



Holy Cross Catholic Secondary School

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For complete information about events at the school visit our website at www.hctoday.ca

Newsletter – February 2015

**School Pastoral Theme for 2014-2015 “BLESSED ARE THE PEACEMAKERS”
(Matthew 5:9)**

Message from the Principal

At our January mass, students and staff had an opportunity to bid a fond farewell to Mrs. Heather Johnson, teacher of mathematics and our swim coach, and to thank her for her contributions to the Holy Cross community over the past semester. In addition, we have recently learned that Ms. Nadia Bernabei, teacher of chemistry, mathematics, and hockey coach, has accepted a position at Regiopolis-Notre Dame and will not be returning to Holy Cross for second semester. We wish them both well in their new positions and remind them, in the immortal words of past-Principal Mo Daniel, that ‘Once a Crusader, Always a Crusader.’ In happy news, we welcome Mrs. Melissa Biggs, no stranger to the halls of Holy Cross, who will be in our Bridges to 18 program until the return of Mrs. Coombs, and Mrs. Elizabeth Mulvenna, another returnee to HC, who will be teaching math and biology.

Congratulations go out to the Memorial donors, organizers, coaches and players who raised \$7500 on behalf of cancer research. It was a great day of athletics and activism: I know how much the Holy Cross community has supported cancer research over the years and that kind of commitment depends upon volunteers to make it happen. Well done.

This month, as we embark on second semester, I’d like to highlight attendance, or more properly stated, ‘being present’. Being present is a basic expectation in our workplaces, homes and schools, and whether it’s distracted driving or zoning out on a personal electronic device, being absent has become a growing concern in modern society. It is my hope that students at Holy Cross will recognize the importance of being present and how it will impact on their success in academics, athletics extra-curriculars – and life in general. We have always encouraged students to ‘get involved’ and that starts with regular attendance and participation in the classroom. The administrative team will make attendance a special point of emphasis in semester two grade meetings; our attendance secretaries, Mrs. Burt and Mrs. Nowak, will continue to inform parents of any attendance anomalies; staff will call when issues arise; and we encourage parents to keep informed about their student’s attendance record by contacting teachers when necessary. Together, we will ensure that Holy Cross students will be as successful as possible by being present throughout the term.

Lastly, please read on about Dr. Greg Wells and our School Council sponsored evening now scheduled for March 10th. It’s going to be an interesting night and a great opportunity to engage your Crusader – Dr. Wells will be speaking to students during the day – in a meaningful conversation about health and wellness. *Ian Stuart*

- 2nd – Turn-Around Day - examination return and new semester begins
- 5th – Semester 2 grade assemblies
- 6th – Marks available on-line and report cards issued
- 9th – Welcome back Queen’s Faculty of Education teacher candidates
- 10th – Course selection assemblies begin; report cards issued and available on-line
- 11th – Grade 8 Parent Information Evening @ 7:00 in the cafetorium; IEP information session @ 6:30; School Council @ 6:00 in the library
- 13th – Final day for semester 2 course changes
- 16th – Heritage Day holiday
- 17th – Shrove Tuesday, pancake breakfast for participating classes am; course selection workshop 1; Shrove Tuesday Pancake Supper pm.
- 18th – Lent - Ash Wednesday – Share Lent Campaign begins; Wellness Wednesday #6; course selection workshop 2.
- 19th - Course selection workshop 3; EOSSAA Wrestling @ Holy Cross.
- 20th - Course selection workshop 4; Student Senate Meeting
- 23rd – Wellness Week begins @ Holy Cross; course selection workshops continue all week until Friday
- 25th – Pink Shirt Day in support of Bullying Prevention and Awareness
- 27th – February non-uniform day; Grade 8 registration packages due today

Eat Better. Move Better. Sleep Better.

- **a presentation by Dr. Greg Wells**

As a professor, scientist, broadcaster, author, coach and athlete, Dr. Greg Wells has dedicated his career to understanding human performance and how the human body responds to extreme conditions.

On Tuesday March 10th at 7:00pm, Dr. Wells will address parents, staff, and any interested community members at Holy Cross Catholic Secondary School in Kingston.

In this presentation Dr. Wells shows audiences how they can improve their health, fitness and performance using simple techniques that can make incredible differences in their lives.

