



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

March, 2007 Newsletter... visit our web site at www.hctoday.ca

Main Office 613-384-1919; Attendance Office 613-384-1355; Student Services 613-384-2023; Fax 613-384-8665

The Holy Cross newsletter is issued on the first school day of each month.

PRINCIPAL'S MESSAGE

As we head into the March Break, I express my appreciation to all students and staff for the great start to Semester II. Our community is blessed to have so many dedicated and talented members who share their time and talents with one another. I offer my congratulations on behalf of our community to the following: the organizers of the **18th Annual Memorial** hosted at Holy Cross on **February 8th**. Approximately **\$16 000** was raised through ticket sales to the boys' basketball games, 50/50 draws, Silent Auction, T-shirt sales, and the two day elementary schools' basketball tournament; the **Holy Cross Swimming Team** with **Philip Arnold, Ryan Coens**, and **Andrew Klenke**, who have qualified for the **All-Ontario Championships** on **March 6th** and **7th** in Etobicoke; the **Holy Cross Improv** team comprised of **Sheila Edwards, Simon Finn, Melissa Davis, Rob Taylor, Graham Slaughter, Brianna Roberts, Mike Cox** and **Cassie Berry** under the direction of **Ms. Carrie Rose** which placed **3rd** on an emotionally-combustible Saturday evening in the **Eastern Regional Improv** games; the **Holy Cross Bands**, which competed in the **Annual Kiwanis Festival** at Holy Cross on **February 22nd** and **23rd** under the Direction of **Mr. David Orser** and **Mrs. Diane McCombs**; **Laura Martindale** who will be participating in the **Canada Winter Games** in the **Yukon** as a member of the **U-18 Ontario hockey team**; **Chas Murphy, Jen Brulé**, and **Brynn Hutzler** who competed at the **All-Ontario OFSAA Wrestling Championships** in Brampton where **Chas Murphy won Gold**; our **Cheerleading Team** that won best overall in our KASSAA and regional competitions and will compete in the nationals in early May; Technology Department Head **Mr. John Esford** who was awarded the Kingston Tech Council **Dick Hopkins Innovation in Education Award**.

In order to maintain an atmosphere that is centered on learning, we are reinforcing some initiatives such as the **cell phone use policy** you can read about later in this newsletter, a **proxy server** that blocks inappropriate internet sites from school computers, and visits from the **Health Unit's Bylaw Enforcement Officer** to monitor and respond to smoking on school property. For the first time, we will be running **Lockdown Drills**, to rehearse what staff and students should do in the unlikely event that a dangerous intruder invades our school; this practice is intended to inform and empower rather than alarm. An exciting initiative is the **Cru-sader Express Card** for students to use in our cafeteria. More information will follow.

PASTORAL SERVICES UPDATE

PANCAKE BREAKFAST: Thanks to everyone who supported our Pancake Breakfast on **February 20th**. With the capable assistance of C.I.C.S., Students' Council, **Ms. Rae Dalton's** Art Class and **Mrs. Coombs'** Bridges class we were able to cook over 1200 pancakes and raised close to \$1200.00 for our Share Lent Collection. We would like to especially thank the Brown's Cafeteria Staff, the Golden Griddle, and M & M's on Gardiner's Road for their hard work and generous donations.

MARCH DATES TO REMEMBER

Thursday, March 1st Reconciliation, All Day, Library
 Friday, March 2nd ... 2007-2008 Course Selection completed
 Friday, March 2nd World Day of Prayer
 Mon., March 5th-9th International Women's Week
 Thursday, March 8th Last Instructional Day before March Break
 Thursday, March 8th History Trip to Communications Museum, CFB Kingston
 Sunday, March 11th Daylight Savings Time Begins
 Thurs., March 8th - 17th ... London / Paris Theatre and Arts Trip
 Fri., March 9th - Sun., March 18th ... March Break
 Monday, March 19th First Instructional Day after March Break
 Tuesday, March 20th Parent Evening
 The Internet & Your Teen, 7 p.m. Library
 Wednesday, March 21st Early Semester Reports Cards
 Thursday, March 22nd World Water Day, Assemblies
 Monday, March 26th .. Catholic School Council Meeting, 7 p.m., Library
 Tuesday, March 27th ... Parent-Teacher Interviews Night
 3:30 to 6:00 & 7:00 to 9:00 in the Cafetorium
 Wednesday, March 28th ... Meningococcal Vaccine Clinic
 Thursday, March 29th .. Ontario Secondary School Literacy Test, Independent Study Day for Grades 11 and 12s not writing.
 Friday, March 30th ThinkFast
 Friday, March 30th Future Building Exposition, Ottawa
 Friday, March 30th Non-uniform Day
 Friday, March 30th Improv Share Lent Show

TAIZE VISITOR: We welcomed **Br. Felix** from the **Taizé** community in France to our school on **Tuesday, Feb. 27th**. He visited religion classes and led a Taizé Prayer Service in the Chapel after school. Students and staff were deeply touched by his joyful presence and beautiful singing. As a result of his visit, some of us are considering attending the **Taizé Youth Conference** which will be held in Montreal at the end of April.

