



HOLY CROSS

Catholic Secondary School

March 2024

Principal's Message

With some topsy turvy winter weather in February, we hold some hope of spring days ahead. It is great to see extracurricular activities pick up steam once again. At this time of year, we cheer on our winter season participants and thank all those involved whose seasons have wrapped up. How exciting to have the **Varsity Girls' Hockey** team win KASSAA and the **Wrestling Team** win EOSSA. Furthermore, there are teams competing at OF-SAA including skiers, snowboarders (**Liz** and **Keaton**), and swimmers (**Drew**, **Chester**, **Wesley**, and **Petronella**)—good luck to all of our student athletes and coaches! We look forward to the spring season beginning shortly after the March Break. I think most of us are also looking forward to the March Break.

Congratulations to **Samara DeJonge**, recipient of the prestigious **Queen's Chancellor's Award** and to our two **Beacons of Hope**, **Parker Gaulton** and **Brett Pruefer**. Each of you, in your own way, works to make Holy Cross a kinder, more enjoyable school and we appreciate you. Our students had an impressive turn-out in the local **Skills Competition**. As Special Assignment teacher **Christa Ray** shared: **Noah Grasley (HCSS)** took home the **GOLD** medal in Graphic Design Studio
Jacob Soudant & Austin Visneskie (HCSS) took home the **SILVER** medal in Team of 2 Carpentry
Andrew Cheung (HCSS) took home the **BRONZE** medal in Coding. **Katie Ward – Coding (HCSS)** also worked very hard in her competitions and represented ALCDSB in a positive light. Much appreciation to tech teachers **Pat Healey**, **John Holmes** and **Jennifer MacDonald** who helped to prepare the students and also to run the events.

This Month

March 11-15– March Break

March 28– Stations of the Cross

March 29– Good Friday

March 31– Easter Sunday

Save the Date!

HC Graduation

Thursday, June 27th



Congratulations to Arts Department Head **Stacy Check Drumm**, recipient of the ALCDSB OECTA Award of Excellence. Stacy was nominated by a member of the community "for empowering students and allowing their inner God-given gifts to shine", among other reasons. Ms. Check Drumm is so deserving of this honour and we are very grateful to her.

A survey has been released to students, staff, parents and community members to gather school nickname suggestions. If you haven't seen it, you can find the link on our school website. This survey closes later next week, after which a committee of students, staff and community members will form a shortlist. Then, students will vote on the name.

It has been impressive to witness the collective efforts of our community as we navigate some very difficult times. We such generosity, kindness, and compassion on an every day basis. When the world around us can be overwhelming, it nourishes the soul to witness acts of kindness and compassion.

We have now entered the Lenten Season. In his annual Lenten message, **Pope Francis** says: "Indifference to our neighbour and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience." These are the words of the Pope: *Fast from hurting words ... and say kind words, Fast from sadness ... and be filled with gratitude, Fast from anger ... and be filled with patience, Fast from pessimism ... and be filled with hope, Fast from worries ... and have trust in God, Fast from complaints ... and contemplate simplicity, Fast from pressures ... and be prayerful, Fast from bitterness ... and fill your hearts with joy, Fast from selfishness ... and be compassionate to others, Fast from grudges ... and be reconciled, Fast from words ... and be silent so you can listen!*

Let us all prepare for Easter by becoming better Christians.

Terri Daniel



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 April

April 1– Easter Monday

**April 6– Crusaders Rock Fest 5:30 pm
cafetorium**

April 8– EQAO Literacy Test

**April 11– Parent Evening
Screenagers
Screening Room**

April 12– P A Day (no classes)

Graduation– Thursday, June 27th

After School Numeracy Gr 9 and Gr 10

Room 108

Starting Feb 14

Wednesdays 2:45-3:45pm

See Ms Costa Silva for more info



PASTORAL NEWS

The month of February brought many blessings to Holy Cross. It was wonderful to meet many of our incoming students and their families at our Grade 8 Info Night. We look forward to having them join our community this upcoming September!

We began our Lenten journey on Ash Wednesday, February 14th. Fr. Hibbard led us in a liturgy of the word and the distribution of ashes. Father discussed the many aspects of our faith which the ashes symbolize, reminding us that they ultimately call to mind the need for us to place our trust in the Lord. May our efforts in fasting, prayer, and almsgiving this Lent deepen our relationship with God!

