



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

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

November, 2012 Newsletter ... visit our web site at www.hctoday.ca

PRINCIPAL'S MESSAGE

Ontario has designated the week beginning on the third **Sunday of November as *Bullying Awareness and Prevention Week*** to help promote safe schools and a positive learning environment. In our Catholic schools we accept and respect everyone as a child of God. Each student and adult in **ALCDSB** has a role to play in creating and nurturing strong communities of faith, engaged communities of learning, and compassionate communities of service.

Congratulations to our school community for contributing so much to the **Thanksgiving Food Drive**. Our homeroom classes responded with incredible enthusiasm, ingenuity and generosity. During these unstable economic times, the need within our community has grown and it is so important for those of us who can give, to do so.

Thanks to the coaches, managers, community volunteers, and students for always making us proud to see the Green and Silver on the courts and fields. The **Students' Council** roused our school spirit with a wonderful **Pep Rally**. The collaboration between **Students' Council** and our **Communications Technology** staff and students on the **Gangnam-style** video was outstanding. The **Catholic Cup** event was once again wonderful, a testament to our fierce **Crusader** pride as well as to undaunting support from the fan buses and the community at large. We are grateful for all that everyone does to support **Holy Cross** athletics and all of our endeavours. Congratulations to our fall teams whose seasons have ended as well as to all of our teams working towards their seasons' completions.

On the **Professional Development Day (Monday, October 29th, 2012)**, all staff at **Holy Cross** for our **Staff Faith Day**, where we celebrated Mass and reflected and listened to **Fr. Leo Byrne, Chris Forster**, and recent graduates **Nicole Taylor and Nick Cotman**. All challenged us to consider more deeply our roles as Catholic Christians and people of prayer and action.

On **Thursday, October 11th**, we issued our **Early Semester Report Cards** to students. This was an early indicator of each student's achievement in the first six weeks of this semester. The first half of the semester will end on **Wednesday, November 7th** and then on **Monday, November 19th**, the **mid-semester Report Cards** will be distributed in Period One classes. This Report Card provides extensive reporting in each subject including: a percentage grade; course median; absences/lates; learning skills and personal comments on the individual student's strengths, weaknesses and next steps. There is ample time left in the semester for students to improve their marks and do well in each course. If a student's mark is below 50%, this indicates the need to examine the work to date. A discussion with the teacher will help you plan for maintaining the achievement level or ways to improve the student's mark. Teachers may refer some students whose progress is faltering to **Mr. Mike McAllister** or **Mr. Robin Dzierniejko**, our **Student Success teachers**, for what we call "**credit rescue**", an attempt to regain academic footing. As the **Holy Cross** school community,

we welcome your input on how we are doing. Please feel free to contact a teacher, counsellor or administrator during school hours. Check our website regularly for important updates on information. Our students, your children, are the centre of our work and their educational and personal accomplishments fulfill our mission.

