



# HOLY CROSS

Catholic Secondary School

April 2023

## Principal's Message

As the season of Lent progresses, we look forward to the hope offered by both Easter and spring. Let us rejoice and be glad for our blessings and hopeful for better days to come in our community and our world.

Spring means an increase of foot traffic in our neighbourhood, with students travelling to the Metro Plaza as well as to the shops along Woodbine and Bayridge Road. Please be careful along the roads, but also be conscious of our neighbours. It is disrespectful to leave any items on the ground, whether on sidewalks or front lawns. Please make an effort to be good neighbourhood members.

It was so exciting to gather fan buses and cheer on the girls and boys' hockey teams at the Invista Centre – the atmosphere was so fun, obvious to all that opportunities to cheer on our teams have been sorely missed. Congrats to both teams on their KASSAA wins and their strong performances at OFSAA.

Congratulations to Gracie Peters and Gemryl Laxina, whose science fair project earned a third place at the Queen's Regional Science Fair. Your work was impressive and as a result, you have both earned paid internships. Congratulations as well to Emma Cross and Annie Stewart for their silver medal performances at the Regional Skills Competition (Video) at St. Lawrence. Good luck at provincials. All the best as well to the Green Beans (Improv Team) at Nationals later this week!

Good luck to all those students who are awaiting responses from their college, university and apprenticeship applications. Be sure to follow all steps of the process carefully. We are starting the transition process for our incoming grade eight students, always a time of excitement.

## This Month

### Month of the Military Child

**April 1– Music Concert**

**April 2– World Autism Day**

**April 2– Palm Sunday**

**April 6– Holy Thursday Stations of the Cross**

**April 7– Good Friday**

**April 10 - Easter Monday**

**April 12– International Pink Day**

**April 13– Kiwanis Music Festival**

**April 21– Spring Fling Dance**

**April 22 - Earth Day**

**April 24– Semester 2 midterms go home**

**April 26– Administrative Professional Day**

**April 27– Marks due to OCAS and OUAC**

**April 28– WSIB Day of Mourning**

**April 28– Full disclosure date**

**April 30– May 5– Catholic Education**

The optional spring uniform will begin on Monday, May 1st. Information about obtaining a new spring uniform can be found on our school website.

Early plans are in the works for a June graduation celebration, on Thursday, June 29<sup>th</sup>. More to come.

Stay well, everyone. Take care of yourselves and one another. I wish you all a happy Easter. May we all find some time this Holy Week to reflect on Jesus' sacrifice and the many blessings that emanate from our risen Lord.

Terri Daniel

# Counsellor's Corner

## College/University Information

A reminder that university and college applicants should check their university/college account to review their transcript information. Also, students should be aware that they must accept offers of admission in their OUAC or OCAS accounts by the deadline dates indicated by the postsecondary institution. The next transmission of marks to OCAS and to OUAC will be on April 27th .

## Graduation Date

This year's graduation date will be on Thursday, June 29th. More details will be made available in May.

## Community Service Hours

Graduating grade 12 students are reminded that they require 40 hours of community involvement activities. Grade 12s should submit their community service hours form to Student Services by the end of April.

## Changes to OSSD Graduation Requirements

The Ministry of Education has mandated that, beginning with the cohort of students who entered Grade 9 in the 2020-21 school year (current grade 11s), all students must earn a minimum of two eLearning credits as part of the requirements for an Ontario Secondary School Diploma unless they have opted out or been exempted. Of note, up to one secondary school credit completed by Grade 9 students in the 2020-21 school year during the province-wide school closures (from April 2021 to June 2021) may be counted towards the graduation requirement. Students can complete this requirement in the summer and during the school year. If parents choose to opt-out of this graduation requirement, they can request an opt-out form from Student Services, or access this link: [Online Learning Graduation Requirement: Opt-Out Form \(office.com\)](#)

## Scholarship Information

Schulich Builders – Scholarships for skilled trades:

Schulich Builders are scholarships for students enrolling in an eligible, full-time skilled trade program at the following colleges: Algonquin, Centennial, Conestoga, Durham, Fanshawe, George Brown, Humber, Loyalist, Mohawk, and Sheridan. Each college will award 10 scholarships. Students can apply directly through the individual college or request a nomination from the high school. The deadline for the school nomination is April 11<sup>th</sup> – please see Mrs. Cantarutti for more information.