Easter Sunday will be on March 31st. Ms. Check-Drumm's drama class and Mr. Corbin's leadership class will lead the school in a Stations of the Cross liturgy on Holy Thursday, March 28th. This will give us the opportunity to mark Holy Week in a meaningful way, and so more fully appreciate and prepare ourselves for the joy we look forward to at Easter.

This year's Lenten fundraiser is in support of Martha's Table. Martha's Table does inspiring work here in Kingston, providing a place where people in need can have access to a nutritious meal and find community social support. You can bring monetary donations into your homeroom class until the Easter Weekend at the end of March. A big thank you to Mr. Corbin's class and Mr. Borges' first period classes for leading our Shrove Tuesday pancake breakfast to kickstart fundraising efforts. The delicious pancakes were delivered to first period classes, raising almost \$300 for Martha's Table!

Grade 12s, are you interested in beautiful architecture, delicious food, and faith development? Sign up for the graduation trip to Montreal on Friday, May 10th! It includes visits to Notre-Dame Basilica, lunch in historic old Montreal, and a guided tour of St. Joseph's Oratory. See Mr. Cotman for more details!

Whether you will be travelling or staying close to home, I would like to wish everyone a blessed March Break. May the time off bring much rest and renewal as we approach the Spring months!

But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

Matthew 6:33

With prayers,

Nick Cotman, Chaplaincy Leader

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 Two will be taking part in the OSSLT during the week of April 8th.

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 Tuesday, February 27th and continue each Tuesday after school (February 27 to April 2, 2024)**. 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 in June.

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

We're looking for...

- **Volunteers &**
- **Camp Counsellors**



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STUDENT COUNCIL NEWS

Our Student Council had a successful month in February filled with various events!

During the first week after our break from exams, we had what we call **FROST** week. It was held from February 5 to 9th. On Monday and Tuesday, we helped kids settle into their new semester and get familiar with their classes. On Wednesday, we had a jersey day where students wore their jerseys on top and uniform bottoms. We also sold milkshakes in the foyer for one dollar. On Thursday, we had a fashion crime day for students and staff to dress up in fashion-only crime outfits. In the foyer, we organized a series of "Minute to Win" games for the students. The games offered opportunities to win exciting prizes, such as spirit wear, candy, and other fun items. On the last day of the event, we celebrated a **Pink**, White and **Red** day and sold roses for one dollar in the foyer. Students had the option to either get the flowers upfront or have them delivered to a special someone. The Frost Week event was a great success and received a lot of positive feedback from the students.

On Thursday, February 15, Holy Cross's senior boys' basketball team played against the Frontenac Falcons for the Kassaa championship. Although our boys did not win, the Holy Cross community is extremely proud of them. They played with determination and grit, and there were tons of fans in the crowd cheering them on!

Holy Cross took part in pink shirt day, to take a stand against bullying and pledge to be kind and inclusive. Students were encouraged to wear **PINK** shirts with their uniform bottoms to raise awareness about bullying and its negative impact on others.

Our girls' varsity hockey team played in the Kassaa final on February 29 at 2:30. There was a buy out in support of the girls' team, as students and staff cheered on our fellow Crusader as they took on NDSS! Congratulations!

February was an amazing month, and we hope to maintain this positive momentum for the remainder of the school year.

Connect with us:

Instagram: @holycrossstudentcouncil

X (formerly Twitter): @hcstudco

HC SWIM TEAM



A big congratulations to the HC Swim team for a strong showing at EOSSAA. A special congratulations goes out to Drew Crampton, Chester Lam, Wesley Pearce, and Petronella Summers for qualifying for OFSAA in Toronto!



Thanks to Community Spirit
Gaming Centre for supporting
Holy Cross Students



March break

Routine childhood vaccine clinic

Keep your child up-to-date

Routine immunizations for those 0 to 18 years of age and by appointment only.



Monday, March 11
9 to 11:30 a.m.

Thursday, March 14
9 to 11:30 a.m.



