



HOLY CROSS

Catholic Secondary School

October 2020

Principal's Message

Hello Holy Cross Community,

All things considered, we have had a successful start to the 2020 school year. Our teaching staff and our educational assistants are working diligently in support of in-person and remote learners and at navigating the Octomester format for course delivery. There have certainly been obstacles, changes and challenges plus a steep learning curve for staff and students alike, but we continue to do our very best to support the needs of each of our learners. Our custodians continue to go above and beyond in keeping our school clean and safe and to ensure that we are complying with the rigorous health and safety standards. Our secretarial staff, as always, are running things in the building with efficiency and calm. I am thankful for the great staff we have at Holy Cross.

I'm very pleased that we will be able to recognize the achievements of the Class of 2020 safely and in-person at Holy Cross (details can be found in this newsletter). Though this event will not match the celebratory nature of our traditional June convocation exercises, I am pleased that our grads will get the chance to 'walk across the stage' in cap and gown and (for many) turn the page on the Holy Cross chapter in their lives. Congratulations to the entire Class of 2020 – you make us proud and may you always remember the unique way you wrapped up your high school career. A big thank you to our graduation committee for their hard work in putting together our upcoming event on October 9th.

We are approaching the end of the first Octomester and so, teachers will be communicating with their classes about culminating and summative course activities in the coming days. The end of the Octomester is 8th of October and the start of the second Octomester is the 13th (following Thanksgiving weekend). The 9th of October is set aside as an exam and course

This Month

- October 8– Octomester 1 ends**
- October 9 - Octomester 1 exam day**
- October 9 -HCs Got Talent**
- October 9 - Last day for Food Drive**
- October 12 - Thanksgiving**
- October 13 - Start Octomester2**
- October 14 –Last day to change classes
For Octomester 2**
- October 27 –Octomester 2 midterm**
- October 31– Halloween**

reconciliation day. Teachers will communicate with their students to let them know if attendance on the 9th is required. Students will receive their first Octomester report card on Friday October 16th.

Thank you for your on-going support this year, I wish you each a happy and safe Thanksgiving weekend.

God Bless,

Michael Faught.

COUNSELLORS' CORNER

Report Cards

Octomester 1 report cards will be issued in classes on October 16th, 2020.

Timetable Changes- Octomester 2

Students can request class changes no later than Wednesday, October 14th, 2020 for Octomester 2.

Parent-Student Maplewood Portal access

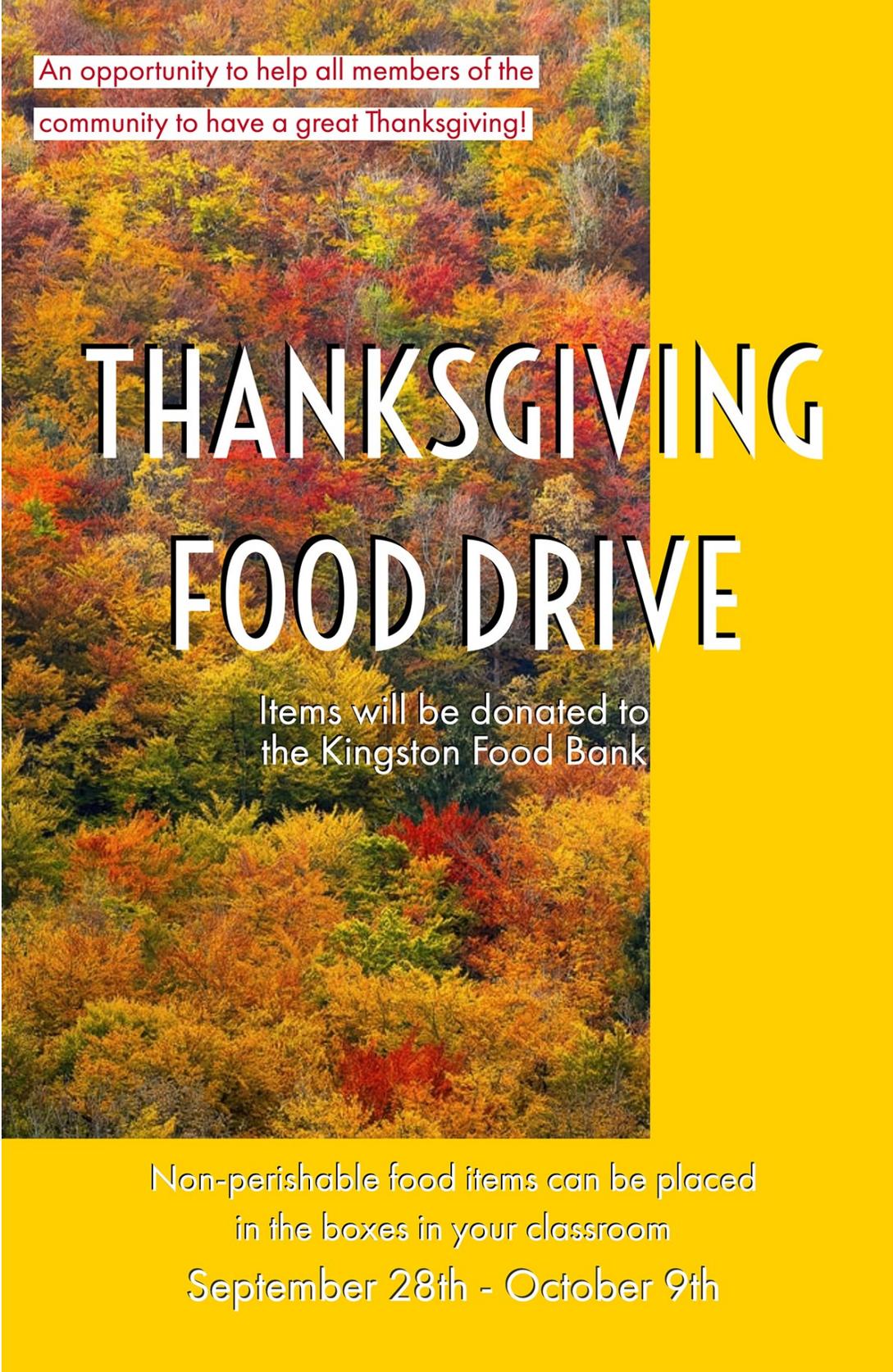
All students have access to their credit history through the parent-student Maplewood portal on the Holy Cross website. Passwords and usernames are available from student services. Grade 12 students are encouraged to check their credit histories to ensure all requirements are fulfilled for graduation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

