



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

April, 2009 Newsletter... visit our web site at www.hctoday.ca

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

PRINCIPAL'S MESSAGE

On **Thursday, April 2nd**, 368 students will write the **Literacy Test** at **Holy Cross**. I am very confident that our students were very well prepared thanks to our **classroom teachers, Special Education Resource Teachers, the HC Literacy Committee and our EQAO Test Preparation Team** led by **Anne Poels, and Literacy Co-ordinator Sean Roberts**. I thank all parents for the encouragement and support they offered to their sons and daughters in the acquisition and development of their literacy skills. The **Individual Student Reports are expected by mid-June**.

Students should ensure that they have completed the course selection process and have made selections based on their interests, abilities and destinations. Please complete the course selection process while space is still available. Classes do become full quickly.

Congratulations to communication technology students **Julia Allen** and **Grace Sylvester**, whose video was selected by the Boards' **Social Justice Committee** as the award winner for the secondary panel in the **Water Campaign Video Contest**. They will receive their award at a Board Meeting in April. This poignant public service announcement, which can be seen on hctoday.ca as well as the board's website, www.alcddb.on.ca, delivers a clear message about water conservation and easy, ethical decisions that can make a difference.

The Triduum is the high point of the liturgical year and the central mystery of the triumph of life over death. The 40 days of Lent have been leading us to the three days when Christians gather to celebrate the mystery of the passion, death and Resurrection. With prayer and dramatic ritual we move into Easter, coming to place our hand in the baptismal waters and renew our response to the Lord. The **Paschal Triduum** is one single liturgical action that comes over three days: **Holy Thursday, Good Friday and the Easter Vigil**. The spirit of the fast during the three days is not Lenten, but Paschal. The entire focus of the Triduum is on the Triumph of the Cross and Resurrection. Therefore every Catholic is greatly encouraged and invited to join in the action of **the three days of the Triduum, April 9-11th, 2009**.

On **Holy Thursday**, our Holy Week Liturgical Celebrations will take place in the Cafeteria beginning at 8:45 a.m. (repeated three times). A 15 minute Dramatic Reflection on the passion and death of Jesus will be presented by Pastoral Services and by students enrolled in **Ms. Ann O'Brien's Senior Dramatic Art classes**.

See you in September takes on a new meaning next year. The days that span between **Labour Day (September 7th)** and the end of June are as few as possible. This causes some challenges to school boards as they endeavour to be in compliance with the Education Act. At the March Board meeting, the calendar for next year was approved. In order to accommodate 194 days school days, as required by Regulation 304 of the Education Act, the first day of school is **Tuesday, September 1st, 2009**. The first day of Semester

Two is **Tuesday, February 2nd, 2010**; and the last day of school is **Wednesday, June 30th, 2010**; Board designated holidays fall on **Friday, September 4th** and **Friday, March 12th, 2010**. Families are asked to plan accordingly.

I pray that the Risen Christ blesses you and your families with His peace and love.

