



Holy Cross Catholic Secondary School

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For complete information about events at the school visit our website at www.hctoday.ca

Newsletter – September 2014

***School Pastoral Theme for 2014-2015 “Blessed are the peacemakers”
(Matthew 5:9)***

Message from the Principal

Welcome parents, guardians and students to the 2014-2015 school year at Holy Cross Catholic Secondary School. I know I speak for the entire staff when I say we are happy to have you with us and we are very excited to get started. I'd like to welcome Amey Cancian, Youth Worker, Matt Richardson, in Science and Phys. Ed., and Nadia Bernebei, in Chemistry and Mathematics, to the staff at Holy Cross. As you may have heard, our Chaplain, Chris Forster, suffered a heart attack just last Friday and he will be recuperating over the next few weeks. He is doing well, wants no one to worry, and is very thank you for all of your thoughts and prayers.

If you cast your eye about the school you'll see sports teams gearing up, notices for ***Shrek the Musical*** auditions, staff busily organizing classrooms, and new 2014-2015 HC T-Shirts in boxes awaiting distribution. I've been leafing through the yearbook and I see how many, many clubs and activities we offer here. My advice to you is to get involved – it doesn't matter what it is, but get involved in something that will inspire you. For parents, that could mean the School Council. Our first meeting is on **Wednesday, September 10th at 6:30** in the school library. Our chairperson is Michelle Iliescu (eiliescu@cogeco.ca). I hope to see you there. For students, that could mean one of the many sports teams or service groups connected to the school, like LifeTeen (contact Nadia Gundert at 613-549-7044 or lifeteenkingston@gmail.com). Research shows that students who are involved in at least one extra-curricular activity connected to their school perform better in the classroom. So parents/guardians, encourage your kids to take the plunge and join in.

Ian Stuart, Principal

Important Dates for September

Tuesday, 2nd – Grad Photo sign up (continues all week); Friday, 5th – Grade 9 Orientation Morning; Tuesday, 9th – Photo Day (please bring payment) Absentee Photo on Wednesday, Sept. 10th; Thursday, 11th – First school Mass in the gym - call down starts at 9:10; Friday, September 12th – last day for timetable changes; Sunday, 14th – Terry Fox Run at St. Lawrence College; Monday, 15th – Thanksgiving Food Drive begins; Wednesday, 17th – Wellness Wednesdays begin; Band Trip Meeting @ 6:30 pm; Wednesday 24th – Post-Secondary School Parent Information Evening @ 7:00 pm; Thursday, 25th – September Non-Uniform Day; Friday, 26th – Professional Activity Day #1

Uniform Policy

The Holy Cross school uniform has many functions. The uniform is a symbol of our school and readily identifies our students as members of our community. As such, it assists in the supervision of our building. The uniform reduces stress in the morning: you will never have to say or hear 'I have nothing to wear'! The uniform creates a level playing field for our students and can significantly reduce household expenses. Please understand students will be encouraged to wear the uniform and wear it well. **Slips excusing students from**

Some Reminders

wearing the mandatory uniform will not be issued this year. This is simply enforcing a policy that has been in place for years. A warning will be issued for a first occurrence, followed by contacting parents for a second deficiency. A third issue and the student will not be permitted in class. If you have any questions related to the uniform and its place in our school, please refer to the Student Agenda, pages 10 and 11, or contact the school.

Student Activity Fees – Grade 9 \$80; Grades 10-12 \$73; Grade 12 Graduates \$105. This single payment covers the cost of the yearbook, lock, T-Shirt, Agenda, Non-Uniform Day fundraisers and HC ID Card. Your prompt attention to this matter is appreciated.

Terry Fox Run – This is the 34th year for the Terry Fox Run for Cancer Research. Wear HC clothing and meet at St. Lawrence College on Sunday, September 14th at 1:00 p.m.

Transportation – Please direct questions concerning bus transportation to TriBoard Transportation. See their website www.triboard.on.ca for timely updates and information.

Smoking Policy – Holy Cross Catholic Secondary School is more than just a smoke-free environment. Students are prohibited from smoking on school property and prohibited from being in possession of any tobacco product. Progressive consequences will be applied to students found in contravention of this policy, which has as its goal the health of our young people.

Athletics – Please note that completed permission forms must be submitted to coaches prior to participating in tryouts or practices. If you are a transfer student, please contact Mr. Dzierniejko, Athletic Director, or your coach for information regarding eligibility. Please note that user fees are charged for all athletic teams at a rate commensurate with the cost of playing the particular sport. Notices for tryouts are posted throughout the school. The **Crusaders girls' field hockey team** is looking forward to another successful season. Tryouts begin Tuesday, Sept. 2 at 3pm on the field at the back of the school. Please arrive early and wear your gym clothes. Tryouts end after practice on Friday, Sept. 5. Our first tournament is scheduled for the following Friday, Sept. 12 at Queens University. We love grade nines.

