



HOLY CROSS

Catholic Secondary School

October 2019

Principal's Message

Principal's Message – October 2019

We have had a very busy start to the 2019-20 school year! 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 *Little Shop of Horrors* 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 Friday, October 11th. Junior game at 5:30, followed by the Senior game at 7:00. Tickets are only \$10 at the school, \$12 at the gate. Come out and support our Crusaders. Contact the school or check out the website for details.

Our next Catholic school council meeting will take place on **Tuesday October 9th, 2019** 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 or check the website at www.hctoday.ca under Parent/Community.

We are approaching the early diagnostic reporting period and so, parents can look for reports coming home on October 11th. Parent-Teacher interviews will follow on the 17th and 23rd. 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.

This Month

- Oct 8/9 Drive for Life**
- Oct 9 Catholic School Council Meeting**
6:30-7:30 Learning Commons
- Oct 10 School Mass**
- Oct 11 Semester 1 Early Reports home**
- Oct 14 Thanksgiving**
- Oct 17 Parent Teacher Interview 3:30-8:30pm**
- Oct 23 Parent Teacher Interview 6:30-8:30pm**
- Oct 31 Halloween**



ARTS NEWS



AN EVENING WITH THE FRONTS

Our Holy Cross Arts program with the help of student council showcased our school talent and spirit at the Kingston Frontenacs homeopener on September 20th. The choir sang the anthem, the dance team led a cheering squad and the jazz band entertained patrons during the intermissions. A fun time was had by all! A big thank you to student council for helping to organize ticket and raffle sales in the week leading up to the big game!



LITTLE SHOP OF HORRORS

Don't feed the plants! Rehearsals are well underway for the HC production of the cult hit musical *Little Shop of Horrors*. With an energetic and incredibly talented cast of 30 students, this hilarious musical will be sure to entertain all ages. The crew is also hard at work, building our sets, creating our props and designing the lighting for the show. Tickets go on sale **November 13th** and show dates are November 27-30th. Mark it on your calendars!



DANCE

For the fourth 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 22nd**. 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!





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.

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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PASTORAL NEWS

The chaplaincy team has had an exciting start to the school year. We kicked things off with our first school mass celebrating the “Exaltation of the Holy Cross.” A special thanks to Fr. Amato and Fr. Shea who did an inspiring job presiding and preaching! Cross necklaces were blessed at this mass for members of our grade nine class and all new students.

Students have been busy volunteering to get CICS events going and off the ground. A group of students went to Robinson Community Farm to harvest potatoes and put together bundles of fresh vegetables which were donated to the St. Vincent de Paul Society. Another group of students recently made a visit to Rosewood Retirement Residence. In addition to singing songs and serving snacks, the students spent time simply talking with the residents.

The next month has more fantastic events in the mix. Our Thanksgiving Food Drive begins on October 1st and culminates on October 10th with our Thanksgiving Mass. We are asking all students to take part by bringing in non-perishable food items to donate in their first period classes. Coming up in October is also the “Witness Faith Day” at St. Mary’s Cathedral. A group of students who went on the Jamaica Mission Trip last school year will be giving a presentation to local elementary school students as an example of what the Catholic faith accomplishes when put into action!

As we continue to venture deeper into the school year, I would like to thank all the staff and students who have already greatly contributed to the faith life here at Holy Cross. We hope to continually find new and creative ways to live out our faith, to “Do Justice, love kindness, and walk humbly” with God.

Nick Cotman, Chaplaincy Team Leader

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

Looking Forward to November

Nov 1 - PD Day
Nov 1 - Jamaica Fish Fry
Nov 6- Take Kids to Work Gr 9
Nov 6- Honour Roll Celebration
Nov 7- Term 2 begins
Nov 11- Remembrance Day
Nov 13- Catholic School Council
Nov 22- Mid Term Reports issued
Nov 27-30 Little Shop of Horrors
Nov 29- 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



EQAO Math Assessment— January 15th & 16th.

The EQAO Assessment of Mathematics will take place at Holy Cross on January 15 and January 16, 2020. All grade 9 students taking academic or applied math this semester will write this assessment.

Please DO NOT book any appointments or travel on these 2 days.



Grad Photos

Be sure to book your sitting time for Grad Photos which will take place the first 2 weeks in October.

Counsellor's Corner

EARLY SEMESTER REPORT CARDS AND INTERVIEWS

On **Friday, October 11th**, the early **Report Cards** for Grades 9 – 12 students will be distributed in homeroom classes. Parent-teacher interviews are scheduled for **Thursday, October 17th**, from **3:00 to 5:30 p.m. and from 6:30 to 8:30 p.m.** and **Wednesday, October 23rd**, 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 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 17th and 23rd

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

- October 11th – 23rd parents are able to access the online appointment set up
- The access to interviews for October 17th will close on October 17th at 12:00pm
- The access to interviews for October 23rd will close on October 23rd at 12:00 pm

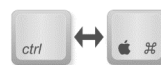
The instructions are as follows:

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

Post-Secondary Information

Information session #1 for students applying to universities has been completed. College information sessions will take place October 2nd and October 7th 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 6th is Take Our Kids to Work Day. Information sheets, including permission forms, will be distributed to Grade 9 students in their homerooms. Students are required to return a signed permission form by October 28th 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 4th 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 4th** at 8:30 am. 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.

Kingston Frontenac Public Library

Teen Drop-In - is a safe place for teens aged 13-18 to hang out after school. Students can work on homework, play board games, video games and crafts. Light snacks will be provided. Isabel Turner Branch – Wednesdays 3:00 – 4:30.

Teen Advisory Group (TAG) – is a volunteer leadership opportunity for teen offered by the Kingston Frontenac Public Library. More information is available in Student Services.

CICS in the Community



First School Mass September 12th



CICS meets with seniors at the Rosewood Retirement Residence



Crusaders ready for the harvest at Robinson Community Garden



Friday, Nov. 1st

Fish Fry at Holy Cross

Join us for our annual Jamaica Fish Fry in the school cafeteria from 3:30 to 6:30 p.m. Mike Mundell is providing the Fish & Chips. Salad & dessert included. Sit-down or take-out for \$15.00. (\$10.00 for children 10 & under). All proceeds to this year's Jamaica Mission trip. Tickets can be purchased through the students going on the trip, or you can contact Mrs V. Agostino agostino@alcdsb.on.ca

Come out and enjoy a wonderful evening while supporting a great cause.





Mental Health & Autism Services
for Children & Youth
Services de santé mentale
d'autisme pour enfants et jeunes

Walk-In Counselling Clinics

Who is it for?

This free service is available to children, youth (under 18), parents/caregivers and families from the communities in KFL&A.

What can I expect?

Just walk in to one of the offices listed below for an hour long conversation with a Maltby Centre Counsellor. It will focus on the behavioural, emotional, or other mental health concern that you may have and provide you with some advice and next steps.



Day	Location
Mondays	Amherstview - 18 Manitou Crescent, Unit 7
Tuesdays	Kingston - 31 Hyperion Court, Suite 100
Wednesdays	Napanee - 99 Advance Avenue AND L&A Youth Hub, Napanee - 41 Dundas Street (3-6pm)
1st and 3rd Wednesdays	Sydenham - 2876 Campbell Road
Thursdays	Kingston - 31 Hyperion Court, Suite 100

Clinics run from 11:00am to last appointment at 5:45pm.

MaltbyCentre.ca | inquiry@maltbycentre.ca | 613-546-8535