



HOLY CROSS

Catholic Secondary School

October 2018

Principal's Message

Principal's Message – October 2018

As you are likely aware, our community was profoundly affected by a car accident involving two of our grade 12 students on September 14th. On behalf of those students and their families, I want to thank the greater Holy Cross community for your continued support and prayers. Our green and silver day (on September 21st) raised funds that will be directed to support the families of these two students.

#jakestrong

I want to thank, as always, our incredible staff who work to provide 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 *Newsies* 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.

The annual Catholic Cup football games vs. Regiopolis-Notre Dame will again be happening under the lights at Richardson Stadium at Queen's on October 5th. Junior game at 5:30, followed by the Senior game at 7:30. Tickets are \$10 and are on sale at the school. Come out and support our Crusaders! Contact the school or check out the website for details.

We are continuing with our successful Teen Mental Health Series in 2018/19. Our first speaker this year is Dr. Deji Ayonrinde, who will be speaking about **Cannabis and the Adolescent Brain**. Dr. Ayonrinde is an Associate Professor of Psychiatry at Queen's University, Kingston, Ontario. He has been actively involved in cannabis awareness and knowledge translation initiatives with educational institutions, armed forces, police, justice, and frontline health professionals. He is recognised by Health Canada as a cannabis awareness expert and has contributed to a number of Health Canada digital

This Month

- October 1– Thanksgiving Food Drive begins
- October 4– Teens and Cannabis with Dr. D. Ayonrinde in the Lecture Theatre 7:00– 8:30pm
- October 8 - Thanksgiving
- October 10– School Mass
- October 12– Early Report Cards home
- October 18– Parent Teacher Interviews 3:00-8:30pm
- October 24– Parent Teacher Interviews 6:30-8:30pm
- October 26– P D Day
- October 31– Halloween

and online cannabis literacy initiatives.

We are approaching the early diagnostic reporting period and so, parents can look for reports coming home on October 12th. Parent-Teacher interviews will follow on the 18th and 24th. 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.

Support the CICS Thanksgiving
Food Drive

Oct 1st to Oct 11th

Proceeds to St Vincent de Paul



Pay School Fees Online

Secure credit card payment
24/7 convenience
Easy registration

SchoolCashOnline



Register Now

FAST AND EASY WAY TO MAKE PAYMENTS

FOR

STUDENT FEES

Required for

FIELD TRIPS, SPORTS TEAMS

SPIRIT WEAR

<https://schoolcashonline.com>

Cannabis and the Adolescent Brain – Dr. Deji Ayonrinde

Thursday October 4th, 2018. 7 p.m.

Holy Cross CSS, Lecture Theatre (room 151).

Dr. Oyedeji (Deji) Ayonrinde is an Associate Professor of Psychiatry at Queen's University, Kingston, Ontario. He is also the Medical Director of the Early Psychosis Intervention Programme in South East Ontario. Dr. Ayonrinde has been actively involved in cannabis awareness and knowledge translation initiatives with educational institutions, armed forces, police, justice, and frontline health professionals. He recently supervised three 'Cannabis Awareness' digital marketing innovation teams in conjunction with the Smith's Business School targeting youth populations. One of these innovations received a Marketing Excellence Award. His clinical team recently received the 'Kingston Health Sciences Centre Award for Knowledge' for innovative knowledge translation activities regarding cannabis and psychosis.

Dr. Ayonrinde has contributed to public cannabis awareness through print and electronic media including parliamentary press and the CBC. He is recognised by Health Canada as a cannabis awareness expert and has contributed to a number of Health Canada digital and online cannabis literacy initiatives.

All are welcome.



Crusaders in the Community



Students from our Crusaders In Community Service Social Action Club volunteered for a few hours on Tuesday Sept. 18 at the St Vincent de Paul Society on Stephen St. While there they heard about the mission of the Society and its emphasis on respecting the dignity of each person who comes in their door seeking assistance. Pictured above are (L - R) Ashwathy, Jett, Kendra & Caren with Livia kneeling in front.