SHARE LENT CAMPAIGN: We are once again encouraging donations to Share Lent through home form classes, bake sales and other fundraising activities during lent. This year our monies will be going to support an **Apprenticeship & Trades' program** at **St. Margaret's School** in **Kingston, Jamaica** through the **St. Patrick's Foundation**. We will also be helping a school sponsored by the **Sisters of Providence** in **Chiricaja, Guatemala** and supporting international development programs through the **Catholic Organization for Development & Peace**. The A.L.C.D.S.B. is also encouraging schools across the Board to examine the use of soft-plastic water bottles by students and staff in an effort to discourage their use and to promote the use of tap water or hard plastic water bottles instead. There will be a presentation to the school community on **March 22nd** which is "**World Water Day**". We will also be selling "Holy Cross" hard-plastic water bottles during Lent: 500 ml bottles are \$5.00, while the 1 liter bottle will cost \$6.00. See Students' Council or **Mr. Forster** to order one.

LENT: Once again, we began the season of Lent here at Holy Cross with Ash Wednesday Mass and with the distribution of ashes at the end of Mass as a symbol of our common need for repentance and conversion. As Christians, we are encouraged to follow the traditional observances of fasting, abstinence and almsgiving throughout the 40 days of Lent. We will have a celebration of **Reconciliation** for the school community on **March 1st**, a **Staff Way of the Cross** on **April 4th**, and a **Holy Week Liturgy** for the school also on **Wednesday, April 4th** to help us to enter into the spirit of this penitential season.

THINKFAST: Our annual **25-Hour Thinkfast** will take place from **March 30th - 31st**. Students will be asked to collect pledges for the **Catholic Organization for Development & Peace** and to fast from solid food for 25 hours as part of this overnight experience. See **Mr. Forster** for an application form.

May all of our students, staff and families enter deeply into this holy season of Lent and experience new meaning in the Easter that awaits us all.

Chris Forster, Pastoral Services

WORLD YOUTH DAY, 2008, SYDNEY, AUSTRALIA

The process for registering for World Youth Day 2008 (July 2008) will be the same as previous World Youth Days. All registrations will be coordinated through the Archdiocese of Kingston Youth Office. If you or someone you know is planning to attend WYD 2008, please contact **Mary Carr** at **613.548.4461**. Information about cost, travel options, organized groups, and so on, is now available. To avoid disappointment, plans should be finalized by December 2007.

LITERACY TESTING

The Literacy Test will be written on **Thursday, March 29th, 2007**. A Literacy Test preparation class is being presented to all Grade 10 students. A practice booklet has been sent home with the students. This year, the test will be conducted on one day for two ninety-minute sessions. In order to serve the test writers properly, our **Grade 11** and **12** students not writing the test are granted an **Independent Study Day** (at home) on **March 29th**. Grade 9 classes will run as regularly scheduled.

CELLPHONE POLICY

The use of cell phones should primarily be used in emergency situations and should not interfere with student learning and individual privacy. According to the **Safe Schools Act**, photographs can not be published without consent of the individual being photographed.

Cell phones may not be used and **must** be powered off (not on silent or vibrate) while a student is in the classroom or during school-sponsored activities during the regular instructional day, such as school Masses, exams, or student assemblies. Students may use their cell phones **only** in the cafeteria and the student commons before and after school hours and during the lunch hour and student spares.

A cell phone that disrupts class or a student assembly will be taken by the teacher, given to the administration and returned at the end of the day. A second violation will result in the phone being taken for the day and returned to the parent the next day. Additional disruptions may result in suspension. Holy Cross does not assume responsibility for lost or stolen electronic devices.

QUIT 4 LIFE—SMOKER'S CORNER

Holy Cross welcomed Public Health Nurse **Nancy Melville** who set up a display in the Foyer educating students about tobacco use and resulting health consequences. Several young people signed up for **Quit 4 Life**, a ten week smoking cessation program facilitated by **Ms. Melville**. We wish our students the best of luck and the fruit of determination in their quest to quit smoking.

KIWANIS MUSIC FESTIVAL RESULTS

Congratulations to the **Holy Cross Crusader Bands** for their stellar performance in the **Kiwanis Music Festival**. First place honours went to the **Senior Wind Ensemble** and the **Symphonic Band** while the **Junior Band** received Second Place in the Junior Competitive Category. In addition to the competitive classes, the **Senior Wind Ensemble** and **Jazz Ensemble** both received highest honours in the non-competitive classes. Next stop for the Bands is the Big Apple. The Crusader Bands will travel to New York City in April where they will perform for two schools in Harlem, see two Broadway shows (*Wicked* and *Hairspray*), visit the Juilliard School for the Arts and the Metropolitan Museum of Art, and finish with a trip to Lincoln Centre to see and hear the world-famous New York Philharmonic.