Participants at this event will:

- *Learn why the body and brain depend on regular sleep, good nutrition and effective exercise.*
- *Recognize the powerful connection between better health and better learning and will learn how to achieve high performance zones and stay there.*
- *Gain a foundational understanding of how to improve resilience, focus, and mental performance at school, at work, and in their lives.*

Known for making complex science accessible, interesting and fun, Dr. Wells helps everyone eat, move, sleep, perform and live better. Visit his web page at <http://www.drgregwells.com/> or view his TED TALK at <https://www.youtube.com/watch?v=0sxY-jS7v3U>.

A Message from Students' Council by Gabe McDonald, Communications Officer

The Holy Cross Students' Council is sponsoring a Valentine's Day semi-formal dance at Holy Cross on Friday, February 13th, with doors opening at

7:00 and the dancing commencing at 7:30. All proceeds from this dance will go to support spring athletics.

Secondary School High Skills Major Important February Dates

- **Wednesday, February 4** - General SHSM meeting
- **Monday, February 9** - WHMIS & General Health & Safety Certification courses
- **Wednesday, February 11** - Grade 8 Open House - SHSM display foyer/room 218
- **Wednesday, February 11** - 30 Days to Hollywood - Hooray for Hollywood!
- **Friday, February 13** - Hollywood Fundraiser Bake Sale & Dance Coat Check
- **Monday, February 16** - Family Day Holiday
- **Sunday, February 22** – Oscars
- **Friday, February 27** - Film Career Workshop - Kingston Canadian Film Festival
- **Saturday, February 28** - 2:00 p.m. Grade 12 Suspense narrative videos - Local Shorts exhibition - Kingston Canadian Film Festival - Baby Grand Theatre



Arts Department News

Improv - The Holy Cross Improv Team will be competing in the Canadian Improv Games-Kingston Regionals the week of February 17 to the 21st. The preliminary rounds will take place at The Octave Theatre at Marie Rivier School at 7:00 pm and the finals on Saturday will take place at Duncan MacArthur College Auditorium at 7:00 pm. Tickets for all nights may be purchased at the door. The winning team of the regional night of play goes on to compete in the Canadian Improv Games at the National Arts Center in Ottawa in April.

Dance - The Holy Cross Dance team advanced to the finals in Ottawa last year and is hoping to do so again this season. We will be having try-outs for the Dance Team on February 5th after school in the cafeteria (2:45-4:00). Dance Team is the competitive group that travels to Toronto and Port Hope to compete in the styles of contemporary and jazz. Dance "Club" will be starting on Monday, February 9th 2:45-4:00 (every Monday) and is open to students with or without dance experience in the style of hip hop.

Parking Lot Etiquette

Pick up and drop off at Holy Cross can be nerve-wracking – particularly pick up at 2:30 during cold weather. There are a few things we can all do to make the system work better. First, try picking up off school property on surrounding streets. Second, there are essentially three lanes in front of the school. If you need to park, use the outside two lanes and **DO NOT BLOCK THE HANDICAP PARKING SPACES** directly in front of the exit doors. The middle lane should be kept clear so that vehicles can move in and out of the outside two lanes. Third, courtesy goes a long way, particularly when we are being observed by our young and soon-to-be drivers. A wise person once said young people learn more from what they see us doing, than what we say!

Interested in Mathematics?

Waterloo Math Contests:

- *Grade 9: Pascal Contest*
- *Grade 10: Cayley Contest*
- *Grade 11: Fermat Contest*

The University of Waterloo runs these international contests yearly. We will have students writing all three contests on Tuesday, February 24, here in HC in the library.



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Heads Up Music Students: Here are some important dates for ALL First Semester Music Students as we move into Semester Two:

Thursday, January 29: Rehearsal 7-9:00pm

Thursday, February 5: Rehearsal 7-9:00pm

*Wednesday, February 11: Rehearsal 6:30-8:30pm *Please note this date change. This is the Grade 8 information evening and we have decided it would be great for the Grade 8 Parents to be able to drop by the music room and see and hear a rehearsal in progress ... So be there!

