



CRUSADER NEWS AND VIEWS

The mission of Holy Cross Catholic School is to provide a setting that ignites a joyful spirit of Christian discipleship in collaboration with families, staff, and the parish in a personalized learning culture.

August 4, 2022

Protecting God's Children Workshops

The Archdiocese of Detroit's "Protecting God's Children" workshop is held periodically throughout the Archdiocese. EVERY classroom or lunchroom volunteer or employee needs to have attended. To find a session that fits your schedule, go to www.virtus.org and select "First Time Registrant." Then choose "view list" of class sites, and choose "Detroit." Scroll through to find your session, then go back to the top of that page to create your login.

When attending a "PGC" workshop, be sure to be on time, as the Archdiocese does not allow latecomers to enter.

All volunteers working with children must have attended a "PGC" workshop.

Remember: you need to complete this workshop in order to volunteer for field day or camp, or to chaperone field trips.

If you have recently attended a "PGC" workshop, please send a copy of your certificate to school ASAP so we have it on file--thank you!

PGC workshop coming to Holy Cross on 8/20/22, 10am to 1pm in activity center. Register today.

got SCRIP?.

The SCRIP office is open again **on Fridays, from 8-10 am**. After school starts again, the SCRIP office will be open Fridays 7-9am and Mondays 5-6pm. You can also leave messages on the school phone or via email--school@holycrossonline.net.

Not quite sure how SCRIP works?--call the school office for a quick explanation!

School Office Summer Hours

The school office has re-opened, we'll be here from at least 8am-noon daily. 810-765-3591

Registration for 2022-23

Thanks to all who have completed their registration (by going to FACTS SIS for our first ever online registration, and following up with paper as FACTS hasn't yet worked as we'd hoped.....)

If your registration isn't complete, here are the steps to follow: **step 1**--go to factsmgt.com and choose "Family

Mark Your Calendar....

- M Aug 22: "Crusader Day"
- M Aug 29: first day of school!

Login", then "family portal" to input your registration info (our code is **HC-MI**, and you'll need to use the email address that your newsletter goes to). After you input your family info, the system should prompt you to pay the registration & chromebook fees through your FACTS tuition payment account (which you'll need to create, if you don't already have one). **Step 2**--please also fill out & return the paperwork we sent home with your oldest "Crusader" before summer vacation started.

We apologize for the redundancy of doing forms both digitally and on paper! We are working with FACTS to straighten this up for next year. But in the mean time, please complete the paper copies (as well as the digital information) and return to school **ASAP**. Thanks so much for your patience as we figure out with FACTS how to streamline registration!

"Crusader Day"

Mark your calendars! Monday, August 22, 9am to 2pm, is "Crusader Day"! This is a great opportunity for students and parents to meet the teachers before the first day of class (Monday, August 29). Feel free to bring in your school supplies so you don't have to carry it all on the first day. In addition the school photographer will be on hand to take students' 2022-23 school portraits. We hope you'll take advantage of this chance to meet your teachers, get your school picture taken, and gear up for the new school year--see you there.

First Day of School

...for students in PK-8 will be **Monday, August 29!** Full day, regular uniform for K-8 students. More info later!

Lunches for 2022-23

Just a heads up: we've received notice that beginning in the fall, students' school lunches will **NO LONGER** be free. Lunches will be \$2.40.

Free & reduced cost lunches are available to families falling within certain income

levels. For information and applications go to the following links:

[2022-23 Free and Reduced Meals Ap-](#)

[plication](#)

[Frequently Asked Questions - Free and Reduced Meals](#)

[How to apply for free and reduced meals](#)

Uniforms and "The Blue Room"

Here is the URL for the dress code: <https://holycrossonline.net/uniform/>

Is your Crusader's school wardrobe showing a little wear after daily use all last year? Has s/he outgrown everything? Before you go "back to school shopping," check out the **FREE** used clothing in "The Blue Room"! (Drop in any morning 8am to noon after the office re-opens in August!)

Spirit Wear Update

As you're preparing for the 2022-23 school year(!)--we have two approved spirit wear vendors: "Screen and Stitch" and "TP Logos."

