



HOLY CROSS CATHOLIC SECONDARY SCHOOL, KINGSTON

March 2013

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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 solid 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 back to our staff **Ms. Sarah Davey**, who will take over **Mrs. Christine Waters** classes as her family expands, as well as **Mr. Mario Cortis** and **Mrs. Isabelle Pollock**, who have returned from first semester leaves. The **World Day of Prayer** is an international, ecumenical, prayer movement initiated and carried out by Christian women in more than 180 countries and over 1 000 languages. Every year Christians of many traditions and all ages, celebrate a common day of prayer on the first **Friday** in **March**, this year **Friday, March 1st, 2013**. God invites us to have a prayer relationship with Himself, but He also expects us to have concerned relationships with our neighbours, throughout the world.. As our Church undergoes the selection process for a new Pope, we join in prayer for a continued and strengthened Catholic community worldwide.

On behalf of the school community, I am proud to acknowledge and recognize **Tanner Hoffman** and **Jaya Tanwani**, recipients of the prestigious **Queen's University Chancellor's Scholarship**. The **Chancellor's** honours superior academic ability, creative and original thinking and demonstrated leadership. Congratulations to both recipients.

As the month begins, many of our athletic teams are competing in regional and provincial competitions – our **Curling Team** who competed at **EOSSAA**, **Cheerleaders** who earned a third consecutive **Provincial Crown** in the **Senior (Novice) Division** as well as **Grand Championship** honours, **Boys' Hockey Team** who captured **the regional title** with the help of **NDSS** in a tightly contested tournament, **Girls' Hockey Team** who also head to **EOSSAA** this week, **Wrestling Team** who captured the **EOSSAA** title for the second time in school history, **Senior Boys' Basketball Team**, who at press time have won their first two games at **OFSSAA** in **Windsor**.

Just this past weekend, our **Improv Team** had a solid showing in every event both during their round play and finals. **Cabaret** once again proved an evening of entertainment showcasing the talents of so many of our students. Congratulations to team members and coaches **Mr. Stabile** and **Ms. Rose**. A+ ratings at the **Kiwanis Music Festival** and a comment by the adjudicator that our musicians are as good as it gets at the high school level in **Canada** are also laudable achievements for our bands and leader **Mr. Orser**. I am proud of all of our community's 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 them-

elves. 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 second 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

MARCH DATES TO REMEMBER – NUTRITION MONTH

Friday, March 1	Staff Soup & Bread Luncheon World Day of Prayer
Sat & Sun, March 2 & 3	Provincial Cheerleading Championships
Mon – Wed, March 4 – 6	OFSSA Boys' Basketball Championships
Tues, March 5 ...	The Adolescent Brain, Dr Jean Clinton, 7 p.m., HC
Wednesday, March 6	Street Retreat, Kingston
Wed & Thurs, March 6 & 7	OFSSA Wrestling Championships
Friday, March 8	Last Day of Classes before March Break International Women's Day
Sat, March 9 – Sun, March 17	March Break (no classes)
Sunday, March 10	Third Sunday of Lent
Thursday, March 14	Pi Day
Sunday, March 17	Fourth Sunday of Lent St. Patrick's Day
Monday, March 18	2013 Spring Season Team Tryouts Begin Return to classes after March Break S2 Early Progress Reports Issued 100 Days Until Graduation
Tues & Wed, March 19 & 20	OFSSA Girls' Hockey
Wed & Thurs, March 20 & 21	OFSSA Boys' Hockey
Wednesday, March 20	Spring Equinox Coffee House, Cafeteria, 7 p.m. Grade Level Reconciliations in the Library
March 21	Parent – Teacher Interviews, 3:30 – 5:30, 6:30 – 8:30 Queen's Online to Success Opening Days
Friday, March 22	Thinkfast at Holy Cross World Water Day Holy Cross Earth Hour Tentative Non-Uniform Day Beacons of Hope Breakfast
Saturday, March 23	Earth Hour 2012 8:30 – 9:30 p.m.
Sunday, March 24	Palm Sunday
Wednesday, March 26	COMPASS Survey, all grades
Thurs – Sat, March 27 – 29	National Improv Games, Ottawa
Thursday, March 28	Holy Week Liturgies (cafeteria)
Friday, March 29	Good Friday (no classes)
Saturday, March 30	Holy Saturday
Sunday, March 31	Easter Sunday

PASTORAL SERVICES UPDATE

Lots of pancakes were served up at our **Shrove Tuesday Pancake Breakfast on Tuesday, February 12th**. And, over \$900.00 was raised for our **ShareLent Campaign**. On **Thursday, February 14th**, **Fr. Leo Byrne** celebrated our **School Lenten Mass** with the distribution of the Ashes at the end of the Liturgy. On **Wednesday, March 20th**, we will celebrate our Grade Level Confessions with many local priests making themselves available to speak with students and staff and to celebrate the **Sacrament of Reconciliation**.

