



HOLY CROSS

Catholic Secondary School

November 2023

Principal's Message

Welcome all to the month of November. We have had a very good fall this year, with so many wonderful things to reflect on. Just today, as the Grade Nines participate in Take a Kid to Work, we celebrated the academic achievements of students in the other grades. We took note of being blessed beyond belief, along with Orlando Bowen's message to our school community that even challenges are a gift from God. Thanks to Student Services for organizing an important event where we celebrate one another.

What a busy time it has been with many clubs starting up, students preparing for midterms and the fall season wrapping up. Our golfers captured KASSAA Gold – congratulations to Cash McDonnell, Aiden Knott, Jay Dalglish, Noah Chin, Aaron Bilow, Caleb Jeffs, Lauren Douglas, and Rachel Hunter, along with the coaches. Our boys' golf team battled hard at EOSSAA, eventually tying the OFSAA bronze medalists in regulation and losing on the playoff hole. Our cross-country team had a strong season, with the senior girls team (Claire Hamilton, Anna Kenney, Emily Kenney, Ella Leblanc, and Sarah Irwin) capturing silver at EOSSAA and heading to OFSAA this year. The field hockey team won KASSAA for the third year in a row and are currently in Milton, seeded **FIRST** at OFSSAA, a first for Kingston area field hockey teams – sending you all of our good vibes and confidence, athletes and coaches! With quarter and semifinals underway this week, our teams are looking strong. Good luck to all.

As the fall season wraps up, just a note of thanks to the many volunteer coaches whose time and expertise allows our student athletes to broaden their school experience. Congratulations to all student athletes and good luck to any heading in to playoffs or OFSAA experiences.

Report cards will be sent out electronically on November 16th. Good luck to all students who are navigating the semester system for the first time; you've got this. Mamma Mia tickets go on sale on November 22nd – I imagine these will sell out quickly. The stage looks great and we

This Month

- Nov 1– Take Our Kid to Work Day Gr 9**
- Nov 1– Academic Excellence Assemblies**
- Nov 3– Pasta Dinner fundraiser**
- Nov 6-12 Treaties Recognition Week**
- Nov 9– Remembrance Day Liturgy**
- Nov 10– International Accounting Day**
- Nov 10– P D Day**
- Nov 11– Remembrance Day**
- Nov 15– Sure Fire Study Hacks evening**
- Nov 16– Mid Term marks to parents**
- Nov 17– Midterm marks to OUAC**
- Nov 19-25 Bullying Awareness and Prevention Week**
- Nov 20 - OSSLT week Gr 10s**
- Nov 23– Full disclosure date**
- Nov 24– Winter Dance**

keep hearing snippets from rehearsals. You will not want to miss this show!

The world is facing some difficult times right now and the uncertainties can be really daunting to manage. I don't have any answers but do know that collectively, and with the grace of God, this too shall pass. My prayers are with all members of our community who face difficulties at this time. On this All Saints Day, we reach out to find support and solace and, in this community, we ask St. Brother Andre Bessette, our patron saint, for his ongoing support.

Terri Daniel
Principal



Visit our website at www.hctoday.ca

Counsellors' Corner

Post-Secondary Information

Grade 12 students interested in applying to Ontario Colleges and Universities can do so with their Ontario Education Number (OEN) which can be found on the student report card. Ontario college applications are available on www.ontariocolleges.ca and Ontario university applications can be found on www.ouac.on.ca. Students are reminded to check their credit summary to ensure all requirements are fulfilled for graduation and post-secondary applications. The Post-Secondary information presentations can be viewed on the HCToday.ca website, as well as on the Guidance Page which is found on students' virtual commons. Students are also reminded that they must complete 40 hours of community service – please submit the community service completion form to Student Services.

The **Ontario University Regional Fair** will take place on Monday, November 13th from 5- 9pm at Queen's Athletics & Recreation Center. Representatives from all Ontario universities will be available to answer questions and provide information regarding their programs. Students are also encouraged to attend open houses and information sessions to learn more about individual post-secondary institutions.

Take Our Kids to Work Day – Wednesday, November 1

Take Our Kids to Work Day for Grade Nine students will take place on Wednesday, November 1. This opportunity is an annual career exploration event that takes place across Canada. Grade 9 students are encouraged to spend the day at the workplace of a parent, relative, friend or volunteer host. Benefits of this experience include helping students make connections between education and their future, fostering discussions with working professionals about the work they do, and allowing students to explore career options in practical ways. Permission forms were distributed in students' period 1 class.