"Screen and Stitch" also offers custom embroidery on items you personally own (such as sweaters and cardigans). Please contact Deb Callahan with any questions: 810.650.3140.

TP Logo orders may be placed anytime online at: <https://holycrosscatholic.itemorder.com/sale> (Pick up your order in Marysville.)

Family Directory

It can be very handy to have names and phone numbers for your child's classmates! We are planning to prepare a directory of Holy Cross families. **If you prefer that your family's information NOT be included** in such a directory, please contact the school office **before August 15**.

New "Holy Cross Parent Group" on Facebook

Here it is: <https://www.facebook.com/groups/holycrossparentgroup>

The group will serve as an online forum for parents / grandparents / guardians to:

- Ask questions;
- Share information (community events, sports tryouts, camps, educational opportunities, etc.);
- Donate items to each other (HC spirit wear, school supplies, etc.);
- Share PTO news and fundraiser information;
- Share other school news, internal pictures, newsletters, etc.;
- Showcase upcoming school events.

This will be a private group, and parents are invited to request admittance.

Service Credits

K-8 families: a copy of your service credit record (with credits worked through June recorded) was mailed to you a few weeks ago. Please check to be sure we haven't missed any of your credits! (**Whenever you work a service credit shift, please be sure to find the "sign in" paper:** ask the supervisor or a co-worker if you don't see it. We count on those forms to let us know who worked, and when.)

Service Credits: Lunch Supervisors

Families can earn one service credit by working as a lunchtime aide 4 times. Lunch aides work from 10:30-11:30 on school days. Aides need to have taken the "Protecting God's Children" class and submit to a background check.

The online signup page is ready and active for current lunch supervisors to use (for 2022-23 service credits)--go to:

<https://docs.google.com/spreadsheets/d/1tqQWXOy86EdecEz7Sq0dzzPy6NK6SUjTd9zNJXEHIF/edit#gid=2112835498>

If you are interested (or for more info), please contact the school office.

Service Credits: To Schedule Bingo Shifts...

Families opting to work their service credits at Wednesday bingos (at St Catherine activity center in Algonac): please contact **Paul Burger** at **734.837.5807**. Help is needed many Wednesdays and throughout the summer, as well as during the school year.

Supply Lists for 2022-23

...are attached (and are also available on the school website: <http://holycrossonline.net/school-supplies-2022-23/>).

Please note that all K-8 students need ear buds or headphones. We advise headphones for younger students, who aren't as adept at volume control, to better protect their hearing. They don't need to be exorbitantly expensive: we found a reasonably-priced set at "Five Below" stores.

Preschool Supplies: Ms. Andrea will be in touch soon regarding what each preschooler will need.

Parents of Student Athletes:

Are your children active in school sports? Or are they just growing into that age, and they are interested in playing on a school team with their classmates next year? Do you have an hour a month to help with the leadership of our sports program?--the Holy Cross Booster Club needs you!

If you're interested, please email Mrs. Davenport for more details.

Student Athletes: Sports and Physicals

Signup sheets were sent around before June 10 for fall sports: volleyball for girls in grades 6-8, and coed cross country for 5-8th graders. The coaches (Mr Coomes, for volleyball; and Mr Zammit for cross country) have that info to contact you when it's time to start practices. It's not too late, though: contact the school office if you're a new student interested in joining either team in the fall (or if you don't remember signing up)!

Students who are planning to participate on any school sports teams this year (5-8th graders, girls' volleyball and cheer and boys' and girls' basketball, cross country and track) will need to have had a sports physical before starting practice. The **sports physical form** can be found at:

<http://holycrossonline.net/wp-content/uploads/2018/10/athletics-physical-form.pdf>

Please note that it has sections for the student's parent and doctor to fill out. Summer is a great time to get that taken care of!

Seventh Graders and New Crusaders:

The Health Department assesses immunization records of all new student and all students entering 7th grade.

If your child is in either of those

groups, please check with your doctor to see if his/her immunizations are up to date. Parents of students in those categories with immunization waivers will need to update their waiver: call the Health Department (810.987.5300) to make that arrangement.

