



# HOLY CROSS

Catholic Secondary School

February 2018

## Principal's Message

### Principal's Message – February 2018

As we move into Semester two, we bid farewell to Ms. Asia Zolnierczyk, Ms. Nadia Bernabei, Ms. Allison Ross, Mr. Mark McMahon and Mrs. Candace Marshall, who are moving on to other assignments with our Board. We thank them for their contributions to the Holy Cross community over the past semester and wish them the very best in their new positions. We welcome back to the Holy Cross community, Mrs. Kathleen Waller (from maternity leave) to our science department, Ms. Adriana Cote (from St. Theresa CSS) to religion and social science and Ms. Bernadette Dos Santos (joining us from Nicholson Catholic College) to our religion and math departments.

Congratulations go out to the Memorial donors, organizers, coaches and players who raised over \$5000 in support of cancer research on January 18<sup>th</sup>. It was a great day of community engagement and also Holy Cross athletic victories. Congrats to our Jr. Girl's volleyball and to our Jr. and Sr. Boy's basketball teams on a great showing on the day. Thanks also to the Holy Cross volunteers under the guidance of Mr. Robin Dzierniejko, Athletic Director at HC, for their great efforts in support of this worthy annual event.

The second session in our Teen Mental Health Speaker Series will take place on Thursday February 8<sup>th</sup>, 2018, at 7:00pm in the Lecture Theatre. The topic of this session is: *Parenting Youth in a Time of Transition: How to help prepare them for managing life stress*. Dr. Sue Buchanan will be the speaker for the evening. Dr. Buchanan is a Clinical Psychologist with the Maple Family Health Team and Associate Adjunct Professor & Clinical Supervisor in the Department of Psychology at Queen's University. As a psychologist, Dr. Buchanan has worked at Hotel Dieu Hospital and in private practice, with both children and adults.

### This Month

- Feb 1 – Semester 1 Reconciliation
- Feb 2 - PD Day
- Feb 5 - Semester 2 begins
- Feb 5-9 – Frost Week Activities
- Feb 8 - School Speaker Series for Parents  
Dr Su Buchanan in Lecture Theatre  
7:00-8:30pm
- Feb 9 - Semester 1 final report cards home
- Feb 9 - Frost Semi Formal in Cafetorium  
7:00-10:00pm
- Feb 13 – Grade 8 Parent Info Night  
6:30-8:30 pm Cafetorium
- Feb 13 – Shrove Tuesday
- Feb 14 - Ash Wednesday Mass
- Feb 15 – Course Selection Assemblies
- Feb 19 – Family Day
- Feb 21 – Catholic School Council meets  
6:00pm
- Feb 28 - Pink Shirt day for Bullying Awareness

She will address youth mental health and discuss strategies for building resilience and health in students. Dr. Sue Buchanan, with the assistance of PhD students in her Clinical Psychology program and in collaboration with the HC Wellness team, has been guiding our #HCgotyourback program once a month at Holy Cross this school year. This promises to be an informative and beneficial session, I look forward to welcoming you to it.

God Bless,

Michael Faught

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



# PASTORAL NEWS



## **PASTORAL MESSAGE:**

The Chaplaincy Team warmly welcomes everyone back to Semester 2. We are looking forward to celebrating our February 14<sup>th</sup> Ash Wednesday School Mass with Fr. Amato and Fr. Shea. At the end of this Mass, we will be distributing ashes to students and staff to mark the beginning of our Lenten Journey.

**CICS' UPDATE:** CICS Students will be participating in this year's Development & Peace Student Leadership Day on Feb. 28<sup>th</sup> in Belleville. This day will prepare us for our overnight Think*fast* on March 23. We will also be organizing for our Senior's Outreach Program. Come to the CICS' Meetings in Room 214 to find out more about how to get involved in social action here at Holy Cross.

**JAMAICA MISSION TEAM PREPARES TO DEPART:** Members of the 2018 Holy Cross Jamaica Mission Team are busy preparing for their Feb. 16 - 23 Mission Trip. A big thank you to those who have helped make this experience possible and especially to those who have donated to our fundraising. All this money will go directly to the Mission Projects we will be volunteering at in Jamaica.

Let us continue to pray for the sick and those who are struggling with any pressures at this time of year. May they and all of us live each day with renewed hope and trust in God. And may God continue to bless all our students, staff and families throughout the coming month.

