



# HOLY CROSS

Catholic Secondary School - "Blessed are the Merciful" (Matthew 5:7)

February 2016

## Principal's Message

Devoted readers of our newsletter will know that we bid farewell to **Mr. Andrew Michalski** and to **Ms. Michele Dowsley**, who retired, and to **Ms. Asia Zolnierczyk**, **Ms. Siobhain Broekhoven**, and **Billy Garland**, who are moving on to other assignments with our Board. We wish to thank them for their contributions to the Holy Cross community over the past semester.

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 community engagement. Holy Cross has supported cancer research over the years and that kind of commitment depends upon the work of a great team of contributors to make it all happen. In particular, I'd like to single out our Athletic Director, **Mr. Dzierniejko**, who leads the charge from the Holy Cross side. Well done once again this year.

To the left you will see **Mary Stickland** and **Mikayla Morley**, Food and Nutrition experts, demonstrating some of their handiwork.

Please read the article in this newsletter about **Sami Jo Small**, who is our Parents Reaching Out Grant speaker this year. She will be at Holy Cross on February 16th, talking to our students in the morning, feeder school students in the afternoon, and parents at 7:00. It's going to be an interesting night and a great opportunity to strike up a conversation with your Crusader.

In second semester, our staff will be continuing to work on three main initiatives as outlined in our School Improvement Plan. In the area of **Discipleship**, we are emphasizing community outreach through acts of mercy. For **Scholarship**, we are exploring 'student inquiry' as a way to increase engagement. For **Stewardship**, we are providing opportunities for students to show responsible citizenship. It is our hope you see these efforts in the everyday activities at our school.

*Ian Stuart, Principal*



## Upcoming in February

Feb 1—Semester 1 IEP review and updates completed for submission to parents; Exam Day 4; OCAS Application deadline date

Feb 2—Exam Day 5; textbook return and pick up continues

Feb 3—Course Reconciliation/Snow Day

Feb 4—ALCDSB PA Day #4;

Feb 5—Turnaround Day: regular day schedule with exam return during period 4 starting @ 2:05

Feb 8—First full day of semester 2 classes

Feb 9—Shrove Tuesday pancake breakfast; Grade 12 marks due to OCAS, college application centre

Feb 10—Ash Wednesday Mass; Share Lent Collection begins

Feb 11—Grade Assemblies, semester 2; OUAC marks to university app. centre

Feb 12—Sem 1 marks available on-line and reports issued

Feb 12—Jamaican Mission Trip departs

Feb 15—Family Day Holiday, No Classes

Feb 16—Student Teacher Practicum block #2 begins; PRO Grant Speaker Sami Jo Small student presentation & parent night; Wellness Week events through Friday

Feb 17—Grade 8 Parent Night: Class of 2019

Feb 19—Last day for timetable changes; course selection assemblies begin

Feb 21—Jamaican Mission Trip returns

Feb 23—Native Dance @ Holy Cross

Feb 24—Pink Shirt Bullying Awareness Day

Feb 25—"Life Bus" visit to HC at lunch hour

Feb 26—February Non-Uniform Day

## New Professional Activity Day

As a part of the provincially negotiated settlement between the Ontario Catholic Teacher's Federation and the province, an additional professional activity day has been added to the school year calendar. In jurisdiction, all three boards of education, Algonquin and Lakeshore, Hastings Prince Edward and Limestone, met and designated **Monday, February 29th**, 2016, as the date for the additional PA Day. Consequently, students will not be required to attend school on that day. All staff at Holy Cross will be engaged in training as directed by the Ministry of Education for that day.

## Graduation Committee Responds

The Holy Cross Graduation Committee will meet **February 4th** to finalize the school's response to the results of the graduation survey. Good conversation has already taken place about how to address the concerns raised by the survey. The biggest hurdle remains cost. We are an inclusive community and must be mindful of adding additional burdens on our families at a time when many are preparing for the expense of post-secondary education. Please know that you have been heard. Steps will be taken this year to make Graduation 2016 the best event it can possibly be by addressing start time, seating and overall length of ceremony. We will start by reducing the length of the principal's address to the graduates — something everyone can support!