Paul A. Walsh, walshp@alcdsb.on.ca

THIS MONTH AT HOLY CROSS

- Thursday, November 1.....All Saints Day
November First Day Photos, Rm 129
- Friday, November 2.....All Souls Day
Jamaica Fish Fry, HC Cafeteria, 3:30 – 7
- Sat, Nov 3 KASSAA Sr. Football Championships
Justice, Peace & the Race for Resources: a KAIROS Workshop
- Sun, November 4..... Daylight Savings Time Ends
- Monday, November 5St. Lawrence College, 11:15 a.m.
Veteran's Week Begins
"It Starts Here", A Conversation about Alcohol in the City, SLC, 7pm
- Tues, Nov 6...College Online Application Workshop, 11:00 a.m.
- Wed, November 7..... Honour Roll Celebration, Period One
Take Our Kids to Work Day, Grade Nine
Term One Careers & Civics Courses End
Mid-Semester Test Period Ends
- Thurs, Nov 8Term Two Gr 10 Careers & Civics Begin
College Application Workshop, 11:00 a.m.
- Friday, November 9 Remembrance Day Liturgies
- Sat, Nov 10 ...KASSAA Jr. Football Championship @ LCVI
KASSAA Boys' Volleyball Championships
- Sunday, November 11 Remembrance Day
- Mon, Nov 12 .. Bullying Awareness & Prevention Week begins
Crusader Winter Season Tryouts begin
KASSAA Girls' Basketball Championships
- Mon – Wed, Nov 12 – 14Toronto Street Retreat
- Tuesday, November 13 S1 Midterm Marks Due
EOSSAA Jr. Girls' Basketball Championships @ HC
- Wed, Nov 14.....*The Secret Garden* tickets go on sale
- Wed & Thurs, 14 & 15 ...EOSSAA Sr. Girls' Bball Championships @ HC
- Thursday, Nov 15 KASSAA Winter Transfer Deadline
Students' Council Movie Night
- Friday, November 16 S1 Midterm Marks Due to OCAS
- Saturday, November 17..... Kingston Santa Claus Parade
National Child Day
- Mon, November 19 ... S1 Mid-Semester Report Cards Issued
- Tues, Nov 20 ... Canadian Senior & Intermediate Math Contests
- Wed, Nov 21 Queen's Online to Success Parent Info Session, 6:30
Catholic School Council Meeting, 6:30
- Thursday, November 22 American Thanksgiving
Making the Cut, Carleton University
- Thurs & Fri, Nov 22 & 23CPR and First Aid Training, SHSM
- Fri, Nov 23 ALCDSB P.A. Day #3, no classes
- Mon, Nov 26Afternoon Performance of *The Secret Garden*
- Tues, Nov 27 Sem One Full Disclosure Day (Gr 11/12)
Afternoon Performance of *The Secret Garden*
- Wed, Nov 28 Opening Night of *The Secret Garden*
- Thursday, November 29 *The Secret Garden*, 7 p.m.
- Friday, Nov 30 Tentative November Non-Uniform Day
The Secret Garden, 7 p.m.

HOLY CROSS PASTORAL SERVICES

November provides us with a wonderful opportunity to remember loved ones who have died as we celebrate **All Saints** and **All Souls Day** at the beginning of the month. We will again have a special **Book of Remembrance** in the **Chapel**; and we invite students, staff and visitors to our school to remember their loved ones by writing their names in this book; these people will be remembered in our daily prayers and at all our **School Masses** during **November**. On **November 9th** we will be remembering those who gave their lives in the **Great Wars** of the past century or while serving in **Afghanistan** or on peacekeeping missions through grade level assemblies in the **Cafeteria** during Period One. Let us all take time to remember, to pray and to buy a poppy in support of our veterans.

JAMAICA MISSION TRIP UPDATE: Over 400 people attended our **Jamaica Fish Fry** on **Friday, November 2nd** at **Holy Cross**. And close to \$3000.00 was raised for the **Mission Trip**. A big thank you to all our students, parents, and staff who helped out and to all those who attended and who made this such a great evening.

RETREATS: Our Grade 10 home form classes attended the **Personal Growth: Mind, Body & Spirit Retreats October 16 & 17th**. These full-day retreats focused on ways all of us can develop a healthier respect for our sexuality. Thank you to our students for attending and to our Grade 10 teachers and other staff whose hard work and sacrifice made these retreats possible. We especially enjoyed our speakers this year: **Terrie Hoey, Lisa Lollar, Nadia Gundert and Ian Tyson**.

CICS' CORNER: Congratulations to all our students and staff for their wonderful contributions to our **Thanksgiving Food Drive** which will help to fill the **Food Bank** shelves. We are looking forward to our annual **Toronto Street Retreat** which will take place from **November 12-13th**. Permission forms are available in my office. We will also be offering a one-day **Kingston Street Retreat** on **December 18th** for **CICS** students.

PRAYER INTENTIONS: Please pray for the sick and for their families and caregivers. Many of our students and staff have experienced serious illness or even a death in their families recently and we offer our prayers and support to them.