Queen's Chancellor's Scholarship

The deadline date for **Queen's Major Entrance Scholarships and Awards** is December 8. Students interested in being nominated for the Queen's Chancellor's Scholarship must submit a copy of their application to Mrs. Cantarutti by November 7 at 8:30am. Students must have an average of 90% to be eligible. Holy Cross can nominate 2 students for this award. If you have any questions, please contact Mrs. Cantarutti in Student Services.

Rotary Youth Exchanges

There are long term and short-term exchanges for the 2024/25 school year and the summer of 2024. Their registration deadline is December 1, 2023. For application information go to Rotary District 7040 Youth Exchange (district7040ye.com)

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

Coming up in December

Dec 4-5 –Day of the Arts

Dec 6 –9 Mamma Mia

December 14– Advent Mass

Dec 22– last day of classes for 2023

**January 8—First day of class for
2024**



PASTORAL NEWS

October brought many blessings to the Holy Cross community. On the liturgical front, Fr. Hibbard celebrated a school Mass for us observing the Thanksgiving season. We also began our religion class services in the St. André Bessette Chapel. This year's class liturgies are focused on the theme of mercy and forgiveness, with students being given the option to celebrate the Sacrament of Reconciliation as part of the service. It has been beautiful to witness students taking advantage of this opportunity!

Our Thanksgiving Food Drive brought in 800 lbs of food for the Partners in Mission Food Bank. A big thank you to everyone for contributing to this important cause at a time of high need. A special shout out to Mr. Healey's class for bringing in the most items and winning a pizza lunch! Furthermore, Ms. Chapman and CICS organized a Halloween Food Drive in support of the St. Vincent de Paul Society. Thank you to those students who offered their Halloween evenings to collect food! CICS also resumed visits to Rosewood Retirement Home. Students carved pumpkins and shared stories with residents!

November will be an active month for the chaplaincy team. Reconciliation liturgies for religion classes will continue, and we will have our schoolwide Remembrance Day Service on Thursday, November 9th. Make sure to stay tuned for details regarding a coat drive in support of the St. Mary's Cathedral Drop-In Centre!

Of note is that November begins with All Saints Day, commemorating both the known and unknown saints of the Church. We are invited to invoke their intercession in areas of our lives where we could use some extra support! We then move to All Souls' Day on November 2nd, calling to mind and keeping in our hearts all who have died. Throughout the month of November, staff and students are invited to write down the name of a loved one who has died in our Book of Remembrance. Those names shared will be held in prayer. The book will be available on the prayer table in the foyer.

In prayer,

Nick Cotman, Chaplaincy Leader





Screens, social media, and your teen's mental health.

While there are some benefits to screens and social media, research suggests that teens' mental health can be impacted by how they use it. Using screens and social media too much can have negative effects on mental health and well-being including:

- increased feelings of anxiety and depression
- decreased attention span and social connectedness
- lower self-reported happiness and self-esteem
- sleep deprivation

To support teens' mental health, parents and caregivers can:



Have regular conversations with their teen about **mental health** and how social media and too much screen time makes them feel.



Use a family tech planner to guide their teen in being mindful of how they spend their time online.



Model healthy screen use and make sure social media does not get in the way of **adequate sleep, physical activity**, and other things like hobbies and in-person interactions.

School Mental Health Ontario provides information on how to know if your teen's screen time is problematic and recommendations if you are concerned that it is.



Empower Your Future: Register Now for ADaPT!

Shape the Tech Landscape, Secure Opportunities,
and Boost Black Youth Success!

Join ADaPT to hone crucial digital and professional skills, gain a competitive edge, and open doors to exciting work opportunities designed to uplift and propel Black youth forward.

ADaPT is open to:

Black youth

High School, College, University, or Recent Graduate

Ages 15-29

GTA, Thunder Bay, Windsor, and Kingston

APPLY TODAY

Visit adaptbyap.org to register and for more details



This project is funded by the
Government of Ontario



Education Quality and
Accountability Office



The Ontario Secondary School Literacy Test (OSSLT) measures whether students are meeting the minimum standard for literacy across all subjects up to the end of Grade 9. Successful completion of the literacy test is one of the requirements to earn an Ontario Secondary School Diploma.

Students in Grade 10 who are currently enrolled in English classes during Semester One will be taking part in the OSSLT during the week of November 20th.

