



# HOLY CROSS

Catholic Secondary School

January 2016

## Principal's Message

The Christmas break is a blessing in a number of ways. Mr. Melim, Mrs. Galant, and the entire staff at Holy Cross, wish you a very happy new year, but now we are back to school and are moving toward culminating tasks and final examinations. Please know that we are committed to supporting the academic success of all students and we encourage all families to plan ahead for the completion of credits. While we will always work with families to find solutions to issues that might arise, the Education Act does not permit absence from school for vacations and the published examination schedule cannot be adjusted to meet individual needs of this type. Thank you for your understanding.

To the right, you will see grade 12 student **Laura Collings** at the Wellness Team healthy snack table, over-



seen by **Ms. Hoey**. The Wellness Team does great work, especially during the Christmas season, promoting healthy eating habits. Don't tell anyone, but those are black bean brownies! To the left, my choice for coolest Christmas hat - **Liam Steep**.



The start of a new year holds out the promise of great things to come. Check out the important dates for January listed to the right: you will see a number of exciting events – the vocal music concert and the Memorial basketball games to name just two. I hope to see you out at these and other events during the month of January. And, finally, Holy Cross recently sponsored a survey of parents, students and staff about our graduation in June. Thank you to everyone who responded — we had over 300 respondents. The results are included in this newsletter on page 2.

*Ian Stuart, Principal*

## This Month

- 4th- First Day of Classes
- 7th- "Life Bus" visits HC
- 11th- Semester 1 Field Trip Moratorium
- 13th- OUAC Application Deadline; Grade 11 Vocal Music concert; Department Heads meeting after school
- 14th- January School Mass @ 9:30 am (farewell to retiring teachers Mrs. Dowsley and Mr. Michalski; The Memorial basketball games at RND at 5 and 7 pm; HC volleyball vs. RND at HC at 1 and 3 pm
- 19th- EQAO Math Day 1
- 20th- EQAO Math Day 2; Wellness Wednesday #5
- 21st- Culminating Task and Review Day 1
- 22nd- Culminating Task and Review Day 2
- 25th- Culminating Task and Review Day 3
- 26th- Culminating Task and Review Day 4; final instructional day; textbook returns begin and continue all week
- 27th- First Day of Examinations, 8:30 and 12:00; Jamaican Mission Trip meeting @ 2:00
- 28th- Exam Day 2
- 29th- Exam Day 3
- Feb 1- Exam Day 4
- Feb 2- Exam Day 5
- Feb 3- Course Reconciliation Day
- Feb 4- PA Day
- Feb 5- 1st Day Semester 2

## Examinations on the Horizon

The examination season is upon us, and with it comes added pressure on staff and students. Deadlines for the completion of course work, culminating tasks, studying, increasing hours for students with part-time work—it all adds up to stress and anxiety. And that stress and anxiety often spills over into the home. We are here to help. The week before examinations is a review and culminating task week. **No new curriculum will be introduced during the final week of classes.** Guidance Counsellors and Youth Workers are available for students who need help managing the end of semester timelines. Subject teachers will provide course review work in every class at Holy Cross.

Parents and family have a role to play as well. The final examination schedule will be published shortly on our website.

**Wednesday, January 27th to Tuesday February 2nd, 2016** are the provincially mandated days for examinations. Please avoid scheduling events on those school days. But things do happen. Legitimate reasons for absence include medical, family emergency, or inclement weather. Please know that medical exemptions must be supported with a doctor's note specifying "exemption from examination" due to the particular reason. The school will work with students to complete necessary assessments so that credits may be granted. Our guiding principles are fairness and academic integrity.