VG's Receipts

Thanks to everyone who continues to save them for us. Please keep saving the **entire** VG's receipts, including the "Direct Your Dollars" paragraph. (Sorry--"e-receipts" are not accepted.) We'll continue to collect receipts until the store tells us to stop! Drop off receipts at the school office or at the rectory, or all summer in the box at the river entrance of the church.

Vintage T-Shirts & Hungry Howie Fundraiser Cards

PTO still has a few Hungry Howie fundraiser cards available: for the \$10 cost, you get a free large one-item pizza, along with a number of pizza discounts. There are also a few "vintage" t-shirts (old logo) and caps available for \$5 each: all at the school office.

Box Tops for Education

Just a reminder about "how to" digitally save those little box tops....download the app, scan the receipt, and you've done it! For details on the new program, please go to: <https://www.boxtops4education.com/newbtf>

Please do continue to clip and send in "Box Tops" with good expiration dates: they are very strict about dates, however, and expired "Box Tops" are not honored.

Amazon Smile

Do you shop online? You can designate Holy Cross to receive credit from online shopping through Amazon Smile. We are registered in Amazon Smile as "Holy Cross School Marine City." <https://smile.amazon.com/ch/37-1542098>

Chrome Books For Sale!

We still have a few used Chrome books for sale. If you're interested, please call the school office. \$25 (cash) each (including charger). 810-765-3591

“Summer Challenge”

Students are reminded about the Holy Cross “Summer Challenge!” (You can find all the details at <http://holycrossonline.net/summer-challenge/>)

There will be a pizza party (including a dress down pass) for students who participate, as well as a number of really cool prizes that lucky participants will take home. All that--and the fun of the challenge activities!

Has your child complained yet of “being bored”? Check out the “Summer Challenge”--have fun, and good luck!

CROSS COUNTRY

Summer conditioning for Cross Country has officially begun. For 6-8th graders interested see information from Coach Zammit on last page of newsletter. Note: 4-5th graders interested can participate but must be willing to make the commitment. Practice for the remainder of the week is at East China Park at the big open field, at 9am, Friday. Coach Zammit will be there. Please ensure they have running shoes, weather-appropriate clothes, and water bottle.

MENINGOCOCCAL VACCINE

Meningococcal Vaccine We are required to notify you of the availability of the meningococcal vaccine. Please contact the county Health Department or your doctor's office for more information.

ASBESTOS

Asbestos Federal law requires schools to inspect, test and identify known or suspected asbestos containing materials. All known asbestos containing materials at Holy Cross School were re-

Holy Cross Catholic School—Marine City
Student Supplies Needed 2022-23

*** Replenish as needed--PLEASE LABEL EVERYTHING!!**

	K	Grade 1	Grade 2	Acad Suc
ZIPPING pencil bag (no boxes, please)	--	1	1	---
Set of 24 crayons (not "Twistables")	2 sets *	1 set	1 set	Yes
Set (8-10) washable markers	1 (8/pk)	1	1	Yes
1 ruler (12 inches / 30 cm)	--	--	1	---
# glue sticks *	24 *	4 *	4 *	Yes
# bottles of glue (8 ounce)	1	1	1	Yes
Fiskars scissors, short blade	1	1	1	---
# boxes #2 pencils *	3 boxes *	3 boxes *	3 boxes *	Yes
# pink erasers *	2 *	1 pkg *	1 pkg *	---
Pencil tip erasers *	--	1 pkg *	1 pkg *	---
# dry erase markers	--	4	4	Yes
# boxes tissues	4	3	3	Yes
# rolls paper towels	4	3	3	Yes
# pocket folders (bottom pockets)	4 (solid color)	2 (1 w / holes)	2 (1 w / holes)	Yes
Hand sanitizer	1 bottle	1 bottle	1 bottle	Yes
Antibacterial wipes for desks	4 pkgs	4 pkgs	4 pkgs	Yes
Gym shoes (plain w / non-marking soles)	1 pr (labeled)	1 pr	1 pr	---
Composition notebook for writing	--	1	1	---
3-ring binder w/clear view pockets	1 (1" thick)	1 (1" thick)	1 (1" thick)	Yes
Post it notes	--	1 sm pkg	1 pkg	---
"Ziploc" bags (quart / gallon)	1	1 box (qt.)	1 box (qt.)	---
Plastic page protectors	---	1 pkg / 25	1 pkg / 25	---
Index cards	---	---	---	Yes

Donations of supplies listed above for "Acad Suc" will be gratefully accepted for our "Academic Success" room—thank you!