PASTORAL NEWS

All are invited to a free concert here at Holy Cross on Tuesday October 2 at 7:00 p.m. Our school will be hosting Josh Blakesley for an evening of upbeat, contemporary Christian music. He and his band have travelled all the way from Louisiana to be with our school board for this year's Gr. 6 Faith Witness Days during the first week of October. Congratulations to our CICS' Social Action Club which travelled to the St. Vincent de Paul Society on Sept. 18 and 25 to volunteer there for the morning. We also had our first CICS' Outreach to the Rosewood Retirement home on Sept. 25 after school. The students enjoyed visiting with the residents and shared a lot of joy with them. Our home form classes are now collecting non-perishable food items for the 2018 **Thanksgiving Food Drive**. All our donations will go to the St. Vincent de Paul Society of Kingston. We will be wrapping up the Food Drive at our Thanksgiving School Mass on **Thursday, Oct. 11th**.

One important date to mark down is **Friday, November 9th** as we host our **9th 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 the Chaplaincy 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

**Do Justice, Love Kindness, and Walk Humbly
with your God (Micah 6:8)**

Looking Forward to November

November 1 –All Saints Day
November 2– All Souls Day
November 7 - Honour Roll Celebration
November 9 - Jamaica Fish Fry
November 11– Remembrance Day
November 14– Gr 9 Take Your Kid to
Work Day
November 20– Chris Bray Presentation
12:00-1:00pm Grade 9
November 23 - Mid Term Report Cards
Home
November 26-27 - Day of the Arts
November 28-Dec 1 - School Play
“Newsies”
Performed
November 30 - P D Day

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



**SCENT
FREE
ZONE**

Help us keep the air we share
healthy and fragrance-free

The chemicals used in scented products can make
some people sick, especially those with fragrance sensitivities,
asthma, allergies and other medical conditions.

PLEASE
DO NOT wear perfume, cologne, aftershave
and other fragrances.
USE unscented personal care products.

CCOHS  1-800-668-4284 www.ccohs.ca
Canadian Centre for Occupational Health and Safety

FUN FRENCH FACTS

DID YOU KNOW?

Canada's largest francophone community outside of Quebec is Ontario! The Franco-Ontarian community has over 400 years of history, starting when Samuel de Champlain explored Ontario in 1615. Over 612,000 francophone people celebrate Franco-Ontarian Day on September 25th.

Bit.ly/2OR9MCG



**OCT
19**

**2:45PM-
4:30PM**
CAFETORIUM



DANCE TEAM TRYOUTS

INFO MEETING TUES. OCT.16 RM 246

Styles include hip hop & contemporary

Rowan's Law Day – September 26, 2018

In March of 2018, the Ontario government passed a law known as Rowan's Law. Designed to protect athletes and to educate parents/guardians, coaches and officials about the dangers of head injuries, it is the first law of its kind in Canada and will benefit both athletes and non-athletes.

Rowan's Law is also about education. By increasing concussion awareness and knowledge, we can change Ontario's culture around sports, physical activity and injury. Rowan's Law will make it easier for those who experience concussions to SPEAK UP, get the help they need, and take the time necessary for recovery, with the support of everyone around them.

ABOUT ROWAN STRINGER

A 17-YEAR-OLD GIRL WHO LOVED RUGBY

Rowan Stringer loved rugby. A competitive and keen athlete, she was captain of her high school's team. Tragically, in May 2013, 17-year old Rowan died as the result of head injuries she sustained while playing rugby. In the week before her last game, Rowan was hit twice while playing, likely sustaining a concussion after each blow. Her concussions went unreported, and she continued to play. Rowan suspected something wasn't right—she texted a friend about her condition and used Google to search for information about concussions. When she was hit again in her final game, Rowan suffered what is known as Second Impact Syndrome—catastrophic swelling caused by a second injury to a brain still healing from previous trauma. Rowan collapsed on the field on May 8, 2013, and died four days later.





QUICK FACTS FOR PARENTS

Learning about **Concussions**

Concussion: A brain injury caused by a blow to the head or upper body that causes the brain to move rapidly within the skull.



A concussion, which is caused by a blow to the head or upper body, changes the way the brain normally functions. The effects are usually short term, lasting for a few weeks, but a second concussion before the first has healed can cause serious brain damage and even death. Repeated concussions may increase the risk of Parkinson's disease, dementia, and depression in later life.

Physical activity always involves some risk. Concussion is one of those risks. But physical activity also brings great benefits that can last for a lifetime, and the risk involved can be kept very low. The intent of the curriculum is to encourage children to pursue these benefits, while at the same time equipping them with the knowledge and skills to do so safely and prevent injury.

LEARNING AT SCHOOL

The curriculum places great emphasis on both personal safety and injury prevention. Students in all grades learn how to participate safely in physical activity and create a safe environment for themselves and others. By learning how to manage risks, students develop personal responsibility for their own safety and acquire knowledge and skills that will allow them to enjoy the rewards of healthy, active living in the years to come.