Paul A. Walsh

APRIL AT HOLY CROSS	Skilled Trades Month
Wednesday, April 1...	Parent-Teacher Interview Night, 3 – 6 and 7 – 9 pm
	Information Meeting for Grade 10 students, OSSLT, Period 1
Thursday, April 2.....	Ontario Secondary School Literacy Test
	Regular classes for Grade 9's
	Independent Study for Gr 11 & 12 (who have completed test requirements)
	Halpern's Spring Uniform Sale, 3 – 8:30 p.m. Cafetorium
Friday, April 3.....	Dr. Pamela Toulouse Presentations, Periods 1 and 2
	ThinkFast, at Holy Cross
	Reach for the Top, at KCVI
Sunday, April 5.....	Easter Seals Telethon
Monday, April 6...	Students' Council 09/10 Executive Election Packages
Tuesday, April 7.....	Spring Team Photos during lunch hour
	Kingston Youth Poverty Conference
	Euclid Grade XII Math Contest
Wednesday, April 8.....	Spring Team Photos during lunch hour
	HC Staff Way of the Cross
Thursday, April 9.....	Mid-semester Examination Period Begins
	Holy Week Liturgies .. Period 1, Cafetorium
Wednesday, April 15.....	Battle of the Bands, Cafetorium, 7 p.m.
Thursday, April 16.....	Junior Badminton Championships at HC
Friday, April 17.....	Mid-semester Examination Period Ends
	Graduating Students' Retreat, Rideau Acres
	ALCDSB Student Senate Meeting #4, Board Office
	ALCDSB Student Trustee Election
Sun., April 19 – Sat., April 25.....	National Volunteer Week
Monday, April 20 ..	Catholic School Council Meeting, HC Library, 7 p.m.
Mon. to Fri., April 20 – 24.....	Earth Week
Wednesday, April 22.....	Earth Day
Wed., April 22 and Thurs., April 23....	Energy Check Assemblies
	Grade 10 students
	Environmental Club Daily Waste Display at lunch
Wed., April 22 – Mon., April 27....	HC Visual Arts / Tech. Trip to NYC
	HC Bands Trip to Washington
Wednesday, April 22...	Administrative Professionals' (Secretaries') Day
Thursday, April 23...	Re-usable water bottle & Waste-Free Lunch
Friday, April 24.....	Holy Cross Pitch-In Day
	Tentative Non-Uniform Day
	Semester 2 Mid-term marks due to OUAC and OCAS
Monday, April 27.....	P.A. Day #5 – no classes
Tuesday, April 28.....	Spring Uniform Begins
Tuesday, April 28 – Friday, May 1	Spirit Week
Wednesday, April 29....	Semester Two Midterm Report Cards Issued
	Students' Council Town Hall Assembly

PASTORAL REPORT

2010 JAMAICA MISSION TRIP: We are already in the process of interviewing students for next year's Mission Trip to **Kingston, Jamaica**. We enjoyed a visit to our school in October by the **St. Patrick's Foundation All-Stars Marching Band** members which deepened many of the friendships and connections that have been established through our previous trips. We are also encouraged that our Archdiocese is now moving towards an official twinning between our two Kingston Archdioceses. We sincerely thank all those who support these Mission Trip experiences and we look forward to sharing more about it in the coming months.

SHARELENT ACTIVITIES:

The **Share Lent Collection** here at **Holy Cross** continues until Holy Week as we raise monies in our classrooms for both the **St. Patrick's Marching Band** in **Kingston, Jamaica** and **Catholic Development & Peace** projects in developing countries. Our next fundraising event is the overnight **Thinkfast** on **Friday, April 3rd** and we look forward to having close to 100 students and staff take part in this Lenten Retreat. We will also be taking 8-10 students to represent our school at a **Youth Poverty Conference** to be held at **McArthur College** on **Tuesday, April 7th**. And, of course, we will be gathering the school for our **Holy Week Liturgy** on **Thursday, April 9th**.

GRADE 12 RETREAT: Our Grade 12 Retreat this year will take place at **Rideau Acres** on **Friday, April 17th** and we are excited to have members of the **Catholic Christian Outreach Team (CCO)** take part. We will be taking three Grade 12 Religion classes on this retreat along with other interested students. Please see **Mr. Forster** or **Fr. Labelle** for permission forms.

PARTNERS IN MISSION FOOD BLITZ: Please mark **Wednesday, May 13th** on your calendars as we will be looking for volunteers to help with this year's Food Blitz. Holy Cross is a major participant in this annual effort to restock the Food Bank shelves with non-perishable food items in this time of great need in our local community. We need lots of people to make this possible.

May each member of our Holy Cross community enter deeply into Christ's Passion and Death during Holy Week, so that we can also experience the joy of His Resurrection at Easter.