Chris Forster, Pastoral Services

THE SECRET GARDEN

The Secret Garden is a Tony-award winning musical based on the beloved children's novel by **Frances Hodgson Burnett**. It follows the story of **Mary Lennox**, a ten-year-old English girl growing up in India, but who is orphaned and sent back to **England** to live with her only remaining relatives, particularly her melancholic **Uncle Archibald**. Along her journey, she encounters a neglected 'secret garden' which, with the help of many characters, is brought back to life. In the process, her life and those around her 'blossom'. Characters are able to let go of the ghosts of the past which have haunted them, and realize that the love and kindness we have for one another is what truly transcends our own existence. This show involves more than 100 **Holy Cross** students, including 50 cast members and many others in the orchestra and who work "behind the scenes". The show opens **Wednesday, November 28th** and runs until **Saturday, December 1st**. Curtain time is **7pm; Holy Cross Cafetorium**
Tickets - \$15 Adults; \$10 Students
Tickets will be sold from 11:15-11:55 am in the front foyer **beginning November 14th** and at the door before the performances. Reserved Seating. Don't be disappointed – get your tickets early!

PHOTOGRAPHY

Grad Photos and grad retakes were taken in September and

October. Students have received their proofs and order forms. Grad orders which were submitted by the October due date will be distributed before the Christmas break. Grad Photo orders are still being accepted. Please bring your orders to **Mr. Prior** between 8:15 and 10:00. Orders placed at this time, however, will not arrive until after Christmas. **School Photos** were taken in September, and orders have been distributed to students who ordered packages. Retakes were taken on **Friday, October 22nd**. Retake orders will be distributed in late November.

STUDENTS' COUNCIL

October is sadly over and with it goes a jumble of spirit and charity driven activities. The **Pep Rally** was a roaring success! If you haven't seen the highlight of the show, the "**Crusader Style**" video, it was exceptionally well done! You can find it on **YouTube**. **Students' Council** assisted in the **Grade Ten Retreat** at **Rideau Acres** helping to make it a fulfilling and educational experience! The **Food Drive** ended extremely well. **Holy Cross** collected over 7000 pounds of food as well as \$2500 for the **Partners in Mission Food Bank**. **St. Vincent de Paul's** lunchtime meals program received a gift of \$500. We celebrated **Hallowe'en** with a **costume contest** and treat bag deliveries for students. Lastly, we made a donation of **\$1000** to **Regiopolis-Notre Dame** to put toward their new chapel! These funds were raised by a \$2 buyout of fourth period class to cheer on the **Junior Boys' Volleyball Team** in their game against **RND**.

But never fear! **November** promises to be a flourishing month as well, even in spite of the cold. On **Wednesday, November 7th** students who achieved an overall average of 80% or higher will be invited to the **Honour Roll Breakfast** during which they will receive certificates from **Students' Council** which can be handed in at lunch for a treat. We will be assisting in the **Advent Charity Drive** in some creative and fun ways! But all are plans are a secret... for now. And the biggest plan for this month is a **Holy Cross movie night!** We will be showing **Dark Knight Rises** on **Thursday, November 15th** (three weeks before its DVD and Blue ray release) at **7pm!** Tickets will be sold at lunch on the days leading up to the event for \$5 (or \$7 at the door). Don't miss out on this great opportunity to help support **Students' Council** and have a great time! "If you place something where there once was nothing, it is in that very spot where you will find resolve."

Matthew Mark, Communications Officer

HOLY CROSS CATHOLIC SCHOOL COUNCIL

It was great to have committed parents, especially those of our Grade Nine and Ten students, join our first two Council meetings. The next meeting of the **Holy Cross Catholic School Council** will be held on **Wednesday, November 21st** in the **Library** at 6:30 pm. All interested community members are invited to attend.

