



# HOLY CROSS

Catholic Secondary School

May 2023

## Principal's Message

The first week of May, the month of Mary, marks both the celebration of Catholic Education Week and Mental Health Awareness Week. This year's CEW theme – **We are Many, We are One**– is more crucial than ever. When we work together and support one another, it is easier to be strong in mind, body and spirit. Our faith provides us with hope. Our school community helps each of us to rebuild, to renew, and to restore hope. The signs of spring are all around us, in this same pattern of renewal. All are invited to participate in the various activities this week.

The following is a link to ALCDSB's Catholic Education Week highlights video: <https://youtu.be/jxBYcdtD110>.

Congratulations to this year's Beacons of Hope – **Elisabeth MacMillan** and **Jeremiah Beckwith**. You both have made a difference in our community. Thank you for your generosity.

Many thanks to **Student Council** and our leadership groups for continuing to build hope for our school community. You are nothing if not innovative. The **Semi-Formal** was a resounding success and it was such a joy to see young people experiencing some of the milestone moments in their lives. Thank you for organizing that, along with many other important community-building activities. This week, we are in the midst of selecting a new Student Council Executive. Good luck to all candidates. Congratulation to **E.J. Kelvin**, who will serve as ALCDSB Student Trustee for the East end of the board.

## This Month

- Apr25-May1– Band Trip**
- May 1– deadline to accept offers OCAS**
- May 1– Ontario Skills Competition**
- May 1– World Principals Day**
- May 1-5 - Mental Health Week**
- May 1-5– Catholic Education Week**
- May 4– Youth and Sports Webinar**
- May 4– Catholic Education Week Mass**
- May 5– National Day of Awareness of MMIWG2S– wear red day**
- May 10-14– Media Studies Trip**
- May 15– Vaping Awareness Workshop**
- May 16– Graduation Assembly Cancelled**
- May 17– International Day against Homophobia, Transphobia and Biphobia**
- May 19– Grad Retreat Montreal**
- May 22– Victoria Day**
- May 24– One Match Check Swabbing Event**
- May 25– Genesis Awards**
- May 26– Carnival**
- May 28-Jun3– National AccessAbility Week**
- May 31– Parent Evening with Roger Romero (Resilience)**

## Principal's Message cont'd

The band and vocal ensemble performed very well at Festival Disney, with Excellent and Superior standings. Congratulations to **Micah Garvin**, who earned Top Vocalist and **Annabelle Gillis** who won the Best Accompanist, as overall festival awards. The SHSM ICT group is off to explore NYC next week. Congratulations to **Josh Bowry** and **Diego DeFrias** for their Entrepreneurial Bursary Awards. I look forward to the **Cabaret** and other arts collaborations. **Spring teams** are up and running throughout the month of May. The energy around school is buzzing. Good luck to all who are putting in the work for their staff advisors, coaches and teammates.

Hold the date for **HC grad: Thursday, June 29<sup>th</sup>**. More details to come.

Take care.

Terri Daniel



# Counsellor's Corner

## Course selection for 2023/24 school year

Students can view their course requests for next year on the Aspen student portal found on students' virtual commons. Students should review the courses they have chosen for next year on the 'my info' tab found at the top of the home page. Click on 'current schedule' and then click on the 'requests' tab found on the left. Students should contact their guidance counsellors if they would like to make changes to their course selections for next year. Grade 12 students interested in returning next year must contact their guidance counsellor.

## **OUAC and OCAS**

Marks have been submitted to OUAC and OCAS. Students should check their account to make sure all information is accurate. Students must accept offers of admission in their OUAC and OCAS accounts, and they must do so by the published deadline dates provided by the post-secondary institutions.

## **Graduation Information**

Celebrating the Class of 2023! Mark the date – June 29, 12:00 Graduation Mass at Blessed Sacrament Church and 6:00 Graduation Ceremony in the Holy Cross Gymnasium.

Graduating students will be invited to an information assembly on May 16<sup>th</sup> during period 4. Invitations for graduating students and 4 tickets per graduate will be made available on Thursday, June 1<sup>st</sup> in Student Services.

## **Community Service Requirement for Graduates**

Graduating students should submit their volunteer hours no later than May 31<sup>st</sup> to ensure the community service graduation requirement is met. Students are required to submit 40 hours, but if they submit 80 hours or more, they will receive a Crusader Certificate at the graduation ceremony.