## Summer Jobs

Each year the Ontario Public Service targets up to 5,000 summer students to work in locations across Ontario in areas such as: -Ontario Parks - Environment -Science - Administration -Business and Finance - Research and Laboratories - Communications - Customer Service Earn while you learn! You can learn more at: [ontario.ca/summerstudents](http://ontario.ca/summerstudents)

KEYS Job Fair - KEYS' Annual Job Fair will be held once again at Portsmouth Olympic Harbour Sail Room on **April 19<sup>th</sup>, 1.00 to 5.00pm**. Over 50 employers who are hiring for thousands of jobs, including the City of Kingston, Utilities Kingston, Queens, St. Lawrence College, RBC, Haakon Industries, Lafarge etc. will be represented. These companies have also sponsored the event.

Job seekers do not have to register to attend the job fair, but are encouraged to register in order to be better prepared to succeed at the job fair and stand out from the crowd. Registration through Eventbrite will also give job seekers access to the updated list of employers attending the event.

Job seekers can register here: <https://keys-job-fair.eventbrite.ca>

#### Volunteer Opportunities

Queen's Science Quest is looking for summer volunteers. Students would be working with children in the STEM fields, and it is also a great opportunity to experience Queen's University. Interested students can apply at [How to Apply – Science Quest](#)

Science Rendezvous Kingston will be back in a big way on Saturday May 13, 2023 at Leon's Centre and on Tragically Hip Way. To help the many visitors and volunteer scientists, responsible high school volunteers will be required to assist in a number of tasks – from helping visitors complete on-line surveys to directing traffic for the Chemistry Magic Show; from guiding lost children to the front desk to handing out reusable bags; from locating workshop spaces to assisting with 'tear down' at the end of the day. Interested students should complete this application:

[https://queensu.qualtrics.com/jfe/form/SV\\_0AOqy7PSuS0ITFs](https://queensu.qualtrics.com/jfe/form/SV_0AOqy7PSuS0ITFs)

Please direct any questions to [sciencerezvous@queensu.ca](mailto:sciencerezvous@queensu.ca)

#### ALCDSB Summer School – e-Learning

E-Learning courses will be offered by ALCDSB in July over 4 weeks for new credit delivered through on-line learning. More information will become available once the course offerings are finalized.



## 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 May

**May 1– deadline to accept offers OCAS**

**May 1– World Principals Day**

**May 1-5 - Mental Health Week**

**May 4– Cabaret**

**May 5– National Day of Awareness of MMIWG2S– wear red day**

**May 12– Talent Show Café 6:30-8:30pm**

**May 17– International Day against Homophobia, Transphobia and Biphobia**

**May 22– Victoria Day**

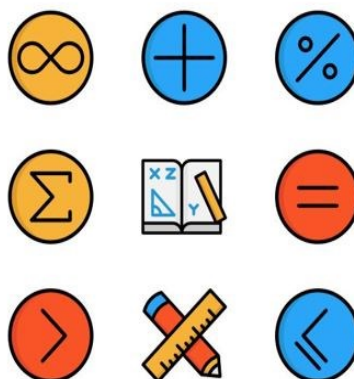
**May 28-Jun3– National AccessAbility Week**



### 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)





*Thank you* for your  
generous  
donations!

The Hospitality class is incredibly grateful for all of the equipment donations that came in.

Follow along on our culinary adventures:

Twitter: @HCSSHospitality

Instagram: @hcss\_hospitality



QUEEN'S CENTRE FOR NEUROSCIENCE STUDIES PRESENTS

# THE 12TH ANNUAL KINGSTON BRAIN BEE

A neuroscience competition for high school students  
(grades 9-12).