Eight **Holy Cross** students and two staff recently returned from the **2013 K2K Jamaica Mission Trip** which took place from **February 15 – 24th**. They were joined by ten **Regiopolis-Notre Dame** students and two staff supervisors. Besides their usual volunteer work with **St. Patrick's Foundation at Riverton** and **St. Margaret's Remedial Schools, St. Monica's Home for Abandoned Elderly** and the **Seaview Garden Performing Arts Band**, they also built two houses through "**Food for the Poor**". They were blessed in so many ways during this Mission trip and met and worked with many amazing people. We look forward to hearing about their experiences in the coming weeks.

Our **CICS' Students** and **Student Council** are busy organizing this year's **ShareLent Campaign**. Classes will fundraise over the coming weeks in support of various charities both overseas and here in **Kingston**, including the **St. Vincent de Paul Society** and the **Boys & Girls Club of Kingston**. Students will be participating on a one-day **Kingston Street Retreat** on **Wednesday, March 6th**. During the day they will be sorting clothes and preparing and serving lunch at the **St. Vincent de Paul Society** and working with young children in the afternoon at the **Boys & Girls Club at St. Patrick's School**. We are also planning for our annual annual 25-hour **Thinkfast** which will take place on **Friday, March 22nd**.

Some other upcoming events include: the **Graduates' Retreat** on **Thursday, April 5th**, the **March for Life** bus trip to **Ottawa** on **Thursday, May 9th**, and the annual **Hotel Dieu Hospital Food Blitz** on **Wednesday, May 15th**.

God's blessings on all our students and staff as we begin the month of **March** and continue our Lenten journey to the great feast of **Easter**.

Chris Forster, Chaplaincy Team

START WITH A SMILE :) THE WEEK OF MARCH 4TH TO 7TH 2013

Some teens turn to alcohol and drugs to relax, to be accepted socially, or as a form of recreation. **The Student Wellness Team at Holy Cross** wants to present students with alternatives.

Start with a smile :) week is designed to provide students with free, healthy, and safe alternatives to relax and have fun!

Start with a Smile :) Week at a Glance

Monday, March 4th: **FUEL** up at a free breakfast buffet from 7:50 to 8:30 am. Come early, supplies are limited and receive valuable nutrition information!

Tuesday, March 5th: **CHILL** while enjoying a free chair massage 9am – noon.

Wednesday, March 6th: **CHAT** with friends at the 'Holy Cross Cafe' and enjoy a free hot beverage of your choice!

Thursday, March 7th: **PLAY** Xbox Kinect in the cafeteria and give your heart rate a boost!

The **Start With a Smile :) week** will coincide with an evening presentation by **Dr. Jean Clinton** entitled **The Adolescent Brain: Why teens do the things they do**. The presentation will speak to the teen brain being under construction, - Over the past decade neuroscience has finally been able to shed light on why teenagers do the things they do and explore what has been learned about brain

development and how the environment and experience plays a key role in this development. Risk taking, novelty seeking, and risk of substance abuse will be discussed. With funds secured through a **Parent's Reaching Out** grant our **Catholic School Council** has arranged to have **Dr. Jean Clinton**, an internationally-known child and youth expert, who has been working with children of all ages and their families for over 25 years speak on **Tuesday, March 5th, 2013**. **Dr. Clinton** will talk about why some teens engage in risky behavior such as substance use, how these decisions can negatively affect brain development, and how to talk to your teens.

HOLY CROSS CLASS OF 2013 GRADUATION CEREMONY

The graduation ceremony for this year's graduating class will be held on **Wednesday, June 26th, 2013**. Please mark this date on your calendar. Students eligible to graduate this **June** will receive an invitation in **May**.

HC Class of 2013 Assembly: To mark the beginning of their final 100 days as **Holy Cross** students the **HC Class of 2013** will assemble in the cafeteria on **Wednesday, March 20th, 2013** in Period Two. **Monday, March 18th** marks the beginning of the last 100 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, well in advance of the **Wednesday, June 26th** graduation date. As the saying goes, a student for a short time but an alumnus for a life time, Once a Crusader, Always a Crusader.