## **Summer Learning Programs 2023**

The ALCDSB is offering full credit summer school courses from July 3- July 28<sup>th</sup>. Courses are delivered on-line and are asynchronous. The following courses will be offered: • Careers/Civics in English and French • Senior English: NBE 3U, ENG4C and ENG4U and OLC4O • Mathematics: MCR 3U, MCF 3M, MHF 4U, MAP 4C

The Secondary Co-op credit courses that will be offered include: • Co-op: 1 or 2 Credits: July 3 – August 18<sup>th</sup>. Students will be contacted by the Summer Coop teacher in June and are encouraged to try to arrange placements in advance.

## Counsellor's Corner cont'd

### Secondary Summer School Application (2023)



Registration Process: Additional detailed information and the application link for this program are located on the ALCDSB Secondary Summer Programming Website. The application link and the QR Code are also listed to the left. Please contact your child's guidance counsellor for more information.

### Scholarship

The Lennox & Addington Stewardship Council ([www.lastewardship.ca](http://www.lastewardship.ca)) promotes responsible land care and stewardship of our natural environment. The Council is pleased to offer the Bursary Program again this year. The name of the award honours David Sexsmith, a former chair of the Stewardship Council who passed away three years ago. David was a very inspiring advocate for the environment and for student participation. This year, the bursary is \$750.00 for one student. Note that students must reside in Lennox & Addington County to be eligible. Priority will be given to students applying to Environmental Studies or Natural Resources programs at a recognized community college or university. Students applying to programs in science-related fields such as sustainable agriculture will be considered as well. An asset will be leadership roles in environmental projects, school events and volunteer work in the community. Students must show proof of graduation and acceptance into a post-secondary institution. The deadline for student applications is Friday, May 19, 2023. Please see Mrs. Cantarutti for an application.

## 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 2V9  
(613) 384-1919

Instagram: @holycrosskingston

Twitter: @HolyCrossCSS

### Year 3 Multi-Year Strategic Plan:

We are pleased to announce the release of our MYSP Year 3. Visit our website to view a video message and to learn more about all the amazing progress and achievements being made in the ALCDSB. - [Algonquin & Lakeshore \(alcdsb.on.ca\)](http://Algonquin & Lakeshore (alcdsb.on.ca))

### Coming up in June

**June 1-Deadline to accept University Offers in OUAC**

**June 1- A Day of Play (Improv)**

**June 2- P D Day**

**June 6-8- Special Olympics Soccer**

**June 12- Uniform fit show**

**June 14-16- EQAO Math Tests**

**June 15- Canada's Wonderland Band Trip**

**June 15- Grade 9 Awards**

**June 23-28- Exams**

**June 29- Graduation**

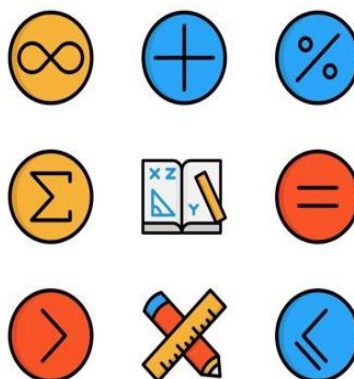
**June 30- P D Day**



### After School Math Help!

Grade 9 and 10 students are welcome to come to room 207 from 2:45 - 4:00pm on Tuesdays for extra math help.

Email Ms. Hollands with any questions.  
[jhollands@alcdsb.on.ca](mailto:jhollands@alcdsb.on.ca)







# PASTORAL NEWS

Happy Easter! It is a gift to have the longer days and signs of spring accompany us during this season of renewal. A special thank you to Mr. Dzierniejko's sports leadership class for leading the Stations of the Cross for the school community on Holy Thursday. The arrival of Easter marked the end of our Lenten campaign for Loving Spoonful. Thank you to Miss Chapman, CICS student volunteers, and the entire community for your fundraising efforts in support of this local organization which does such important work.

The month of May begins with Catholic Education Week. This year's theme, *We are Many, We are One*, invites us to reflect upon the unique gift of each person brought together as the united Body of Christ. We will have a school Mass on Thursday, May 4<sup>th</sup> in observance of Catholic Education Week.