# Athletics Update



One of the highlights of the athletics calendar was held at Holy Cross (volleyball) and RND (basketball) on January 14th. The Memorial honours Peter Carty and Paul Halligan, two alumni of our Catholic school system, a player and coach, who both lost their lives to cancer. This year, a total of \$7500 was raised at the event, bringing the total raised over the past 27 years to \$347,500. Main contributors continue to be our strong group of alumni and local businesses, not to mention a vocal group of students from "the Cross" (who you see in the picture to the left). Of secondary importance (but still important!), following a ceremonial tip-off by past HC principal **Paul Walsh**, the HC Seniors won in convincing fashion over the Panthers in front of about 400 fans.

## **Public Elementary School Basketball Tournament Held at Holy Cross**

R.G. Sinclair huddles up before the resumption of play in their game against the Lions, held Friday, January 22nd, in the Holy Cross main gym. If community groups are interested in using Holy Cross facilities, just contact the school at 613-384-1919 or access our on-line booking system at [www.hctoday.ca](http://www.hctoday.ca).



## Girl Rising

Gender inequality is a real and very serious issue enslaving girls across the globe, preventing them from offering their gifts and talents to the world. Child marriage, domestic violence, poor access to clean water, food, health care, and education lead to illiteracy, unhappiness, poverty and shorter life expectancy. Education can lift girls out of poverty allowing them the happiness of reaching their potential and equipping them to contribute to their communities. Girl Rising, a film screened through World Vision, illustrates the barriers many girls and women face on a daily basis. This film is part of a movement to stop gender inequality, to lift women up out of poverty and to empower girls through education. Join us at Holy Cross Catholic Secondary School on Friday, February 26th, 2016 for a screening of Girl Rising hosted by the Holy Cross social justice club, Crusaders in Community Service, starting at 7pm. Please enter through the front entrance off Woodbine Road. Tickets are \$5 and all money raised will be donated to World Vision. A World Vision representative will be on hand to answer questions. If you have any questions please email Naomi Gazendam at [naomigazendam@gmail.com](mailto:naomigazendam@gmail.com).



**RND and Holy Cross come together  
to fight cancer on January 14th**

## Arts Events

February 24—Kiwaniis Music Festival Competition

March 3 - Improv Team Regional Competition

March 9— HC Coffee House

March 24 - Holy Thursday Arts Liturgy Presentation

April 6—HC Dance Team Competition - Toronto

April 13—Cabaret (HC Talent Show)

April 20-24—Music Trip to New York City

May 19—Genesis Awards – Arts Gala Evening

June 9 – Grade 12 Vocal Concert

## MindLight Study Continues at Holy Cross

In January, Holy Cross students in grades 9 and 10 were invited to take part in an anxiety study offered through Queen's University. This important study has been approved by the Algonquin and Lakeshore Catholic District School Board and has already been implemented in a number of our elementary schools. Preliminary screening is complete for this study, which is entirely voluntary and confidential. Your family may be contacted by Queens in the next week or two. If you wish to participate, just let Queens know. For more information about this study, please see last month's newsletter.