## And the Survey Says... Graduation Survey Results

Question 1: identify yourself — **22% graduates; 6% student; 53% parent; 18% staff.**

Question 2: I would like to keep the June graduation ceremony in the Holy Cross gym for 2015-6 — **45% Yes; 55% No**

Question 3: At the graduation ceremony, my family will need — **2 seats, 7%; 4 seats, 32%; 6 seats, 31%; more than 6 seats, 30%.**

Question 4: I would support increasing the fee paid by graduating students (presently \$25) to cover the cost of moving off site— **by \$15, 25%; by \$25, 30%; by \$35, 13%; I do not support a fee increase and prefer staying on site, 31%.**

Question 5: The start time that would best suit my family would be — **4:00 pm, 20%; 5:00 pm, 16%; 6:00 pm, 43%; 7:00 pm 21%.**

**Please Note: This survey will be used by our graduation committee to plan for this year's ceremony and subsequent graduation ceremonies. Decisions made by the committee will be based on many factors, not just the wishes of staff, parents and students**



## Fishing Club Derby on the Bay of Quinte

Holy Cross fishing club members (l to r) **Keith Furlan, Jacob Randall, Tristan Gervais, Avery Check, and Hunter Young** show off the 14 lb. lake trout they caught and released on their recent field trip, November 23rd, on the Bay of Quinte.

Supervisors **Mr. Gervais and Mr. Hunter** welcome new members to the Fishing Club in anticipation of their next event—in St. Thomas for EDUCAST. There is still hope for ice fishing if the weather cooperates.

For more information navigate to [www.alcdsb.on.ca](http://www.alcdsb.on.ca) and click on "Policies and Procedures".



## Algonquin and Lakeshore Catholic District School Board Policy on Communication, Concerns and Complaint Resolution

Below you will find the ALCDSB 'Guiding Principles' concerning communication, concerns and complaint resolution. These statements govern all members of our community. Please pay particular attention to the words 'open', 'fair', and 'respect' - key components of our philosophy.

- Open communication and listening attentively to all constructive suggestions to improve our educational service is vital to our growth as a system.
- All public and interpersonal communication must recognize the dignity of the individual and be conducted fairly and with respect.
- Effective communication and community relations involve the open, continuous and reciprocal exchange of information between parties.
- Effective communication provides accurate, understandable and timely information.
- Concerns and complaints resolution processes will be made available to the community at large.
- The Algonquin and Lakeshore Catholic District School Board shall provide open access to information subject to the limitations of the Education Act, the Municipal Freedom of Information and Protection of Privacy Act; or other applicable legislation.

## Arts Update

Students in the grade 11 vocal music class will present their culminating concert on Wednesday, January 13th, 2016 at 7pm on the Holy Cross stage. This energetic group of 25 students will be accompanied by a lively 4-piece band and the concert will include a variety of choral pieces. Special guests are the members of the grade 10 dance class. Tickets are only \$5 at the door!

## MindLight Study Comes to Holy Cross

In January, Holy Cross students in grades 9 and 10 will be invited to take part in an anxiety study offered through Queen's University. This important study has been approved by the Algonquin and Lakeshore Catholic District School Board and has already been implemented in a number of our elementary schools. Parents will be informed with a letter home in early January. The study is entirely voluntary and entirely confidential. If you wish to opt out, just let us know. More information about this study, provided by the Project Coordinator, is included in this newsletter.



## Looking Forward to February

Feb 1—Semester 1 IEP review and comments due; Exam Day 4; OCAS Application deadline date  
Feb 2—Exam Day 5; textbook return and pick up continues  
Feb 3—Course Reconciliation Day  
Feb 4—ALCDSB PA Day #4;  
Feb 5—Turnaround Day: activity timetable with semester 2 classes, exam return  
Feb 8—First full day of semester 2 classes  
Feb 9—**Shrove Tuesday** pancake breakfast; Grade 12 marks due to OCAS, college application centre  
Feb 10—**Ash Wednesday Mass**; Share Lent Collection begins  
Feb 11—Grade Assemblies, semester 2; OUAC marks due to university application centre  
Feb 12—Sem 1 marks available on-line and reports issued  
Feb 14—Jamaican Mission Trip departs  
Feb 16—Student Teacher Practicum block #2 begins; PRO Grant Speaker Sami Jo Small student presentation & parent night; Wellness Week events through Friday  
Feb 17—Grade 8 Parent Night: Class of 2019  
Feb 19—Last day for timetable changes; course selection assemblies begin  
Feb 21—Jamaican Mission Trip returns  
Feb 24—Pink Shirt Bullying Awareness Day  
Feb 25—“Life Bus” visit to HC at lunch hour  
Feb 26—February Non-Uniform Day