Students will complete the assessment in two sessions (Session A and Session B). Each session is designed to be completed in 60 minutes, and students will complete each session in one sitting. Additional time will be provided for any students who require it. After completing both sessions, students will be presented with a questionnaire that asks them about their experiences, attitudes and perceptions with respect to literacy.

Students have the opportunity to become familiar with the online test and its platform through EQAO's online practice test. Holy Cross is also offering *After School Literacy Sessions* once per week for the next several weeks to help prepare students for this assessment. Sessions will **begin Wednesday, October 4th and continue each Wednesday after school (October 5 to November 15)**. **Each session runs from 2:45 – 4:00 pm in Room 244 (with Ms. Downey).**

An Individual Student Report will be generated for each student after the scoring of the assessment and will be sent home late January/early February.

For more information about EQAO and to view the full practice test, you are encouraged to visit EQAO's website at www.eqao.com.



ALL YOU CAN EAT

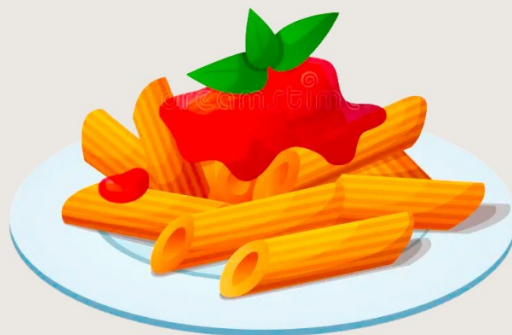


PASTA

FUNDRAISER DINNER

ADULTS

\$25



STUDENTS

\$20

Join us on

FRIDAY NOV. 3RD

All proceeds will support the Holy Cross Europe Trip

HOLY CROSS CAFETERIA

3:30PM-6:30PM

DON'T MISS THE RAFFLE + DESSERT TABLE!

STUDENT COUNCIL NEWS

Our Student Council had a very successful month of October filled with various events that took place!

The 22nd annual “**The Classic**” basketball games were held on October 5th, where the Junior and Senior girls' teams faced off against Regiopolis Notre Dame. The teams were given T-shirts designed by Holy Cross student Abbey Besselink with an added quote, “**Bigger Than Basketball**”. During the week of the Classic, both teams sold pink milkshakes and hosted a bake sale to raise funds for cancer research. Both the senior and junior teams dominated their games with huge wins!

On October 13th, the council organized an exciting **Pep Rally**, aimed at showcasing our fall sports teams and fostering a sense of school spirit amongst students. The student body enthusiastically rallied behind our teams, eagerly anticipating the upcoming season. It was an inclusive gathering, welcoming both athletes and non-athletes. Following this spirited event, the junior and senior boys' football teams took to Caraco field to face off against the Frontenac Falcons.

The week of October 30th to November 3rd was our Halloween spirit week. It was a big hit with lots of students participating. Monday featured Wacky Hair Day with a movie in the cafetorium at lunch. On Tuesday, we hosted Halloween Accessory Day with a lunchtime game of bingo in the caf and an epic presentation by staff. Wednesday was a half Spiritwear Day, where students were permitted to wear their spiritwear along with uniform bottoms. Thursday was Twin Day, and Friday was “Adam Sandler” day, where students dressed super casually, similarly to the famous actor, Adam Sandler. Along with this, we hosted a game of Family Feud at lunch in the caf starring Mr. Orser.

October was a great month, and we are hoping to keep this positive energy going for the rest of the school year! Looking ahead to November, we are hosting our very first school dance of the school year on Friday November 24th. More details to come.

Connect with us:

Instagram: @holycrossstudentcouncil

X (formerly Twitter): @hcstudco

Email: holycrosscouncil1986@gmail.com



Market for Africa

Saturday, Nov 4

Crossroads United Church

9am – 2pm

690 Sir John A. MacDonald Blvd

African Crafts & Baskets
Amazing Art & Nature Photo Cards
Pre-Loved Jewellery & Winter Wear
Baking & Sewing
Sandglass Creations
Christmas Crafts & African Angels
Green Initiatives

Serving Coffee, Tea & Sweets



Alexis MacDonald

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All proceeds to Stephen Lewis Foundation and Help Lesotho

g2gkingston.ca



October 23, 2023

Dear parents and caregivers,

As a parent or caregiver, I know your children's health and safety is your top priority. I want to take this opportunity to share some important information with you to help keep your children healthy throughout the school year.