The Grade 12 graduation retreat will take place on Friday, May 19<sup>th</sup>. We will be going to Montreal to visit various sites. We will attend Mass at Mary, Queen of the World Cathedral, spend time in Old Montreal, and have a tour of St. Joseph's Oratory. This trip was a highlight of last school year, so we are looking forward to sharing this amazing experience with more students. There are spots available, but space is limited. Contact Mr. Cotman if you are interested!

It has been a blessing to be back in the Holy Cross community after a leave of absence at the beginning of this semester. I look forward to celebrating the gift of our Catholic education and resting in the joy of the Easter Season with our entire community.

Regards,

Nick Cotman, Chaplaincy Leader

*We, who are many, are one body in Christ, and individually we are members, one of another.*

**Romans 15:5**

**FORMED IN THE FAITH**

## **EQAO'S STUDENT ENGAGEMENT COMMITTEE IS SEEKING REPRESENTATIVES FOR THE 2023-2024 SCHOOL YEAR**

Do you want to impact Ontario students' educational experience? Are you a student in an Ontario school? Will you be in Grades 7–12 during the 2023–2024 school year?

If yes, please consider submitting an application to be a member of Education Quality and Accountability Office (EQAO) Student Engagement Committee!

The Student Engagement Committee provides feedback and advice to help EQAO better understand the experiences of students. For example, the 2022 -2023 committee members helped EQAO improve the online assessments. Check out the following details:

### **What would I do as a member of the Student Engagement Committee?**

The committee meets virtually three times per year. You would join 30 students from across the province to share ideas about how EQAO can improve our programs. There are also small tasks to complete between meetings.

### **Who is eligible to apply?**

You can apply for this opportunity if you are a student at an Ontario school in grades 7–12 during the 2023-24 school year.

EQAO celebrates student diversity across the province. When selecting committee members, representation of students' experiences and perspectives is of utmost importance.

### **How long would I serve on the committee?**

Committee members' terms will be one school year. EQAO is currently seeking applications from students interested in joining the committee for the 2023-24 school year.

### **How do I apply?**

- ✓ **Step 1:** Discuss your interest in serving on this committee with your parent or guardian, and your school principal or vice-principal. If you are selected to be on the committee, we will require written permission from your parent or guardian, and support from your principal.
- ✓ **Step 2:** Please complete the application form found at <https://forms.gle/iowLwKAqiM6RR7T37>. You may submit your personal narrative in writing (250-350 words) or in video format (3-5 minutes).

### **When will I know if I have been selected?**

The deadline for applications is June 2, 2023. EQAO will inform successful applicants by the end of June 2023.

*For any additional information about EQAO's Student Engagement Committee, please contact us at 1 888-327-7377 or [info@eqao.com](mailto:info@eqao.com).*



Join us for an information session

# Youth and sports: reducing the pressures

In this session, we will talk about the pressures on young people in sports and how parents and caregivers can help support their mental and physical health.

**Featuring guest speaker Brant Stachel.**

Brant works in sport mental health and sport performance with athletes of all abilities and ages, from elementary school to national teams.

**Live webinar**

May 4, 2023 | 7 to 8 p.m.

**Register by May 3**

[kflaph.ca/YouthSports](https://kflaph.ca/YouthSports)

A recording will be available for those that register.

[kflaph.ca](https://kflaph.ca)

2023-04-13

 **KFL&A**  
Public Health



## Entrepreneurial Bursary Winners!

Diego DeFrias and Josh Bowry are recipients of the 2023 ALCDSB Entrepreneurial Bursary. This bursary is granted to students who have prepared an extensive business plan and video pitch outlining the details of their summer companies. Josh is the owner of Red Bridge Camping, which will offer an upscale glamping site available to rent on Airbnb. Diego runs his own lawncare and outdoor services company called D.A.D.S Outdoor Services. Both students will also participate in the *Young Entrepreneurs in Action* showcase in May. They will have the opportunity to share their ideas with other young entrepreneurs across the province.



MAY 10 AT 9 AM & 1 PM

# LOYALiST 360°

**Your complete campus experience.**

Get a full view of the Loyalist College student experience by joining us for half a day at the Belleville campus.

Space is limited – register today!  
[loyalistcollege.com/360](http://loyalistcollege.com/360)

**FREE  
PROGRAM!**



## **Help us provide healthy food for students at your school**

The Food Sharing Project is a registered charity that has been serving the area for almost 40 years. We are the organization which provides nutritious food and equipment to schools across Kingston, Frontenac and Lennox and Addington for their in-school breakfast, lunch and hearty snack programs.