Scholarship News

The deadline for two prominent scholarships is approaching. The Loran Award website is www.loranaward.ca. Holy Cross can sponsor/nominate three candidates. If you are submitting your application for consideration please submit by October 5th 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 6th** at 8:30 am. 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.

Post-Secondary Information

Guidance Counsellors visited grade 12 classes to offer information regarding post-secondary timelines as well as scholarship information. Handouts are available in Student Services and are also posted on the Guidance page on the Student's virtual commons. The Student Services section of the HC website will also be updated with the Post-Secondary information. Students are encouraged to check College and University websites for virtual presentations.



An opportunity to help all members of the
community to have a great Thanksgiving!

THANKSGIVING FOOD DRIVE

Items will be donated to
the Kingston Food Bank

Non-perishable food items can be placed
in the boxes in your classroom
September 28th - October 9th

get updates about delayed or cancelled buses



we anticipate this year will have more delays and route cancellations than normal due to the pandemic. please ensure you are subscribed to our notifications



subscribe by email
to specific bus
routes or students



download
BusPlanner
Delays App*

*use verification code: TSTS



review daily
notices on
triboard.ca



follow our delays
[@BusDelayNCancel](https://twitter.com/BusDelayNCancel)
on twitter

Student Accident Insurance

Link

<http://insuremykids.com/en/Default.aspx>



Parking Lot Safety

The safety of our students is a major concern at Holy Cross, so please pay attention to direction and speed restraints while driving in the school parking lot. The entrance to the school lot is at the east end of the school and the exit is at the west end. Please do not go in the out and vice versa. Reduce your speed while driving and watch for students. When dropping off and picking up students, do not block traffic flow. When possible, park in a designated parking space. Do not block the “No Parking” area or the handicap parking spaces in front of the school as these areas are needed by individuals with special needs as well as students crossing to get to the city bus stop. Avoid parking at the east end of the school at the end of the day as the buses can’t get through the narrow space. Finally, there is no parking in the laneway at the back of the school. This is for bus drop off and pick up only. Vehicles parked in the rear laneway not only delay the busses but also create a risk to students trying to get to their busses. Caution and consideration will make things better for all.





PASTORAL NEWS

Even amid unfamiliar practices and measures, the first month back at Holy Cross has been an absolute blessing. It is clearly evident each and every day how thankful staff and students are to be reunited with one another!

Although we were unable to have our usual September Mass commemorating the “Exaltation of the Holy Cross,” Fr. Amato and Fr. Shea blessed the iconic cross necklaces given to the incoming grade nine class. These have been distributed to our in-class grade nine students; remote learners will be receiving theirs soon!

