



HOLY CROSS

Catholic Secondary School

October 2017

Principal's Message

Principal's Message – October 2017

It has been an unseasonably warm September and a busy start to the 2017-18 school year at Holy Cross. Thanks to the incredible staff at Holy Cross, we have enjoyed a smooth start and there are, as always, many opportunities for our students to get involved in this community. Our fall sports teams and clubs are well underway. Rehearsals for our upcoming production of *Godspell* are in full swing! I continue to encourage all of our students to take advantage of the many great extracurricular opportunities that exist at Holy Cross.

I'm looking forward to our annual Catholic Cup football games vs. Regiopolis-Notre Dame which will be happening under the lights at Richardson Stadium at Queen's on October 6th. Junior game at 5:30, followed by the Senior game at 7:30. Tickets are only \$5. Come out and support our Crusaders. Contact the school or check out the website for details.

We began our Speaker Series on Teen Mental Health with a well-received and informative presentation from **Dr. Mike Condra** of Queen's University on September 21st. Among other things, Dr. Condra reminded parents about the importance of giving 'hope' to their children. We look forward to seeing a similar turnout for our second speaker in the series, on February 8th, so please mark your calendars. On February 8th, Dr. Sue Buchanan will talk about *Parenting Youth in a Time of Transition: How to help prepare them for managing life stress*. More information will be provided closer to the date.

On October 4th, Impact Speaker **Andy Thibodeau** will speak to our senior students about a topic that is right in line with our school theme for 2017-18, *Be Compassionate*. Andy's talk "Share your care, school spirit is caring and care is contagious!" will remind our grade 11s and 12s of the importance of their leadership and example in the school.

This Month

- Oct 2-5 Thanksgiving Food Drive
- Oct 5 School Mass
- Oct 6 Friday Night Lights RichardsonStd
- Oct 9 Thanksgiving
- Oct 13 Progress Reports issued
- Oct 13-25 Parent Teacher Interview sign up online
- Oct 14 Jamaica Mission Trip Craft Sale
- Oct 19 Parent Teacher Interviews 3:00-8:30
- Oct 25 parent Teacher Interviews 6:30-8:30
- Oct 27 PD Day
- Oct 31 Halloween

Our next Catholic school council meeting will take place on **Tuesday October 17th, 2017** in the Learning Commons at 6:30 p.m. Come and be part of the dynamic parent group that supports Holy Cross CSS. New members are always welcome! Please feel free to contact the school if you have any questions regarding school council.

We are approaching the early diagnostic reporting period and so, parents can look for reports coming home on October 13th. Parent-Teacher interviews will follow on the 19th and 25th. As we use an on-line system for booking Parent-Teacher interviews, please check the student services information in this newsletter or the school website for details on how to book an appointment to meet with your child's teachers. I also look forward to seeing you at the school on these days.

God Bless,

Michael Faught.

Visit our website at www.hctoday.ca

Crusaders in the Community

On Tuesday Sept 26th, grade 10 and grade 12 students supported the Robinson Community Gardens by harvesting onions. Each student recognized how groups can support the community by volunteering to harvest vegetables that will be supplied to a variety of agencies that provide vegetables for those in need. Thank you to all Crusaders for their enthusiasm and efforts.





PASTORAL NEWS



Congratulations to our CICS' Social Action Club which held a Bake Sale on Thursday, Sept. 28 and raised over \$289.00 for Hurricane Relief Work in the Caribbean. Our home form classes are now collecting non-perishable food items for our **Thanksgiving Food Drive**. This annual collection will benefit the St. Vincent de Paul Society of Kingston. We will be wrapping up the Food Drive at our School Mass on **Thursday, Oct. 5th**. For the first time ever, we will be offering **Youth ALPHA** during the lunch hour in Rooms 214 starting on Thursday, October 12. Free pizza lunch with a Youth ALPHA video and small group discussions. All are welcome. And don't forget the "**Fall Craft Show**" here at HC on Saturday, October 14th.

One important date to mark down is **Friday, November 3rd** as we host our **8th Annual Jamaica Fish Fry** here at Holy Cross **from 3:30 – 6:00 p.m.** All proceeds will go to this year's Jamaica Mission Trip. **Tickets are \$15.00** for take-out or an "**All You Can Eat**" sit-down dinner. Call my office (ext. 3436) for tickets or more information.

On behalf of the Holy Cross Pastoral Team, blessings to all our students, staff, and family members as we look forward to celebrating Thanksgiving and as we give thanks to God for all our blessings.

Christopher Forster, Chaplaincy Leader

PARENTING SUPPORT & RESOURCES.....

We all need help and support from time to time as we all can find ourselves struggling with various issues especially when it comes to our children. NONE of us are perfect and we don't always get things right. So here is a short list of a few places that you may want to turn to when you are looking for help.