Each week of the school year, our team of 12 volunteers pack about 450 boxes of fresh fruit and vegetables, whole grains, dairy and protein foods which are delivered to every school in KFL&A, including yours. In 2019, prior to the onset of COVID-19, we sent food with a value of \$12,000 to schools each week and in 2022, that amount rose to \$21,000 per week.

The 2022-2023 school year has been unprecedented for The Food Sharing Project. Due to increasing demand and the skyrocketing costs of food, we are facing a significant budget shortfall as we are now sending out over \$25,000 in food every week. **We need your help to ensure that students do not go through the school day hungry. Please consider making a donation to help us continue to get healthy food to students at your school.**

Educators and research tell us that when they can eat nutritious food at school, students are more engaged in their learning, can focus better on tasks and can have more positive social interactions throughout the day. They are also more willing to try something new, which can lead to better food choices as adults.

Every donation, regardless of the amount, will make a difference for students in your school. Please go to [www.foodsharingproject.org](http://www.foodsharingproject.org) and click on the DONATE button to make a secure online donation today. Thank you.



## Holy Cross Varsity Badminton

The Junior Badminton team finished 2nd place overall. Shoutout to **Evie Sutton** (4th place in singles) and **Eric Blundell** and **Caleb Jeffs** (4th place in Doubles). **Winners and medalists** included **Jude Martin** and **Callum Nicholson**, who took 2nd place in Doubles, **Emily VanDyke** and **Reid Myers** for winning 2nd in Mixed Doubles and **Lee Larson** who battled his way to a 1st Place Championship title in Singles - a first for Holy Cross! Congrats to the entire team - your coaches were proud of all your efforts.



The **Senior** Badminton Team finished 3rd place overall amongst all schools. Shout out to **Dhiva Mathew** who took 3rd place in **Womens' Singles**. Medalists included **Justin Do Canto** and **Patrick Hinch** who won KASSAA Silver (2nd place in Mens Doubles), and **Hailey Bauder** and **Charlotte Cantarutti** who also took home KASSAA Silver (2nd Place **Womens' Doubles**).



Good luck to both Senior Teams who move on to compete at EOSSAA in May.





# ARTS NEWS - May 2023



**IMPROV:** The HC “Green Beans” Improv Team competed against teams from across the country at the Canadian Improv Games Regional Tournament at the National Arts Centre in Ottawa April 5-8th, 2023. They are ranked 11th in the country! Their enthusiasm and talents shone through, and we are so proud of our

Green Beans!

## MUSIC TRIP:

The April 1st “Fool If You Don’t Come” music fundraising concert was a

TREMENDOUS success! Special thanks to The STARES, GOODFOOT



AND INTERROBANG, who wowed us with their incredible live music. Also a huge appreciation to all who volunteered, and to the local business who supported this huge endeavour! A special shout-out to Leann Benoit for spearheading all of the parent fundraising activities!

## DANCE TEAM:

The HC Dance Team finished their season with an incredible day at STRIVE Dance Challenge in Toronto on April 12th! Their determination and dedication were evident throughout the entire competition, and we couldn’t be more proud of their performances! They took home two judge’s choice awards, first place in the jazz and musical theater category, second place in contemporary, and third place in hip hop. The team also landed the 3rd place school of the whole competition! We are already looking forward to next season— BIG Congratulations to our HC Dance Team.

## GENESIS: AN ARTS CELEBRATION

The Genesis Awards are finally back again! The Arts Department, along with our friends in photography & videography, will be celebrating our student artists and performing our artistic highlights from this past school year, and our Genesis certificates and awards will be given out



**In celebration of Children's Mental Health Week:  
Roadmap to Wellness KFL&A Family Advisory  
Committee hosts**

# WHERE TO TURN?

**Saturday, May 6, 2023  
12 pm to 3 pm  
Rideau Heights Community Centre  
85 Maccauley Street**

**Drop in to explore mental health services and  
resources available for children, youth, and families  
directly from local agencies**

**Food and drinks will be available  
Activities for Children and Youth  
Chance to win prizes**

**FOLLOW US ON FACEBOOK:**



*KFL&A Family Advisory Committee*

**IN PARTNERSHIP  
WITH:**





# CATHOLIC EDUCATION WEEK

**April 30-May 5, 2023**

Catholic Education and Mental Health Week will be celebrated across the province during the week of April 30 - May 5, 2023. The theme of Catholic Education Week is We are Many, We are One. This year, the Mental Health Week theme is My Story. This theme celebrates that we all have different, yet equally valuable stories which can be used to share one key message: universal mental health care is important and needed now!