KFL&A Public Health, 221 Portsmouth Avenue, Kingston

Book online: kflaph.net/routine-kingston



Routine childhood vaccine clinic

Keep your child up-to-date



Friday, March 15

10 a.m. to 3 p.m.



**KFL&A Public Health
Napanea Office**

99 Advance Avenue, Napanea

Routine immunizations for those 0 to 18 years of age and by appointment only.

Book online: kflaph.net/routine-napanea

Attendance

Please remember **to let the school know** if your student will be absent from 1 or more classes.

If you need to pull your student out of school early for an appointment,

- make sure they know they have to leave early

- let the school know about the appointment either through the Safe Arrival app, email or a phone call

- send a note to show the teacher, and present to attendance office

If you would like your child called down by the attendance office please come into the office as calling when you reach Holy Cross will only work if our lines are not busy at the time

You are not permitted to excuse your child from class to remain in the school, such as studying in the Learning Commons or watching a sporting event.

You do not need to call in if your student is participating in a school activity (field trip, workshop sport)

You do not need to call if all the busses are cancelled

Sometimes a excursion list might be missing a student, or a student may be marked absent through an error. Please let us know if your student is marked absent but says they were there. We will look into it here.

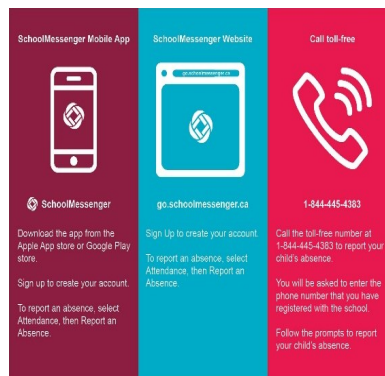
Please **respond to the automated messages** either through the Safe Arrival app, or a phone call

The Safe Arrival app you can download onto your phone and/or computer that can be found at

<https://www.alcidsb.on.ca/School/hcss/Community/Pages/Safe-Arrival-Program.aspx#/=>

If you are unable to use the online app, you may still call an absence in at 613-384-1919 ext 2

or send an email to flhphcss@alidsb.on.ca




HOLY CROSS WRESTLING TEAM



[EOSSAA Wrestling Champions](#)

A huge congratulations to the Holy Cross wrestling team on winning both the overall team title and the boy's overall title. Individual medal highlights include Gold medals for Judah Paterson, Ryan Howlett and Marcus Bause, Silver medals for Max Pascoal, Dan Anderson, Henry Van Dyke, James Howlett, Will Pringel, Billy Hindmarch and Lachlan Hannah and Bronze medals for Marissa Bullock and Liam Jordan. Good luck to all those moving on to OFSSA , March 4-6 in Stoney Creek.



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WHEN: TUESDAYS 4-6 PM

FOR MORE INFORMATION
CONTACT



new2kingstontutoring@gmail.com
or Carla 613-539-6009



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ARTS NEWS - MARCH

IMPROV: The HC “Green Beans” Improv Team placed second at the Canadian Improv Games Regional Tournament here in Kingston last month. Congratulations Beans, you made us very proud! Stay tuned to see this team in action in April at Cabaret and May at our Genesis Awards!



MUSIC TRIP FUNDRAISING ACTIVITIES:

Our wonderful parent fundraising committee has some fun events planned:

DOMINOS PIZZA NIGHT: Our most recent Domino’s pizza night on February 27th raised almost \$1000! Thank you for your support!

2024 ROCKFEST - Save the Date: Saturday, April 6th This “Rock and Roll” concert will feature student and staff musicians. It’s sure to be a wonderful evening of food, and live music, and will include a silent auction. Tickets are only \$20 - includes dinner too! Doors open at 5:30.

DANCE TEAM FUNDRAISER:

The HC Dance Team will be selling KRISPY KREME donuts on **March 20th** at lunch! \$15/dozen while supplies last! (Pre-orders available through dance team members.)



Counsellor's Corner

Course Selection for 2024-25

Students have received information regarding the course selection process during grade assemblies offered on Thursday, February 8 by guidance counsellors. It is critical that students select their courses by Friday, March 8th. All students must access myBlueprint, which is found on their virtual commons, to select courses. The power point presentations, course selection worksheets and the course calendar booklet are available on the Guidance Page. Student Services have been offering course selection workshops in the Learning Commons during period 2 for grades 9 and 10 and during period 3 for grades 11 and returning grade 12. Please contact your child's guidance counsellor if you have any questions.