Thursday, February 19: Rehearsal 7-9:00pm

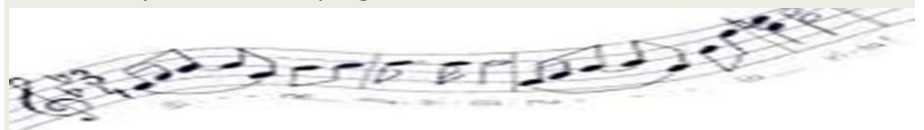
*Tuesday, Feb.24: Rehearsal 7-9:00pm *This is our dress rehearsal for the Kiwanis Festival

Wednesday, February 25: Kiwanis Music Festival 10:00am Symphonic Band/11:00am Jazz Ensemble

Thursday, February 26: Kiwanis Music Festival 9:30am Symphonic Band

NOTE: The Kiwanis Music Festival is NOT at the Queens University Faculty of Education auditorium this year. The site this year is the Salvation Army Citadel at the corner of Taylor Kidd and Centennial Drive. (Much better for us!)

Thank you to everyone who has already sent in the extra \$200 cheque for Festival Disney. For those of you who have forgotten to do this ... please send it in by next Thursday night's rehearsal at the latest.



COUNSELORS' CORNER

COURSE CHANGES/DELETIONS

Students are to consult a counselor if they wish to make a change to their timetable. It is advised that any required course changes be dealt with by the end of the first week of semester two. Furthermore, it is required that all changes be completed by the end of the second week of the semester. The last day to change a course is Friday, February 13th.

COURSE SELECTION PROCESS

At this time of year, students begin the process of selecting courses for the 2015-2016 academic year. It is critical for all students who plan on returning to Holy Cross that they follow the timelines in order to ensure that they are able to obtain the courses they desire. Holy Cross will be conducting the on-line process of selection of courses in workshops taking place at the school. Details will be explained in grade sessions being conducted on February 10th.

COURSE LOAD

All students in Grades 9, 10, 11 are required to carry a course load of 4 courses each semester. All students in Grade 12 who have achieved at least 24 credits are required to carry a minimum of 3 courses each semester.

GRADE 8 PARENT INFORMATION NIGHT

Grade Eight Parent Information Night will be hosted on **Wednesday, February 11th, 2015 at 7:00 p.m.** There will be an information session for parents/guardians of students who have an Individual Education Plan (IEP) starting at 6:30 in the library. This evening is open to Grade Eight students and their parents/guardians. Registration packages will be available for all non-feeder school parents. **All completed registration packages are to be returned to Holy Cross by March 6th, 2015.**

VOLUNTEER & JOB OPPORTUNITIES

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

THE ONTARIO YOUTH APPRENTICESHIP PROGRAM (OYAP)

There are over 150 skilled trades in Ontario, and forecasts indicate there are extreme shortages of workers in many of these areas. The province expects to register 24,000 new apprentices this year; however, there are indications that this number will not keep up with the on-going demand for skilled trade workers. To assist in this regard, OYAP helps young people to "jump start" their careers while still enrolled in high school. Full-time senior students who are at least 16 years of age and have an interest in a skilled trade/occupation are eligible to apply. Information about OYAP may be obtained from the guidance department or cooperative education teacher in any of the Board's high schools. Additional support or information is available from Jim Johnston or Paul Denison, OYAP Co-ordinators with the Board. Jim may be reached at (613) 532-3985; Paul may be reached at (613) 849-8550.

Enrichment Opportunities:

Queen's University – 2015 EMC Commuter Program

The Enrichment Mini-Course (EMC) Commuter Program is an opportunity for highly motivated, above average and gifted high school students to go to Queen's University for a week to study a subject of their choosing at an advanced level.

Grades: 9-11 Date: May 4-8, 2015 Registration Dates: February 2 – April 10, 2015 Cost: \$275.00

To register, go to esu.queensu.ca/emc for more information or contact Mrs. Hulton at 613-384-1919 Ext. 3419



Pastoral Message – from Mr. Forster

The Chaplaincy Team welcomes everyone back to Semester 2. We are looking forward to celebrating our February 18th Ash Wednesday School Mass with Fr. Leo Byrne. At the end of this Mass, we will be distributing ashes to students and staff to mark the beginning of our Lenten Journey.

