

# HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON March, 2011 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 Two. Our community is blessed to have so many dedicated and talented members who share their time and talents with one another. We welcome to our staff Ms. Teressa Krentz, Mr. Matt Clarke, Ms. Kathleen Waller, Ms. Claire Bouvier, Mr. Curtis Stanzel, Mrs. Liz Mulvenna, and Ms. Karen Leroy who have joined our teaching staff this semester. We appreciate the patience and flexibility of our community as we did some last minute juggling adding classes and balancing course loads in this new semester.

I have witnessed great moments recently at the school and in the community. Who will forget the Senior Boy's Basketball team's victories at KASSAA and EOSSAA? Not I, with the strength of our big men, the guidance of Connor Shkimba and the thrilling dunk by Jahmal Edwards – thanks to the players and their coaches Mr. **Demelo** and **Mr. Dzierniejko**. Good luck to the team as they travel to **OFSAA** for the first time since 2008. Just this past weekend, our Improv Team bested their friendly competitors by more than one hundred points to earn a second consecutive trip to the National Improv Competition in Ottawa. Congratulations and good luck to team members and coaches Mr. Stabile and Ms. Rose. First place honours and A+ ratings at the Kiwanis Music Festival are also laudable achievements for our bands and leaders Mrs. McCombs and Mr. Orser. I am proud of all of our teams' achievement and wish all those who are continuing with their seasons all the best.

Students are reminded and challenged to be stewards of our school environment: to pick up after themselves, to maintain and wear their uniforms properly, and to be respectful of one another and of themselves. As mentioned in the grade assemblies at the start of this semester, non-uniform days are contingent upon students upholding the above expectations. We just participated for the first time in Pink T-Shirt Day, to show by our clothing that we will not tolerate bullying. It is past time to ensure that our actions match our ideals. More than one-half the time, bullying stops within 10 seconds of a bystander stepping in to help.

# Paul A. Walsh

## **PASTORAL SERVICES UPDATE**

We are now preparing for our annual Blood Donor Clinic which takes place on Wednesday, March 2<sup>nd</sup> from 9:00 – 2:00 p.m. in the Holy Cross Library. Please call Chris Forster (ext. 3436) to book an appointment. And shortly after we'll be serving up lots of pancakes on Shrove **Tuesday, March 8**th followed by our Ash Wednesday Liturgies on **March 9**th which will mark the beginning of the Holy Season of Lent. Staff and students will be invited to receive ashes on their foreheads at the end of Mass as a sign of our collective need for repentance and healing.

Six Holy Cross students and myself had the privilege of being part of the 2011 K2K Jamaica Mission Trip from February 12 - 20th. We joined up with eleven Regiopolis-Notre Dame students and four staff to travel to **Kingston**, **Jamaica** where we volunteered at various projects sponsored by St. Patrick's Foundation. What an amazing experience this was for all of us. And, what a wonderful opportunity to experience God's presence in the poor of Jamaica.

Our CICS' Students and Student Council are busy with our ShareLent Campaign which will see classes fundraise over the coming weeks in support of various charities both here in Kingston and overseas. We will also be having our annual 25-hour Thinkfast on Friday, April 15th.