In addition, ALL STUDENTS NEED:

- ❖ Book bag no larger than 15"x16"x8" (no rolling bags, please)
- ❖ Water bottle, if desired (18 ounces or smaller, spillproof, for plain, UNFLAVORED water only)
- ❖ A set of earbuds or headphones (we encourage headphones for younger students to better protect their hearing; a reasonably priced headphone set is available at "FiveBelow" stores)

	Grade 3	Grade 4	Grs 5-8
ZIPPING pencil bag (no boxes, please)	1	1	1
Set of colored pencils	1	1	1
Set of washable markers	--	1	1
Crayola crayons (pack of 24)	1 pkg	1 pkg	1
# glue sticks *	4 *	4 *	3 *
Fiskars scissors, short blade, pointed	1	1	1
# boxes #2 pencils * (not foil-wrapped)	3 *	--	3 *
Mechanical pencils	--	3 pkg *	--
# pink erasers *	1 *	1 *	--
# red marking pens (non clicking) or pencils *	1 pkg *	1 *	2 *
Highlighters, different colors *	1 *	2 *	4 *
Black "Sharpie" marker, fine point	--	1 *	4 *
# pkgs. blue or black erasable pens *	--	--	1 *
Dry erase markers, set of 4	1 *	2 *	1 *
Ruler (12 in/30 cm)	1	--	--
# rolls paper towels	1	1	2
Pocket folders w/ holes	1 blue / 1 yellow	--	3
white, wide ruled lined paper (not spiral bound)	1 pkg	--	3 pkgs *
Spiral notebook for math	1 green	--	1 (3 subject)
Spiral notebook for science (1 subject)	--	--	1
Spiral notebook for ELA (1 subject)	--	--	1
Composition notebook	2	--	2 religion
Wireless mouse, optional	1	1	1
3x5 index cards for SS	--	--	2 pks
Pkg (lemon) Clorox wipes for desks	5	5	3
3-ring binder (gr 3, with clear view pocket)	1 1" thick	1 1" thick	1 2" thick
Books covers	--	--	3
Post it notes (colored)	--	--	1 pkg
Hand sanitizer	1	1	1 bottle
Boxes of tissues	2	2	2
Zipper bags, pkg, STORAGE / SANDWICH size	1 STOR	1 each	--
Plastic page protectors, pkg of 25	1	---	---
For gym: dark shorts, T shirt, gym shoes w/ non-marking soles	shoes only	shoes only	1 set



Holy Cross Catholic School

2022-23 Calendar



Aug 22	Monday	"Crusader Day" 9am-2pm in school
Aug 29	Monday	First day of school for PK-8: full day, uniforms (for K-8)! (No East China buses 'til Sep 8)
Sep 2-5	Friday-Monday	Labor Day holiday: no school
Sep 6	Tuesday	Classes resume
Sep 19	Monday	No school: Archdiocesan professional development for teachers
Oct 17	Monday	No school: Archdiocesan professional development for teachers
Oct 28	Friday	End of first quarter
Nov 2	Wednesday	Report cards go home
Nov 3&4	Thurs & Fri	Teachers gone to MANS conference: no school
Nov 10	Thursday	Evening parent/teacher conferences
Nov 11	Friday	No classes: parent/teacher conferences
Nov 23-25	Wed-Friday	Thanksgiving recess
Dec. 16	Friday	Last day of school before Christmas break
Dec 19-Jan 2	Mon-Monday	Christmas break
Jan 3	Tuesday	Classes resume
Jan 27	Friday	End of second quarter
Feb 3	Friday	Report cards go home
Feb 13-16	Mon-Thurs	5 th -8 th graders go to camp
Feb 17-20	Fri- Mon	No school: mid-winter break
Feb 21	Tuesday	Classes resume
March 12	Sunday	Open House (campus-wide: with Cardinal Mooney)
March 13	Monday	No school: teachers' professional development
March 24	Friday	Kindergarten roundup: no Preschool or Kindergarten today
March 31	Friday	End of third quarter
April 5	Wednesday	Report cards go home
April 6-16	Thu-Sunday	Easter break
April 17	Monday	Classes resume
May 26-29	Fri-Monday	Memorial Day weekend: no school
May 30	Tuesday	Classes resume
June 9	Friday	Last day of school; honors assembly, report cards