## Retirement Announcement

On December 18th, Educational Assistant **Marlene Beyette** slipped quietly into retirement as was her wish. We mark this event with a mixture of happiness and sadness, happy for the time Marlene spent with us in service to students and sad to see a friend and colleague leave us. Best of luck, Marlene and you are always welcome at Holy

## Contact Us

Check on-line for more information at [www.hctoday.ca](http://www.hctoday.ca)  
**Holy Cross Catholic Secondary School**  
1085 Woodbine Road, Kingston, Ontario, K7P 4V9  
(613) 384-1919

## Competitive Dance Tryouts Announced

Tryouts for the Holy Cross Competitive Dance Team will start next week! There will be an information meeting for interested dancers on **Thursday, January 7th** at lunch in the drama room (246). Tryouts will take place on **Monday, January 11th** in the cafeteria after school. It is recommended that students trying out have previous dance experience.

"Congratulations to **Elyssa Biringer**, **Halen Hinch**, and **Ge (Lynn) Yan** who placed first, second and third in the Royal Canadian Legion's Senior Black and White Poster Remembrance Day Contest; to **Amanda Lalonde** first place, **Angelica Peters** and **Xavier Langevin** both in second place, **Mackenzie Tye** third in the Senior Colour Poster Contest; and to **Jenny Chambers**, **Julia Giugovaz**, who placed second and third in the Intermediate Colour Poster Contest, finally **Neebin-Rayne Hunter**, **Paula Peruelo** respectively placed first and second in black and white version. Good luck to the students that placed first and will represent our school in the second level of the 5 level national contest."

## Coffee House A Great Success

Performer **Clayton Veno** and friends celebrate another successful Christmas Coffee House which was hosted by the Arts Department at Holy Cross on Wednesday, December 16th in the cafetorium. Special thanks to Directors **Mr. Sicoli** and **Mr. Stabile** as well as our emcees Jared Griffith and Andrew Hurt. The evening included 21 different performances showcasing a wide variety of talent, vocal and instrumental- highlighted by Clayton's "You've Got a Friend in Me" from Toy Story.



## COUNSELLORS' CORNER

### University/College Applications

Applicants should notice that the application centre deadlines (for equal consideration for admission to programs) are approaching. University applications are due to the centre by Wednesday, January 13th and college applications by Monday, February 1st. Students are asked to ensure that all data on the application is accurate (including address and transcript information). Please contact Student Services with any concerns.

### Semester 2 Timetables

Students are able to access their timetable on the Parent-Student Maplewood Access on the Holy Cross website hctoday. The link is under the "Student Services" section of the Home Page. Students should also verify demographic information here and notify Student Services of any changes. If you have misplaced your username and password, contact Student Services. A new timetable with teacher names and room numbers will be issued in Period 1 class on the Friday February 5th, 2016

### Course Selection 2016-2017

The course selection process for next school year will be outlined in workshops being conducted in mid February. More details to follow.

## *Crusaders In Community Service* Congratu-

lations to the entire HC School Community for their amazing generosity during this year's Advent Collection. Members of our school community have reached out to help so many charitable groups and good causes during the month of December. Our Advent Collection wrapped up on the last day of school, and this year the Home Form Classes were divided up by Grade Levels to support 4 Charities. In the end the Grade 12's finished ahead in the total amount raised thanks in large part to a donation of \$358.00 from Mrs. Coombs and her Bridges class who raised their money through a lunch hour Bake Sale. All told the Grade 12's raised \$788.00 which will go to the House Build on this year's School Mission Trip in Jamaica. Close behind were the Grade 9's who raised \$583.00 for the local St. Vincent de Paul Society. The Grade 11's raised \$460.00 for the Maree's, our adopted Syrian Family from Syria. And close behind them were the Grade 10's who raised \$401.09 for Kingston Birthright. In addition to these charities, our students and staff collected coats and mittens for the Hotel Dieu Hospital Winter Warmth Program. And over 100 students brought in non-perishable food items in order to take part in our Jingle Bell Walk around the neighborhood organized by our school Wellness Team, Student Council and CICS. Let's continue to be watchful for ways to help those in need. And may the New Year bring much joy and peace to each of us, to our school community and to our world. **Chris For-**