#### MARCH DATES TO REMEMBER - NUTRITION MONTH

Tuesday, March 1.....Course Selection & Student Registration Deadline Tues & Wed, March 1 & 2...... Elementary "A" Basketball Tourney at HC OFSAA Swimming Championships, Etobicoke Wednesday, March 2......Blood Donor Clinic in Library OSSLT Preparation, P1, Reading Dialogue & Real-Life Narratives Friday, March 4......World Day of Prayer How many loaves have you? What are your gifts? What can you share? Sat & Sun, March 5 & 6...Cheerleading Prov. Championships, Kitchener Tuesday, March 8... Shrove Tuesday, Shrove Tuesday Pancake Breakfast OSSLT Preparation P4, Writing News Reports Wednesday, March 9......Ash Wednesday Ash Wednesday Masses ShareLent begins Thursday, March 10.....London / Paris Trip Departs Friday, March 11.....Final Day of Classes before March Break Final Day of Placement for Teacher Candidates Sat, March 12 – Sun, March 20......March Break Sunday, March 13.....First Sunday of Lent Daylight Savings Time Begins
Monday, March 14.....Pi Day celebrated at 1:59 p.m.
Thursday, March 17.....St. Patrick's Day Sunday, March 20.....Second Sunday of Lent 100 Days 'til class of 2011 Graduation HC London / Paris Trip Returns Monday, March 21.....First Day of Classes after March Break Semester Two Early Semester Report Cards Issued Try-outs for Spring Sports Teams Begin Tobacco Presentation, Lecture Theatre, P1 Tuesday, March 22......World Water Day Wednesday, March 23......97 Days 'til Class of 2011 Graduation HC Class of 2011 Information Meeting, 10:40 – 11:10 OSSLT Preparation P3, Writing Series of Paragraphs Expressing Opinion Thursday, March 24.....Grade Level Reconciliation, all day, Library Semester Two Parent-Teacher Interviews, 3-6 and 7-9 Friday, March 25.....(Tentative) Non-Uniform Day Grad Retreat Earth Hour at Holy Cross (lights turned off minimum of 15 minutes/period) Saturday, March 26......Earth Hour 2011, 8:30 – 9:30 p.m. Sunday, March 27......Third Sunday of Lent Wednesday, March 30......Grade 10 OSSLT Assembly, P1, Cafetorium Thursday, March 31.....Ontario Secondary School Literacy Test Day Independent Study Day for Grades 11 and 12 (who've completed the test) Regular Day of Classes for Grade 9s

Plans are well underway for a **Catholic Youth Event** to be hosted here at **Holy Cross** on **Saturday, April 9**th – the annual **Archdiocesan Catholic Youth Rally**. Last year this event brought over 300 young people and adults to **Holy Cross** for a full day of workshops, contemporary music, and Mass. Mark it in your calendars now. It's going to be another fantastic gathering for teenagers from all over our Archdiocese.

Some other upcoming events include: Graduates' Retreat on March 25<sup>th</sup>, Lenten Reconciliations on March 31<sup>st</sup>, the Hotel Dieu Hospital Food Blitz on May 18<sup>th</sup>, the March for Life bus trip to Ottawa on May 12<sup>th</sup>, and the Grade 9 Retreat on May 20<sup>th</sup>. Certainly lots to get involved in here at Holy Cross in the coming months.

God's blessings on all our students and staff as we begin the month of March and our Lenten journey on **March 9**th.

**Chris Forster, Coordinator of Pastoral Services** 

#### **ARTS NOTES**

#### LONDON/PARIS DRAMA TRIP

This **March 11**th, **2011**, 26 Holy Cross students will be departing for **London**, **England**. Their journey will include spending four days in London , England and four days in Paris, France. The students will be attending two theatre performances , touring world famous galleries and visiting numerous historic sites. We wish them a safe trip .

#### **KIWANIS MUSIC FESTIVAL RESULTS**

Congratulations to all Crusader Band members on great performances at the Kiwanis Music Festival. In addition to first-place honours for both the Symphonic Band and Junior Concert Band, the Senior Wind Ensemble and Jazz Ensemble both came away with A+ grades in their respective divisions. Not only did our student musicians perform well, but they represented themselves with class as they supported their fellow musicians from a number of other schools in various capacities. Next stop for our Crusader musicians is Boston! The bands travel to Boston, Massachusetts in April to compete in the Heritage Music Festival. Good luck, Crusader Bands.

## **KINGSTON IMPROV GAMES**

On Saturday night at McArthur Auditiorium, the incomprable Holy Cross Improv Team captured first place in the Kingston Improv Games, outdistancing the closest competition by one hundred and six points and earning a spot in the Canadian National Improv Games which will be held at the National Arts Centre in Ottawa April 19<sup>th</sup> - 23<sup>rd</sup>. Team members Tyler Check, Ali McLean, Rowan Burke-Lacoursiere, Mike Vermeersch, Laura Donohue, Grace Hill, Hailey Masterson and Ciara Roberts wowed the crowd with consistently excellent play. Special commendations to team member Ali McLean who won the Heart Award, and to coaches Ms Rose and Mr. Stabile for leading the team to Ottawa for the second year in a row. The team members and coaches send heartfelt thanks to the impressive Crusader fans and hope that you can join us again at the nationals.