Holy Cross Class of 2013 Reminders

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

Monday 18 th March	100 Days to Class of 2013 Graduation Day
Wednesday 20 th March	Graduation Information meeting
Friday 5 th April	Graduates Retreat
Wednesday 1 st May	Potential HC Graduates List Published
Monday 6 th May	Grad Invitations mailed home
Wednesday 8 th May	Valedictorian Election
Friday 10 th May	Community Service Hours documentation due
Wednesday 19 th June	Final Course documentation deadline
Wed 26 th June	Graduation Mass & Commencement Exercises

A list of potential graduates of **Holy Cross** and eligible to receive their **Ontario Secondary School Diploma** and take part in the **June 2013** 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 10th, 2013**. 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 **Wednesday, June 19th, 2013**.

EARTH HOUR 2013

Earth Hour 2013 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 23rd, 2013** and sending a powerful global message that we care enough about climate change to take action. **Join us for Earth Hour at 8:30 pm Saturday March 23rd 2013!** 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**" by turning out the lights and power down as much as possible from 8:30 to 9:30 p.m. that day. The **Ecoteam** has been discussing the participation of

HC in Earth Hour 2013 by having the school participate on **Friday, March 22nd** by reducing the number of hallway lights turned on.

LITERACY TESTING

The Literacy Test will be written on **Thursday, April 11th, 2013**. Literacy Test preparation is being offered to **all Grade 10 students (as well as senior students who are writing the test)**, 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 Thursday, April 11th. 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 18th**. 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 20th from 3:30 to 5:30 and 6:30 to 8:30 pm**. We always welcome contact between school and home, starting with subject teachers at any point in the semester.

COUNSELLORS' CORNER

COURSE SELECTION FOR 2013 - 2014

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 **Friday, March 1st**. Students can access the course selection link through the **HC** website. Click on the **Maplewood Access** link on the front page under "Student Services" 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 **April 5th**.

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**.

US COLLEGE EXPO

Meet **US** University Admissions officers and Athletic Directors, **Saturday, April 30th, 2013** from **9 -3, Roy Thompson Hall, Toronto**. For more information call **1-866-973-7737** or go to info@uscollegeexpo.com.

STUDY AND GO ABROAD FAIR

Students can meet representatives from Universities and Colleges from around the world offering internships, volunteer programs, work abroad and language travel. **March 2 – Montreal Convention Centre, March 3 – Toronto Convention Center**. To pre-register go to www.studyandgoabroad.com.

ARTS NOTES

KIWANIS MUSIC FESTIVAL RESULTS

Congratulations to the **Junior and Senior Holy Cross Concert Bands**, the **Holy Cross Symphonic Band** and the **Holy Cross Jazz Band** for their outstanding performances during the **Kiwanis Music Festival**. A+ Ratings and high praise were offered from the adjudicators. Congratulations to all participating musicians!

KINGSTON IMPROV GAMES

This year on **Friday, February 22nd** our team of **Matt McGlashen, Arianna Bullett, Miguel Martins, Claire Choiniere, Andrew Hurt, Sarah Flisikowski, Amanda Ho, and Simon Lewis** placed first at the Kingston Regional Tournament and now advance to the National Games from **Thursday to Saturday, March 27th to 29th** at the **National Arts Centre** in **Ottawa** along with coaches are **Ms. Rose** and **Mr. Stabile**. The team is looking forward to once again continuing the tradition of **Improv Excellence** at the Nationals.

HOLY CROSS ATHLETICS

This winter season has been an unusual one, with labour strife putting a hold on **KASSAA** competition in its usual form. Our teams however did play our favourite rival – **RND** – as well as participate in many tournaments with the other high schools in our board and local French language schools. As you can see in the Principal's Section, many of our teams are now off to provincial championships. We are proud of the efforts of our athletes, coaches and athletic supporters.

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 these dates will appear in this year's yearbook publication. 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**.

NEWS FROM THE SPECIAL EDUCATION DEPARTMENT

Ontario Secondary School Literacy Test, April 11, 2013. Mrs. Poels, Special Education Resource Teacher, has discussed accommodations with all students on IEPs who are writing the **Ontario Secondary School Literacy Test**. Letters have been sent to parents and guardians with this information. All students are being encouraged to use all of their accommodations during the six practice literacy sessions; most students are doing so.