Routine childhood vaccination

In Ontario, all children going to school need to be vaccinated against certain diseases. The vaccines are publicly funded and offered at no cost to eligible individuals. Vaccines are given to your child to protect them from many diseases. Since the start of the COVID-19 pandemic, routine vaccination rates in the KFL&A region have decreased. That means there are many children and youth who are missing important vaccines they need to go to school. **What can you do?**

Check your child's vaccine record: compare the records you have with the *Immunization through the lifespan* handout attached to this letter. This handout also lets you know how to report your child's immunizations.

Report your child's vaccine(s) to KFL&A Public Health: it is possible that your child is up to date on their vaccines, but KFL&A Public Health might not be aware. Your health care provider does not report your child's vaccinations to public health, so even if your child is up to date, we might not know.

If your child needs a vaccine: For children who don't have access to a regular health care provider, parents or guardians can book an appointment to review their vaccine record or to get a missing vaccine. For more information about routine vaccines visit: kflaph.ca/immunizationclinics.

Fall vaccines (flu and COVID-19) and respiratory illness season

The flu vaccine is an important vaccine for children. The flu can make children very sick and potentially lead to serious illness. We expect this fall and winter to be challenging with many respiratory viruses circulating at the same time – like influenza (flu), respiratory syncytial virus (RSV), and COVID-19.

Based on flu activity in countries like Australia, where the season typically starts several months before our season, we expect an earlier flu season with more children getting sick and some needing hospitalization.

It is important to think ahead and be prepared for respiratory illness season. I am sharing two important handouts to help you in the months ahead:

1. The **Family Doctor Tips on Caring for Children with Respiratory Symptoms** handout, by the Ontario College of Family Physicians, will help you to plan ahead so that if your child gets sick, you know what you can do at home to help with symptoms. It will also help guide you about when and where to get help.
2. The **About respiratory illness** handout, will help you better understand how to protect your family against viruses, how to reduce the spread, what to do if you have symptoms, and where to get information on treatment.

Kingston, Frontenac and Lennox & Addington Public Health

www.kflaph.ca

Main Office 221 Portsmouth Avenue
Kingston, Ontario K7M 1V5
613-549-1232 | 1-800-267-7875
Fax: 613-549-7896

Branch Offices Cloyne 613-336-8889 Fax: 613-336-0522
Napanee 613-354-3357 Fax: 613-409-6267
Sharbot Lake 613-279-2151 Fax: 613-279-3997

Getting your vaccines this fall, like your annual flu vaccine and the updated COVID-19 vaccine, is the best way to protect yourself and your child from getting sick. Flu and COVID-19 vaccines are recommended for everyone 6 months of age and older. The flu vaccine and the updated COVID-19 vaccine is available now for people at greatest risk of becoming very sick such as people over 65 years of age, pregnant individuals, children under 5 years of age, individuals who are from a First Nation, Inuit or Métis community, and/or who self-identify as First Nation, Inuit, or Métis, and their household members, members of racialized and other equity deserving communities and individuals at [high risk of complications](#). Flu and COVID-19 vaccines will be more widely available to the general population on October 30.

There are many options for getting your flu and COVID-19 vaccines:

- Check with your regular health care provider to see if they offer flu and COVID-19 vaccines.
- Contact a local participating pharmacy to get your COVID-19 and/or flu vaccine(s).
- For those under five years of age, book at one of our clinics, at kflaph.ca/Vaccines.

Thank you for taking the time to read this important information and taking the next steps to help protect you and your family this respiratory illness season. Staying up to date on routine vaccinations, getting your flu and COVID-19 vaccines this fall, and following important public health measures, like hand washing and staying home when sick, will help protect you, your family, and others in our community.

Dr. Piotr Oglaza
Medical officer of health
KFL&A Public Health

Kingston, Frontenac and Lennox & Addington Public Healthwww.kflaph.ca

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About respiratory illness


Symptoms




What to do if you have symptoms



Stay home until you are fever-free (without using fever-reducing medication) **AND** your symptoms have been improving for 24 hours (48 hours for vomiting/diarrhea).



Avoid non-essential mask-less activities for 10 days from when your symptoms started. If you can't stay home, wear a well-fitting mask.



If you have symptoms of a respiratory illness **DON'T VISIT** those at high risk of severe illness including those that live in long-term care, retirement homes or in hospital.

Reduce the spread



Wash your hands often and avoid touching your eyes, nose or mouth with unwashed hands.



Cover your mouth and nose when you cough or sneeze.