Chris Forster, Chaplaincy Team Leader

**Session 2: Parenting Youth in a Time of Transition: How to help prepare them for managing life stress.** Dr. Susan Buchanan, Ph.D., C. Psych.

**Thursday February 8<sup>th</sup>, 2018, at 7:00pm, Holy Cross Lecture Theatre.**

Dr. Buchanan is a Clinical Psychologist with the Maple Family Health Team and Associate Adjunct Professor & Clinical Supervisor in the Department of Psychology at Queen's University. As a psychologist, Dr. Buchanan has worked at Hotel Dieu Hospital and in private practice, with both children and adults. In recent years, she has spoken to groups of parents and educators in the Kingston region about children and youth mental health, and about strategies for building resilience and health in students. She has been instrumental in organizing a series of lunch time workshops for students at a local high school to learn strategies for managing stress. This workshop series is a collaboration between Queen's University Department of Psychology, Clinical Psychology Outreach Program (CPOP), the 'Got Your Back' workshop series program at Queen's University and KFL&A Public Health.

Admission is free. Open to all parents, caregivers or community members who want to learn more.



## Looking Forward to March

March 7- Coffee House 7:00-9:00pm

March 8 - Reconciliation Gr 11 & 12

March 12-16 - March Break

March 21 - Report Cards issued

March 21- Parent Teacher Interviews  
sign ups open

March 22 - Reconciliation Gr 9 & 10

March 23 - THINKfast

March 27 - Compass Survey

March 28 - Parent Teacher Interviews  
3:30-8:30pm

March 29- Stations of the Cross

March 30 - Good Friday

## Contact Us

Check on-line for more information at [www.hctoday.ca](http://www.hctoday.ca)

**Holy Cross Catholic Secondary School**

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(613) 384-1919

In advance of the Ontario Secondary School Literacy Test (OSSLT), the literacy team at Holy Cross will be providing a number of preparatory materials for use by those students that will be writing the test. These materials will be available via a D2L course available on the Virtual Commons for all students that are writing the test, or by clicking the link below:

<https://alcdsb.elearningontario.ca/d2l/home/8705296>

The OSSLT takes place this year on April 10, 2018. More information about the test will be forthcoming in future newsletters and on the website:

## Free math tutoring now available online

Math students in grades 7 to 10 can now access live, interactive online math help by visiting Homework Help, free, real-time math tutoring by certified Ontario teachers.

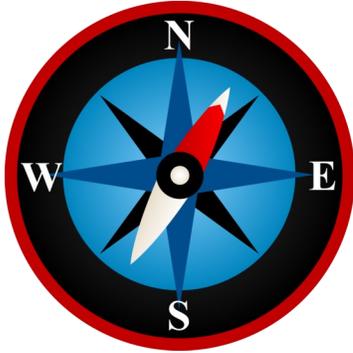
Students can log in from Sunday to Thursday, between 5:30 and 9:30 p.m. for individualized confidential math tutoring. There are discussion rooms for each grade where students can join and see what questions other students are asking, watch the tutors draw on the whiteboard – and ask their own question for on-the-spot help.

Students will also find 24/7 discussion rooms, video lessons and commonly asked questions. Other online math resources include math games and a virtual locker, where students can save their work. Homework Help is a project funded by the Ministry of Education

## After School Literacy

As support for writers of this year's OSSLT, Holy Cross will be running an after-school literacy program beginning February 13<sup>th</sup> – March 27<sup>th</sup> in room 216. To register, students may pick up a form from the main office.





## COMPASS

Each year at HC, all students participate in the University of Waterloo, COMPASS survey, which examines health related behaviours including physical activity, healthy eating, tobacco use, alcohol use, marijuana use, sedentary behavior, bullying, school connectedness and academic achievement. This year the study has expanded some of its topic areas, after feedback from participating schools. COMPASS will now include Mental Health measures as well as prescription drug use measures in the student questionnaire, as this has become a serious issue for Canadian youth. The survey takes about 30 minutes and it will take place on **Tuesday, March 27<sup>th</sup>, at 8:30 a.m.**