Online Learning Graduation Requirement Opt-out Form

Students are required to earn two online credits to graduate from secondary school. The graduation requirement is intended to support students in developing familiarity and comfort with working and learning in an online environment, as well as developing digital literacy and other important transferable skills that will help prepare them for success after graduation and in all aspects of their lives. Parents/guardians may choose to opt their child out of the mandatory online courses required for graduation. The opt-out form is available in Student Services.

College/University Information

First semester final marks have been sent to OUAC and OCAS. A reminder that university and college applicants should check their university/college account to review their transcript information. It is the student's responsibility to ensure they have all required courses to be eligible for post-secondary admission. 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 post-secondary institution. The next transmission of marks to OCAS and to OUAC is on April 25th.

Full Disclosure Date

Grade 12 students have until April 25th to drop a semester 2 course not required for graduation purposes or post-secondary admissions. Please see your guidance counsellor for more information.



LOS ANGELES, CALIFORNIA TRIP

MARCH BREAK 2025

WARNER BROS MOVIE STUDIO TOUR
UNIVERSAL STUDIOS THEME PARK
& BACKLOT MOVIE TOUR
SOFI STADIUM
VENICE BEACH
HOLLYWOOD SIGN
DOLBY THEATRE (OSCAR)
GRAMMY MUSEUM
ACADEMY MUSEUM OF MOTION PICTURES
& MORE!

REGISTRATION IS NOW OPEN
for all HC students
SEE MRS. MCDONALD RM 218
for forms or
email mcdojenn@alcdsb.on.ca

HOLY CROSS MUSIC DEPARTMENT HOSTING



IT'S TIME TO ROCK N' ROLL!

PROCEEDS TO SUPPORT SYMPHONIC BAND
& VOCAL ENSEMBLE NEW YORK CITY TRIP

2024

CRUSADERS ROCKFEST

Saturday, April 6th

1085 Woodbine Rd Doors open 5:30pm

Barbecue Beverages Silent Auction

crusadersrockfest.ca | 2024crusadersrockfest@gmail.com

OPENING LINEUPS

Euphoria | Interrobang
The Garvin Brothers
Good Foot | The Petras
Road Apples

\$20

Per ticket

Includes Dinner

[Scan for ticket ->](#)



Thank you to our event sponsors





A reminder to get tickets purchased via the website www.crusadersrockfest.ca or directly from school cash online along with in person ticket booths available at the some school lunch times after March break along with at Long and McQuade on March 19th , Rona Plus on March 23rd and Atkinson Home Hardware on March 30th.

An announcement to get their t-shirts ordered via the website www.crusadersrockfest.ca or directly from school cash online by the deadline of March 21st at midnight. T-shirts are \$26.

February 29, 2024

Dear parents and caregivers,

As your local medical officer of health, I am writing to share important health information regarding the increase in cases of invasive meningococcal disease type B in our community. In recent months, our region has experienced three confirmed cases, with no identifiable link between them. This count is above the KFL&A region's historical average.

Invasive meningococcal disease (IMD) is a serious bacterial infection that can be life-threatening. It can infect the brain and spinal cord (meningitis), and the bloodstream (septicemia). While this infection remains relatively rare, it can progress rapidly and have severe consequences if not treated promptly. All meningococcal infections are medical emergencies. It's important to recognize the signs and symptoms of meningococcal disease and seek medical care immediately if illness is suspected.

IMD symptoms can include:

- sudden fever
- intense headache
- stiff neck
- nausea
- vomiting
- sensitivity to light
- purplish skin rash

Meningococcal bacteria spreads from person to person through close and direct contact (e.g., open mouth kissing or sharing of drinking cups, eating utensils, vapes, etc.).