# PRO Grant Speaker

**Sami Jo Small** will be speaking at Holy Cross on **February 16th** to our students in the morning, and to our parents in the evening. She currently works as a motivational speaker as well as an instructor at her hockey school. She still plays competitive hockey for the Toronto Furies. She grew up playing on the outdoor hockey rinks of Winnipeg, MB. Her passion for the game was honed in the boys' minor hockey system. As the only girl she was forced each and every day to prove that she belonged through hard work and determination. She dreamt, like her teammates, of someday playing in the NHL, but also dreamt of someday stepping on to the podium at the Olympic Games.

At Stanford University for track and field, injuries led to a return to hockey. She played on the Stanford Men's team, garnering PAC-10 MVP honours while earning her degree in mechanical engineering. Ultimately, her childhood dream became a reality when she accepted a spot on the 1998 Olympic Games team traveling to Nagano, Japan. Women's hockey was on the rise and Sami Jo was a huge part of its success. She has since won five World Championships and has twice been named Championship MVP. She is a three time Olympian and has been a member of two Olympic Gold Medal Winning teams. We look forward to her visit and thank our school council, led by Michelle Iliescu, for their work in bringing Sami to Holy Cross.



Dear Parent or Guardian:

We would like to invite you to be part of a new study looking into the ability of video games to reduce levels of anxiety in children and adolescents. This study, MindLight, is being conducted by Dr. Tom Hollenstein from Queen's University, Isabela Granic from Radboud University in Nijmegen, Netherlands, and Dr. Sarosh Khalid-Khan from Queen's University and the Mood and Anxiety Clinic at Hotel Dieu Hospital in Kingston, Ontario. The Mindlight study has been approved by the Algonquin and Lakeshore Catholic District School Board and the Research Ethics Board at Queen's University.

As a first step, we will be distributing a brief questionnaire to determine eligibility of youth in grades 9-10 at Holy Cross Catholic Secondary School. This questionnaire will indicate how often and to what degree your child experiences feelings of anxiety. Experiencing some anxiety is normal and expected for everyone. From taking tests to presenting in public, anxiety is something we all experience at some point in our lives. The purpose of this study is to help youth manage their feelings of anxiety through engaging computer-based programs.

If your child is eligible, we will send you information about the study and how you can contact the study coordinator if you are interested. You and your child are under no obligation to participate. If you do not wish to have your child participate in the questionnaire, please contact us directly, or contact your child's school.

If you have any questions about the study, you may contact the study coordinator, Jess Wilfong, by phone (613-533-2892) or email ([teenlab@gmail.com](mailto:teenlab@gmail.com)) at any time.

Thank you for your attention and in advance for providing this very interesting opportunity for your son/daughter.

Dr. Tom Hollenstein  
613-533-3288  
[Tom.hollenstein@queensu.ca](mailto:Tom.hollenstein@queensu.ca)

Grade	A.M. / P.M.	Wednesday January 27 <sup>th</sup>	Thursday January 28 <sup>th</sup>	Friday January 29 <sup>th</sup>	Monday February 1 <sup>st</sup>
12	a.m. 8:30	ENG4U	HHS4U HHS4C MAP4C	CIA4U	CGW4U
	p.m. 12:00	BAT4M SCH4C SCH4U	FSF4U HRE4M MDM4U	ENG4C SBI4U	ADA4M
11	a.m. 8:30	MCF3M MCR3U SBI3C SPH3U	ENG3C ENG3U	HRT3M MBF3C	CHW3M SCH3U
	p.m. 12:00	CHA3U FSF3U BAF3M	SBI3U	HSP3U ICS3U	CLU3M ICS3C
	a.m. 8:30	MPM2D SNC2P	ENG2P SNC2D	BBI2D	HRE2O
10	p.m. 12:00	CHC2D CHC2P	ENG2D	FSF2D MFM2P	
	a.m. 8:30	MPM1D	CGC1D CGC1P	MFM1P	HRE1O
9	p.m. 12:00	ENG1D ENG1P	SNC1D	SNC1P	