## Looking Forward to March

March 1—Course selection workshops continue during the first week of March  
March 2—OFSAA Wrestling in Windsor  
March 3—Grade level reconciliation  
March 4—Grade 8 Registration Packages are due to Holy Cross; ThinkFast begins Friday and continues into Saturday  
March 7—Winter season OFSAA competitions all week; Semester 2 IEP preparation completed and ready to send home  
March 10—Course selection workshops completed and selection completed  
March 11—Last day of classes before the March break  
March 21— First day of classes following the March break; IEPs mailed home  
March 23 – 100 days until Graduation 2016; Early Semester Reports issued; Grade 10 OSSLT Presentation in the cafeteria, Period 1; Class of 2016 Graduation Information Meeting at 10:40; Wellness Wednesday #7  
March 24—Share Lent collection wraps up; Holy Week Stations of the Cross  
March 25—Holy Cross observes Earth Hour  
March 28— Students' Council Executive 2016-2017 election packages available;  
March 30—Spencer West presentation for grade 10s from 12:00 to 2:00 at LCVI; Parent-Teacher Conference Night, 3:30-5:30 and 6:30 to 8:30.  
March 31— EQAO Literacy Test for grade 10s; practice literacy test for Grade 9s;

## Contact Us

Check on-line for more information at [www.hctoday.ca](http://www.hctoday.ca)  
**Holy Cross Catholic Secondary School**  
1085 Woodbine Road, Kingston, Ontario, K7P 4V9  
(613) 384-1919

## Upcoming Math Competitions

The Waterloo Math Competitions will be written on Wednesday, February 24th, 2016. The Pascal, for grade 9 students, the Cayley, for grade 10 students, and the Fermat, for grade 11 students—all math contests—will also be written on February 24th in the library during period 1. Best of luck to our math competition participants and a big thank you to our math department, led by Mrs. Shelley McLean, and VP Ms. Gallant for their support of our 'mathletes'.

## FSL Survey Link

[https://www.surveymonkey.com/r/alcdsb\\_sec\\_parents](https://www.surveymonkey.com/r/alcdsb_sec_parents)

Follow this link to a French as a Second Language survey for secondary school parents and guardians. We have been asked to complete the survey before the end of February. The results will be used for planning at the Board level which may have impact on FSL programming in our school. Please take a moment to complete it. Hard copies of the survey are available in our main office.

# F S L

+ *Pastoral Update for the February Newsletter*

We will begin the penitential season of Lent early in Semester 2 as we gather for our celebration of the Ash Wednesday Mass on February 10th. The first event of this year's Share Lent Campaign will be the Pancake Breakfast on Tuesday, Feb. 9th. During Period One that day, students and staff can have a plate of delicious Pancakes + Juice for \$2.00 (Waffles also available). Tickets will be available in Home Form classes or from any member of CICS or Student Council. There will also be a Pancake Supper here at Holy Cross that day from 5 - 7 pm in the Cafeteria: \$5 for pancakes, sausage, dessert & refreshments. All proceeds to the St. Paul the Apostle World Youth Day Pilgrims. On Friday, Feb. 12 our Jamaica Mission Team departs Holy Cross for their 9-day Trip to Kingston, Jamaica. After months of fundraising and preparation, 20 students and 5 staff supervisors will be traveling to Jamaica to volunteer at schools for disadvantaged children as well as at a home for the abandoned elderly. They will also be participating in a "Food for the Poor House Build" in the rural community of Hamwalk. And on Thursday, Feb. 25, students will be participating in a day-long Development & Peace training session in preparation for our overnight Thinkfast on Friday, March 4th. See Mr. Forster to sign up for any of these events.



# PRO Grant Speaker

*Students and staff enjoy the new ping pong table, purchased by Students' Council and the Wellness Team. A great stress reliever during exam time. Thanks to Head Girl, Donya Hojabr, for spearheading the project.*

**Sami Jo Small** will be speaking at Holy Cross on **February 16th** to our students in the morning, and to our parents in the evening. She currently works as a motivational speaker as well as an instructor at her hockey school. She still plays competitive hockey for the Toronto Furies. She grew up playing on the outdoor hockey rinks of Winnipeg, MB. Her passion for the game was honed in the boys' minor hockey system. As the only girl she was forced each and every day to prove that she belonged through hard work and determination. She dreamt, like her teammates, of someday playing in the NHL, but also dreamt of someday stepping on to the podium at the Olympic Games.