**SATURDAY, APRIL 29TH, 2023 @ 10AM**  
**SCHOOL OF MEDICINE, QUEEN'S UNIVERSITY**



**CASH PRIZES:**  
**FIRST PLACE: \$500**  
**SECOND PLACE: \$300**  
**THIRD PLACE: \$100**

The winner may go on to compete at the **Canadian National Brain Bee**.  
Food and Brain Bee t-shirts will be provided to all contestants for the day.  
**This is a great opportunity for students!**

Registration for all grades is **now OPEN!**

Follow us for updates, study tips, practice questions, and more!



KINGSTON BRAIN BEE



@KINGSTONBRAINBEE

**REGISTER HERE!**



**VISIT [BRAINBEE.CA/KINGSTON](https://brainbee.ca/kingston) FOR MORE INFORMATION & STUDY RESOURCES!**

# SOCIAL MEDIA AND BODY IMAGE

## RESOURCE LIST

### SOCIAL MEDIA

- [Do-it-yourself house rules for Online Privacy](#) - With this tool, parents can take the time to learn how their children spend time online and then discuss ways to protect privacy while communicating, exploring, and learning.
- [Talking to Kids about Media and Body Image – Tip Sheet](#) – This tip sheet provides advice on how to manage your children’s exposure to media and how to talk about what they see.
- [Healthy Social Media Habits | mindyourmind.ca](#) - A variety of tips on how to use social media in a healthy and positive way.
- [Parents Guide to Instagram](#) – This guide features the top five questions parents have about Instagram, information on responsible sharing, how to represent yourself, and what to do if you are being harassed.
- [Parents Guide to Snapchat](#) - This guide features the top five questions parents have about Snapchat, tips for sharing content, Snapchat features, and what to do if you are being harassed.
- [Parents Guide to TikTok](#) - This guide features the top six questions parents have about TikTok, information on how to use and stay safe on the app, and parental controls.

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#### STEP BY STEP GUIDES FOR SETTING SOCIAL MEDIA APP PARENTAL CONTROLS AND SAFETY SETTINGS:

- [Instagram](#)
- [Facebook](#)
- [TikTok](#)
- [Snapchat](#)

### BODY IMAGE

- [Befriending Your Body - Affirmations, Resources and Facts | mindyourmind.ca](#) - this article features tips, insights, and affirmations to support body acceptance.
- <https://mindyourmind.ca/wellness/building-relationship-yourself> - this article features tips about being your own best friend and how to build a healthy relationship with yourself.
- [Body Image | MediaSmarts](#) – this collection of resources discusses the beauty myth, and how the media constructs our perception of healthy and attractive bodies.



Congratulations to Nathan Murray OYAP participant who officially signed an apprenticeship with Bob Mark New Holland as a Heavy Duty Equipment Technician on February 27, 2023!



# ECOTEAM NEWS!

The HC EcoTeam works to encourage the HC community to make conscious and lifelong sustainable choices, feel connected to the outdoors, and reduce our impact on the Earth. We do this by holding the school accountable to sustainability goals, educating staff and students, making facility improvements, and providing ways to engage with and appreciate our Earth.



EcoTeam meetings are held in room 207 every Wednesday at lunch. New members are always welcome!

## This month:



## Pitch In Day

Pitch In Day is coming up on Friday April 28st.

Ask your period 3 teacher about joining our spring community clean up. The class that collects the most litter wins a pizza lunch!

## Sustainable Sustenance Sale

Stop by the Sustainable Sustenance Sale in the foyer at lunch on Tuesday April 4th.

Purchase plant based food items to end our series of "Meatless Fridays" during Lent!



@holycross\_ecoteam



jhollands@alcdsb.on.ca

## Student Council

### March Overview

Spring sports have begun at HC for the 2023 year! Soccer, archery, rugby, and track and field have all started with baseball and ultimate frisbee to soon follow. We wish our athletes the best of luck in their seasons! Special shoutout to both the girls' and boys' varsity hockey teams on being KASSAA Champs this year and on an excellent showing at OFSAA AAA! We are all very proud of you. Congratulations as well to the athletes who represented at OFSAA: Wrestling, swim, ski and snowboarding.

We have begun seeking our next year Student Trustees! These student trustees are the voice of the students at the board office. Scan the QR code to learn more! Deadline is April 25<sup>th</sup>!