#### **CABARET 2011**

Attention Muggles, visit the Great Hall on **Thursday, March 3**<sup>rd</sup> to support your talented local wizards for this year's annual **Cabaret**. Don't worry about clearing out your Gringott's Bank account. It only costs **\$6** at seven o'clock. The night features themed food and entertainment, including a variety of musical and comedic acts, dance and bands. How can you deny the many enchanting and mysterious adventures that await you?

## **HOLY CROSS CLASS OF 2011 GRADUATION CEREMONY**

The graduation ceremony for this year's graduating class will be held on **Tuesday**, **June 28**<sup>th</sup> **beginning at 7:00 pm** in the gymnasium

#### **Holy Cross Class of 2011 Reminders**

Wednesday 23<sup>rd</sup> March (10:40-11:10).... HC Class of 2010 Info Meeting Friday 25<sup>th</sup> March.......Graduates Retreat at Rideau Acres Monday 2<sup>nd</sup> May......Potential HC Graduates List Published Week of 9<sup>th</sup> May......Grad Invitations mailed home Wednesday 11<sup>th</sup> May......Valedictorian Submission Deadline Friday 13<sup>th</sup> May......Community Service Hours documentation due Wednesday 22<sup>nd</sup> June.....Final Course documentation deadline Tuesday 28<sup>th</sup> June...Graduation Mass and Commencement Exercises

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 2011 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 13<sup>th</sup>**, **2011**. 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 14<sup>th</sup>**, **2011**. Students may contact their counselor regarding any questions concerning graduation.

#### **HC Class of 2011 Assembly**

To mark the beginning of their final 100 days as **Holy Cross** students, the **HC Class of 2011** will assemble in the cafeteria on **Wednesday**, **March 23rd, 2011** in **Period Two**. This date marks **the beginning of the last 97 days** as a **Holy Cross** student and provides a great opportunity for the school to review and remind the senior class of their obligations and responsibilities in the days and weeks to come. As the saying goes, a student for a short time but an alumnus for a life time, **Once A Crusader**, **Always a Crusader**.

#### **NEWS FROM STUDENTS' COUNCIL**

Students' Council has been busy this past month. The Semi-Formal Masquerade Dance was a big success. A total of 523 students attended, making this the biggest dance in many years. The students danced the night away and had a great time! Students' Council is currently running a lunchtime Dodgeball league. The games involve students from all grades to help promote school spirit and physical activity. We organized a Jamaica Colours Day during which students could make a \$2 donation to support the Jamaica Mission trip. Students who chose to participate were able to have a non-uniform day as long as they wore the colours of the Jamaican flag: green, yellow or black. A total of \$1940 was raised for this worthy cause, thank you to everyone who participated. Upcoming events for student council include working with CICS to promote and run the pancake breakfast on Shrove Tuesday and the Lenten charity campaign. As well, the nomination process for next years Students' Council will begin this month. Students' Council would like to wish all of the **Holy Cross** community a happy and safe March Break. Sara Valentino, Communications Advisor

## THE DANGERS OF CHEWING TOBACCO

Gruen Von Behren is touring Eastern Ontario to speak to youth, parents, coaches, and dental professionals about his life. At age 13, Gruen tried chewing tobacco for the first time and became addicted. By age 17, tobacco use had given him oral cancer and it was spreading fast. Today, after 34 oral surgeries and hundreds of painful procedures and radiation treatments, Gruen has lost half of his tongue, all of his teeth and his entire jawbone. Gruen now travels North America, showing his face and telling his story in an effort to persuade teens and children to stay away from all forms of tobacco, be thankful for life's blessings, and treat others with respect. A quick story can be found at: <a href="http://www.hypnotismwithattitude.com/hypno2\_013.htm">http://www.hypnotismwithattitude.com/hypno2\_013.htm</a>.

The intent of these presentations is to not only encourage those who may be using to consider quitting and to discourage use from becoming more common, but also to provide all students with an opportunity to hear an inspirational story of survival and respect.

## THE ECO-CORNER

Species extinction, environmental refugees, rising ocean levels, ocean acidification, irreversible climate change... These are some of the many frightful future consequences of our inaction on reducing greenhouse gasses. Despite our awareness, the day to day business of our lives makes it easy to forget about this issue. To help remind our school community of our commitment to take action on climate change, Holy Cross will participate in Earth Hour 2011 on Friday, March 25<sup>th</sup>, when classes will reduce or eliminate the use of their classroom lights for one hour. Earth Hour 2011 which will be celebrated all over the world will take place on Saturday, March 26<sup>th</sup> at 8:30 pm. For more information, visit www.earthhour.org and urge local leaders to support action on climate change.