In Canada, there are five main types of this bacteria: A, B, C, Y, and W. Vaccination for meningococcal C is given at one year of age and vaccination for meningococcal A, C, Y, and W-135 is provided in Grade 7. Vaccination against meningococcal B is not part of Ontario's routine publicly funded (free) immunization schedule. I encourage parents and caregivers to ensure their children are up to date with routine meningococcal vaccinations and to consider getting a meningococcal B (MenB) vaccine through private purchase for individuals from two months of age up to 25 years of age. This cost may be covered through health benefits plans.

.../2

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	613-336-8989	Fax: 613-336-0522
Napanee	613-354-3357	Fax: 613-354-6267
Sharbot Lake	613-279-2151	Fax: 613-279-3997

Infants and children two months of age to 17 years of age with certain medical conditions are eligible for publicly funded (free) meningococcal B vaccine. These conditions include:

- acquired complement deficiencies (e.g., receiving eculizumab)
- asplenia, individuals without a spleen, or well-functioning spleen (functional or anatomic)
- cochlear implant recipient (pre- or post-implant)
- complement, properdin, factor D, or primary antibody deficiencies
- HIV

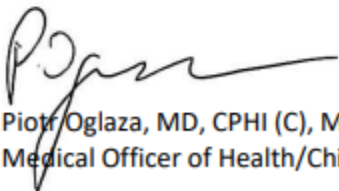
Please consult your health care provider to discuss vaccination options available for your child. If you do not have a health care provider, you can:

- Attend a local walk-in-clinic.
- Consider using a virtual care clinic to get a prescription and ask your pharmacist to administer the vaccine.
- Book an appointment at kflaph.ca/appointments if you have one of the medical conditions listed above.

To learn more about invasive meningococcal disease and available vaccines, speak with a health care provider or visit caringforkids.cps.ca or kflaph.ca/IMD.

Thank you for your attention to this important matter. Together, we can work towards maintaining a healthy and safe community for all.

Sincerely,



Piotr Oglaza, MD, CPHI (C), MPH, CCFP, FRCPC
Medical Officer of Health/Chief Executive Officer

Meningococcal disease

What is it?

Invasive meningococcal disease (IMD) is a serious bacterial infection. It is often severe, and can cause meningitis (an infection in the lining of the brain and spinal cord) and septicemia (an infection of the bloodstream).

Symptoms may initially resemble the flu, then rapidly worsen. All meningococcal infections are medical emergencies.

How does it spread?



Meningococcal bacteria is spread from person to person through close and direct physical contact:

- Sharing anything that comes in contact with saliva
- Open-mouth kissing

Tell your child or teen not to share:



Utensils



Lip balm



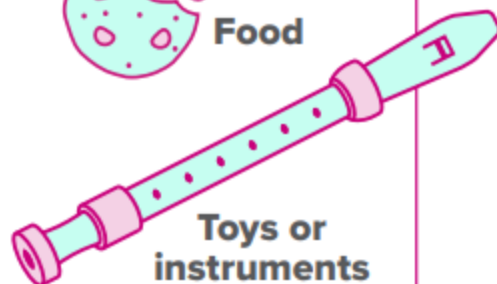
Food



Vapes



Drinks



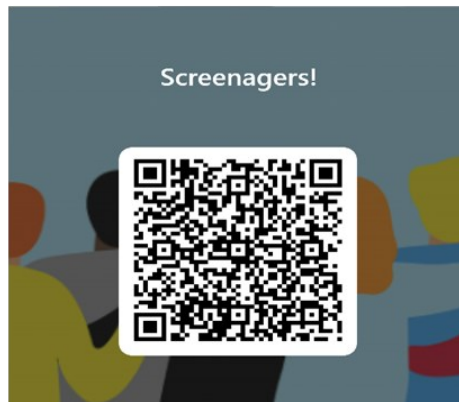
Toys or instruments that contact the mouth

Get vaccinated

Learn more at kflaph.ca/IMD

SCREEN AGERS NEXT CHAPTER

ADDRESSING YOUTH MENTAL HEALTH IN THE DIGITAL AGE



BY: Holy Cross & Regiopolis -Notre Dame Catholic High Schools

WHEN: Thursday April 11, 7:00 PM

WHERE: The Screening Room, 120 Princess St. Kingston

TICKETS: All are welcome, please register ahead of time using the QR code as seats are limited. There is **no cost** to this event.

There will be a panel of mental health experts to answer questions after the movie