On March 24<sup>th</sup> we had our first Epilepsy Awareness Day where we had a toonie for a non-uni for the student body to wear purple! We also had a table set up in the foyer with brochures and information being handed out about Epilepsy!



## Coming Soon....

Tuesday April 4<sup>th</sup> from 3pm-6pm, we are having a Spring Spirit wear CLEARANCE SALE! Grab some great deals on your favourite Holy Cross merch! We now accept DEBIT and CREDIT as well as cash!

The election of next year's Student Council is coming up the first week of May! Interested applicants are invited to an information meeting on Tues. Apr 4<sup>th</sup> at the start of lunch in room 218. Any questions or if unable to attend the meeting, reach out to Mrs. McDonald ([mcdojenn@alcdsb.on.ca](mailto:mcdojenn@alcdsb.on.ca))

April 21<sup>st</sup>, we have our Spring Fling school dance! Tickets will go on sale starting April 17<sup>th</sup>. You can also buy tickets at the door, but they are not guaranteed!

Save the date for our "HC's Got Talent!" May 4<sup>th</sup>! Signup sheets go up April 17<sup>th</sup> outside the council room. Auditions will be held April 19-20 after school to show off any talents you may have! We would love to see a variety of things including singing, dancing, juggling, drama, skits, cup stacking, an instrument, jump rope, art, graphic designs, and so much more! Whatever you can do, we want to see it and celebrate you! We look forward to seeing what the student body has to show off!

### Regular Spiritwear Prices (Clearance Prices TBD for the upcoming sale)

**Toque \$20**

**Drawstring Bags- \$12**

**HC Pyjama Pants- \$40**

**Grey Sweatpants with Pockets- \$45**

**Embroidered Vintage Long Sleeve- \$15 per or \$25 for 2**

**Grey or Green HCSS Embroidered Hoodie- \$55**

**White or Green/Grey Hoodie- \$45**

**HC Lightweight Jacket- \$40**

**Green or Dark Heather Grey T-Shirt- \$10**

**Water Bottle- \$10**

**Lanyard- \$5**



**Connect with us:**

Instagram: [@holycrossstudentcouncil](#)

Twitter: [@hcstudco](#)

Email: [holycrosscouncil1986@gmail.com](mailto:holycrosscouncil1986@gmail.com)

# **Spring Spiritwear Clearance Sale**

**Grab some great deals on your  
favourite Holy Cross merch!**



**Debit, Credit and Cash  
accepted**

**Tuesday, April 4th**

**3-6 PM**



**Limestone Skills  
Competition Results**

.....

**TV/Video Production  
GOLD: Annie & Emma**

**Team of 2 Carpentry  
BRONZE: Annika & Sadie  
GOLD: Jacob & Austin**

**CURRENT GRADE 11s**

Interested in running for next year's Student Council?

# STUDENT COUNCIL ELECTION

## INFO MEETING

Tues. Apr. 4th  
Room 218  
@ the start of lunch



2023/2024

# KEYS' Annual JOB FAIR

We help  
change lives.

[www.keys.ca](http://www.keys.ca)

## Kingston's Largest Job Fair

**April 19th, 1:00 – 5:00pm**  
Portsmouth Harbour, 53 Yonge St.

**50+ Employers & 1000+ Jobs**

**FREE ADMISSION!**

Registration is not necessary to attend the  
Job Fair. But by registering, you will receive:

- A list of the employers who are hiring
- Access to Free business clothing & tips from Dress for Success
- A professional resume and free printing
- Tips to prepare for the job fair & stand out from the crowd

**Register today at:** <https://keys-job-fair.eventbrite.ca>

**More Info:** Call 613.546.5559 or drop into KEYS at 182 Sydenham Street



# KEYS

Employment Services

Sponsored by:



Canada 

EMPLOYMENT  
ONTARIO

Ontario 



# AUDITIONS ⚡

APRIL 19TH-20TH AFTER SCHOOL (SIGN UP SHEETS POSTED APRIL 18TH OUTSIDE COUNCIL ROOM)

# SHOW DATE ⚡

MAY 4TH AT 7:00PM



**HC'S**

**GOT**

**TALENT!**



**ALL TALENTS NEEDED**

STAND UP