



# HOLY CROSS

Catholic Secondary School

October 2015

## Principal's Message

It's been a great start to 2015-2016! I am happy to report that our enrolment is up and we have the happy problem of reorganizing to relieve some pressure points when it comes to class sizes.

We have a vibrant School Council, led by our chair, Michelle Iliescu, and 25 members, who are all looking forward to February and planning for the arrival of **Sami Jo Small**. Ms. Small, former starting goaltender of Team Canada, will be speaking to Holy Cross students about life as an elite athlete and how to prepare for the stress and anxiety of performing at your absolute best.

Fall teams are up and running. Congratulations to all the athletes whose efforts and God-given talents were rewarded by a place on a school team. We have already experienced successes on the field and on the court, and look forward to a successful Friday Night Lights football event vs. the RND Panthers at the Invista Centre on October 9th starting at 5:00 pm. Keep in mind, that variety of extracurriculars explore. Find one and importantly, support

I am pleased to report provincial EQAO Assessments are in and they are students studying at 69% at the applied standard. Kudos to our Mrs. Shelley McLean, and all of our grade 9 math teachers—and let's not forget the students—they wrote the test after all. To provide some perspective, our results at the applied level are over 20% higher than the provincial trend. Impressive indeed.

As always, we look forward to your feedback on our newsletter and any other issues. Do not hesitate to contact us at any time.

*Ian Stuart, Principal*

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### Crusader Fans Come in All Shapes and Sizes!



Holy Cross offers a wide variety of activities for you to get involved and, most importantly, support your fellow Crusaders.

Our results on the assessment of Mathematics were stellar. A full 82% of the academic level and 69% of the applied level met the provincial standard. Kudos to our math department, led by Mrs. Shelley McLean, and all of our grade 9 math teachers—and let's not forget the students—they wrote the test after all. To provide some perspective, our results at the applied level are over 20% higher than the provincial trend. Impressive indeed.

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## October Events

- Oct 5—Thanksgiving Food Drive
- Oct 6 and on—College and University application workshops and visits begin and continue all month: see Student Services
- Oct 8—IEP Completion Date for Staff
- Oct 12—Grad Photo orders due
- Oct 13—Queens Teacher Candidates arrive
- Oct 14—School Council Meeting @ 6:00 pm in the Library
- Oct 15—October School Mass
- Oct 16—Early Reports issued
- Oct 17—Archdiocesan Youth Rally at HC on Saturday
- Oct 19—Draft IEPs sent home
- Oct 20—Grade 10 Retreat ; Matt Belis, KFL&A Public Health Evening at LCVI
- Oct 21—Wellness Wednesday #2
- Oct 22—Parent-Teacher Interviews, 3:30 to 5:30 and 6:30 to 8:30
- Oct 23—Take Our Kids to Work forms are due
- Oct 27—University Information Night at Frontenac SS @ 6:30
- Oct 28—Parent-Teacher Night II @ 6:30 to 8:30
- Oct 30—October Non-Uniform and Jamaican Fish Fry at Holy Cross from 3:30 to 7:00.

Visit our website at [www.hctoday.ca](http://www.hctoday.ca)

As always, we thank Mr. Prior and his Interdisciplinary Studies class, period one, who produce the great banners for our newsletters (and the great photos for our Yearbook). And on that note, graduating artist and athlete photos: October 5, 7, 8, periods 1, 2, and lunch hour. Grad photo retakes: Tuesday, October 6, periods 1 and 2. Grad photo orders due Wednesday, October 7. Do not miss out!



## Crusaders Celebrate the First School Dance of the Year

A big thank you goes out to members of Mr. Stabile's Leadership Class and the Students' Council, not to mention the 13 staff volunteers who supervised our first dance of the year. The theme? The 1980s. Lots of bright colours and big hair. It was a great success: a social event for our junior students, a financial benefit for Students' Council sponsored events, like fan buses to Crusader sporting events, spirit activities, and charitable causes. Our grade 9 and 10 students are to be commended— a great time was had by all. Inset you will see a photo of Students' Councilors Devin LeBlanc, Jamie Saunders, Hunter Waddell, and Jared Griffith as they prepare for an 'air guitar' version of 'Sweet Child of Mine' by Guns and Roses (I know you remember it).



### New Food and Nutrition Course

*Chef Thomas Martin shows off his creation—French Toast— his contribution to the new Grade 12 Food and Nutrition course.*

## Students' Council News

During the month of September, Students' Council had the pleasure of organizing two exciting events. On Friday, September 11<sup>th</sup> grade nine students spent the morning taking part in Orientation, a long-standing tradition within the Holy Cross community. They participated in a series of fun, competitive activities and ended the day with a BBQ as true Crusaders. Later on in the month, grade nine and ten students had the opportunity to attend our first school dance. Students showed up in 80s themed clothing and the DJ played a mix of classic and modern day hits.