ECO-CORNER

This past month the **HC Green Team** has been busy planning this year's activities and theme. As a group, we have decided that this year's theme will be *to promote sustainable food choices*. With an ever-growing global population, there are more and more demands on the earth to grow the foods we eat. The foods we choose to buy have a great impact on our carbon footprints. For instance, choosing to buy foods that are grown more locally have less 'carbon miles' than foods needing to be shipped from other countries. The quantity of meats we also eat is also a big factor in our food carbon footprint. The **Green Team** is planning to get students thinking about our food choices during **Earth Week** assembly and displays. Meanwhile, we have cleaned up and mulched our **HC** food garden giving the last of the produce (carrots, kale, and tomatoes) to the cafeteria for making soups. **Keep it Green HC!**

COUNSELLORS' CORNER

Honour Roll Ceremony

A ceremony honouring last year's Honour Roll students will take place during Period One on **Wednesday, November 7th**. Our guest speaker will be **Brianna Roberts, Holy Cross 2008**, who is currently working for the "Me to We" organization in **Toronto**.

Take Your Kid to Work Day

Grade 9 students will participate in **Take Our Kids to Work Day on Wednesday, November 7th**. This day is important in that it gives students the opportunity to gain exposure to the skills required in today's workplaces, and gain a better understanding of exploring career choices. Regular classes will not be held on this day. Signed permission forms must be returned to Student Services in order for students to participate.

Post Secondary Information

Workshops for on-line application to **OUAC (Universities)** were conducted **October 18th and October 23rd**. Workshops for on-line applications to **OCAS (College)** will be held **Tuesday, November 6th and Thursday, November 8th at 11:15**. Students are encouraged to check our up-to-date post-secondary information at the **Holy Cross Website** (www.hctoday.ca) and click: "Academic" – **Student Services** "Post-Secondary Info"). Students applying to **Ontario universities** can now pick up their "PIN" in **Student Services**.

SHSM NEWS

A first! We are going "LIVE" with the **KASSAA Girls Jr and Sr Basketball** games on **Monday, November 12th** on **TV Cogeco** cable channel 13 & digital High Definition channel 700! We look forward also to hosting students from our sister school here for **CPR and First Aid training on Thursday and Friday, November 22 and 23rd**. Also, we have established two new community / business partnerships to exhibit Com Tech student achievement & provide our students with the opportunity to have their work "published" in the development of their professional portfolio, skills, knowledge & work experience. **SPORTSGATE** is a **Kingston** based on-line **Facebook** site which showcases photos of **Kingston** sports teams. Our student sports photojournalism students have started submitting their work. Please visit: <http://sprt.ca/THi8hy>. **SPORTSPRESS** is a based on-line and magazine sports news and information platform. Student Journalists will be writing an article on a secondary school sports team and including sports photos. The magazine is distributed at local arenas, schools and sports venues. The magazine has a very high production value, great quality layout and design. Watch for our first article in the **December/January** issue. The magazine is **Kingston's** only sports magazine & is published every two months. Please visit: <http://kingston-sportsxpress.ca/2012/10/05/krossfire-have-successful-summer/>.

ELECTRONIC NEWSLETTER DISTRIBUTION

*If you are not receiving this newsletter electronically, but would like to, please update your email information with our **Student Services Department at 613 384-2023** or email hcssnews@alcdsb.on.ca.*

NOVEMBER

For breast cancer awareness, people wear pink ribbons ... the idea behind **Movember** is that all males are encouraged to grow moustaches to help raise awareness for prostate cancer; these moustaches act as their ribbons. To involve women, light blue ribbons can be worn as well. At **Holy Cross**, we are coordinating Movember photo-taking throughout the month to show students and staff taking a big step to raise awareness for men's health issues. The 'Clean Shaven' photos will be taken on **Thursday, November 1**, in **Room 129**, followed by a halfway picture on **Thursday, November 15th**, and finally, the official 'mo' pictures on **Friday, November 30!** In addition, this year we are planning a **Run for Movember**. The run

will take place at Holy Cross on **Sunday, November 25th at noon!** The registration fee is **\$25**, which includes a Movember t-shirt, and all proceeds going to support Prostate Cancer Research. To sign up for the race, email **Robin Dzierniejko** (dzierobi@alcdsb.on.ca) or jump online to Events Online (<http://www.eventsonline.ca/events/november/>). Let's all get together to support men's health issues!

