



HOLY CROSS

Catholic Secondary School

September 2023

Principal's Message

Welcome to the 2023 -24 school year at Holy Cross Catholic Secondary School.

The start of the 2023 - 2024 school year brings lots of promise and excitement. We have approximately 1260 students this year, a large group in every grade.

This year's board theme – Blessed Beyond Belief – reminds us that faith is a gift from God. We are thankful for all of the gifts and blessings that we receive, which all come from God. Our first school Mass, on September 14th, celebrating the feast of the Exaltation of the Holy Cross, is our first opportunity to join together as a whole school in celebration of our many blessings.

We encourage all members of the community to be at school ready to learn as much as is possible – every day counts! – and to stay home when sick.

This is a big and busy school community with so much going on. Please check the school website, your RSS feed and other forms of social media frequently. Especially if you are new to our community, ask friends and staff members about what is on the horizon.

Students have had a good start with their uniforms and all the demands of a semester system – classes seem to fly by quickly! Please remember that if you are away from school, checking D2L is your go to. If you are out of the country, please contact the school and we can ensure your settings allow for D2L access.

This Month

- Sept 5– First day of classes**
- Sept 11– 9/11 Day of Remembrance**
- Sept 12/13– Picture day**
- Sept 14– School Mass**
- Sept 15– Deadline for Sem 1 timetable changes**
- Sept 15– Gr 9 Welcome(pm only)**
- Sept 21– Faith Ambassador Workshop**
- Sept 25– P D Day (no classes)**
- Sept 26– Thanksgiving Food Drive Begins**
- Sept 27-Rownn's Law Day**
- Sept 29– Friday Night Lights**
- Sept 30– National Day for Truth and Reconciliation**

Every school day counts so being here and on time as much as you can is important.

Take care good, everyone.

Terri Daniel

Holy Cross Catholic School Council

The first meeting of this school year will take place Tuesday, September 19th at six p.m. in the Holy Cross Learning Commons. All parents and guardians are welcome. Being part of Catholic School Council is a fairly undemanding and subtle way for community members to stay informed of school events and support their teens.



Counsellor's Corner

Counsellors' Corner

Timetable changes and course load:

All students in grades 9, 10, and 11 will carry a full course load, which is 4 credits per semester. Students in grade 12 who have a minimum of 24 credits may elect to have 2 spares. Returning students interested in playing sports will need to have 2 courses in each semester to be eligible to play. It is the view of the school that students fully engaged in the classroom will perform better academically and will progress to graduation with fewer challenges. Students have until Friday, September 15 to request a timetable change. Students must meet with their guidance counsellor to discuss their request. Students can book an appointment on the Guidance Counsellor's Appointment link found on the student's Virtual Commons.

Counsellor Assignments by student surname:

Mrs. Cantarutti:

Grade 9 G – M

Grade 10 A – J

Grade 11 L – R

Grade 12 K - Q, Grade 12 Returners A – E

Mrs. Vella-Bowry:

Grade 9 A – F

Grade 10 K – M

Grade 11 A – K

Grade 12 A - J, Grade 12 Returners F - O

Mrs. LeSarge:

Grade 9 N-Z

Grade 10 N-Z

Grade 11 S-Z

Grade 12 P-Z, Grade 12 Returners P-Z

E-Learning Courses

ALCDSB will be offering the following asynchronous eLearning credit courses during the 2023-2024 school year:

Semester 1:

Geography World Issues – CGW4U

Analyzing Current Economic Issues – CIA4U

Introduction to Computer Science – ICS3U

English, University Preparation – ENG4U

English, College Preparation – ENG4C

Business Leadership – BOH4M

Counsellor's Corner cont'd

Semester 2:

Travel and Tourism – CGG3O

Understanding Canadian Law – CLU3M

Introductory Kinesiology – PSK4U

Writer's Craft – EWC4U

Computer Science – ICS4U

Accounting – BAT4M

Math for College Technology – MCT4C

Please contact your guidance counsellor if you would like to take an online course.

Post-Secondary Information

Post-secondary information sessions will be available soon. Counsellors will provide an informational video on the Guidance Page, as well as provide in-person sessions and timelines of university and college application dates. Universities and colleges will also offer online and in-person presentations and information sessions. Students should be researching on the Ontario Universities Application Center site www.ouac.on.ca and on the www.ontariouniversitiesinfo.ca website for Ontario university information. Students should be using the college research site www.ontariocolleges.ca for college information.

Dates to keep in mind:

September – October – information sessions by colleges and universities available at lunch and after school

January 15, 2024 – deadline date for students to apply to Ontario University Application Center

February 1, 2024 – deadline date for students to apply to Ontario College Application Center

Ontario Universities Fair – October 21-22 at the Toronto Metro Convention Center

Ontario Universities Regional Fair – November 13 – Queen's University Athletic Center

Atlantic Universities Fair – October 25 – Holy Cross Learning Commons

Ontario Colleges Fair – October 18 and 19 in Toronto

Ontario Colleges Regional Fair – Date to be announced – St. Lawrence College

Visit www.Ontariouniversitiesfair.ca and www.ontariocolleges for more information. A full list of presentations and application deadline dates will be made available soon by Student Services.