## FROST WEEK —FEB 5-9TH

### EVENTS

**MONDAY**—Full uniform, tea and hot chocolate at lunch

**TUESDAY**— Twin Tuesday—non uniform day

**WEDNESDAY**—Denim Day—non uniform day

**THURSDAY**—Throwback— non uniform day

**FRIDAY**—Full uniform—Semi Formal at 7pm



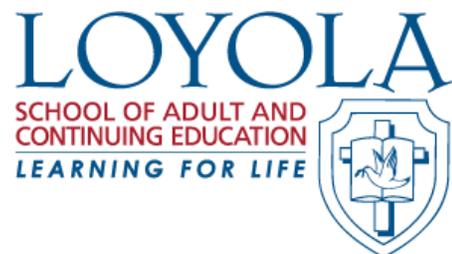


## **The Canadian International Autoshow trip on Feb. 21.**

The cost is \$50 payable online to the school. The price includes entry and a coach bus to Toronto. The show is being held at the Metro Toronto Convention Center in downtown Toronto. The bus leaves at 7:30 am and returns at approx. 7:30pm. Students will need to bring money for souvenirs, lunch and dinner if necessary on the return trip home. There are only 50 seats on the bus and all forms and money must be submitted by Feb.16/18. Please see Mr. Kallevig if you have any questions.

### **Need your High School Diploma? Looking to get into College?**

Loyola School of Adult and Continuing Education offers many options to support you in achieving your goals. If you are ready to take the next step in achieving your future, visit our website for more information: [www.learningatloyola.ca](http://www.learningatloyola.ca)



Algonquin and Lakeshore Catholic District School Board

# Counsellor's Corner

## **COURSE CHANGES/DELETIONS**

Students are to consult a counsellor if they wish to make a change to their timetable. It is advised that any required course changes be dealt with by the end of the first week of semester two. Furthermore, it is required that all changes be completed by the end of the second week of the semester. The last day to change a course is Friday February 16th.

## **COURSE SELECTION PROCESS**

At this time of year, students begin the process of selecting courses for the 2018-2019 academic year. It is critical for all students who plan on returning to Holy Cross that they follow the timelines in order to ensure that they are able to obtain the courses they desire. Holy Cross will be conducting the on-line process of selection of courses in workshops taking place at the school. Details will be explained in grade sessions being conducted on February 15th.

## **COURSE LOAD**

All students in Grades 9, 10, 11 are required to carry a course load of 4 courses each semester. All students in Grade 12 who have achieved at least 24 credits are required to carry a minimum of 3 courses each semester.

## **GRADE 8 PARENT INFORMATION NIGHT**

Grade Eight Parent Information Night will be hosted on Tuesday, February 13th, 2018 at 6:30 p.m. There will be an information session for parents/guardians of students who have an Individual Education Plan (IEP) starting at 6:00 in the Lecture Theatre (room 151). This evening is open to Grade Eight students and their parents/guardians. Registration packages will be available for all non feeder school parents. All completed registration packages are to be returned to Holy Cross by March 5th, 2018.

## **VOLUNTEER & JOB OPPORTUNITIES**

Students are reminded to check the bulletin board for volunteer and job opportunities.

The Ontario Government is advertising summer job opportunities. Visit [Ontario.ca/careers](http://Ontario.ca/careers) for more information.

## **THE ONTARIO YOUTH APPRENTICESHIP PROGRAM (OYAP)**

There are over 150 skilled trades in Ontario, and forecasts indicate there are extreme shortages of workers in many of these areas. The province expects to register 24,000 new apprentices this year; however, there are indications that this number will not keep up with the on-going demand for skilled trade workers. To assist in this regard, OYAP helps young people to "jump start" their careers while still enrolled in high school. Full-time senior students who are at least 16 years of age and have an interest in a skilled trade/occupation are eligible to apply.

Information about OYAP may be obtained from the guidance department or cooperative education teacher in any of the Board's high schools. Additional support or information is available from Will Geris OYAP Co-ordinator with the Board. Will can be reached at (613) 532-4292.

## **Enrichment Opportunities at Queen's University:**

1. Enrichment Studies mini course May 7 -11, register at [esu.queensu.ca/emc](http://esu.queensu.ca/emc)
2. Summer Engineering Academy – offered July and August, register at [engineering.queensu.ca/qsea](http://engineering.queensu.ca/qsea)

Crusaders Swim Team head  
to EOSSAA

February 8th in Perth

Go Crusaders!



DECA TEAM  
TO PROVINCIALS  
IN TORONTO  
FEBRUARY 8TH -10TH

### **Learning French is fun!**

“My favourite part of this semester’s French class was getting to look back to the start of the semester and seeing not only how much I’ve learned, but also how everyone has improved by doing dialogues and actually speaking French. I saw many of my friends become more confident in their French-speaking abilities.”

*-Maddie, ALCDSB Grade 9 Student*

*Encourage your child to be a lifelong learner of French!*