On September 30th we observed *Orange Shirt Day*, “to commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation.” As a Catholic community, we are deeply thankful to share in this opportunity to open the door for meaningful discussion on all aspects of reconciliation and affirm that *Every Child Matters*. #ReconciliACTION

Our Thanksgiving Food Drive for the Partners in Mission Foodbank is running until Friday, October 9th. Be sure to bring in non-perishable food items to your first octomester class!

We will be ending the final nine days of the first octomester with a novena to St. Roch, whose intercession is regularly invoked during times of disease. Please consider joining your prayers in communion with ours until October 9th, asking St. Roch’s intercession for Holy Cross and the wider Kingston community. May we always seek to more fully live out the theme for this year, “All are Welcome in This Place.”

Please feel free to visit @HC_Chaplaincy on Twitter for ongoing updates!

Best regards,

Nick Cotman, Chaplaincy Leader

“Endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.” Romans 15:4-5

All Are Welcome In This Place

Looking Forward to November

**Nov 2 - Full Disclosure Date for
Gr 11 & 12**

Nov 11 - Remembrance Day

Nov 11– End Octomester 2

**Nov 12 - Octomester 2 Exam
Day**

Nov 13 - Start Octomester 3

**Nov 16 - Last day to change
Octomester 3 class**

Nov 30 - Midterm Octomester 3

Contact Us

Check on-line for more information at www.htoday.ca

Holy Cross Catholic Secondary School

1085 Woodbine Road, Kingston, Ontario, K7P 2V9

(613) 384-1919



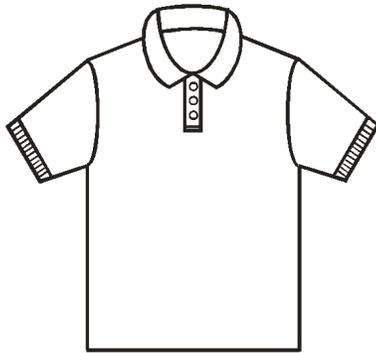
Holy Cross Graduation portraits this year will be taken at the Lifetouch Portrait studios located at 3055 Princess St, Kingston, beginning on Monday, October 5th. Portrait sessions will be between 2 pm and 9 pm by appointment only. The portrait studio takes our safety as their first priority. For this reason, appointments are necessary in order to stagger arrival of graduating students. Social distancing policies will be strictly adhered to during your portrait session, and items will be sterilized between users. Please wear a face mask when you arrive to the studio. If you have any signs or symptoms of COVID on your appointment date, please rebook your appointment.

To make your appointment, and pay your sitting fee, please go to the online booking site at <https://bit.ly/3hePge2> or call the portrait studio during office hours (Tuesday-Friday 10 am- 4 pm) directly at 613-634-1424

Please do not call the school office for information as all bookings etc are being managed by the photo studio

Donate Used Uniform Parts!

We are accepting any used uniform parts you wish to drop off in the main office or front hallway if you don't want to come into the school. They will be put to good use!



Coping in Stressful Times: Self-Care

What is Self-Care?

Deliberate actions that help to nourish and restore yourself, help make you your best self, and strengthen connections in your life!

Realistic Self-Care:

Does not need to be expensive, or stick to any kind of visual or aesthetic. Is personal and will look different for different people!

Self-Care takes many forms, and can look like...



Get Your Back!

Hygiene

Bathe/shower at times normal for you (once a day, every 2 days).

This helps improve mood & bring you into a routine.

Practice a hygiene routine that makes you feel good.

This doesn't have to be a long bath, but can be brushing your teeth, washing your hair, & simple things to take care of your body.



Leisure Time Alone

Invest in yourself!

Activities could include: Hobbies, nourishing your body, treating yourself to something you enjoy, relaxing, saying thank you to yourself.

Not all leisure time is self-care: self-care is deliberate, nourishing, restorative, & strengthens connections.

Practice balance: both challenging & enjoying yourself!

Time with Family & Friends

Recharge your social batteries!

Fun Ideas: Board games, walking/playing games outside, puzzles, colouring & art, Video calls with familiar faces.

Don't be afraid to express your needs and feelings & get extra support if you need it!



Healthy Eating

Eat a variety of foods in moderation.

Choose foods with lots of different nutrients (like fruits, vegetables, whole grains, proteins) for gains in mental well-being: better energy levels, focus, & mood.

Preparing and cooking meals can be a fulfilling way to spend time creating, &/or spend time with family.

Having scheduled meals can promote routine.

Staying hydrated is also important!



Exercise

Helps with both physical & mental health!

Can help you to calm your body & mind.

Adds structure to your routine.

Try something new: check out yoga, dance, bodyweight exercises, pilates, Zumba, & more online!