CICS TORONTO STREET RETREAT: Students are invited to apply for this year's overnight Toronto Street Retreat which will take place from Feb. 4 – 5. See Mr. Forster in the Chaplaincy Office for the permission forms. Eight (8) students will be spending 2 days in Toronto working with the homeless and serving up food at St. Francis Table Soup Kitchen. CICS Students will also be participating in a Development & Peace Student Leadership Day on Feb. 23rd which will help us to prepare for our overnight **Thinkfast** on March 27. Come to the CICS' Meetings on Mondays in Room 214 to find out more about how to get involved.

JAMAICA MISSION TRIP & PANCAKE BREAKFAST: Members of the 2015 Holy Cross Jamaica Mission Team are busy preparing for their March Break Mission Trip. They are also getting ready for our Pancake Breakfast and "Jamaica Colours Day" on Feb. 17th. \$3.00 will get you a plate of delicious pancakes and juice. All money raised at our Pancake Breakfast will go directly to the Mission Projects in Jamaica.

Let us continue to pray for the sick and those who are struggling with any pressures at this time of year. May they and all of us live each day with renewed trust in God. And may God continue to bless all our students, staff and families throughout the coming month.

A Message from Your Wellness Team

On Wednesday January 21st, the Holy Cross Wellness Team encouraged everyone to '**Stay calm and take a study break!**' Free herbal tea, mandarin oranges, and veggie stress buddies were given out and resources for dealing with exam stress were provided.

Students were reminded that it is *especially* important during exam time to **FUEL** up with healthy food and water, to take some time to **CHILL**, to **CHAT** with friends, family, and school staff if feeling stressed, and

to always make time to be active and **PLAY!** Thanks to all those who promoted, set up, and attended our "D-Stress" activity. A+ to all!

What's happening in February?

Monday, February 23rd marks the first day of our 4th annual Wellness Week at Holy Cross! Check out this exciting lineup of free activities happening the last week of February!

Monday February 23rd – FUEL up at a free healthy breakfast buffet! Grab a yogurt fruit parfait or a delicious bowl of hot oatmeal on your way to class to help start your day off right! First come first served!

Tuesday February 24th – CHILL out by enjoying one of these free activities! Mini massages by Trillium College massage therapy students; a yoga class; or pet therapy with St. John Ambulance service dogs!

Wednesday February 25th – CHAT with friends in the Holy Cross cafe while enjoying hot apple cider or tea and listening to live music. Have your photo taken with friends at the 'Love My Life' photo booth or jump in the ball pit and enjoy engaging conversation with classmates!

Thursday February 26th – PLAY with students and staff as we challenge Regi in a Wii dance off! This event will be live-streamed with Regi so come out and show your Crusader spirit as you get your heart rate up and dance!

***Tell Them From Me* Survey**

Please make your voice heard! Participate in our School Climate Survey. Students, staff and parents/guardians will be completing the survey between Monday, February 2nd and Friday, February 27th. Go to the website below

www.tellthemfromme.com

and tell us how we are doing. In this way, you contribute to making Holy Cross even better. And it's completely anonymous.

Parent login info: ONALCDSB4.

Parent password: parentsurvey11554

The Algonquin and Lakeshore Catholic District School Board is pleased to be hosting

Kingston Community Conversation About Creating Innovative Kids.

This evening is for the entire family and made possible through PRO Grant funding from the Ministry of Education.

- **Thursday, February 26, 2015 at 5:30 – 8:30 p.m.**
- **Holy Cross Catholic Secondary School, 1085 Woodbine Road, Kingston**

Keynote speaker, **George Couros** is the Division Principal of Innovative Teaching and Learning for Parkland School Division. He is a leader in the area of innovation. His focus is always the development of leadership and people to do what is best for kids. His mix of research, personal stories, and practical ways to implement new learning helps others feel comfortable in taking risks in their own learning. You can learn more about George at his site www.georgecouros.ca. George will be joined by panelists Dr. Ann Marie Hill, Erin Walker, Dan Finn, Nathan McCready, Mark Allen Matthews, and Aaron Bailey.

The Algonquin and Lakeshore Catholic District School Board invites all members of the community to come and enjoy food, fun and learning on February 26th. The evening begins with pizza at 5:30, followed by activities for all ages. Free childcare is available for pre-school aged children, while elementary aged children participate in a variety of workshops, including a presentation on Internet Safety with Constable Caroline Gauthier. This is a **BYOD** (Bring Your Own Device) event. Children are asked to bring their favorite hand held device (e.g. iPod or tablet). At the end of the evening, children will be invited to make a presentation of their learning.