Chris Forster, Pastoral Services

HOLY CROSS OPTIONAL SPRING UNIFORM

The **optional** spring uniform may be worn beginning on **Tuesday, April 28th 2009**. The spring uniform consists of a school-crested green golf shirt and school-crested beige shorts offered for purchase at Holy Cross. Flat front shorts for girls will be offered once again this year. Footwear for the spring uniform is either sandals or running shoes. Students may continue to wear the fall/winter uniform. **Combinations of the seasonal uniforms are not permitted.**

HC SPRING UNIFORM SHOPPING

On **Thursday, April 2nd from 3:00 p.m. – 8:30 p.m.** the Spring Uniform will be available for purchase from the **Halpern's Mobile Store** in the Holy Cross cafeteria. Please note Halpern's accepts cash, Master Card, Visa and debit cards. Halpern's does not accept cheques. This will be the only day students and their families may purchase the spring uniform at Holy Cross. After this date, the spring uniform will be available at the **HC Uniform Store located in the Tuck Shop**. Available clothing and prices may be viewed at the Halpern's web site at www.halperns.ca.

Boys

Men's green golf shirt, short sleeve, crested Youth \$19.95 Adult \$24.95

Khaki walking shorts, "H" crested \$29.95

Girls

Ladies' green golf shirt, short sleeve, crested Youth \$21.95 Adult \$26.95

Khaki walking shorts, "H" crested \$29.95

ECO-CORNER

Thanks to HC students and staff for sharing in our celebration of **Earth Hour** on **Friday, March 27th**. The hall lights were dimmed in the school and classrooms reduced their lights for at least 15 minutes per class for a total of one hour over the day. This symbolic gesture of our awareness to do our part for the environment was a great success and also a good lead in to **Earth Day**, which is celebrated on **April 22nd**. At HC the **Environmental Club** has chosen "*Reducing the use of bottled water at Holy Cross*" as our Earth Week theme. HC collects and recycles 24,000 plastic bottles per year (and 18,000 pop cans). The next step is to reduce our reliance on the use of plastic bottles. Earth Week events will run from **April 20th to 24th** and will include an **Environmental Club Display** booth and water bottle sculptures from **Mr. Lobo's class**. There will also be a "Reusable-water bottle & Waste Free Lunch Day" Homeroom contest during the week. The week will conclude with our participation in Pitch-in-Day on **Friday, April 24th**.

Eco-tip: Use a recycled water container! A single use bottle that takes just three minutes to drink can take up to a thousand years to biodegrade. The energy used each year making the bottles needed to meet the demand for bottled water in the United States is equivalent to more than 17 million barrels of oil. That's enough to fuel over 1 million cars for a year.

OFSAA SWIMMING RESULTS

Congratulations to **Andrew Klenke, Jenna Gregg** and **Quinn Robertson** who represented Holy Cross well at the OFSAA swimming championships in **Etobicoke** on **March 3rd and 4th**.

DR. PAMELA TOULOUSE PRESENTATIONS

Dr. Toulouse is coming to Holy Cross on the morning of **Friday, April 3rd**. She is an informative and inspirational speaker. Pamela is an Anishinabekwe (Ojibwe/Odawa woman) from the community of Sagamok First Nation. She has taught in the elementary school system and has worked in post secondary for a number of years. Pamela has also served in an administrative and consultant capacity on several Aboriginal education projects. She has over 20 publications that demonstrate her ongoing commitment to the field of education and her own pursuit of lifelong learning. Pamela is a strong advocate for all students and has been cited in MacLeans' magazine as one of Laurentian University's favourite professors. Several of our religion and social studies classes will be attending the presentations.

HOLY CROSS STUDENTS' COUNCIL EXECUTIVE ELECTIONS

Students who are interested in becoming a member of Students' Council executive for the 2009-2010 school year are required to complete a nomination package. Holy Cross Students' Council 2009-10 Executive election packages will be available for distribution on **Monday, April 6th, 2009** from **Mr. Zquette**. Completed packages are to be submitted to a current Students' Council Executive member by **Thursday, April 16th**. The **Town Hall Assembly** is scheduled for **Wednesday, April 29th** and voting will take place on **Friday, May 1st, 2009**.

To be eligible to stand for election a student must:

- i) Attain and maintain a minimum 75% academic average
- ii) Be a student in good standing
- iii) Submit a nomination form with 50 signatures from peers
- iv) Submit 3 teacher references.

TUCK SHOP

Don't forget to check out the Holy Cross Tuck Shop on Wednesdays and Fridays during lunch. Purchase your Crusader gear and lunch time treats! See you there.