ATHLETICS

As the Fall Sports season nears an end, the winter sport season begins in November and Holy Cross is again expected to field extremely competitive teams in Wrestling, Swimming, Curling, Cheerleading, Badminton, Boys' Basketball, Girls' Volleyball, and Girls' and Boys' Hockey. This winter, over 170 student athletes from **Holy Cross** will attempt to compete in these championships. Approximately 50 staff coaches and 16 volunteers will provide these opportunities throughout the year. The websites: **KASSAA- www.kassaa.ca** and **OFSAA-www.ofsaa.on.ca** are excellent resources for schedules, league rules and any general information regarding high school sports. Information regarding teams can be obtained through a number of sources, including school announcements, posters, our school's athletic web site –**www.gocrusadersgo.com**, local newspapers and the **KASSAA web site**. If you have any questions concerning a team, please contact the coach listed, or ask your home room teacher for assistance.

Sport, Coach, Starting Date

Badminton Mr. Roberts January

Jr. Boys' Basketball Mr. Garant / Mr. Besselink November

Sr. Boys' Basketball Mr. Dzierniejko / Mr DeMelo / Mr Tulloch November

Cheerleading Ms. Myers, Mr. Perkin November

Curling Mr. Thorburn / Ms. Doucet November

Boys' Hockey Mr. Clarke / Mr. White / Mr. Switzer November

Girls' Hockey Mrs. Nichol/ Mr. Gillis November

Jr. Girls' Volleyball Mr. O'Brien November

Sr. Girls' Volleyball Mr. Purcell / Ms. Waller November

Wrestling Mr. Brady November

Swimming Mrs. Coulter November

STUDENT ABSENCES AND THE PROVISION OF WORK

In reality, absences will occur from time to time. When teachers are absent, they often modify their lesson plans for the day and then make some adjustments upon their return. When students are absent, they need to follow a similar path. Students who are absent for legitimate reasons, such as illness or a school-approved excursion, should speak with their teachers at the earliest possible time and seek to find a way to get the lesson, and to either complete an assignment or a test as appropriate. In some cases, adjustments may need to occur (for example, a demonstration lesson will likely not be re-taught for individual students). Students who miss classes for legitimate reasons should not be penalized academically for these absences; however, it is up to them, in conjunction with their teachers, to get back on track as quickly as is possible. Many teachers have a web page from which students can access information; in other cases, students can check with peers to get a quick overview of what was covered. Students are reminded that doctor's notes are necessary for missing final exams. Family vacations should not occur during exam periods. When students are *going to be away for three or more days* (in cases of illness, suspension, or some special event), they or their parents are encouraged to contact the student's guidance counsellor. The guidance counsellor will put out a notice to teachers and, within a school day, work should be available at day's end for pick-up in **Student Services**.

From the Attendance Office

1. Students are reminded that if they are feeling ill during the day and wish to go home they must report to the attendance office. Parents will be contacted by the Attendance Secretary to arrange for pick up.
2. Parents are reminded that if their child is going to be absent from school they must call the **Attendance Office (613-384-1355)** before 8:30 on the day of absence.
3. Students requiring to leave school early (e.g. **MEDICAL, DENTAL, or out of town sporting event**) must bring parent notes to the Attendance office prior to 8:30 to obtain a permission to leave slip.

LATE BUSES

Two late bus (taxi) runs have begun, each **Monday** and **Wednesday**, travelling from **Holy Cross to Napanee and Amherstview**. These buses (or taxis) will only run if numbers warrant. **As these buses run on a needs-basis, please contact Mrs. Bouvier in the Main Office if you are interested in making use of this service, before 11:15 each Monday and Wednesday.**

HOLY CROSS UNITED WAY CAMPAIGN

Thank you to all those who have or will support this year's **United Way Campaign**. Together we have made a difference for the needy within our community. Thanks also to our United Way organizing committee.

