They will begin with an assortment of melons on **Wednesday, April 16th**. We all appreciate the efforts and enthusiasm of this dedicated group of students who work hard to make **Holy Cross** a better place.

NEXT MONTH AT HOLY CROSS

May 1	College applicants must confirm admission offer Students' Council Executive Town Hall Assembly Sir Isaac Newton Physics Contest
May 2	Students' Council Executive Election Day
May 2 & 3	Track and Field Invitational
May 4	Catholic Education Week Begins
May 5	Full Disclosure Day Class of 2014 Grad Invitations Mailed
May 5 – 7	Provincial Skills Competition, Waterloo
May 6	Catholic Education Week Mass, St Paul the Apostle
May 7	Holy Cross Valedictorian Election Catholic School Council Meeting, Library, 6:30
May 8	CEW Mass at HC March for Life (Ottawa) Grade Eight Orientation Day at HC
May 9	Catholic Education Week ends Class of 2014 Community Service Hours Due Date
May 9 – 10	National Cheerleading Competition
May 11	Mother's Day
May 12	ALCDSB Summer School Info available
May 13	KASSAA Tennis Championships
May 14	Gr 11 Biology Metro Toronto Zoo Trip Partners in Mission Food Blitz
May 15 & 16	KASSAA Track and Field
May 18	Pentecost Sunday
May 19	Victoria Day (no school)
May 20	S2 Field Trip Moratorium Begins EOSSAA Tennis Championships Aboriginal Awareness Week Begins
May 22	Genesis Awards Evening, 7 p.m. Kids Helping Kid Tweekie Tuesday KASSAA Girls and Boys' Soccer Championships
May 22 & 23	EOSSAA Track and Field
May 26	First Year Forty Celebration (Grade 9s) Volunteer Hours Deadline
May 27	Transitions to Postsecondary Workshop
May 28	Green and Silver Athletic Awards Banquet
May 30	East Regional Track and Field Grade Nine Bands Trills and Thrills Music Festival
May 31	World No Tobacco Day

ONTARIO CATHOLIC SCHOOL GRADUATE EXPECTATION

6. A Caring Family Member

FAITH IN ACTION: our **Beacons of Hope Meagan Kirbyson** and **Chad Lees** who, through their ongoing efforts to help others, were honoured at an **ALCDSB** breakfast; **Holly Wood** and **Nick Zelizniak** who participated in the **Forum For Youth Voice on Parliament Hill** in a quest to learn more about civic duty, those participants in our upcoming **THINKfast** and **Food Drives** who will put aside their own needs and time to be mindful of those who need some extra support; our friendly competition against **FSS** to add pink to the school uniform to stand up against bullying in our schools.