COUNSELLORS' CORNER

On **Wednesday, April 29th** mid semester report cards will be issued to all students in Period 1. Students will be directed to take the report cards home that day. No formal interviews are scheduled at this time. Parents with concerns are asked to contact **Student Services**.

Summer Volunteer Opportunities

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

Summer Jobs

Students should also check the board for summer job postings. The latest postings are up on the bulletin board located outside from Student Services.

University and College Acceptances

Final first semester marks have been forwarded to both OUAC and OCAS.

Please be aware of the fact that universities vary widely in when they send their offers of admission. Some students may have already had an early acceptance, but this is not the norm. Mid-term marks will be forwarded to OUAC by **April 24th**. Universities will then begin to send offers of admission. Grade 12 students enrolled in a night school course must have a midterm mark submitted to Student Services by **April 20th** and a final mark by **June 16th**. Please reassure your son/daughter that they should not be alarmed if they do not hear at the same time as their friends. Students should expect a response from Universities by **May 25th** (latest). **May 28th** is earliest date by which Ontario universities may require a response to an offer of admission.

College applicants must confirm their acceptance of a college offer by **May 1st**.

Course Selection Process

Students have had the opportunity to complete the on-line application process. Any student who has not completed the process must contact their counsellor. A verification sheet outlining courses has been sent out to students along with a credit history. This is an opportunity for corrections/changes to selections to occur. Students should make a guidance appointment if they have any concerns.

St. Lawrence College Connections

A number of **Grade 10/11 students** will be attending a one day enrichment program at St. Lawrence College, for students who are seeking more information about what colleges have to offer and may be unsure of their future destination. Sessions are being held on **May 7th**.

Connect and win at St. Lawrence ? Workplace Information Network Graduating Students have the opportunity to meet with potential employers, hear about job opportunities, tour the college and learn about available programs **Thursday, April 30th**. Contact Student Services for a registration form.

More Opportunities

McMaster University Health Science Department is inviting **high school science students** in Grades 11 and 12 for an opportunity to work alongside researchers this summer, through a \$1,500 research bursary award. Students gain valuable hands-on experience and receive a \$1,500 bursary award upon completion of the summer placement. Placements run from **June 30th through to August 20th, 2009**. Successful applicants from out of town will be provided with accommodations, meal vouchers, and transportation. For more information and details please contact your guidance counselor. Applications are due by **April 15th, 2009**.

Queen's University is offering the **University Experience Program** for students (all grades) who would be the first in their family to attend college or university in Canada. Students and their family members are invited to the Queen's campus on **Saturday, April 5th, 2009**, for

a series of activities, including a campus tour with current students and seminars on financial aid, career options and a wide variety of degree programs. Contact **Mrs. Cantarutti** for more information.

QUEEN'S MINI-ENRICHMENT PROGRAM: Holy Cross students will be participating in **E=MC²**, a mini-enrichment program at **Queen's University** from **May 4 – 8th**. The program provides students in grades 9-12 the unique opportunity to go to Queen's and study a subject of their choosing at an advanced level for the week. There are several subjects offered, covering aquatic ecology, robotics, sport psychology, dance choreography and anything in between!

OSAP

A financial representative will discuss OSAP applications on **Tuesday, May 19th** at 11:10 a.m. Graduating students and their parents are encouraged to attend.

PROGRAMME FOR INTERNATIONAL STUDENT ASSESSMENT (PISA)

On Monday, April 20th, Tuesday, April 21st or Tuesday, April 28th some of our students (35) will participate in a Canadian and international assessment program that will measure the abilities of 15-year-olds (students born between January 1, 1993, and December 31, 1993) in reading, mathematics and science. The PISA survey will provide important information on how our schools are preparing our young people for their future. The main assessment will require a total of approximately three and a half hours including short breaks. Students will be excused from regular classes in order to participate in this assessment.