For the month of October, Student's Council is looking forward to some big events. On Friday, October 9<sup>th</sup> Holy Cross' football teams take on Regiopolis-Notre Dame in the Catholic Cup at the Invista Centre. During the day we will be holding a pep rally to support all sports teams and to engage the student body in an exciting, uplifting atmosphere. The Thanksgiving Food Drive will take place from October 5<sup>th</sup> to the 15<sup>th</sup>, with all food going towards St Vincent de Paul, and donations to the Syrian Refugee Crisis. Near the end of the month, Council hopes to bring together the Holy Cross community in a new event called Movies at the Cross. We will be showing Halloween themed films and providing popcorn and drinks.

### Counsellors' Corner for October

**Post Secondary Information:** Application information session #1 for students applying to universities has been completed. College information sessions will take place October 8th and October 14th at 11:10 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. Students may access dates for presentations and the application process online at [www.hctoday.ca](http://www.hctoday.ca) A note to parents that the power point presented at the Post Secondary Info Session will be available on the HC website [www.hctoday.ca](http://www.hctoday.ca).

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

**Take Our Kids to Work:** Wednesday November 4th is Take Our Kids to Work Day. Information sheets, including permission forms, will be distributed to Grade 9 students. Students are required to return a signed permission form by October 23rd to be eligible.

## Parish News—Life Teen Program for High School Students

LIFE TEEN is a Roman Catholic teen ministry program designed to lead teens to Christ through a dynamic weekly Mass and LIFE Night: a fun-filled, high energy evening that reaches teens on four levels: spiritual, emotional, social, and educational. Life Nights are fun-filled, high energy evenings that reach teens on emotional, social and are held Sunday evening from 5:15 – 7:15 p.m. and all high school teens are welcome to attend. We serve a prepared by volunteers on our Cooks & Clean Up Team. The Life Nights are facilitated by our adult Core Team.



four levels: spiritual, educational. Life Nights are from 5:15 – 7:15 p.m. teens are welcome to free dinner at 5:15 p.m. teens from our communi-

Mass is planned with teenagers in mind – music that touches you, with sounds you know: drums, electric guitars, bass and keys. The homilies deal with topics teenagers need to hear about: relationships, drugs, suicide, peer pressure, the difficulty of balancing friends, family, work and school; and what the Gospel has to say about all these things. All are welcome to attend Life Teen masses at St. Paul the Apostle Parish at 7:30 pm. Our Fall Kickoff night was on Sunday, September 15th at 5 p.m. but all are still welcome to join.

For more information please contact Nadia Gundert - lifeteenkingston@gmail.com or 613-484-2446 , email us at lifeteenkingston@gmail.com, check us out on Facebook at Kingston Life Teen or

## Attention Returning Students and Parents

This year, administration in conjunction with the Graduation Committee have decided to increase the number of community service hours required to earn recognition and receive a Crusader Certificate. The expectation from the Ministry of Education for all students in Ontario is unchanged: each student will perform 40 hours of community service before graduation from high school. At Holy Cross, special recognition in the form of a certificate and announcement at graduation will now require 80 or more hours of documented and approved community service. It is the belief of the Graduation Committee and administration that raising expectations in this way will encourage and promote even greater commitment to serve those in need as Jesus taught us to do. **To clarify, this new expectation is being 'grandfathered' in at Holy Cross and will apply to all new Crusaders who started in September of this year.**

## Dementia Choir—Volunteer Opportunity

"How does God's love abide in anyone who has the world's good and sees one in need and refuses to help?" (1 John 3:17-18) A grade eleven student at Holy Cross, Naomi Gazendam, is creating a Dementia Choir. This is a very special choir that can have an incredible impact on our community. It is an intergenerational choir bringing together Alzheimer's patients and high school students. Each elderly member is partnered with a student and together they experience the joy of singing and interacting. Both the student and the elderly member will learn to appreciate the other's perspectives and gifts. Alzheimer's disease is a prevalent and devastating disease that robs its sufferers of many of the joys of human interaction and independence. Music has been shown to provide pleasure and respite from these losses even if it is just for a while. Dementia steals memories, and impairs the ability to communicate and the capacity to take care for oneself. Music brings joy to Alzheimer sufferers and lifts their spirits. Most patients are able to recall the lyrics and tunes of songs from their past well into their disease journey. Music allows them to set aside confusion for a while and to rest in the old familiar tunes and words. Naomi is very involved with Alzheimer's patients as a family member and as a volunteer at Providence Manor and will hold a training session in late November for volunteers to provide information on how to interact with Alzheimer's patients. The choir will have weekly practices from 3 to 4:30 pm every Tuesday from February to May and also some preliminary Christmas sing-a-longs in December. Please consider this great opportunity to give back to our community in a unique and compassionate way. If you wish to get involved, please contact Naomi Gazendam. Her email address is [naomigazendam@gmail.com](mailto:naomigazendam@gmail.com)