While the children are creating their presentations, parents and guardians are invited to participate in a panel discussion led by moderator Meagen Kulchar of CKWS-TV. The panelists will try to help us answer the question: **How do we, as a community, become more involved in helping our children succeed in the digital world?** Follow and contribute to the discussion on Twitter using **#kccalcdsb**.

There is no cost to participants attending this event. We look forward to sharing this time together! See you there!

News from the Archdiocese of Kingston – Survey on Marriage and the Family

Consultation for the Synod on the Family 2015 A consultation is underway to prepare for the 2015 Ordinary Synod of Bishops on The Vocation and Mission of the Family in the Church and the Contemporary World. The Synod will take place in Rome from October 4-25. In order to receive input from individuals in the Archdiocese of Kingston in preparation for the Synod, the Archdiocese has set up a special webpage, entitled, Synod on Marriage and Family 2015, on its website, www.romancatholic.kingston.on.ca. You will find there a copy of the Preparatory Document for the Synod (Lineamenta), along with twenty-five questions related to that document. You are invited to participate in an online survey which must be completed by March 6, 2015. Responses will be collated and a report prepared for the Canadian Conference of Catholic Bishops, which, in turn, will report by mid-April to the Synod Secretariat on behalf of the dioceses of Canada.

Uniform Policy (edit)Draft Version

Students are to wear the Holy Cross uniform at all times during the school day, including the lunch hour and during spare periods. Uniforms are available for purchase through Halpern's, our supplier, at the school in April and July. Halpern's also operates the Tuck Shop, located in the main foyer of Holy Cross, where uniform items may be purchased at regular intervals throughout the school year. In addition, Holy Cross School Council operates a gently used uniform sale at the start of each school year.

The uniform has several functions: safety, convenience, cost and community.

Visitors to Holy Cross are readily identifiable to staff, enhancing security in our building. Students essentially have one wardrobe decision to make in the mornings. The cost to families over time for clothing is reduced. Students in uniform have chosen to be part of a community of equals and demonstrate their desire to be a Crusader by wearing the uniform with pride.

The fall and winter uniform is in effect from September to June. The uniform is described below:

Girls: solid grey Holy Cross dress pants *or* the Holy Cross kilt with black tights. White Holy Cross crested blouse.

Boys: solid grey Holy Cross dress pants; white Holy Cross crested dress shirt with school tie.

Optional: School crested vest, pull over, zippered sweater or cardigan.

Footwear: Any solid black, brown or grey shoe that is not a flip-flop, slipper, high heel, athletic sneaker, 'croc', boot or sandal.

The spring uniform option is in effect from May until the end of June. The spring uniform described below must be worn together: no mixing with the fall and winter uniform is permitted:

Unisex: green school crested golf shirt and tan knee length Holy Cross crested walking shorts.

Footwear: deck shoes, running shoes, sandals are permitted.

Students are deemed to be out of uniform if they do not have one or more components, including footwear, or, if they have accessorized the uniform excessively, including wearing any form of headgear, hood or hat. A student unable to correct an issue is out of uniform and will be issued a warning for a first offence and this will be noted in Maplewood, our data collection system. If a student receives a second warning for being out of uniform, it will be noted in Maplewood and a study hall will be issued and parents will be contacted. If a student receives a third warning, parents will be contacted and students will be either sent home to correct the problem or sent to the main office to complete their schoolwork for the day.

Support is provided to students throughout this process through the main office. Should there be needs, they will be addressed separately and not pursued as an issue requiring discipline. Nothing is more important than having students in class, learning. However, persistent and willful violations of the Holy Cross uniform policy will be interpreted as an unwillingness, on the part of parents and/or students, to join our school community, and families will be counseled to select a school community which better meets their needs.

As always, common sense will prevail in the application of discipline as it relates to the school uniform. Communication between students and staff is paramount and will almost always result in a satisfactory resolution of any issue related to uniform. Your support for the policy and cooperation in ensuring it succeeds in keeping our school safe, convenient, cost effective and unified is appreciated.