Students learn about:

- Actions they can take to keep themselves and others safe
- Ways they can communicate with others to encourage safe behaviour
- Things they can do to anticipate and avoid hazards they might encounter in their environment
- Appropriate responses and reactions to accidents or injuries that might happen
- Real-world situations and issues related to injury prevention

WHAT PARENTS SHOULD KNOW ABOUT CONCUSSIONS:

- A concussion can occur even if there has been no loss of consciousness (in fact, most concussions occur without a loss of consciousness).
- If a concussion is suspected, it is important to seek a diagnosis from a medical doctor or nurse practitioner – only a medical doctor or nurse practitioner can diagnose a concussion.

All school boards in Ontario are required to have a policy on concussion. The policy is to include awareness, prevention, identification and staff training strategies. As well, the policy is also expected to include procedures to follow when a student has been diagnosed with a concussion, including information on individualized and gradual "return to learning and/or return to physical activity" plans.

Developing and maintaining a culture of safety within the school is an important step not only in preventing concussion but in reducing injuries of all kinds. It also creates safety habits that students will carry with them into their adult lives.



support every child
reach every student



WHAT PARENTS SHOULD KNOW ABOUT CONCUSSIONS (continued):

- Be aware of the signs and symptoms of a concussion. A concussion causes changes in how the brain functions and can lead to symptoms that may be:
 - physical (such as a headache, dizziness, and/or nausea);
 - cognitive (such as difficulty in concentrating or remembering);
 - emotional/behavioural (such as feeling sad or anxious); and/or,
 - related to sleep (such as drowsiness or difficulty falling asleep).
- Signs in younger children may not be as obvious as those in older children or youth.
- Signs and symptoms can appear immediately after an injury or may take hours or days to emerge and may be different for everyone.
- If symptoms or signs are getting worse, contact a medical doctor or nurse practitioner as soon as possible or visit your local emergency department.
- Activities that require concentration can cause a child's concussion symptoms to reappear or worsen.

TALKING TO YOUR CHILDREN

About preventing concussions:

- Discuss the risks associated with participating in a particular sport or physical activity, and make sure your child knows how to minimize them.
- Remind them to always wear an approved protective helmet that is designed for their activity, and make sure they are wearing it correctly. Helmets and other safety equipment are designed to reduce injuries, but cannot guarantee complete protection.
- Encourage your child to be aware of their environment so that they can anticipate dangerous situations and make decisions that will help themselves and others avoid injury.

FOR MORE INFORMATION ABOUT CONCUSSIONS:

- » Ontario Government Concussion Web Portal www.ontario.ca/concussions
- » Ontario Government: School Board Policies on Concussion www.edu.gov.on.ca/extra/eng/ppm/158.pdf

About what to do if they think they have a concussion:

- Make sure your child knows the symptoms of concussion. If they think they or someone they know might have a concussion, the symptoms should be reported to a responsible adult (such as a parent, teacher, or coach) who should remove them from any further physical activity until the possibility of a concussion has been eliminated. If someone they know (e.g., a friend, a teammate or family member) complains of symptoms that sound like they could be a concussion, they should encourage that person to seek help.

About what they should know if they are recovering from a concussion:

- There are no visible signs of a concussion, unlike a scraped knee or a bruise. That does not mean their brain has not been injured.
- Taking care of their brain after a concussion by resting it is smart; it is not a sign of weakness or failure.
- Anything that keeps their brain busy prevents it from recovering from a concussion. Screen time, school work, and physical activity will all prevent their brain from resting. Sleep is important; it helps their brain recover.

IF YOUR CHILD HAS BEEN DIAGNOSED WITH A CONCUSSION:

- Inform your child's school about the concussion and pass on any relevant information received from the medical doctor or nurse practitioner.
- Work with the school staff to develop and implement a medically supervised, individualized plan to guide your child's return to learning and physical activity. It takes a team approach to help a child recover from a concussion.
- Help your child to prioritize activities and plan their day to reduce the demands placed on the injured brain. Make sure they pace themselves and work in a calm and restful environment.
- Regularly communicate with your child about how they are feeling, and pay attention to any signs and symptoms so that the recovery plan can be changed to a pace that is right for your child.
- Respond to any sudden change in signs or symptoms; if this happens, your child should be reassessed by a medical doctor or nurse practitioner.