**EcoTip:** Over its lifetime, a T-shirt can send up to nine pounds of carbon dioxide into the air. Try hanging your clothes on a line to dry. Keep it Green, HC!

## **EARTH HOUR 2011**

Earth Hour 2011 aims to reach more than one billion people in 1000 cities around the world, inviting communities, business and governments to switch off lights for one hour at 8:30 pm on Saturday, March 26<sup>th</sup> and sending a powerful global message that we care enough about climate change to take action. The Justice and Peace Commission of the Archdiocese of Kingston and the Anglican Diocese of Ontario, along with the Anglican's Diocese of Ontario's Green Group, are promoting "Earth Hour" on Saturday, March 26<sup>th</sup>, 2011.

#### **CURRICULUM UPDATES**

There are so many projects afoot that it is hard to select just a few. However, students and parents should know that teachers of our Grade Nine applied students (in English, Math, Science, Geography and Religion classes) continue to work together on board-wide common assessment tasks, in order to accomplish two particular goals: to ensure that teachers in schools throughout the board share an understanding of work at various levels of accomplishments and, more importantly, to help students who may struggle with cross-curricular literacy skills to build their repertoire of literacy strategies.

Our Grade Ten applied classes (science, history and English) are participating in action research that allows the students a hands-on, subject-specific approach to cross-curricular literacy skills while their teachers collaborate with one another to target areas where reading and writing skills need improvement and to work individually with students to help them achieve literacy goals.

#### LITERACY TESTING

The Literacy Test will be written on **Thursday, March 31**st, **2011.** Literacy Test preparation is being offered to **all Grade 10 students**, throughout the next several weeks. 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 31st. <b>Grade 9 classes will run as regularly scheduled.** 

## **EARLY SEMESTER REPORT CARDS**

Look for **Early Semester Report Cards** to arrive home just after the March Break, on **Monday, March 21**st. These report cards are intended to let students and parents know how well a student is progressing in each of his or her classes. We do not include grades at this point in time because we want to focus on learning skills and the anecdotal comments. Please discuss the report card with your son or daughter. You may also want to make use of this information to prepare for **parent-teacher interviews on Thursday, March 24**th. We always welcome contact between school and home, starting with subject teachers at any point in the semester.

## COUNSELLORS' CORNER COURSE SELECTION FOR 2011 - 2012

The course selection process for next year was completed last week. It is critical that any student who has not selected their courses, do so, before **Wednesday, March 2**nd. Students can access the course selection link through the **HC website**. Click on the **Maplewood Access** link on the front page under "Academic" and enter your username and password. Students can also use the library computers at lunch to adjust their choices. Contact a guidance counsellor if further assistance is needed. A verification sheet listing choices will be issued after the March Break.

#### **VOLUNTEER & JOB OPPORTUNITIES**

Students are reminded to check the bulletin board for volunteer and part-time job opportunities. Ontario summer job opportunities are available through Ontario.ca/summerJobs.

#### **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 in their **OUAC/OCAS** file. See your counsellor 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**.

#### UNIVERSITY EXPERIENCE PROGRAM

Students who are the first in their family to attend post-secondary education are invited to attend the **Queen's University Experience** program. It will take place on **Saturday, April 2<sup>nd</sup>, 2011** at **Queen's** from 10:00 until 5:00. The event is free and includes lunch. Please see **Mrs. Cantarutti** for more information.

#### **ENCOUNTERS WITH CANADA**

A program of the Historica-Dominion Institute, Encounters with Canada is mandated to bring together young people from across the country in order to develop their appreciation of our national heritage and identity. Programming is designed to increase understanding of responsible citizenship and enhance leadership skills, as well as to provide awareness of future career options. A key aspect of the **Encounters** program is the chance for youth to get together with peers from other parts of **Canada**, thereby enriching regional connections through direct interaction and shared experiences. Themes include **Arts and Culture: March 13 – 19, Journalism and Communication: March 27 – April 02. Contact the recruitment centre at 613-744-1290 extension 9515 or <b>chrowne@historicadominion.ca**.