IMPROV TEAM

The **Holy Cross Competition** and **In-House Improv Teams** are having a lunchtime show on **Friday, March 30th** in the Lecture Theatre. We are asking for a small donation to the **Share Lent Campaign** as an admissions fee.

COUNSELLORS' CORNER

COURSE SELECTION

At this time of year, students begin the process of selecting courses for the 2007-2008 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.

Grade assemblies were conducted outlining the on-line course selection process. Access to this process is available through home computers. In-school assistance is offered at lunch. Target date for completion of course selections is **March 7th, 2007**.

All students in Grades 9, 10, 11 are required to carry a course load of 4 courses each semester. Only students who have obtained at least 24 credits may have a spare; Grade 12 students with 24 or more credits must carry a minimum of three courses each semester.

VOLUNTEER & JOB OPPORTUNITIES

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

COLLEGE/UNIVERSITY INFORMATION

A reminder that university and college applicants who have made course changes recently must check their university/college site to make sure the changes have been made. See your counselor as soon as possible if the academic info on either the OUAC or OCAS site is incorrect. Students are encouraged to visit post secondary campuses during March Break Open Houses.

NEWS FROM THE SPECIAL EDUCATION DEPARTMENT

IEPs will be mailed out for Semester Two students receiving accommodations and / or modifications. Graduating Grade 12 students need to make an appointment with **Ms. Gavan-Knox** at extension 3426 in order to discuss their post secondary plans and chart a transition plan. Yearly IPRC meetings will begin soon. Focus groups will begin soon for parents and students with SEA computers. More information will follow. Parents will be contacted with an appointment time and date. Please feel free to address any concerns regarding programming and accommodations for special needs students with the Special Education staff.

HOLY CROSS CATHOLIC SCHOOL COUNCIL

HC Catholic School Council received a grant through the government to host a **Parent Evening on Internet Use and Cyberbullying**. This evening will take place in the **HC Library** on **Tuesday, March 20th** from **7:00 to 9:00**. All community members are welcome to participate in this evening which is designed to bring awareness to the many issues facing teenagers in our cyber-world. Has your son or daughter ever been bullied, been a bully, or been a bystander and felt like they were helpless? Learn from expert **Dr. Wendy Craig**, of **Queen's University**, how to support your child. We will also offer a workshop in a computer lab, designed to provide parents with a comfort level that is on par with our teens' knowledge of computers.

GRADPHOTOCOMPOSITES

Grad photo composites are available for pick up from **Mr. Prior** in room 129. A few additional copies were produced and are available for \$15.00 each.

Holy Cross Catholic Secondary
School Council presents

Cyber-Bullying
http.
What Parents Need To Know

with

Dr. Wendy Craig

Holy Cross Catholic Secondary
High School Library

http://www.
@
Tuesday, March 20, 2007
at 7:00 p.m.



Next Month at Holy Cross

April 1.....Palm Sunday
April 3-11..... Mid Semester Examination Period
April 4.....Holy Week School Liturgies
April 4 Staff Way Of The Cross (After school)
April 5Holy Thursday, CICS Share Lent Campaign Ends
April 6.....Good Friday
April 7.....Easter Vigil
April 8.....Easter Sunday
April 9.....Easter Monday
April 11..... HC Spring Uniform Sale 3-8:30pm, Cafeteria
April 13..... Half Courses end
April 17..... Grade 9-12 Marks Due
April 17..... Euclid Math Contest
April 17 – 22.....NYC Trip, Holy Cross Bands
April 24..... Midterm Reports Issued
April 26 Holy Cross Technology Showcase
April 27.....P.A. Day # 5
April 27 & 28Coaching the Coaches Conference, HC
April 29.....Catholic Education Week Begins
May 1Optional Spring Uniform Begins
May 11 National Cheerleading Championships



HOLY CROSS ATHLETICS



CHAS MURPHY TAKES HOME OFSAA GOLD!

Chas Murphy, a Grade 11 student at Holy Cross, recently won a gold medal at the 2007 Wrestling Championships, held in Brampton, Ontario. Chas was seeded #3 out of 28 of Ontario's top wrestlers in the 44kg category. Chas rolled through the competition winning all of his matches by pinning his opponents. Chas now has his sights set on a gold medal at the National Championships to be held April 13th - 15th. Chas is the third wrestler from Holy Cross to reach such a high level of achievement in wrestling. Others who have won gold at OFSAA: Paul Ragusa 1989, 1991 (47.5kg category) and Mike Kuba 1991 (57.5kg category). Good Luck at Nationals, Chas!