Your Doctor – always a good place to start; especially for referrals and many offices now have a psychologist/therapist as a part of their in house services

.211 – the web address listing for ANY social service agencies in our area

The Maltby Centre (formerly Pathways) – Family & Children's Mental Health Services

Extended Counselling services – Intake 613-546-1422 ext. 1 OR

Walk In Counselling Clinics 613-546-8535 ext. 1

Note – A counsellor from The Maltby Centre, Mr. Terry Day, is on site at Holy Cross every Thursday. Please call before coming to arrange an appointment.

Kairos – Addiction Services: Drug, Alcohol, Gaming @ 613-542-6559 (18 yrs. and under)

Note – A counsellor from Kairos, Lora Dalessandro, is on site at Holy Cross every Wednesday.

Please call before coming to arrange an appointment.

FCMHA – Frontenac Counties Mental Health & Addictions (18 yrs.+)

24hrs 613-544-4229

Kingston Community Counselling Centre (KC3) Variety of counselling services 613-549-7850

WEB sites to consider:

All of the above

www.anxietybc.com

Ministry of Mental Health and Addictions Ontario

www.cmha.ca – Canadian Mental Health Canada

www.kflapublichealth.on.ca – parenting

www.hdh.on.ca – Hotel Dieu Hospital: Children's Mental Health Services

At Holy Cross we have:

Guidance Counsellors – for individual student support and academic guidance

(Mrs. Cantarutti, Mrs. Vella-Bowry and Mrs. Hulton)

Youth Workers – for social, emotional, behavioral support of students.

(Ms. Terrie Hoey and Mrs. Amey Cancian)

Chaplin – for spiritual guidance, bereavement support (Mr. Chris Forster)

Attendance Counsellor – for school non-attendance (Mrs. Leeanne Amell)

Teen Mental Health - Speaker Series

To address concerns of increasing rates of stress and anxiety among youth, the Holy Cross Catholic School Council has secured three local mental health professionals to speak with parents and caregivers. These sessions will address teen mental health and offer strategies for parents and caregivers to help teens not only manage their emotions but thrive.

Session 2: Parenting Youth in a Time of Transition: How to help prepare them for managing life stress. Dr. Susan Buchanan, Ph.D., C. Psych.

Thursday February 8th, 2018, at 7:00pm, Holy Cross Lecture Theatre.

Dr. Buchanan is a Clinical Psychologist with the Maple Family Health Team and Associate Adjunct Professor & Clinical Supervisor in the Department of Psychology at Queen's University. As a psychologist, Dr. Buchanan has worked at Hotel Dieu Hospital and in private practice, with both children and adults. In recent years, she has spoken to groups of parents and educators in the Kingston region about children and youth mental health, and about strategies for building resilience and health in students. She has been instrumental in organizing a series of lunch time workshops for students at a local high school to learn strategies for managing stress. This workshop series is a collaboration between Queen's University Department of Psychology, Clinical Psychology Outreach Program (CPOP), the 'Got Your Back' workshop series program at Queen's University and KFL&A Public Health.

Admission is free. Open to all parents, caregivers or community members who want to learn more.



Looking Forward to November

Nov 1 - Take you Kid to Work Day

Nov 10 - Remembrance Day service at the school

Nov 11 - Remembrance Day

Nov 23 - Report Cards Issued

Nov 24 - P D Day

Nov 29-Dec2 Godspell performances

Contact Us

Check on-line for more information at www.hctoday.ca

Holy Cross Catholic Secondary School

1085 Woodbine Road, Kingston, Ontario, K7P 2V9

(613) 384-1919



Holy Cross Secondary School Handmade Only Crafters Event in support of

The Jamaica Mission Trip Fund

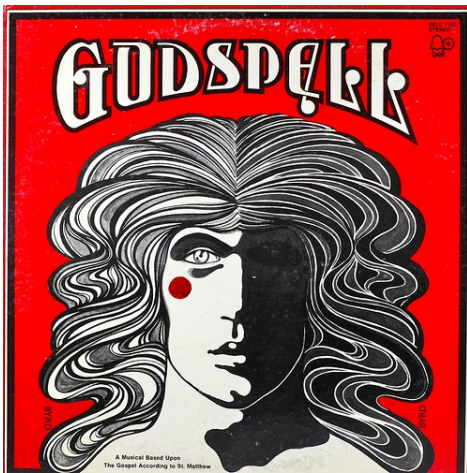
Saturday October 14, 2017 10:00 am –3:00 pm

Over 30 vendors invite you to this unique show. Featuring woodworking, acrylic art, knitting and crochet items, felting, pebble art, paper creating, jewelry, candles, bath and body products, photography and much, much more.

No Cost for admission. Great time to start your holiday shopping.



ARTS Update



GODSPELL

Rehearsals are well underway for the HC production of the Broadway musical **Godspell**. With a cast of almost 50 students, this energetic rock musical will be sure to entertain all ages. The tech crew is also hard at work, building an extended stage and other sets, and designing the lighting for the show. Tickets go on sale **November 15th**. Mark it on your calendars!