#### **HOLY CROSS ATHLETICS**

This spring, over 200 student athletes from Holy Cross will compete for KASSAA and EOSSAA 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 - http://hcss.alcdsb.on.ca/athletics/home.html, 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. To recap the winter season our Senior Boys' basketball team won a thrilling contest against perennial rival Falcons at KASSAA and then continued to battle through tightly orchestrated contests to capture EOSSAA against St. Joe's Cornwall. Our Boys' Hockey team made it to the city finals and advanced as a number one seed to the EOSSAA championship with a 3-0 victory over the Napanee Golden Hawks. The Volleyball teams, the Girls' Hockey Team and the Junior Varsity Basketball team also completed strong seasons with many moments of triumph but ultimately losing games in the playoffs. The Co-Ed Cheeerleading Team captured both KASSAA and Regionals, with the Grand Championship Title at the **K-Rock Centre** – good luck to our squad and their coaches as they head once again to the provincial championship in Kitchener. The Jr. Boys' Curling team took Gold at the Curling KASSAA

finals. The hard work and determination from David Brown, Nick Zelizniak, Caleb Gray and Ross Fabbro paid off. Good job boys and good luck at EOSSAA! Chris Waltner, Mikaela Wheeler and Mark Brousseau of the wrestling team will be off to OFSAA, in early March in Sudbury, Ontario. From the swim team, Laura Perry, Hannah Sutherland, Emanuelle Delaney, Samantha Searle, Nik Tolgyesi, Chad Lees and Jessie Coleman qualified at EOSSAA for the OFSAA swimming championship in Etobicoke on March 1st and 2nd. Badminton season hits full stride in March and April. Spring teams include boys' and girls' soccer, boys' and girls' rugby, co-ed tennis, baseball, and track and field. Spring team photos are upcoming. Only the teams photographed on April 20th will appear on this year's yearbook photo CD. Hope to see everyone on the sidelines in the spring.

## **DIRECTION OF TAX SUPPORT**

Catholic parents and guardians, electors and supporters are being encouraged to continue to ensure that they are registered as English-Separate Supporters. The support of residential ratepayers is directly linked to attendance rights and indicates a firm commitment to the system essential to maintaining the existence of Catholic school boards in Ontario. If you are not listed as a **Separate School Supporter** and wish to remedy this, please visit our web site www. alcdsb.on.ca and choose the link named "**Direction of Tax Support**" or call our **Assessment Department** at (613) 354-6257, **Extension #455**.

#### **SCHOOL CLIMATE SURVEYS**

The **HCCSSC** would like to encourage all parents and guardians to take 15 minutes and complete the School Climate Survey. The purpose of this survey is to help staff, students and parents achieve a positive environment, schools actively promote and support positive behaviours that reflect our gospel values of faith, hope, love, prudence, justice, temperance, and fortitude. The data from these surveys will allow our school to understand the school climate from the students' and parents' perspectives.

You can find the survey on the Holy Cross website. The password for parents to access the survey is "climate". The climate surveys are confidential and will not identify students or parents by name. Please contact the school or any member of the **School Council** if you have any questions or concerns.

The Ministry of Education in its Policy and Program Memorandum No. 145 – *Progressive Discipline and Promoting Positive Student Behaviour*, updated, October 2009, requires schools to conduct anonymous school climate surveys with their students every two years and to share the results with the school's Safe Schools Team. The board also believes that input from our parent community is equally important to assess in order to improve school climate.

À parent/guardian letter was distributed from the school (via Synervoice email) on **February 25<sup>th</sup>**, **2011** outlining the details of the climate surveys. Students will be completing the survey at school. Parents/guardians will find the survey on the board and school websites. The password for parents to access the survey is "climate". Access to the parent survey will be available until April 1, 2011. Survey data will be organized by district and schools, not by individual students or parents. The information collected on the survey is confidential and will be protected. The data from the survey will be extremely useful in developing future board and school improvement plans to support student achievement and well-being.

Thank you for your continued collaboration in helping to ensure that the members of our school community feel a sense of safety and belonging.

"Love one another as I have loved you", John 15:12

#### **NEWS FROM THE SPECIAL EDUCATION DEPARTMENT**

**First Semester Report Cards and frozen IEPs:** We invite you to cross-reference the marks on your child's report card with his/her use of accommodations and send us any updates. The draft IEP for semester two will be sent home after the March Break.