Also a reason to spend time outdoors (with social distance of course!)

Simple, safe, low impact exercises like walking carry a big benefit.

Aim to get about 60 minutes of physical activity each day.

Practicing balance in your day: both sitting still & moving around!



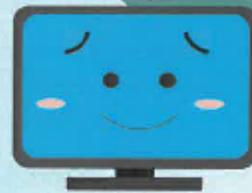
Respecting Your Body

It is possible to be healthy at any size!

Health is never one size fits all.

Be critical! Diet and fitness culture (especially online and on TV) promotes unhealthy ideas about food, nutrition, exercise, and body image.

Changes in body size are normal - it is okay for your body to change!



Sleep

Sleep is important to physical and mental health!

When stressed or anxious, some people might have difficulty sleeping, while others might sleep more than usual.

Tips:

- Aim to get 8-10 hours of sleep each night*
- Stick to a sleep schedule*
- Create a comforting environment*
- Follow a bedtime routine*
- Include some activity in your day*
- Avoid caffeine late in the day*
- Limit screen time before bed, if possible*
- turn off all screens 1 hour before lights out.*
- Always fall asleep in your bed*

Online Information Resources:

Anxiety Canada:

www.anxietycanada.com

Government of Canada Healthy Living:

<https://www.canada.ca/en/services/health/publications/healthy-living.html>

Canadian 24 Hour Movement Guidelines:

<https://csepguidelines.ca/children-and-youth-5-17/>

Build Your Best Day! Online Activity:

<http://buildyourbestday.participaction.com/en-ca/>

Try the free **Simply Yoga** app
(for apple & android)

Check out **YouTube** for
exercise videos and ideas to
keep physically active!

Community Resources



Crisis lines:

Kids Help Phone (1-800-668-6868)

www.kidshelpphone.ca

TALK:line (613-544-1771)

www.telephoneaidlinekingston.com



Counselling:

Resolve Counselling (613-549-7850)

www.resolvecounselling.org

Maltby Center (613-546 8535)

www.maltbycentre.ca

KAIROS SERVICES

Kairos is a counselling service which specializes in treatment for youth who are experiencing any level of substance abuse, personally or with a family member. Our goal is to provide substance education and counselling for all youth of KLF&A. Our service is available as an outreach program in all local elementary and secondary schools, alternative education sites, group homes, and in the community. The service is voluntary, confidential and works with the youth to set and achieve healthy goals. Lora D'Alessandro is the Kairos counsellor for Holy Cross Catholic School and is there weekly on Wednesday. Anyone may refer to this service by contacting Youth Diversion, Administration, youth worker or other school staff, or Lora directly at 613-532-0340 or ldalessandro@youthdiversion.org.



September 29th, 2020

Graduation Event for the Class of 2020

Friday October 9th, 2020 3:30-7:00 p.m.

Dear Holy Cross CSS Class of 2020,

When we postponed our graduation exercises in June of this year, our hope was that we would be able to hold our traditional in-person ceremony at the school in October 2020. Now, as October is nearly upon us and due to the current provincial gathering limits and other regulations, we are sorry to announce that our anticipated traditional convocation event will not be permitted this fall at Holy Cross CSS or in any of the ALCDSB secondary communities.

In its place, our graduation committee has put together an event that will allow our recent graduates to walk across the stage at Holy Cross CSS, receive their diplomas, awards and recognition and to photographically capture the 'cap and gown' moment with family and friends. This event has been designed to ensure that physical distancing measures and other health and safety requirements are given top priority in order to ensure the overall safety of all in attendance.

Our graduation event for the Class of 2020 will take place on Friday October 9th, between the hours of 3:30 and 7:00 p.m. in the following manner:

1. Graduates will register in small groups for a timeslot using the following link:

<https://hc.schoolappointments.com/>

At the above site, register for an account by clicking the "**REGISTER**" menu tab and filling in the on-line form. Choose a user id and password for yourself and then click the "**Register Now**" button.

Add your graduate into the system by clicking the "**Add a Student**" button. Click "**Insert New**" button to add more children.

Click the "**date**" icon beside your child's name to schedule your appointment.

Once you have booked your timeslot, please click on your child's name to add a note which indicates the names of the **two** guests that will be accompanying your graduate to the event.

We will be requiring a phone number and the names of the graduate and two guests for contract tracing purposes, as per provincial regulations.

Appointments can be booked from September 29th – October 7th, 2020.