SEA Laptops: Kurzweil version of semester two textbooks have been loaded onto several SEA laptops. Students who still need their books loaded are asked to come to **Room 117**. Students who use their SEA laptop are able to access **Kurzweil** at home. If you are experiencing any difficulty doing so, please contact **Mrs. M. Hulse** at **613-384-1919 ext.3428**.

The Individual Education Plan is a living document designed to support academic success. The Draft IEP for semester two will be sent out the week of March 25. As part of the "Consultation Process", you are invited to contact your special education resource teacher at any time, with comments, updates, or concerns. **SERTs** may be

contacted at 613-384-1919, Ms. Gavan Knox @ext.3426, Mrs. Hulse @ext 3428 and Mrs. Poels @ext.3425
Post-secondary Transition Planning meetings with student parents /guardians are easily scheduled by contacting **Ms. Gavan Knox** at ext. 3426. Plan a visit to your post-secondary destination over the **March Break**. Check their websites for dates.
Holy Cross Alumni who wish to share their transition stories are asked to contact **Mrs. Gavan Knox** at ext.3426.

NEWS FROM STUDENTS' COUNCIL

March has arrived and I'm sure we are all excited about the coming break it brings along with it. But there is more to be excited about than just the promise of relaxation.

But first what happened last month?

Student's Council and **CICS** hosted a pancake breakfast under the guidance of **Mr. Forster**. We extend a big thanks to the ladies in the cafeteria for preparing more than 1000 pancakes! You're awesome!

The plans for this month!

Student's Council would like to promote "Wellness Week! From **March 4th-9th**.

Monday: Breakfast snacks are free in the cafeteria from 7:50am – 8:30am!! Come early, to get first pick.

Tuesday: Free mini massage on the cafeteria stage from 9am – noon.

Wednesday: Come to the 'Holy Cross Cafe' and enjoy a free hot beverage

Thursday: Come to the cafeteria and give your heart rate a boost with some (jump rope?)!

This year's **Thinkfast** takes place on **March 22** and **23rd** from 8am-9am the next day and includes an overnight sleepover at the school! Speak with **Mr. Forster** if you're interested in signing up.

We encourage our fellow students to give generously to their home-room **ShareLent Collections**.

"Follow your dreams, or you will become trapped in someone else's."

Matthew Mark

NEXT MONTH AT HOLY CROSS

- April 1 Easter Monday (no classes)
- April 2.....2012-13 Student's Council Election Packages Available
- April 3 Holy Cross Uniform Sale, 3:30 – 8 pm, Cafeteria
- April 4 Limestone Skills Competition, St. Lawrence
- April 5..... Graduates' Retreat, Rideau Acres
- April 9 – 16..... Midsemester Test Period
- April 9 Vimy Ridge Day
- April 10 One Day Without Shoes
Grade Ten Assembly for Literacy Test Readiness
- April 11.....Ontario Secondary School Literacy Test
Regular Grade 9 classes, no senior classes
- April 12.....ALCDSB Student Trustee Election/Senate Mtg
- April 15.....KASSAA Spring Season begins
Earth Week Begins
- April 16 Last Day for Term 1 Careers and Civics Classes
- April 17.....Term 2 Careers and Civics Classes Begin
Euclid Mathematics Contest
Catholic School Council Mtg, 6:30, Library
- April 18 Easter Season Mass
- April 20Skills Qualifier Competition at St. Lawrence
- April 21 National Volunteer Week begins
Administrative Professionals' Week Begins
- April 24 – 28 HC Bands Trip to NYC
- April 24..... Secretaries' Day
- April 25 World Malaria Day
S2 Midterm Marks due to OUAC
- April 26.....Pitch-In Kingston Day
S2 Midterm marks to OCAS & OUAC deadline
HC Sr Girls' Soccer Crusader Challenge Invitational
- April 28.....Students' Council Election begins
- April 29.....Report Cards Issued
HC Spring Uniform Begins
Queen's U Enrichment Week
ALCDSB Student Trustee Election
- April 30 2013-14 Students' Council Executive Videos

The Adolescent Brain:
Why teens do the things they do.

Featuring a presentation by
Dr. Jean M. Clinton

Tuesday, March 5th, 2013
7 p.m.

Holy Cross Catholic Secondary School
 1085 Woodbine Road, Kingston

Admission is Free

**You can
 start
 training
 for Earth
 Hour
 by switching
 off lights this
 week!**