(Students who ride East China or Cardinal Mooney buses are advised to continually compare their calendars with Holy Cross's, and to stay in close contact with their bus driver and transportation department regarding ECSD / CMC full or half days off and early dismissal days.)

School day 7:30am-2:50pm
Lunch 10:40-11:25am
172 days / 1107.6 hours

05.19.2022

2022 PRIOR NOTIFICATION REQUEST FOR PESTICIDE APPLICATION

In the event of an emergency you will be notified of the application after it occurs.

_____ I wish to be notified prior to a scheduled pesticide treatment inside the school building.

_____ I wish to be notified prior to a scheduled pesticide treatment outside the building.

Parent / guardian's name: _____

Students' names _____

Holy Cross Catholic School Dress Code Policies 2022-23 School Year

Uniforms are worn in all grades from K-8 and must be worn to and from school. The dress code is to be followed from the first day of the school year.

All clothing: no trim, lace or logos (except for Holy Cross's) are permitted on any regular school day clothing. **All bottoms:** "cargo" (with outside pockets) or "jeans" (with outside seam stitching) styles are NOT acceptable. More information and images of acceptable clothing are available on the school website: <http://holycrossonline.net/uniform/>

Girls' Uniform

Tops

- Polo shirts—navy blue, white, or light blue
- Button down blouses—white or light blue
- Sweaters / vests—white or navy blue
- Approved spirit wear quarter-zips with school logo *

Bottoms

- Dress pants / shorts—navy blue or khaki (leggings are NOT acceptable as pants)
- Jumpers / skirts / shorts—navy blue, khaki, or plaid #83

Shoes

- Mary Janes and flats—black, brown or navy blue
- Saddle shoes—navy blue and white
- NO heels over 1", NO boots, NO ankle boots

Accessories

- Socks—crew or ankle length (covering the ankle bone) or knee high: navy, black or white
- Tights or leggings—navy blue or white
- Nylons—may be worn by girls in grades 5-8

Mass Dress Code

- **BUTTON DOWN BLOUSES**—white or light blue
- Jumpers / skirts / uniform dress pants—navy blue, khaki or plaid #83
- Regular uniform dress shorts acceptable May 1-September 30

Boys' Uniform

Tops

- Polo shirts—navy blue, white or light blue
- Button down dress shirts—white or light blue
- Sweaters / vests—white or navy blue
- Approved spirit wear quarter-zips with school logo *

Bottoms

- Dress pants / shorts—navy blue or khaki (leggings are NOT acceptable as pants)
- Belts—required in grades 4-8; must be leather (or leather-like) and be dark brown, navy, blue or black

Shoes

- Sturdy Oxford / dress shoe—black, brown or navy blue

Socks

- Socks—crew or ankle length (covering ankle bone) or knee high: navy, black or white

Mass uniform

- **BUTTON DOWN SHIRT**—white or light blue (NO polo shirts)
- Tie—traditional or bow tie, solid or conservative in color
- Dress pants—navy blue or khaki
- Regular uniform dress shorts acceptable May 1-September 30

*available through this year's school approved vendors only: contact the school office for info

THE PRINCIPAL AND HIS / HER DESIGNEE HAVE THE AUTHORITY TO ENFORCE THE DRESS CODE ACCORDING TO THEIR INTERPRETATION. DISCUSSION REGARDING APPROVED CLOTHING MUST BE ADDRESSED TO THE PRINCIPAL. In the end, if you are not sure of an article of clothing, bring it to school for the Principal's review (bring a change of clothes with you).