2. Each graduate may bring a maximum of **two** guests to attend the event.
3. Please ensure that you arrive on time for your chosen timeslot. Upon arrival at the school, please park in the rear parking or student parking lot and make your way to the rear doors of the school (adjacent to the gymnasium).
4. In order to enter the building, each member of your group must be wearing a mask – we do not have extra masks on hand. You must wear the mask the entire time that you are in the building.
5. You will be directed into the small gymnasium to do the following:
 - Hand-sanitize.
 - Confirm your name and phone number (for contact tracing purposes).
 - Receive your cap (mortar board), which you may keep, and your gown (which you must return before leaving the school).
6. Please ensure that you are always physically distancing from other graduates and the Holy Cross CSS staff. Please observe and follow the markings on the floor in the school.
7. You will be called, by name, to approach the stage set up in the large gymnasium, where you will receive your diploma, silver Cross and any awards won, from a member of the school administration. There will be an opportunity for photographs at this point.
8. After exiting the stage, the graduate should make his/her way to the north end of the gymnasium to the photo booth, for a picture with his/her guests (masks must be worn for this picture). These photos will be available for viewing on the Holy Cross Photography Facebook page.
9. After the photo booth – the graduate and his/her guests must exit the gymnasium through the north-west doors to the parking lot. Please deposit your gown in the appropriate bin for cleaning on your way out. You may keep the mortar board (cap).
10. We ask that all graduates and their guests leave the Holy Cross grounds once they have received their diploma and deposited their gown for cleaning, to ensure that we stay in observance of the provincial regulations on gatherings.

11. Our Communications Technology team will be pre-recording the salutatory, valedictory, welcoming and Principal's addresses, along with capturing footage of the graduates receiving their diplomas. These moments will be released in the form of a video for the graduates to watch in the coming week on the Holy Cross YouTube channel. Specific details about the video will be communicated at www.hctoday.ca and via the school social media channels.

We look forward to the opportunity to celebrate our Class of 2020 (albeit in a different format than we would have hoped) in the school. We hope that each of you take advantage of the opportunity to 'walk across the stage at HC' on October 9th.

If you are unable to attend on October 9th, we will be in touch to ensure that you receive your diploma, silver Cross and any other items of recognition.

Thank you for your understanding and patience, we look forward to seeing you at Holy Cross CSS on the 9th. **For any graduate that is unable to attend this event on the 9th of October, the school will make arrangements to mail your Diploma to the mailing address we have on file.**

"Once A Crusader, Always A Crusader,"

Michael Faught, Principal.

The Spirit Shop

The HC Spirit Shop continues to be online only. The Spirit Shop will be closed at lunch & after school until further notice; any additional dates will be posted to the school calendar & Student Council social. HC Spirit Wear can be paid for using the same payment process as for student fees. (schoolcashonline.com). Samples are displayed in the main foyer. Students may not try on samples for sizes. Photo examples will be posted on social.

*****Weekly purchased items by Wednesday***

will be given to homeroom teachers to distribute by Friday**

Please note some orders may be delivered later than a week due to restocks

- Grey HCSS Hoodie \$45
- Grey or Green Crew Neck Sweatshirt \$40 **NEW**
- Grey Sweatpants with pockets \$35
- Black Windbreaker \$25
- Vintage (Embroidered) Long Sleeve \$15 or 2 for \$28 (green or white)
- HC fleece Blanket \$20
- HC toque \$20 **\$18 until out of stock**
- “We the West” Lanyard \$ 3

Unfortunately, the student leadership team cannot guarantee inventory as there are limited quantities and sizing available. In the event we cannot fulfil your order, you will be refunded.

If this is a Christmas order, please email mcdojenn@alcdsb.on.ca so the item will not be delivered to your student and we can arrange pick up.

Student Council

The HC Student Council has been busy planning activities and events for the upcoming school year. Please join us virtually for our first talent and variety show, ***HC's Got Talent!*** on Friday, October 9th at 7pm on the Holy Cross YouTube channel. (<https://www.youtube.com/channel/UC08yCIBGwtcJ1hBv9uUVOHw/featured>)

Some other activities to look forward to: a Mental Health day on October 8th, Spirit days, Elf on the Shelf, Spirit Wear raffle and new items for the upcoming Christmas season, a variation on Frost week, Matchomatics and more.

Interested in joining council as a Jr Rep? Students in grade 9 or 10 are invited to fill out an application form by Friday, October 2nd. If you missed the information meeting, please pick up a copy of the application from the folder on the council office. (room 231 – room at the top of the main staircase) Those selected for an interview, will be contacted.

HC student discounts continue to be secured by our team. Please check our Instagram social for details on which businesses have generously provided discounts for students this year.

Got an idea you'd like to see take place at Holy Cross this year? We'd love to hear from you!
See a council member or Mrs. McDonald in room 218.



holycrossstudentcouncil