SPECIAL EDUCATION AND RESOURCE

The Individual Education Plan is a living document designed to support academic success. We ask you to discuss with your adolescent which accommodations were used to achieve the best marks on the semester one mid-term provincial report card. As part of the "Consultation Process", let us know of any concerns/updates needed to the IEP. We can be reached at **613-384-1919, Ms. Gavan Knox @ ext.3426, Mrs. Hulse @ext. 3428 and Mrs. Poels @3425.**

On-Line to Success course for senior students in grade 11 or 12 with a Learning Disability. There will be a parent information meeting for **On-Line to Success Program** at the **Faculty of Education, Duncan MacArthur College, on Wednesday, November 16th at 6:30 pm.** For details, contact **Ms. Gavan Knox.**

Learning Disabilities Fall Workshops

Date: Monday November 12th (Secondary Panel)

Topic: "IEP 101" Individual Education Plan– A workshop created to help parents and students to understand their role in the IEP process for the secondary panel. **Key information regarding transition into post-secondary will also be discussed.**

Speaker: Lynn Sadlowski has a Masters degree in Education from **Queen's University** along with teaching and guidance credentials MEd, BEd. **Lynn** currently works as a Career Counsellor at **Queen's University**

Venue: Loblaws Community Room, Princess St Time: 7-9pm

Information about the term "Executive Functioning. Attention Deficit Hyperactivity Disorder affects executive functioning. The executive functions are a collection of processes that are purported to be responsible for guiding, directing, and managing cognitive, emotional and behavioural functions, particularly during active and novel problem solving. They are higher-order cognitive skills associated with the ability to engage in independent, goal-directed behaviour. Well-developed executive skills help to initiate behavior and be productive, inhibit competing actions, plan and organize a means to solve complex problems, shift problem-solving strategies flexibly when necessary, monitor, evaluate, and adjust behaviour when necessary, complete abstract reasoning tasks and learn rules.

Executive skills deficits often result in behavioural dysregulation "impulsivity, emotional outbursts, temper outbursts", forgetfulness, inefficiency, rule-breaking behaviour in spite of sufficient knowledge of rules, apathy and lack of productivity, difficulty understanding consequences and cause-effect relationships, difficulty coping with change, poor organizational skills, etc. Executive skills involve a very broad range of skills and abilities, have a prolonged developmental course and are believed to continue to develop until adolescence or early adulthood.

NEXT MONTH AT HOLY CROSS

- 1..... Closing Night, *The Secret Garden*, 7 p.m.
- 2..... First Sunday of Advent
- 3..... International Day of Persons with Disabilities
Grade 11 Post-Secondary Info Assembly, Period 1
CICS Advent Collection Begins
Queen's Student Teachers Return
- 3 – 10 Grade Nine Transition Survey
- 4..... Grade 11 Post-Secondary Info Assembly, P1
Improv Tryouts, 2:45 – 4 p.m., Room 246
- 5..... Winter Season Team Photographs
Grade 11 Post-Secondary Info Assembly, P1
Improv Tryouts continue, after school
- 6..... Winter Season Team Photographs
Grade Level Reconciliations
Nat'l Day of Remembrance & Action on Violence Against Women
Improv Tryouts continue, after school
- 7..... Crusader Bands Performance, Foyer, lunchtime
Queen's Online to Success Registration Deadline
- 10..... International Human Rights Day
- 11..... Crusaders Bands Performance, Foyer, lunchtime
- 12..... Nat'l Day of Prayer for Aboriginal People
Crusader Bands Performance, Foyer, lunchtime
- 13..... Advent School Mass
Katherine Splinter Memorial Christmas Concert, 7, Gymnasium
- 20..... Advent Collection Ends
Winter Solstice
- 21..... Tentative Non-Uniform Day
Final Instructional Day before Christmas
- Jan 7 First Day of Classes in 2013