Wear a mask:

- To protect yourself from viral respiratory illnesses.
- To protect others at higher risk of severe respiratory illness.
- When you're recovering from illness.




Keep your vaccinations up to date including getting your annual flu vaccine and any COVID-19 boosters/doses you are eligible for.




Disinfect high-touch surfaces in your home and workplace.


Types



COVID-19 can cause mild cold-like symptoms to severe lung infections. Anti-viral treatment is available for those at higher risk of severe disease and complications.




Influenza (flu) generally occurs in the fall and winter months. Young children (under five) and older adults are at higher risk of severe disease and complications.




People at **higher risk** of severe illness or complications from COVID-19 and the flu include:

- People who are 65 years and older, pregnant, have chronic medical conditions or are immunocompromised.
- Young children (under 5) are at higher risk of complications from the flu.



Respiratory syncytial virus (RSV) infects the lungs and airways. Infants, young children and older adults are more likely to have severe infections.



Coughs and colds (cold viruses) are more common during the fall and winter months and result from different viruses that infect the nose and throat. For most people, symptoms are mild and usually resolve on their own.

Treatment



Most respiratory illnesses can be treated at home. Learn more at: kflaph.ca/RespTreatment




Treatment for COVID-19 is available and must be taken within five days of symptoms starting. Learn more at: Ontario.ca/Antivirals.


When to go to the emergency department

If you or your child are in distress (significant trouble breathing, chest pain, fainting, difficulty to rouse, confusion or have significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1.

More Info



kflaph.ca/Respnfections



If you have questions about your health (or your child's), call your primary care provider or Health Connect Ontario at 8-1-1.

Family Doctor Tips on Caring for Children with Respiratory Symptoms

Most respiratory illness in children, including colds, influenza, RSV (respiratory syncytial virus) and COVID-19 can be managed at home without the need for prescription medications. However, in some cases, it is important to seek medical care.

Below, family doctors share tips on how to decide when to seek care for a respiratory illness and how to support your child at home.

Call your family doctor if your child:

- Has a fever lasting 72 hours or longer.
- Has a fever that went away for a day or longer (without fever medication) and then came back.
- Is unusually irritable and won't stop fussing, even after treating their fever.
- Has an earache lasting more than 48 hours.
- Is not eating or drinking. Note that it's normal to eat and drink less when sick. Liquids are more important than food.
- Has special needs that make caring for them more difficult.



As a parent or guardian, you know your child best. If you feel your child needs to be seen by a family doctor, please reach out for help.



Not sure what to do? Health Connect Ontario has a [symptom checker](#) and the option to [chat live with a nurse](#). You can also call 811 to speak with a nurse, available 24 hours a day.

Call 911 or go to the emergency department when:

- You are worried that your child is seriously ill.
- Your infant, younger than three months old, has a fever.
- Your child is struggling to breathe or is breathing faster than normal.
- You are concerned that your child is at risk of dehydration or is dehydrated.

These are only some examples of when to seek emergency care. Children's Hospital of Eastern Ontario (CHEO) has more information to [help decide if your child needs emergency care](#).

For more information specific to COVID-19 and children, including rare complications, see [My Child Has COVID. What Should I Know?](#) in the [Confused About COVID](#) series.

Ontario College of
Family Physicians



Helping your child at home

- **Fever:** Treat fever or pain with over-the-counter medicines such as acetaminophen or ibuprofen if your child can take it. As a reminder, Aspirin or products containing acetylsalicylic acid (ASA) are not recommended for children.



Call your family doctor or pharmacist for advice if you are having difficulty accessing over-the-counter medicines. Information from the Canadian Pediatric Society outlines [how to take a child's temperature](#) and what to do if they have a fever. Here is a video on [managing fever in a child](#) from the U.K.'s National Health Service.

- **Red eyes and discharge:** These symptoms almost always go away on their own, without antibiotic drops or other medication. Warm compresses and artificial tears can help reduce discomfort.
- **Stuffy and runny nose:** Try saline rinsing sprays, a humidifier or a nasal aspirator.
- **Earache:** If you notice your child tugging on their ear, they may have an earache. Get assessed if your child's earache lasts more than 48-72 hours, if there is discharge from the ear or they have had more than 2-3 ear infections in the last year.
- **Cough:** Treat a cough with a humidifier or the steam from a shower. If the cough sounds like a bark, cool outside air may help. If your child is at least one year old, you can give them 1-2 teaspoons of honey in the evening.
- **Fluids:** Make sure your child gets enough fluids, including water, soups, fruit juice or even popsicles. Breastmilk/formula is enough for young babies who do not drink other fluids.