Click on the link below to view a video about Celebrating Catholic Education Week in the ALCDSB - 2023

[Celebrating Catholic Education Week in the ALCDSB - 2023 - YouTube](#)



# Attention Grade 9 and 10 Students & Families!

www.algonquin.ca | www.lakeshore.ca | www.ace.org **Aventuro.org**

## Aventuro Canada Exchanges

### FOR GROUPS

Aventuro Canada Exchanges (ACE) is administered by Paul Brown and Patrick Mulvihill, both Members in Good Standing with the Ontario College of Teachers.

The Directors have over 60 years of experience as teachers and school administrators. Paul Brown and Patrick Mulvihill founded Canada International Student Placement Inc. ([www.cispi.ca](http://www.cispi.ca)) in 2015 and are proud to have been selected as the Aventuro Canada Exchange representatives. Aventuro, headquartered in Berlin Germany, and is a global network specializing in international reciprocal family exchanges for students.



[WWW.AVENTURO.ORG](http://WWW.AVENTURO.ORG)

### WHO

- Algonquin & Lakeshore Catholic District School Board is pleased to announce a group exchange program for students aged 13-17 in partnership with Aventuro Canada Exchanges (ACE).
- Eligible students are invited to apply for a reciprocal exchange to Bretagne (Brittany) France.
- You will travel to France and attend school for one month living with your matched homestay family. Then you will host your exchange "brother" or "sister" for one month in your Canadian home and school.
- Two students, two families, one friendship for life.

### WHAT

- Students will be immersed in French and will attend classes with French students and live with a French family during their stay.
- The French participant will attend your Algonquin & Lakeshore Catholic District school for one month immersed in English and live with your family during their stay.

### Fees (\$2200) include:

- One month stay in Bretagne France (Vannes and area) with your exchange family.
  - One month of schooling at a French government approved school.
  - All inclusive travel insurance including accidental health, trip cancellation, and one checked bag (not exceeding airline limits).
  - Ground transportation to and from the airport in France.
  - Students will be accompanied to France with a representative from ALCDSB
  - An Aventuro representative in France and Canada can be contacted 24/7 during the exchanges.
  - All air travel includes adult chaperones
- ### Additional Fees:
- Round-trip airfare from Pearson International Airport to Nantes, France arranged by Aventuro Canada Exchanges.
  - Ground transportation to and from Pearson

### WHERE

Participants will head to the city of Vannes and area. Vannes is located in the province of Bretagne around 100 kilometres (62 miles) northwest of Nantes and 450 km (280 miles) south west of Paris. Vannes was settled by the Romans approximately 2000 years ago. It is a walled city and its Catholic cathedral dates back to at least the 15th Century. Vannes is a market town linked to the sea. The current population of Vannes is approximately 60000 and the closest airport is in Nantes.

### WHEN

- Algonquin & Lakeshore Catholic District School Board students will travel to Vannes in October 2023.\* Students will return to Canada approximately one month later.
- French students will travel to Canada in early April and return to France approximately one month later.  
\* *Travel itineraries to be set.*

### WHY

- International Reciprocal Exchanges are not just about languages.
- Cultural Reciprocal International Exchanges are enriching and life changing for the whole family.
- Participants will have the opportunity to be fully immersed in the French language and culture.
- You will live with your French host family participating in all family activities.
- Families will be matched before you travel allowing participants and parents to communicate before you meet in person.
- Aventuro exchanges are designed to provide you with the best cultural and linguistic experiences that tourism cannot provide.
- Two students, two families, one friendship for life.

*All Aventuro participants and families will be screened by the local Aventuro representative(s). School administrators must approve each participant's application to be considered. All Canadian and French participants and their families will meet the public health guidelines communicated by the Algonquin & Lakeshore Catholic District School Board.*

FOR AN APPLICATION OR TO LEARN MORE PLEASE CONTACT: [pat@cispi.ca](mailto:pat@cispi.ca) or [paul@cispi.ca](mailto:paul@cispi.ca)