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

Instagram: @holycrosskingston

Twitter: @HolyCrossCSS

On Friday and Saturday, our Junior Girls' Basketball Team will take part in the Joanie Sagriff Memorial Basketball Tournament. Joanie was a Regi-Notre Dame grad, a student athlete and a strong supporter of youth sport in our community. She was also an aunt to some of our students and a friend to staff members. The family and friends of the late Joanie Sagriff, nee Beselink, have established ***The Joanie Sagriff Memorial Fund*** in honour of her memory and the many unselfish acts of kindness she displayed throughout her life. During Joanie's battle with cancer she and her family received tremendous support from so many within the Kingston community.

At Holy Cross, we will take part in a two-for-non-uni day on Friday, in Joanie's memory. Students are asked to donate a twonie, collected by their Homeroom teachers, and to wear blue, as the colour for colon cancer. Monies raised will support to a local student for their post-secondary education or to a local student whose immediate family has received a cancer diagnosis.

Good luck to the Junior Girls as they compete in this tournament.

Coming up in October

**Leaning Disabilities AwarenessMonth
Cyber Security Month**

October 2– Custodial Workers Day

October 5– World Teachers' Day

October 9– Thanksgiving

**October 10– World Mental Health
Day**

October 16-20– Bus Safety Week





PASTORAL NEWS

Welcome back! I hope the summer months brought memorable adventures, periods of rest, and much time with loved ones. The pastoral team is looking forward to an exciting academic year and becoming acquainted with all those new to the Holy Cross community.

I am happy to share that Ms. Gloria Vella-Bowry will be continuing in the Staff Faith Ambassador position at the school! We do, however, have some personnel changes to report on the pastoral team. With the retirement of Fr. Shea over the summer, we are blessed to have Fr. Michel Quenneville joining Fr. Hibbard as one of our priest chaplains. Welcome, Fr. Michel! Please keep Fr. Shea in your prayers as he begins his retirement.

I would like to invite all students to get involved with CICS (Crusaders in Community Service) as we begin the school year. CICS is a faith and social outreach club that organizes volunteer opportunities around the school and within the wide Kingston community. It is an excellent way to gain valuable skills, meet new friends, and get volunteer hours. Stay tuned for the first meeting!

This year's pastoral theme "**Blessed Beyond Belief**," invites us to open our eyes and reflect on the goodness which God shares with us each day. We look forward with excitement and gratitude to the many blessings which God bestows upon the Holy Cross community this year. In response, we offer our praise and thanksgiving. One way in which we do this is the celebration of Mass. Our first Mass of the year will be in observance of The Feast of the Exaltation of the Holy Cross on September 14th!

As we begin the 2023/2024 school year, we keep all students, staff, and their families in our prayers. Be sure to reach out at any time to your many resources at the school, and never hesitate to ask God for grace and guidance over the year ahead.

Blessed is the one who comes in the name of the Lord.

We bless you from the house of the Lord.

Psalm 118:26

Nick Cotman, Chaplaincy Leader

Weekly Meetings on Wednesdays at lunch in Room 207

JOIN THE ECOTEAM

Join a group of committed students working towards making a more sustainable school community and reviving our HC community garden!



@holycross_ecoteam · Instagram
photos and videos



DO YOU LOVE THE ARTS?

HC ARTS



Welcome back to all of our students and a special hello to all of our new HC artists! We are thrilled to be offering not only all of our creative arts classes this year but also to have so many extra-curricular activities for you to get involved in.

We are thrilled that you want to be part of our arts family!

The subjects HC Arts has to offer:



DANCE (grades 10-12)
DRAMATIC ARTS (grades 9-12)
GUITAR (grades 9-12)
INSTRUMENTAL MUSIC (grades 9-12)
VISUAL ARTS (grades 9-12)
VOCAL MUSIC (grades 11&12)



UPCOMING SEMESTER 1 EVENTS AND ACTIVITIES

Musical Information Meeting: Thursday, September 7th at 11:15am in Room 246 (Drama room)

Musical (Mamma Mia!) Auditions: Week of Monday, September 18th. Sign-up on Drama Board in the arts hallway (outside 246) and be sure to attend the info meeting on Sept. 7th.

Choir: Monday, September 11th in Room 146 (Music Room) at 11:15am. Everyone is welcome! Bring your lunch and a friend!

Art Club: Every Wednesday in Room 133 starting the third week of September

Fall Coffee House - (Date TBD)

Mamma Mia!: December 6-9th, 2023

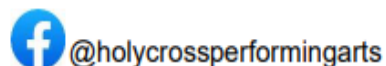
Dance Team Tryouts: Mid-December 2023

Music Christmas Concert: Thursday, December 14th, 2023

Christmas Coffee House: Wednesday, December 20th, 2023

Improv Team Tryouts: January 2024

Vocal & Dance Showcase: January 2024
Follow us!