Tips to stay healthy and prevent illness

- Wear a mask (and have your child wear a mask) when in crowded, public indoor spaces.
- Wash your hands often and well; use hand sanitizer when washing is not possible.
- Cough and sneeze into your elbow instead of your hands.
- Stay home and keep your child home when they are sick, especially in the first couple of days when most infectious.
- Get the flu shot and keep COVID-19 doses up to date.



Ontario College of
Family Physicians



The OCFP thanks Dr. Kate Miller and Norfolk Family Medical for the **blog post** which inspired this information.

Immunization through the lifespan

Vaccines help to protect you and those around you against disease

2 months	4 months	6 months	12 months	15 months	18 months	4 years	Grade 7	14 years	18 to 64 years	65 years and older
<ul style="list-style-type: none"> ▶ Diphtheria, tetanus, pertussis (whooping cough), polio, and <i>Haemophilus influenzae</i> type b (Hib) ▶ Pneumococcal ▶ Rotavirus 	<ul style="list-style-type: none"> ▶ Diphtheria, tetanus, pertussis (whooping cough), polio, and <i>Haemophilus influenzae</i> type b (Hib) ▶ Pneumococcal ▶ Rotavirus 	<ul style="list-style-type: none"> ▶ Diphtheria, tetanus, pertussis (whooping cough), polio, and <i>Haemophilus influenzae</i> type b (Hib) 	<ul style="list-style-type: none"> ▶ Measles, mumps, and rubella ▶ Meningococcal ▶ Pneumococcal 	<ul style="list-style-type: none"> ▶ Varicella (chickenpox) 	<ul style="list-style-type: none"> ▶ Diphtheria, tetanus, pertussis (whooping cough), polio, and <i>Haemophilus influenzae</i> type b (Hib) 	<ul style="list-style-type: none"> ▶ Tetanus, diphtheria, pertussis (whooping cough), and polio ▶ Measles, mumps, rubella, and varicella (chickenpox) 	<ul style="list-style-type: none"> ▶ Hepatitis B ▶ Meningococcal ▶ Human papillomavirus 	<ul style="list-style-type: none"> ▶ Tetanus, diphtheria, and pertussis 	<ul style="list-style-type: none"> ▶ Tetanus, diphtheria, and pertussis (at 24 years) ▶ Tetanus and diphtheria (every 10 years after the above dose) 	<ul style="list-style-type: none"> ▶ Pneumococcal (at 65 years) ▶ Shingles (65 to 70 years) ▶ Tetanus and diphtheria (every 10 years)
<p style="text-align: center;">Influenza vaccine (every fall) COVID-19 vaccine and boosters when eligible</p>										

Book an appointment with your health care provider.

If you do not have a health care provider, book an appointment at kflaph.ca/Appointments.

A Workshop for Grade 11 & 12 Students

Holy Cross Catholic Secondary School
Wednesday, November 15, 2023
7 - 8:30 pm

Parents/Caregivers are welcome to attend.

SURE F!RE STUDY HACKS

Join this workshop to learn effective strategies and top tips that will help you learn HOW TO PREPARE effectively for your tests or exams.



MindPOP

mindful.mindset.plan.organize.prioritize

Strategies for Student Success

The session will cover:

- Getting organized & planning your time
- Why rereading your notes is the least effective method and what strategies to use instead
- How to give your mindset a boost (motivation, tackling procrastination, stress, & anxiety)

Please register using the QR Code

Presented by Angie Clark
Undergraduate Assistant
former teacher, learning
mindpop.kingston@gmail.com



WEEKLY POP-UPS:

Rideau Heights Community Centre

85 Maccauley Street, Kingston
Wednesdays - 2 p.m. to 5 p.m.

Amherstview Community Hall

177 Upper Park Rd, Amherstview
Thursdays - 2 p.m. to 5 p.m.

YMCA Wright Crescent

100 Wright Crescent, Kingston
Fridays - 9:30 a.m. to 12:30 p.m.

Artillery Park

382 Bagot Street, Kingston
Saturdays - 8:30 a.m. to 11:30 a.m.



Fresh Food Market Pop-Up is here to help you keep your belly full without emptying your wallet. We're bringing fresh, affordable produce and chef-created gourmet healthy options to Kingston and the surrounding areas.

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