DANCE

For the second year in a row, dance students at Holy Cross have been invited to participate in a workshop series provided by STRIVE Dance Challenge in Toronto on **Tuesday, October 24th**. These students will have a chance to travel to Toronto Dance Industry and learn from Toronto's top choreographers in styles such as contemporary, commercial hip hop, street jazz, and lyrical. These classes are offered for beginner, intermediate, and advanced dancers, and promises to be an exciting experience!

NOTE: (In preparation for the 2018 STRIVE High School Dance Competition)

Dance Team Auditions will be held on **Friday, October 13th from 3pm-5pm on stage**. Students interested in trying out for the hip hop and/or contemporary teams are encouraged to audition. We hope to see you there!



Counsellor's Corner

EARLY SEMESTER REPORT CARDS AND INTERVIEWS

On **Friday, October 13th**, the early **Report Cards** for Grades 9 – 12 students will be distributed in homeroom classes. Parent-teacher interviews are scheduled for **Thursday, October 19th**, from **3:00 to 5:30 p.m. and from 6:30 to 8:30 p.m.** and **Wednesday, October 25th**, from **6:30 to 8:30 p.m.** Each parent-teacher conference is scheduled for ten minutes, and must be booked online, in advance on the **hc.schoolappointments.com** site. Students will be bringing home their report card and instructions on how to book an on-line appointment. Online parent-teacher appointment instructions will also be available on the HCtoday website; will be sent to parents by email and by Synervoice. The instructions are also found below. Parents and guardians should feel free to contact their son or daughter's teacher at any time in order to learn more about his or her performance, but this time, in particular, is reserved for the essential link between home and school.

On-line appointments for Parent-Teacher interview – October 19th and 25th

Parents will be able to choose interview appointments electronically by logging in to the HC appointment booking at the following times:

- October 13th – 25th parents are able to access the online appointment set up
- The access to interviews for October 19th will close on October 19th at 12:00pm

The access to interviews for October 25th will close on October 25th at 12:00 pm

The instructions are as follows:

Go to our school appointments web site: **hc.schoolappointments.com**

Register for an account by clicking the "**REGISTER**" menu tab and filling in the on-line form. Choose a user id and password for yourself and then click the "**Register Now**" button.

Add your children into the system by clicking the "**Add a Student**" button. Click "**Insert New**" button to add more children.

Click the "**date**" icon beside each child's name to schedule appointments. Select the staff you wish to book appointments with and the "**View Calendars**" button. Use the "**Ctrl**" or "**Command**" key to select multiple staff to view at the same time.

Click on available time slots to book your appointments and then click the "**Book Appointments**" button to save your bookings.

Please contact Student Services, 613-384-1919 ext. 3405 if you have any questions

Post-Secondary Information

Information session #1 for students applying to universities has been completed. College information sessions will take place October 11th and October 17th at 11:10 a.m. In the upcoming months, Student Services will be hosting many presentations from Ontario colleges and universities as well as workshops for the application process. Students may access dates for presentations and the application process on their Virtual Commons on the Guidance site.

Parent-Student Maplewood Portal access

All students have access to their credit history through the parent-student Maplewood portal on the Holy Cross website. Passwords and usernames are available from student services. Grade 12 students are encouraged to check their credit histories to ensure all requirements are fulfilled for graduation and post-secondary applications.

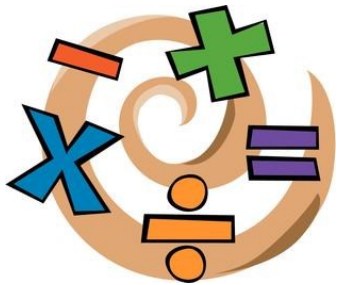
Take Our Kids to Work

Wednesday November 1st is Take Our Kids to Work Day. Information sheets, including permission forms, will be distributed to Grade 9 students. Students are required to return a signed permission form by October 20th in order to participate.

Scholarship News

The deadline for two prominent scholarships is approaching. The Loran Award website is www.loranward.ca. Holy Cross can sponsor/nominate three candidates. If you are submitting your application for consideration please submit by October 3rd at 8:30 am. The deadline date for Queen's major entrance Scholarships and Awards is **December 1st**. Students interested in being nominated for the Queen's Chancellor's Scholarship must submit a copy of their application by **November 6th**. Students must have an average of 90% to be eligible. If you have any questions about these or any other scholarships, please contact **Mrs. Cantarutti** in Student Services.





Math Club

The Math Club will meet on Mondays at lunch in Room 111 beginning on October 2nd. Students in the Math Club have a keen interest in math, enjoy new challenges, and may work alone or with others on math problems, puzzles, and games. Many students choose to write local and in-

@HCVSRND

2017

FRIDAY NIGHT

JR GAME 5:30 P.M. **LIGHTS** SR GAME 7:30 P.M.

SHOW YOUR CRUSADER SPIRIT AT RICHARDSON STADIUM ON OCTOBER 6TH

TICKETS FOR SALE IN LOBBY AT LUNCH FROM WEDNESDAY SEP 27 - FRIDAY OCT 6 \$5.00 EACH