Uniform Policies for ALL Students

- **Hair** should be neat, trimmed, styled and kept out of the eyes. No extreme hair styles or colors will be allowed; no designs or stripes, skater cuts, or single strands of long hair. Boys' hair must be off the collar. Girls' hair must be neatly contained—plain barrettes may be worn if kept conservative. No bleaching, coloring, spiking, or other embellishment of hair is allowed: no extensions, feathers or beads are permitted.
- **Shirts** must be tucked in.
- **Dress shorts** may be worn from May 1 through September 30, including on Friday mass days. The Principal may designate other days.
- **Shoes**—high heeled shoes, shoes with platforms, and boots are **not** permitted to be worn in school (if boots are worn to school, the student must bring appropriate shoes to change into). Backless or open toed shoes or sandals may **not** be worn in school. Gym shoes or dress-down-day sneakers should have non-marking soles. No wheeled shoes are permitted. NO athletic shoe is acceptable as a dress shoe.
- **Jewelry** may be worn sparingly. A single necklace and bracelet may be worn. Small post or small hoop earrings are allowed for girls (one set only, one in each ear). Boys may not wear earrings. No other costume jewelry is permitted.
- **Makeup**—girls may wear clear or light colored, neutral nail polish. Middle school girls may wear light, natural makeup.
- **ALL tops** must be plain in style, with no logos or trim.
- **ALL shorts, skirts, jumpers and skorts** must be between fingertip- and knee-length. Girls are encouraged to wear shorts, tights, or solid color navy blue or white leggings under skirts or jumpers.
- **Cargo style** pocketed pants / skirts / shorts are **not** acceptable.
- **Sweaters**, when worn, must be worn with a collared shirt.
- **Spirit wear** may **NOT** be worn on Mass days. Spirit T-shirts are **NOT** acceptable as a uniform shirt.
- Clothes are to be kept clean and in good repair, and fit properly: i.e. not too tight or loose, not too short, and properly hemmed.
- **Gym class**—students in grades 5-8 are to bring a change of clothes to wear in gym class: comfortable, loose-fitting gym pants / shorts (longer than fingertip length) and a T-shirt with no inappropriate writing or pictures. All students need athletic shoes for gym class: non-marking soles are mandatory. On gym day, students may wear plain, **solid navy** gym clothes to school as described under "Gym Day Uniform."
- **Tattoos** or simulated tattoos are always unacceptable.
- **"Dress Up" days**—occasionally days are designated "dress up"—often, if students are participating in a field trip to a concert or play. Clothing should be neat, conservative, and appropriate "Sunday best." Pants and dresses or skirts must be tailored and appropriate length (between fingertip- and knee-length for skirts). Blouses and shirts must be collared and have modest necklines. Dresses and tops must **not** be sleeveless (unless there is a jacket worn over them). Uniform shoes or similar dress shoe. Students' regular school clothing may be worn on "dress up" days.
- **"Dress Down" days**—clothes should be neat and clean, with no holes, frays or patches. Sweaters, sweatshirts and T-shirts with appropriate slogans and designs are permitted. Shirts must have sleeves and modest necklines.
- **Field Trip dress code**—regular school uniform should be worn unless teacher specifies otherwise (for such experiences as going to the zoo or a farm, or to the theater, for example) on the permission form.

Consequences for Dress Code Violations:

- **First offense**—written warning and replacement clothing from the "Blue Room"
- **Second offense**—replacement clothing from "Blue Room" and must wear Mass uniform for two days
- **Third offense**—replacement clothing from "Blue Room," must wear Mass uniform for five days and loss of next "dress down" day.