The winter season comes to a close as the spring season starts up. Holy Cross will be represented at **O.F.S.A.A.** in **swimming** on **March 6th** and **7th** by **Ryan Coens, Philip Arnold** and **Andrew Klenke**, **wrestling** on **March 1st** and **2nd** by **Chas Murphy, Jen Brulé**, and **Brynn Hutzler**. **Holy Cross Cheerleaders** regained their winning form by capturing the **K.A.S.S.A.A.** and **regional championships** this past month. They will compete at the **nationals** in **Kitchener** on the weekend of **May 11th**.

Badminton season hits full stride in March and April. The badminton team will compete in the following events: **Singles tournament – Thursday, February 22nd** at Regiopolis-Notre Dame, **Doubles – Monday, March 5th** at **LCVI**, **Mixed – Wednesday, April 4th** at **Lasalle**, **KASSAA Finals Open – Wednesday, April 11th** at **LCVI**, and **Juniors – Thursday, April 19th** at **HC**.

This spring, over 200 student athletes from Holy Cross will compete for KASSAA and EOSSA championships. Both the KASSAA website - www.kassaa.ca and the OFSAA website www.ofsaa.on.ca are an excellent resource for schedules, league rules and any general information regarding high school sports. Information regarding teams can be obtained through a number of media, including school announcements, posters, our school's athletic web site – www.alcddb.on.ca/~hcssa, local newspapers and the KASSAA web site – www.kassaa.ca. If you have any questions concerning a team please contact the coach listed or ask your home room teacher for assistance.

Boys' Soccer

The **Senior Boys' Soccer** team will play under the leadership of teacher coaches **Mr. Fil Scarpaza** and **Mr. Mike Zanette**. **Mr. Scarpaza** is looking forward to another competitive season. The team will travel to two tournaments. Tryouts will begin after March break with practices after school. The team's user fee will be \$110.

The **Junior Boys' Soccer** team will be looking to improve upon their strong showing last year. Teacher Coaches **Mr. Bob Bouvier**, and **Mr. Pat Murphy** will be taking the Junior Crusaders to one tournament at LaSalle. Practices occur daily Monday through Friday after school. Tryouts will begin after March Break.

Girls' Soccer

The **Senior Girls'** team is led by teacher coach **Mr. Richard Coleman**. The team practices after school. The **Junior Girls'** team is led by teacher coaches **Mrs. Patsy Hawkins-Hogan** and **Mrs. Marie Hulse**. The team will have some morning practices and some after school practices.

Rugby

All three Rugby teams are coached by the same coaching staff led by **Mr. Mike Chambers**, **Mr. Dave Jarrell** and **Mr. John Clark**. Official team tryouts begin after the March break. The teams practise daily after school and each new player is required to purchase team kit. The **Senior Boys** team will attend two tournaments: in Toronto and Guelph. The **Junior Boys** team looks to build on the success of the junior football team as they vie for the **KASSAA** championship. The **Girls'** team again looks to be strong. They and the juniors will attend two tournaments. All three teams have a \$60 user fee separate from tournament and kit costs.

Tennis

The **Tennis Club** will be coached by **Ms. Noella Johnston**. Practices will start in the first week in May. Practices will take place at 7:00 a.m. at the Bayridge Tennis Courts Monday, Wednesday and Thursday. Everyone is welcome!

Track and Field

The **Track and field** team, under the leadership of coaches **Mrs. Anne Marie Macrow**, **Mrs. Marie Hulse**, **Mr. Mike Lazure**, **Mr. Robin Dzierniejko**, **Mrs. Kim Hulton**, **Mrs. Joanne Van Nest**, and **Mr. Matthew Van Nest** will try to send a record number of Crusaders to the OFSAA championships being held on June 7- 9 in Ottawa. Any interested student, willing to practise regularly will be given an opportunity to join this highly competitive team. Try-outs occur late in March. The team's user fee is approximately \$100.

Rowing

A meeting for all returning and new rowers and parents is planned for **Thursday, March 22nd** at 7 p.m. in the **Lecture Theatre** at Holy Cross. If you are unable to attend this meeting, please contact **Ms. Shani Doucet** at **613-389-1122**. **Ms. Doucet** is a teacher at Our Lady of Mount Carmel. Rowing regattas will be held every weekend in May culminating in the regatta in St. Catharines at the beginning of June. In addition dry land training for all rowers will begin at the school on **Thursday March 22nd** at 6:30 am. Senior rowers will continue to train at the rowing club on Tuesday and Wednesday mornings at 6:30 am. Until such time as we are able to train on the water practices will be held at the school and at the rowing club at 6:30 am.

Baseball and Lacrosse - pending

Consideration is undergoing regarding the fielding of a baseball team and a Lacrosse team. Interested students should pay attention to announcements.