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HC Spirit Shop

The HC Spirit Shop is now web capable! Much like student fees, HC spirit wear can now be paid for online; the payment process is the same as the payment process for student fees. The only difference for this newly available service is that students/parents are asked to print their invoice and present as a proof of purchase before picking up their item. The HC Spirit Shop will be open for business this month; keep your eye on the website and our school calendar for hours of operation.

- Black Crew Neck Sweatshirt (Adidas) \$50
-
- Green Athletic Pants (Adidas) \$50
-
- Grey HCSS Hoodie \$45
-
- Black Windbreaker \$40
-
- Baseball $\frac{3}{4}$ length Sleeve \$25
-
- We The West Tees \$15



Unfortunately, the student leadership team cannot guarantee inventory as there are limited quantities and sizing available in each styled item. **Get your gear quick before we run out!**

Italy Trip Parent Meeting



The second meeting for students who wish to travel to Italy (Rome, Florence, Venice, The Vatican, Assisi, Ortona) next school year during March break will be held October 3rd at the start of lunch in room 203. Students who may have missed the first meeting should attend. The trip is open to students who will be in grades 10-12 next year. The parent information meeting will be October 10th at 6:30pm in the school Learning Commons.



ARTS Dept News

Casting is complete and our production of *Newsies* is well underway! Our cast of 54 students will be ready to light up the Holy Cross stage this coming November. With 4-5 rehearsals per week, our production team is working hard with our singers, actors and dancers to create a quality show you won't want to miss! Also, Mr. Healey's construction technology class has begun work on our set, and Mr. Lobo's senior art class and the art club have begun making the props. The band has also started their Thursday evening rehearsals.

Still looking to get involved? Art club takes place every Wednesday after school and will be working on helping with *Newsies* props! No art experience necessary!

Also, at the first Mass, there were almost 70 students singing in the school choir. Rehearsal is every Tuesday at lunch in the music room and new singers are welcome!

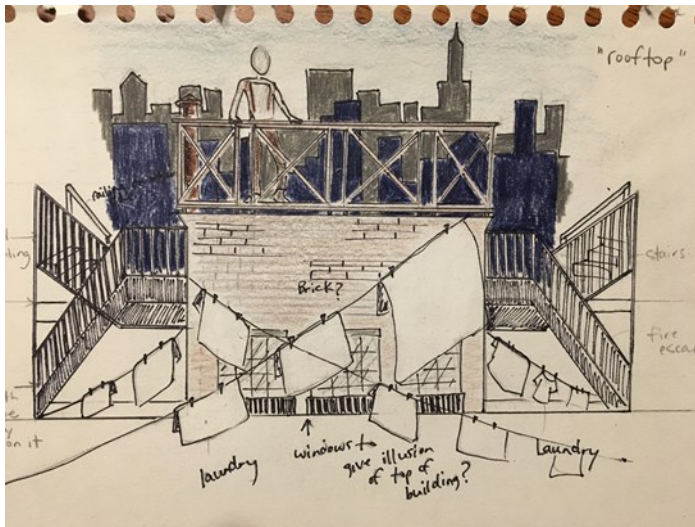
It is a busy month for the arts department as we continue to provide engaging and dynamic learning experiences both in and out of our arts classrooms!

Mark your calendars for **Newsies, November 28-December 1st, 2018!** Tickets go on sale November 14th!



Ms. Check Drumm's grade 9 drama class working on tableau

For regular glimpses into the arts at Holy Cross, please follow us on instagram: @hcart_



Set Design for Rooftop –
HC production 2018



Mr. Healey and Mr. Stabile working out
the set measurements



Learning the music for *Newsies*

COUNSELLORS' CORNER

EARLY SEMESTER REPORT CARDS AND INTERVIEWS


On Friday, October 12th, the early Report Cards for Grades 9 – 12 students will be distributed in homeroom classes. Parent-teacher interviews are scheduled for Thursday, October 18th, from 3:00 to 5:30 p.m. and from 6:30 to 8:30 p.m. and Wednesday, October 24th, 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 School Messenger. 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 18th and 24th

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

- October 12th – 24th parents are able to access the online appointment set up
- The access to interviews for October 18th will close on October 18th at 12:00pm
- The access to interviews for October 24th will close on October 24th at 12:00 pm

The instructions are as follows:

1. Go to our school appointments web site: hc.schoolappointments.com
2. 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.
3. Add your children into the system by clicking the "**Add a Student**" button. Click "**Insert New**" button to add more children.
4. 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. 
5. 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