OSSLT-Ontario Secondary School Literacy Test: Mrs. A. Poels has reviewed the accommodations for OSSLT with each grade 10 student on an IEP and has sent the forms to parent/guardians. For further information, contact Mrs. Poels at 613-384-1919 ext.3425.

**SEA** computers. Mrs. M. Hulse has filled the requests of those students who wanted the Kurzweil version of their textbooks loaded

on their laptops. Students who wish to have Kurzweil version of textbooks/novels loaded on computers or I-pods, contact **Mrs. Hulse** @ 613-384-1919 ext. 3428.

Post-Secondary Transition Planning: Ms. Gavan Knox is updating IEPs with students who are planning on attending college, university, or, apprenticeship programs 2011-12.

For further information, contact **Ms. Gavan Knbox at 613-384-1919** ext. 3426.

On-line to Success. There are still some spots available for this course which begins March 22<sup>nd</sup>-May 16<sup>th</sup>. Contact person is Ms. Gavan Knox.

#### HOLY CROSS BLOOD DONOR CLINIC

Approximately every minute of every day, someone in Canada needs blood. In fact, according to a recent poll, 52 per cent of Canadians say they, or a family member, have needed blood or blood products for surgery or for medical treatment. The good news is that one blood donation - in just one hour - can save up to three lives. A Holy Cross Blood Donor Clinic is scheduled for Wednesday, March 2<sup>nd</sup> from 9:00 to 1:00 in the Library. Please see Chris Forster at X3436 or forster@alcdsb.on.ca to book an appointment.

Final eligibility determination rests with the screening staff at the donor clinic. **Identification**: Identification with full name and signature, or full name and photograph required. **Age:** Between 17 and 71 birthday (regular donor). **Weight:** At least 50 kg (110 lb). **Frequency of Donation:** Minimum interval between blood donations is 56 days. **Health:** In general good health and feeling well. You should have had something to eat and adequate sleep. You must also meet hemoglobin (iron) requirements (test done at clinic). **Screening:** At the time of donation, you will be asked a number of questions to determine your eligibility.

#### **Breathe Free! Smoking Cessation Group**

KFLA Public Health Nurse Lisa Lollar is facilitating a Q4L: Breathe Free Smoking Cessation program which continues on Wednesdays until April 7<sup>th</sup>. It takes more than willpower to quit smoking. It takes skills and support, as well as motivation. The Breathe Free program is designed to help youth quit smoking... for life. Breathe Free can help Holy Cross students quit now or learn the steps for quitting later.

# **NEXT MONTH AT HOLY CROSS** Semester Two Midterm Testing Period Begins April 6......Kingston Youth Poverty Conference April 7......Halpern's Holy Cross Spring Uniform Sale, 3 – 8:30 April 9.....Vimy Ridge Day Archdiocesan Youth Rally at Holy Cross April 9 & 10....Queen's HS Invitational Indoor Soccer Tournament April 11.....Reach for the Top Tournament, KCVI April 12.....Euclid Gr 12 Math Contest Semester Two Midterm Testing Period Ends Grade 10 Careers and Civics (Term 1) courses end April 13......Term Two Gr 10 Careers and Civics courses begin April 14....2011-12 Students' Council Nominations Packages due .....Thinkfast ALCDSB Student Trustee Election & Senate Mtg #4 April 15..... IEP Deadline April 17..........National Volunteer Week Begins April 19.........Mass of Chrism, St. Mary's Cathedral April 20.........Spring Team Photographs for Yearbook April 21......Holy Week Liturgies, the Triduum (Holy Thursday) April 22.....The Triduum (Good Friday), Earth Day April 23.....The Triduum (Holy Saturday) April 24.....Easter Sunday April 25. Easter Monday April 26. Energy Check Assembly, Grade Tens April 27. HC Catholic School Council Meeting, 6:30, Library Administrative Professionals' Day HC Bands Depart for Boston CommTech Trip to NYC departs Midterm Report Cards Issued Energy Check Assembly, Grade Tens Semester Two marks due to OCAS April 28 ......Semester Two marks due to OUAC April 29 & 30 .....Coaching the Coaches Conference, Queen's