KINGSTON YOUTH POVERTY CONFERENCE

The **Kingston Roundtable on Poverty Reduction** will host a conference on **Tuesday, April 7th** from 9:00 to 2:00 at **Queen's Faculty of Education**. 100 high school students (**10 from HC**) will participate in a day-long simulation game which will allow them to experience what it is like to be poor, learn what systems exist to assist people living in poverty, and realize how challenging it is to navigate through these systems. These are the goals of the conference:

1. Educate approximately 100 high school students about what it feels like to live in poverty.
2. Introduce participants to the systems in place to assist people in poverty and allow them to experience how challenging it is to navigate through these systems.
3. Encourage students to think about how they can take what they have learned back to their schools.
4. Encourage students to become agents of social change in the struggle against poverty.

HOLY CROSS CLASS OF 2009 REMINDERS

Teachers of senior courses are asked to review and remind potential graduates of the following significant dates:

Wednesday, March 24th (10:40 to 11:10)...HC Class of 2009 information meeting
Friday, April 17th.....Graduates' Retreat at Rideau Acres
Friday, May 1st.....Potential HC Graduates List Published
Week of May 4th.....Grad Invitations mailed home
Tuesday, May 12th.....Valedictorian Submission Deadline
Friday, May 15th.....Community Service Hours documentation due
Tuesday, June 16th.....Final Course documentation deadline
Thursday, June 25th.....Graduation Mass 12:00 at St. Paul the Apostle Church
Graduation Ceremony 7:00 p.m. at Holy Cross

A list of students who are potential graduates of Holy Cross and eligible to receive their **Ontario Secondary School Diploma** and take part in the **June 2009 graduation ceremony** will be published in the **May Newsletter**. The completion of thirty (30) credits (including compulsories), forty (40) hours of Community involvement, and the successful completion of the literacy test, are the key components of the diploma requirements. The community involvement hours (40) are to be completed and submitted to Student Services by **Friday, May 15th, 2009**. It is the student's responsibility to ensure that all requirements (including night school courses and on-line courses) have been completed or will be completed. The final marks for on-line

and night school courses must be submitted to Student Services by **Tuesday, June 16th, 2009**. Students may contact their counsellor regarding any questions concerning graduation.

NEWS FROM THE SPECIAL EDUCATION DEPARTMENT

Identification Placement Review Committee Meeting- Parents/guardians of students identified as exceptional learners will be invited to an **IPRC** meeting which is mandated by the Ontario Ministry of Education.

Graduating students are encouraged to make an appointment with **Ms. Gavan Knox** to update their **Individual Education Plan (IEP)**. Scholarships available to students with learning disabilities can be found on the Learning Disabilities Association of Canada's (LDAC) website: www.ldac.ca and click scholarships. Hard copies are included in your Post-Secondary Transition Portfolio available in room 117 or on our website.

Destination St. Lawrence Spring Camp to be held on **April 30th and May 1st, 2009** is open to all Grade 11 and 12 students who are planning to attend college and have a documented learning disability and or ADHD. The cost is \$50.00 and returned with the successful completion of the entire two-day event. The registration deadline is **April 17, 2009** and the registration forms may be picked up from **Ms. Gavan Knox in room 117**. Contact the SLC High School Transition Coordinator, Mary Ann Lyons at: mlyons@sl.on.ca or **613-544-5400 ext.1551**.

Information on the **Autism Spectrum Disorder Support Program**, offered at **Algonquin College** in Ottawa, for students with ASD interested in attending college is available in resource room 117 or at **613-384-1919 ext. 3117**.

Social Group to be held on Wednesdays beginning **April 8th from 2:30 pm - 4:30pm**. Activities include games, cooking, bowling etc. Transportation home is parent/guardian responsibility. For more information contact **Ms. Gavan Knox at 613-384-1919 ext. 3426**.
Resource assistance -The Special Education Staff will provide Resource assistance to students from 8:00am - 8:20 am in Rm. 117, on a daily basis. Students wishing to get help with their homework, finish assignments, and use assistive technology are welcome.

Parents/guardians wishing to discuss the early report card results, academic choices for next year, or any other concerns should make an appointment with the Special Education Staff at **613-384-1919 ext. 3117**.

Life Beyond School Information Fair in Kingston **May 12th** at LCVI. Donna Abbink and all community agencies supporting students with Autism or other disabilities; for students in grades 7 and up and their parents.