JOIN CHOIR
FIRST PRACTICE
Let's Get Singing!

MONDAY!

MONDAY SEPT 11TH @ 11:15 RM 146

BRING YOUR LUNCH AND A FRIEND!

MAMMA MIA
 Auditions

COME OUT FOR AN INFO MEETING
THURS SEPT 7TH
DRAMA RM [246]
LUNCH

Auditions begin Mon Sept. 18

HC Arts

Express Yourself!

Join our Arts Family!

YOUR PHOTO DAY IS APPROACHING!

Sept 12th & 13th



Showcase Your Best Smile

- Students will be photographed at school.
- You must be photographed to receive your student ID.
- Review your images and purchase online with ease!



DON'T FORGET

To help make your photo day seamless, check out our photo day tips at edgeimaging.ca/photo-day-tips



GET REMINDERS

Sign up for notifications at edgeimaging.ca/photoday to get real-time updates about your photo day and stay in the know with Edge.



1 (866) 707-3343

edgeimaging.ca

[@edgeimaging](https://www.instagram.com/edgeimaging)

2023-09-08

Dear students, staff, and families,

KFL&A Public Health has received laboratory confirmation of the first case of influenza A in the community for the 2023-2024 season. Influenza activity typically increases over the fall months and peaks towards the holiday season.

Influenza causes mild to severe illness and can lead to serious health complications, even in healthy children and adults. Symptoms of influenza include fever, cough, chills, headache, muscle aches, loss of appetite, sore throat, and runny nose. Young children may also experience nausea and vomiting.

Although current respiratory disease activity in our community is low, it's important to follow these simple measures that help prevent the spread of respiratory illnesses including influenza.

- 1. Stay home if you are sick or have new or worsening symptoms.**
 - Staying home until you have no fever and symptoms have been improving for 24 hours (or 48 hours if nausea, vomiting, and/or diarrhea).
 - Wear a well-fitted mask in all public settings (including school and childcare) for 10 days after symptoms start.
- 2. Clean hands and practice good respiratory etiquette.**
 - Frequently clean hands with soap and water or alcohol-based hand sanitizer.
 - Consistently cover coughs and sneezes with a tissue or your elbow.
 - If wearing a mask, choose a tight-fitting, well-constructed mask.
- 3. Disinfect high-touch surfaces.**
 - Regularly clean and disinfect high touch objects and surfaces in your home, such as door handles, counters, and toys, particularly if someone in the home is sick.
- 4. Get your flu vaccine when it becomes available and stay up-to-date with COVID-19 vaccines.**
 - Flu vaccine is expected to become available in mid-October, with initial availability for those at high risk, including children six months to five years of age, adults 65 years of age or older, pregnant individuals, indigenous peoples, and those living with certain chronic health conditions.
 - Vaccination is one of the best defenses against influenza and COVID-19.

When the flu vaccine becomes available, individuals can access through:

- Health care providers (for individuals aged six months and older).
- Local pharmacies (for individuals aged two years and older).
- KFL&A Public Health clinics (for residents with children six months to two years of age and those over 65 years).

For more information on respiratory illness prevention or if you have additional questions, please visit www.kflaph.ca/RespiratoryInfections or call 613-549-1232.

Kingston, Frontenac and Lennox & Addington Public Health

www.kflaph.ca

Main Office	221 Portsmouth Avenue	Branch Offices	Cloyne	613-336-8889	Fax: 613-336-0522
	Kingston, Ontario K7M 1V5		Napanee	613-354-3357	Fax: 613-409-6267
	613-549-1232 1-800-267-7875		Sharbot Lake	613-279-2151	Fax: 613-279-3997
	Fax: 613-549-7896				



**YOUTH IMAGINE THE FUTURE--
A FESTIVAL OF WRITING & ART**

grades 7-12

*living in the region covered by the
Limestone & Algonquin & L School Boards*

\$25-\$500 prizes— see website

Youthimaginethefuture.com

**Write a short story,
create art, show us a place on Earth, in a
more hopeful future, without fossil fuels.**

**SPONSORED BY QUEEN'S FACULTY OF EDUCATION
TEACHERS—book a free workshop for this September
STUDENTS—submit art or story by Oct 31.**

 *The Joanie Sagriff Memorial Fund* 

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The family and friends of the late Joanie Sagriff, nee Besselink, have established *The Joanie Sagriff Memorial Fund* in honour of her memory and the many unselfish acts of kindness she displayed throughout her life. During Joanie's battle with cancer she and her family received tremendous support from so many within the Kingston community.

The Joanie Sagriff Memorial Fund, created in 2022, is funded through donations as well as an annual High School Girls Basketball Tournament.

The Joanie Sagriff Memorial Fund is intended to provide financial support to a local student for their post-secondary education or to a local student whose immediate family has received a cancer diagnosis.

Thank you for your participation and interest in our

***2nd Annual Joanie Sagriff Memorial
Junior Girls Basketball Tournament***

September 2023