



# HOLY CROSS

Catholic Secondary School

February 2017

## Principal's Message

Let me start by saying that I am very grateful for the opportunity to serve the Holy Cross community as principal. I am well aware of the tradition of excellence at Holy Cross and of the strength and commitment of the staff to its students and the greater community. In the coming months, I look forward to working with the staff, students and parent community at Holy Cross. I'm particularly pleased to have **Mr. Melim** and **Ms. Gallant** on the administrative team; their dedication to and knowledge of this school community will be invaluable going forward.

I wish outgoing principal, **Ian Stuart**, the very best in his retirement and in any future endeavours. A number of years ago, I had the pleasure of teaching with Ian at that other Catholic High School in town and I have always admired his professionalism and his dedication to staff and students. I am honoured to continue his good work as incoming principal of Holy Cross. I'd also like to extend thanks to him for going out of his way to ensure a smooth transition into the Holy Cross community.

I'd like to introduce several staff that are new to Holy Cross for the second semester: **Nadia Bernabei** (Math); **Martine Bernard** (French); **Adriana Cote** (Social Science/Religion); **Greg Farrell** (ALT program); **Virginia Holmes** (English); **Jennifer McDonald** (Religion/Technology); **Mia Sarris-White** (English) and **Greg White** (Math). On behalf of the Holy Cross community, welcome!

In the coming month, I look forward to welcoming future Holy Cross Crusaders and their parents at our Grade 8 information night, February 15<sup>th</sup> at 7 p.m. in the cafeteria. As well, on Tuesday February 21<sup>st</sup> at 7 p.m. the Holy Cross school council presents Matt Bellace, PhD. Matt will present a positive, science-based and seriously entertaining approach to substance abuse prevention in a free event open to staff, parents and any interested member of the Holy Cross community. I hope to see you out at these events.

God Bless,

Michael Faught

## This Month

Feb 1—Final day Sem 1 exams

Feb 2—Course Reconciliation Day

Feb 3—ALCDSB Professional Activity Day #4

Feb 6—First Day of classes Sem 2; OSSLT October 20 Results released to students

Feb 9—Sem 2 Grade Assemblies

Feb 10—Report cards distributed and marks available in Maplewood; Sem 1 marks due to the Ontario College Application Centre

Feb 13-17—Wellness Week at HC

Feb 14—Welcome back Queens Teacher Candidates

Feb 15—Grade 8 Parent Information Evening at 7:00; Special Education presentation at 6:15

Feb 17—Last day for student timetable changes

Feb 21—Holy Cross School Council and KFLA Public Health Parent Evening in the Caf—Dr. Matt Bellace

Feb 22—Pink Shirt Day for bullying prevention; Course selection workshops begin for HC students and continue all week

Feb 23—Holy Cross Graduating Class of 2017 Retreat at Rideau Acres

Feb 24—February Non-Uniform Day

Feb 28—Shrove Tuesday Pancake Breakfast

## OSSLT Results Are In

The results of the Ontario Secondary School Literacy Test (OSSLT) written on-line October 20th, 2016, were released by the Education Quality and Accountability Office (EQAO) on January 18th, 2017. You will remember that the EQAO file servers experienced technical difficulties on October 20th. These system breakdowns caused many students to struggle to log in, to maintain connection to the test, to enter data and to save responses. This was the experience in virtually all Ontario secondary schools.

At Holy Cross, we had 275 test takers. A significant portion, 268, were able to log in and make an attempt to complete the test. If a student completed responses for both Booklets 1 and 2, or if they completed a sufficient variety and number of responses in Booklets 1 and 2, then their on-line test was scored.

Individual student results—either successful or insufficient assessment data—will be released in the form of a letter to students in homeroom classes on Monday, February 6th. A Synervoice communication will be sent home the same day notifying families that they should receive a letter from their son/daughter. Please keep in mind, 'insufficient assessment data' for the October 20th on-line assessment **DOES NOT** reflect ability: these students will complete the paper version of the OSSLT on March 30th, 2017. The Literacy Committee remains committed to assisting students in completing this important graduation requirement. If you have any questions, please contact the school at 613-384-1919.

## FUN FRENCH FACTS

**DID YOU KNOW.....** more than a third of all English words are derived directly or indirectly from French, and it's estimated that English speakers who have never studied French already know 15,000 French words.  
<http://tinyurl.com/28hpyue> *Encourage*

## Athletics Update

The Holy Cross swim team, led by coach Mrs. Johnson, is heading to the W.J. Henderson Recreation center in Amherstview on Thursday, February 9th to compete in EOSSAA swimming. Good luck swimmers.