Welcome back to Holy Cross, our **Gold**-certified Ontario EcoSchool! This is now the eighth year that the school is participating in the certification process. Our **HC Green Team** mission statement includes helping the school reduce waste and energy use, promoting awareness of environmental issues, exploring the outdoors, and promoting the enhancement of our school facility to improve the school's sustainability. Holy Cross has many paper and container recycling bins located throughout the school which we encourage all students and staff to use. We also have a recycling collection center located near the main foyer for used batteries, cell phones, ink cartridges, and eye glasses. The theme for this year's **Green Team** is **Our World... Keep it Beautiful**. In an effort to promote this theme by continuing to reduce our waste, the Green Team is planning on implementing a composting program in the hallways this semester. We invite everyone to get involved in our efforts and help Holy Cross become an even greener school!

## Contact Us

### Holy Cross Catholic Secondary School

1085 Woodbine Road, Kingston, Ontario, K7P 4V9 (613) 384-1919

See also [www.hctoday.ca](http://www.hctoday.ca)



Civics classes met with candidates **Andy Brooke** and **Nathan Townend** at HC on Monday, Sept. 29th. Also speaking was Art Milne, speech writer for the Harper Conservatives. Thanks to **Phyllis Scully** (left) who organized the event.

## Looking Forward to November

Nov3—University and college visits continue throughout the month: check the Student Services bulletin board for dates

Nov4—Mid-semester testing period begins; Honour Roll celebration during Pd. 1; Take Your Kids to Work Day for Grade 9s

Nov5-7—OFSAA Field Hockey and Cross Country competitions

Nov10—College Application Workshop @ 11:00 am

Nov11—Remembrance Day Liturgies; Term 1 Civics and Careers last day; Testing Period ends and reporting begins; *Guys and Dolls* tickets go on sale; Toronto Street Retreat begins

Nov13— Professional Activity Day 3

Nov16—Bullying Awareness Week begins;

Nov18—Wellness Wednesday #3; Mid-term marks to OCAS (Colleges)

Nov20—Mid-Semester Marks available online

Nov23— Mid-Semester Reports issued; Day of the Arts 1 (*Guys and Dolls* pm)

Nov24—Day of the Arts 2 (*Guys and Dolls* pm)

Nov25—Opening Night—*Guys and Dolls*

Nov26—OFSAA Finals, BBall.VBall

Nov27—Non-Uniform Day

Nov30—Advent begins; Improv begins.



### Committee Hosts First Wellness Wednesday of the Year

Yogurt, fruit and granola smoothies were on the menu in the morning of September 23rd. Special thanks to our Wellness Committee led by **Lisa Lollar**, **KFL&A Public Health** and **Terrie Hoey**, **CYW**, Wellness Committee Members and our Students' Council for all their efforts promoting health and wellness in our school community. We are looking forward to a Fitness Friday in the near future!

Members of the Holy Cross Golf Team get in some practice at Gananoque's Smuggler's Glen on Friday afternoon with Coaches Watts and Chambers. Smuggler's is the venue for this month's EOSSAA Golf championship. Members of the HC Golf Team are **Emily Calder, Ben Ottenhof, Mitchell Beaubien, Mack Hancock, Connell Pelow, Connor Wolfram, Kyle Hancock, Cameron Lyon, Jonathan Besselink, and Kiley Rodrigues**. Congratulations to **Cameron Lyon, Kiley Rodrigues and Emily Calder** who advance to the EOSSAA championship in Prescott on Thursday, Oct 1st, Connor in the "boys individuals" category, Kiley and Emily in the "girls individuals" category. Well done team.



### **Pastoral Update**

***Our Thanksgiving Food Drive will begin on Oct. 5. We will be collecting non-perishable food items up until our School Mass on October 15th with all proceeds going to the St. Vincent de Paul Society. This year's Grade 10 "Mind Body Spirit" Retreats will take place on October 20 & 21. Students will be travelling to Rideau Acres on one of these dates with their home form classes to hear some great speakers, including Lisa Lollar from the Public Health Unit, who will address important issues around relationships and sexuality. Please note: "Jamaica Fish Fry" at Holy Cross, October 30, 3:30 - 6:30 p.m. 'All You Can Eat' \$15.00. Take out or eat in.***

*Mr. Forster, Chaplaincy Leader*

**Scholarship News:** The deadline for two prominent scholarships is approaching. The Loran Award (formerly known as the Canadian Merit Scholarship) website is [www.loranaward.ca](http://www.loranaward.ca). We can sponsor/nominate three candidates. If you are submitting your application for consideration please submit by October 6th at 8:30 am. The deadline date for Queen's major entrance Scholarships and Awards is December 1st. Students interested in being nominated for the Queen's Chancellor's Scholarship must submit a copy of their application by November 9th. Students must have an average of 90% to be eligible. If you have any questions about these or any other scholarships, please contact Mrs. Cantarutti in Student Services.