At Stanford University for track and field, injuries led to a return to hockey. She played on the Stanford Men's team, garnering PAC-10 MVP honours while earning her degree in mechanical engineering. Ultimately, her childhood dream became a reality when she accepted a spot on the 1998 Olympic Games team traveling to Nagano, Japan. Women's hockey was on the rise and Sami Jo was a huge part of its success. She has since won five World Championships and has twice been named Championship MVP. She is a three time Olympian and has been a member of two Olympic Gold Medal Winning teams. We look forward to her visit and thank our school council, led by Michelle Ilescu, for their work in bringing Sami to Holy Cross.

## FUN FRENCH FACTS

*DID YOU KNOW...*

*...that there are an estimated 274 million French speakers worldwide? Encourage your child to be a lifelong learner of French!*

# 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 19th.

## COURSE SELECTION PROCESS

At this time of year, students begin the process of selecting courses for the 2016-2017 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 19th.

## 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 17th, 2016 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 room 136. 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 4th, 2016.

## 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 Will Geris, OYAP Co-ordinator with the Board. Will can be reached at (613) 532-4292.

## Enrichment Opportunities:

### 1. Queen's University – 2016 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: 9-12

Date: May 2-6, 2016

Registration Opens: December 1, 2015

Cost: \$365.00

Go to [esu.queensu.ca/emc](http://esu.queensu.ca/emc) for more information or contact Mrs. Hulton at 613-384-1919 Ext. 3419

2. Canadian Summit on Medicine and Healthcare – Hosted by Queen's University, school of medicine on Sunday, March 26, 2016 from 10 -5, email [CSOMHinfo@gmail.com](mailto:CSOMHinfo@gmail.com) for a registration form.

## Scholarship Information:

Royal Canadian Legion Bursary Assistance Program – Open to students who are children of members of the Canadian Forces and the Royal Canadian Legion. Application forms can be found at [on.legion.ca](http://on.legion.ca)

2016 RBC Aboriginal Student Awards – Open to Aboriginal students attending post-secondary studies, go to [www.GoToApply.ca/RBC](http://www.GoToApply.ca/RBC)

18 January 2016

Dear Parents, Guardians and Staff:

**RE: First Influenza A Confirmed Case of the Season**

Please be advised that KFL&A Public Health received laboratory confirmation of the first case of Influenza A for the 2015-2016 season. We are providing this information so that you will be able to protect yourself and your family to the greatest degree possible.

Influenza causes mild to severe illness and can lead to serious health complications, even in healthy children and adults. Immunization is the best way to prevent influenza. The influenza vaccine (flu shot) is available free of charge to anyone in Ontario over the age of 6 months. Contact your family physician or local pharmacy for your influenza vaccine if your family has not yet been immunized. Even in years when there is a strain mismatch, the flu vaccine will still offer some protection.

Next to immunization, the single most important way to prevent the spread of infection is to clean hands often with soap and water or alcohol-based hand sanitizers. Alcohol-based hand sanitizers should only be used for children if they are assisted and should be stored out of reach of young children.

The symptoms of influenza include fever (greater than 38.0 „aC/100.4 „aF), dry cough, chills, headache, muscle aches, loss of appetite, sore throat, and runny nose. Young children may also experience nausea and vomiting with the above symptoms.

**Adults with influenza may be infectious for five days after the onset of their symptoms whereas children may be infectious for up to seven days. If you or your child have symptoms of influenza, it is important to stay home during the infectious period to avoid spreading the illness to others.**

For more information on influenza activity in our area, go to our ILI Mapper application at <http://aces.kflaphi.ca/iliMapper/>.

If you have any questions or concerns, please contact our Communicable Disease Team at 613-549-1232 ext. 1287.

Sincerely,

Adrienne Hansen-Taugher, BScN, RN, MPA

Manager, IDP and Emergency Preparedness

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**KINGSTON, FRONTENAC AND LENNOX & ADDINGTON PUBLIC HEALTH**

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