On Thursday, January 19, the Holy Cross Crusader Boys' Basketball Teams battled their arch-rival Regiopolis-Notre Dame Panthers in the 28th Annual Memorial. The Senior Crusaders overwhelmed the Panthers 53-47 while the Juniors fell 48-31.



**2016-2017 Holy Cross Dance Team**

photographer: Elyssa Biringier

## Wellness Week 2017!

Monday February 13th marks the first day of our 6th annual Wellness Week at Holy Cross! Check out this exciting lineup of free activities promoting physical and mental health and wellness!

### Monday February 13th – FUEL

up at a free healthy breakfast buffet! Grab a yogurt fruit parfait, some fruit salad or a bowl of hot oatmeal to help start your day off right! First come first served!

### Tuesday February 14th –

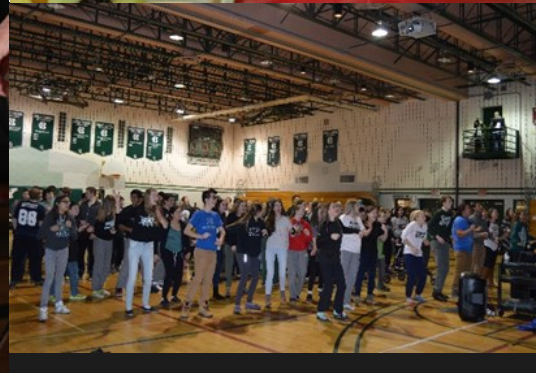
CHILL out by enjoying one of these free activities! Pet therapy with St. John's Ambulance service dogs, colouring stations in the front foyer, or mindfulness sessions in the lecture theatre.

Wednesday February 15th - CHAT with friends in the Holy Cross cafe while enjoying hot apple cider or tea and listening to live music. Have your photo taken with friends at the photo booth or jump in the ball pit and meet someone new! Be on the look-out for random acts of kindness today!

Thursday February 16th – PLAY with students and staff as we engage in 15 minutes of physical activity that will get your heart pumping!



The Student Art Exhibit, "Journey Through the Elements of Design" was held January 17th. Top left: **Jaedra Marshalleck** shows off her spirit turtle. Top right: **Sarah McDonald** displays her spirit raven. Bottom left, **Wade Battersby**, proudly exhibits his Spiderman mask. Congratulations to all artists and **Mrs. Pryal**, their teacher, for a great show.



## Looking Forward to March

- 01-03-2017 Wednesday  
**Share Lent Collection begins  
Ash Wednesday Mass**
- 02-03-2017 Thursday  
**2017-18 Course Selection  
Workshops Day 6**
- 03-03-2017 Friday  
**ALCDSB PA Day 5  
Grade 8 2017-2018 Registrat  
ion Packages Due**
- 08-03-2017 Wednesday  
**Coffee House 7:00 Cafeteria**
- 09-03-2017 Thursday  
**Grade Level Reconciliation**
- 10-03-2017 Friday  
**Last Day of Classes before  
March Break 2017  
2017-2018 Course Selection  
Process Completed**
- 13-03-2017 Monday  
**2017 March Break begins**
- 20-03-2017 Monday  
**Return to classes after  
March Break**
- 22-03-2017 Wednesday  
**100 Days to Class of 2017  
Graduation  
Early S2 Report Cards issued  
Grade 10 OSSLT Assembly -  
Class of 2017 Graduation  
Info Meeting 10:40-**
- 24-03-2017 Friday  
**Holy Cross Earth Hour**
- 27-03-2017 Monday  
**2017-18 Students' Council  
Executive Election  
Packages available**
- 29-03-2017 Wednesday  
**Parent Teacher Interview  
3:30-5:30 and 6:30-8:30**
- 30-03-2017 Thursday  
**EQAO Grade 10 Literacy Test  
Gr. 9 Practice Literacy Test  
Gr. 11/12 Independent  
Study Day**
- 31-03-2017 Friday  
**March Non-uniform Day**

## 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

## Italy Switzerland 2018 Trip

During the March break of 2018, Holy Cross students will have the opportunity for a trip of a lifetime. The biannual European excursion will travel to Italy and Switzerland. Students will immerse themselves in the cultures of these beautiful countries, experiencing the different languages, art, architecture, and food. Highlights will include visits to the great cities of Geneva, Lucerne, Milan, Venice and Florence. Students will tour a Swiss chocolate factory, ascend Mount Pilatus in the Alps, visit the International Olympic museum in Laussane, ride a gondola in Venice, tour the Uffizi art gallery in Florence and many more amazing sights, sounds, and tastes. The trip is open to students who will be in grades 10-12 for the school year 2017-18. **Students can acquire the necessary permission, reference and information forms from Mr. Coleman in room 203.**

## **CICS Valentine's Date Night**

***Why not have a night out and support CICS at the same time?***

The Crusaders in Community Service (CICS) Social Action Club is holding a **Valentine's Day evening at Holy Cross on February 14th, 2017 from 5 – 8:30 pm**. Members of the CICS Executive, Social Action Club Members and other Holy Cross student volunteers will be available to babysit children so that parents or grandparents can enjoy a Valentine's Day date together. Your children will enjoy a Valentine's Day themed craft, games, stories, snacks and a movie. There will be HC staff here as well to help supervise.