LEARNING DISABILITIES ASSOCIATION OF KINGSTON AGM **Monday April 27th, 2009** at **7:00 p.m.**, 417 Bagot Street, 2nd Floor.

Speaker: Shelley Sayle-Udall, Community Child & Youth Counsellor with Pathways for Children & Youth.

Topic: Strengthening Parent Relationships: Behaviour Management Strategies for Elementary and Adolescent Students. This may be of interest to some parents.

Spring team photos will be taken on Tuesday, April 6th and Wednesday, April 7th. Only the teams photographed on these dates will appear in this year's yearbook publication.

ENERGY CHECK

On **Wednesday, April 22nd and Thursday, April 23rd, Grade 10 students at Holy Cross** will take part in an interactive, educational event offered by **KFL&A Public Health**. Students will learn how healthy eating and active living gives them the energy they need to work and play their best. Topics include the effects of poor nutrition and skipping meals on metabolism and body health, the sugar, fat, and salt content of popular fast food meals, and how to make healthier choices. Students will become aware of techniques used by the fashion industry to create an unattainable illusion of perfection and the effect this has on their body image and self-esteem. The benefits of an active lifestyle for enjoyment, maintaining a healthy weight, and overall health will also be highlighted.

COACHING THE COACHES

On the evening of **Friday 1st and on Saturday, May 2nd, Holy Cross** will play host to the 3rd Annual Spring "**Coaching the Coaches**", a clinic sponsored by **Tourism Kingston** and the **Investors Group**, will be a series of seminars designed to help coaches of children of all ages to provide better learning and playing environments for their athletes. Top level coaches will share their expertise in dealing with athletes and provide examples of their best practices that can be used by coaches for all levels, designed to help coaches of children of all ages to provide better learning and playing environments for their athletes.

The Clinic features: **Dr. Andrew Pipe**, a physician at six Olympic Games, the Chief Medical Officer to Canada's 1992 Olympic Team in Barcelona and was Supervising Physician of the Basketball Competitions; **Morgan Wooten** who is generally regarded as the #1 coach in the history of US High School Basketball. Coach for 47 years at DeMatha Catholic High School in Hyattsville, Maryland; **Kit Cartwright**, Offensive Coordinator, Winnipeg Blue Bombers, who helped transform the Blue Bombers into an offensive juggernaut earning a berth in the 2007 Grey Cup; **Glen Constantin**, Head Football Coach, Laval University Rouge et Or. Glen has enjoyed tremendous success in his eight seasons at the helm of the Rouge et Or. In 2008, the Rouge et Or won its fourth Vanier Cup in the last six years; **Chris Green**, Head Coach, Junior Men's National Volleyball Team & Assistant Coach Senior Men's National Team; **Kristine Drakich** Head Coach, University of Toronto Varsity Blues Women's Volleyball is entering her 20th year as head coach of the women's volleyball program; **plus** Top Coaches of Basketball, Football and Volleyball.

Additional information and registration forms available at <http://www.coachingthecoaches.ca/>.

NEXT MONTH AT HOLY CROSS

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| May 1..... | Potential Graduate List published
Students' Council Executive Election |
| May 3-8.... | Catholic Education Week <i>Catholic Education: Good News for All</i> |
| May 4 – 8..... | Queen's Enrichment Course Week |
| May 5..... | Grade 8 Orientation Day at HC
Grade 11 OAPT Physics Contest |
| May 6.... | HC Catholic Education Week Masses in Gymnasium |
| May 7.... | Catholic Education Week School Board Mass in Belleville
St. Lawrence College Connections Program
Sir Isaac Newton Physics Contest |
| May 13..... | 23 rd Partners in Mission Food Blitz |
| May 14..... | March for Life in Ottawa |
| May 15.... | 4 th Annual Greg Hulse Memorial Soccer Tournament at HC |
| May 18..... | Victoria Day Holiday |
| May 19..... | OSAP Representative Discussion, 11:10 a.m.
Spring Field Trip Moratorium Begins |
| May 21..... | Genesis Awards Evening, 7 p.m. |
| May 22..... | Grade 9 Student Retreat with N.E.T.
Grade 9 Band Trip |
| May 28..... | Green and Silver Athletic Awards Banquet |