Gym Day Uniform

On their gym day, students may wear an approved gym day uniform instead of the regular school uniform. They may arrive at school in the gym day uniform and wear it all day. (They may also opt to wear their regular school uniform on gym days.) The gym day uniform is as follows:

Tops

- **Plain navy t-shirt:** long sleeve or short sleeve
- **Spirit wear t-shirt:** long sleeve or short sleeve with current school logo
- **Plain navy sweatshirt / hoodie**
- **Spirit wear hoodie** (with current school logo)

Bottoms

- **Shorts**—may be worn only May 1-September 30. Outside of that, students may wear their shorts under their pants to school (and wear just the shorts for gym).
- **Socks** must still be white, navy or black.
- **Gym shoes** remain the same—must have **non-marking soles**.
- **Spirit wear** is available through school approved vendors. (Watch the school newsletter or check the school website for ordering information.)

The following items are acceptable for the gym day uniform and can be purchased through French Toast (see the school website for links):

- Fleece sweatpant #1605 in navy
- Fleece jogger pant #1608 in navy
- Heavy cotton tee #4105 in navy
- Short sleeve performance tee #4420 in navy
- Long sleeve heavy cotton tee #4106 in navy
- Closed mesh short #1682 in navy
- Heavy cotton crewneck sweatshirt #4111 in navy
- Heavy cotton hoodie #4110 in navy
- Heavy cotton full zip hoodie #4112 in navy

For some students, it may be a good idea to send a little bag with personal hygiene materials: deodorant, wipes, etc.

KEEPING OUR PROMISE
TO PROTECT
Child and Youth Protection



Protecting God's Children Workshop

Holy Cross Catholic Church

610 S. Water Street, Marine City MI 48039

Date: Saturday, August 20th, 2022

Time: 10AM-1PM

Gather in the Activity Center

What is Protecting God's Children Training?

Participants are taught to identify situations that could leave a child vulnerable, the signs that a child may have experienced abuse, the methods of sexual offenders and critical steps to help prevent abuse.

Who is required to attend PGC Workshops?

- All clergy working in the Archdiocese of Detroit
- All adult paid employees of Central Services, Parishes, and Catholic Schools
- All adult volunteers who have regular and/or unsupervised contact with minors

All participants must pre-register at www.virtus.org in order to attend the workshop. *The workshop begins promptly at 10am, no late arrivals will be permitted.*

Contact Person: Cassidy Johnson, religiousedolr@gmail.com/810-765-8300

Cross Country Coach's Notes: As we enter our 6th season of cross country in the Catholic League it's a privilege to have this coaching opportunity. Summer Conditioning is where we work on our fitness and get prepared going into the fall season of cross country. During the summer suggested days of running per week are 4-6 days. With one day a long run being anywhere from 3-6 miles. A second type of weekly work out should be some speed work (sprints).

Cross Country is hard work, requires mental fortitude, discipline, and belief in yourself. Give 100 percent. I will give 100 percent. Attitude is everything. We don't have time outs, breaks, half time etc. We endure. Encourage, help each other be their best. It's not just about one runner or two. The whole TEAM. Always compete.

Recommend the below as a guide only, modify to your liking and schedule. After school begins I will get a schedule out for you on practice dates and time. (Usually right after school in the park)

I will send a note to the school on days during the summer that I can meet at the park for some conditioning as well, more to follow.

Warmups & Cooldown

Every practices start with warmup of various exercises and or a short ½ to ¾ mile warm-up run, at your own pace.

Example only below:

Monday: 3-5miles easy (conversational pace)

Tuesday: 1-3miles (10-25 Mins run (speed, fun drills)

Wednesday: 2-4miles easy/moderate

Thursday: 3-5miles hills easy

Friday: 3-5miles easy

Saturday: Longest run of week.4-7miles

Sunday: Rest/spiritual mind and body

- **Inform me if you have any injuries, pain etc.**
- **Bring water and go fasters (running shoes)**
- **Bring your motivation**
- **Bring a positive attitude.**
- **Encourage and support your team mates/friends at all times!**
- **Be on TIME for Practice and Pickup.**

Remember when you have done your best to run as fast as possible in the race is what counts, don't worry about place, but giving 100% of your best.

Matthew D. Zammit