Parents or guardians will be asked to pay \$20 for the first child and \$10 for any additional child. All the money raised will be donated to Raw Hope, a World Vision campaign to provide essentials such as access to clean water, education and protection from abuse and exploitation, to children in places where it is too dangerous for a sponsorship program to be established. Raw Hope works in Afghanistan, Syria, Iraq, Pakistan, Somalia, South Sudan, Sudan and Eastern Democratic Republic of Congo.

If you have a child or children that will be attending CICS' Valentine's Day evening please contact **Naomi Gazendam** by February 8th at [naomigazendam@gmail.com](mailto:naomigazendam@gmail.com) or **613-929-9275** to reserve your spot(s).

# Counsellor's Corner

## **COURSE CHANGES/ DELETIONS**

Students are to consult a counsellor if they wish to make a change to their timetable. It is advised that any required course changes be dealt with by the end of the first week of semester two. Furthermore, it is required that all changes be completed by the end of the second week of the semester. The last day to change a course is Friday February 17th.

## **COURSE SELECTION PROCESS**

At this time of year, students begin the process of selecting courses for the 2017-2018 academic year. It is critical for all students who plan on returning to Holy Cross that they follow the time-lines in order to ensure that they are able to obtain the courses they desire. Holy Cross will be conducting the on-line process of selection of courses in workshops taking place at the school. Details will be explained in grade sessions being conducted on February 17th.

## **COURSE LOAD**

All students in Grades 9, 10, 11 are required to carry a course load of 4 courses each semester. All students in Grade 12 who have achieved at least 24 credits are required to carry a minimum of 3 courses each semester.

## **GRADE 8 PARENT INFORMATION NIGHT**

Grade Eight Parent Information Night will be hosted on Wednesday, February 15th, 2017 at 7:00 p.m. There will be an information session for parents/guardians of students who have an Individual Education Plan (IEP) starting at 6:15 in the Lecture Theatre (room 151). This evening is open to Grade Eight students and their parents/guardians. Registration packages will be available for all non feeder school parents. All completed registration packages are to be returned to Holy Cross by March 6th, 2017.

## **VOLUNTEER & JOB OPPORTUNITIES**

Students are reminded to check the bulletin board for volunteer and job opportunities. Kingston Fire & Rescue is looking for volunteers to promote fire safety and education at community events as their mascot 'Sparky the dog'. Interested students should see Mrs. Cantarutti

## **THE ONTARIO YOUTH APPRENTICESHIP PROGRAM (OYAP)**

There are over 150 skilled trades in Ontario, and forecasts indicate there are extreme shortages of workers in many of these areas. The province expects to register 24,000 new apprentices this year; however, there are indications that this number will not keep up with the on-going demand for skilled trade workers. To assist in this regard, OYAP helps young people to "jump start" their careers while still enrolled in high school. Full-time senior students who are at least 16 years of age and have an interest in a skilled trade/occupation are eligible to apply.

Information about OYAP may be obtained from the guidance department or cooperative education teacher in any of the Board's high schools. Additional support or information is available from Will Geris OYAP Co-ordinator with the Board. Will can be reached at (613) 532-4292.



# Natural Highs: Supporting Teens in Making Healthy Choices

*Presented by:*

**Matt Bellace, Ph. D.**

*Psychologist & Comedian*



*It's not enough to ask young people to stay away from drugs and alcohol. We need to show them there are positive things they can do for themselves and others.*



## Free Parent Event

Tuesday, February 21, 2017

7:00 p.m.

**Holy Cross Cafetorium**—1085 Woodbine Road,  
Kingston

**All are welcome.**

As a clinical psychologist and stand-up comedian, Dr. Bellace uses humor to convey his powerful message: **we need to support young people if we want them to make healthy choices.**

Participants will:

- Learn how to effectively communicate with teens about sensitive issues.
- Understand the teen brain and the impact of substance use on brain development.
- Learn the science behind healthy coping mechanisms and 'natural highs'.