**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 3:30 to 5:30p.m. and from 6:30 to 8:30 p.m. and Wednesday, October 28th, from 6:30 to 8:30 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. Students will be bringing home their report card and a teacher appointment booking form which will require the teacher's signature in order to confirm the appointment time. 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.

### **Immunization of School Pupils Act (ISPA)**

Please be reminded that under ISPA, students in the province of Ontario are required to provide a complete immunization record or a valid exemption to the KFL&A Public Health unit for designated immunizations. The KFL&A has provided the following timeline for the 2005-2016 school year:

**Monday, October 5, 2015** - Immunization questionnaires are mailed to home addresses for students who have incomplete immunizations records on file at KFL&A.

**Friday, October 30, 2015**—Deadline for parents and guardians to return their child's immunization information to the KFL&A Immunization Team

**Monday, November 9, 2015**—Suspension notices are mailed home for students who do not meet the immunization requirements outlined in the ISPA.

**Tuesday, December 1, 2015**—A list of students to be suspended (for Tuesday, September 8, 2015) is sent to the school with a reminder letter to send home with students.

**Friday, December 4, 2015** - An updated list of overdue students is sent to the school.

**Monday, December 7, 2015** - An updated list of overdue students is sent to the school to prepare for suspensions the following day.

**Tuesday, December 8<sup>th</sup>, 2015** Suspensions begin for all students who have not provided the necessary immunization info to the KFL&A Public Health.

## **ALGONQUIN AND LAKESHORE CATHOLIC DISTRICT SCHOOL BOARD**

September 1, 2015

Dear Parent/Guardian:

The Algonquin and Lakeshore Catholic District School Board (ALCDSB) and our community partners are committed to providing safe and caring school communities and learning environments for students, staff, school visitors and community members. We believe that each person should be able to study, work and attend our Catholic schools in an environment that is safe and free from threats of violence. The ALCDSB acknowledges the importance of promoting and supporting appropriate and positive student behaviours in schools. It is our hope that all members of our community demonstrate respect for the dignity of all persons. In 2011, the ALCDSB and its community partners adopted the ALCDSB Community Threat Assessment Protocol (CTAP). This risk/threat assessment process is designed to be a proactive and multi-disciplinary approach to developing intervention plans that address threats of violence, threatening behaviour and instances where the emotional and/or physical safety of individuals may be at risk. Recognizing that violence prevention in our schools and neighbourhoods is a community responsibility, the risk/threat assessment process will be initiated by school administration and/or community partners when behaviours have been identified that pose a potential risk to an individual or to others.

Providing notice to parents/guardians of the risk/threat assessment process ensures that parents/guardians are aware that threatening or high-risk behaviours will be investigated. This also recognizes the important role that the parents/guardians have in supporting and participating in the process itself. A description of the risk/threat assessment process and examples of where it may apply are attached. For further information, the Community Threat Assessment Protocol (CTAP) document may be found on our website at

<http://ishare.alcdsb.on.ca/principalsplace/safeschools/Threat%20Assessment/Final%20ALCDSB%20Threat%20Assessment%20Protocol%20%20March%2023%202011.pdf>.

Sincerely,

Theresa A. Kennedy, Superintendent of School Effectiveness



# Natural Highs: Supporting Teens in Making Healthy Choices

*Presented by:*

**Matt Bellace, Ph. D.**

*Psychologist & Comedian*



“ *It's not enough to ask young people to stay away from drugs and alcohol. We need to show them there are positive things they can do for themselves and others.* ”

## Free Parent Event

**Tuesday, October 20, 2015**

**7:00 p.m.**

**LCVI Cafetorium**—153 Van Order Drive, Kingston

**All are welcome. Light refreshments will be served.**

As a clinical psychologist and stand-up comedian, Dr. Bellace uses humor to convey his powerful message: **we need to support young people if we want them to make healthy choices.**

Participants will:

- Learn how to effectively communicate with teens about sensitive issues.
- Understand the teen brain and the impact of substance use on brain development.
- Learn the science behind healthy coping mechanisms and 'natural highs'.