New Crusader Club

The New Crusader Club (NCC) is an opportunity for anyone new to Holy Cross to meet new people. The NCC meets **every Wednesday at lunch in either room 136 or the lecture theatre** and play interactive games such as Wii, charades, board games, and scavenger hunts – activities designed to

foster new relationships with peers. The NCC is supervised by Mrs. Vella-Bowry and is also an opportunity for senior students to take on a leadership role. If you are interested joining or helping out, contact Mrs. Vella-Bowry in Student Services.

Chaplaincy Update. Welcome back to Holy Cross for the 2014-2015 school year. I look forward especially to meeting our Grade 9 students and to having you join us for the **Grade 9 Retreat on September 19th**. I would also encourage you to get involved in the many faith-based activities that we organize and/or promote throughout the school year such as **LIFETEEN** for high-school aged youth, sponsored by our Archdiocesan Youth Office and held each Sunday afternoon and evening at St. Paul the Apostle Parish starting mid-September. You might also be interested in serving or reading at our School Masses, singing in the School Choir, attending a leadership retreat or joining our Crusaders In Community Service (CICS), Social Action Club for food drives, Street Retreats, Thinkfasts, or the Jamaica Mission Trip. You will find plenty of ways to get involved here at Holy Cross and opportunities to put your faith into action both in our local community and on a global level. Our Pastoral theme for this year "Blessed are the Peacemakers" challenges us all to reflect on how Christ calls us to be makers of peace in our personal lives and in the world around us. May you and your family experience Christ's peace this year at Holy Cross. And may you share your gifts with us as we seek to bring Christ's love to others. God bless you always.



Counsellors' Corner

Just a few reminders for parents/guardians and students as we start the new school year. **Course Load** – All students in grades 9, 10 and 11 are required to carry four courses per semester. Only grade 12 students who have already earned 24 credits are permitted to take a spare. **Course Changes** – Students are asked to consult with one of our counsellors before the end of the first week of September if they are considering any changes to their timetables. No changes to timetables will be considered after Friday, September 12th.

University and College Application Process – Please check www.hctoday.ca for up-to-date information on college (Ontario College Application Service - OCAS) and university (Ontario University Application Centre - OUAC) application procedures. Throughout the months of September to November, colleges and universities will be visiting Holy Cross to make presentations in our lecture theatre to eligible Crusaders, leading toward submission of applications in late November and December.

Arts News

The Holy Cross Drama Club presents its major drama production, *Shrek: The Musical* on the Holy Cross stage this November. A large cast of singers and dancers will be required. **Students from all grade levels are encouraged to come out and audition!** Auditions will be held Monday & Tuesday, September 8th and 9th. See the school website/drama board for more detailed information about auditions. We hope to see you out!

Medical Alert and Responsibilities

Students and parents/guardians are reminded to alert the school of existing medical concerns (anaphylaxis, diabetes, epilepsy.....) and to supply the main office with epi-pens or other medical materials required in case of an emergency. Keep in mind, **parents/guardians** are responsible for informing school staff and coaches of your child's allergy. You can do this by completing medical forms and returning them to the main office. Please ensure your child wears a Medical Alert bracelet or necklace and be sure to notify school staff if there is a change in your child's allergy condition or treatment.

Students are responsible for informing your teachers, coaches, supervising adults and friends of your allergy, emergency treatments and location of your Epi-Pen®. Keep

your Epi-Pen® in a close location at all times, NOT in your locker. Take your Epi-Pen® with you on field trips. Be aware of anaphylactic exposure risk at school and on field trips and take measures to prevent anaphylaxis. Wear your Medical Alert bracelet or necklace at all times and know the signs and symptoms of an anaphylactic reaction (itching, redness, hives & swelling, anxiety and confusion, nausea, difficulty breathing etc.) Let someone know if you are having an anaphylactic reaction and encourage your friends to learn how to administer Epi-Pen®. Lastly, if you carry a cell phone, pre-program it to dial "911" and inform your friends. Together, we can make HC a safer place to be.

Looking Forward to October

October 2nd – Fall Team Photos;

October 6th – Grad Portrait orders and Write Ups are due;

October 8th – Catholic School Council Meeting #2 at 6:30 in the Library

October 9th – Early Semester Report Cards issued

October 10th – Catholic Cup Football (Jr. @ 2:00) and Pep Rally Day at Holy Cross

October 16th – Parent-Teacher Interviews

October 23rd – 14th Annual PH Classic at RND and Twoonie for Non-Uni (Pink Day)

October 31st – Non-Uniform Day

A Brief Note on Communication

Our newsletter will be presented in a condensed format this year. Its goal is to highlight events and provide links to more detailed information for those who are interested in pursuing matters fully. The electronic message board outside the school, the automated voice messaging system, the student agenda, the newsletter, the website www.hctoday.ca, and our incredible secretarial and teaching staff (who are at the ready to answer your questions), when taken together, ensure you will be well informed about events at Holy Cross Catholic Secondary School in 2014-2015. Hopefully, this new newsletter format suits your family. If you have any feedback, please contact the school.