



HOLY CROSS ACADEMY



Course of Studies 2010-2011

Academic Philosophy

“A good school provides a rounded education for the whole person. And a good Catholic school, over and above this, should help all its students to become saints.”

-Pope Benedict XVI

Holy Cross Academy exemplifies the model of the independent Catholic schools movement, which is founded in the call of the Second Vatican Council and Pope John Paul II, that the laity uses its own unique resources to bring Christ’s message to the world. The entrepreneurial spirit of Holy Cross Academy allows it to implement various models of education, from both traditional and innovative sources, to reach its goal of educating the whole person - body, mind, and spirit.

Holy Cross Academy has adopted an educational curriculum which is Catholic and founded in the Liberal Arts, including traditional and classical elements. All teaching is permeated and strengthened by the teaching of Jesus as handed down by the Apostles through the Catholic Church.

Learning must take place in an ordered, supportive and positive environment. To achieve this, teachers and administrators insist on attentiveness and respect from students while encouraging active student participation in the classroom. A student code of conduct and dress helps young people to respect the noble task of learning, while not diminishing from the more dynamic elements of education.

Students are challenged to reason logically and develop an ethical framework for their future lives as men and women of faith, informed citizens, and responsible adults. As Pope Benedict XVI stated, “Without rules of conduct and of life, validated day in and day out even in the smallest things, character is not formed and one is not prepared to face the trials that will not be lacking in the future.” (*Letter to Romans on Education, 2/6/08*).

Teachers are also keenly aware that the Academy’s Catholic identity should be evident not only in religion classes, but also in every academic, art, physical education, and technology class. Through that unique correlation, students learn to develop as rational and spiritual beings as they become more enlightened in the truth that unifies all subject matter.

In history classes, the influence of the Church and of its saints and leaders is incorporated into the human story of civilizations and the concepts of governments. The synchronization of the axioms of science with the truths of theology is portrayed as the teacher links faith with reason. The glorious traditions of Catholic literature, art, and music are experienced daily in English language study and artistic endeavors. The absolute truths of mathematics reflect the absolute truths of the Faith, and the logic practiced in those classes makes a lasting impact on developing minds. The Catholic underpinnings of Romance languages reveal to students the religious culture they share with other lands and peoples. Physical education and sports programs teach a respect for the body/soul relationship and the discipline required both for the playing field and in everyday life.

Holy Cross Academy students strive for excellence according to their own individual abilities as teachers work to draw out those abilities to their fullest measure. In an atmosphere of concern and friendship, the faculty and staff establish a partnership with parents, the primary educators of their children. The strength of this school-home linkage is a vital element in achieving the overall goal of development of the truly human person, destined to share, through knowledge and love, in God’s own life. (cf. *Catechism of the Catholic Church, # 356*)

The accomplishments, as well as the spirit of joy, exhibited by the young men and women of Holy Cross Academy attest to the worthiness of the school’s ideals and to its hope for the future.

Graduation Requirements

CREDITS REQUIRED		
Courses	Regents Diploma	Advanced Regents
English	4.0	4.0
History	4.0	4.0
Math	3.0	3.0
Science	3.0	3.0
Health	0.5	0.5
Art/Music	1.0	1.0
2 nd Language	1.0	3.0*
Physical Ed.	2.0	2.0
Additional Electives	3.5	1.5
Religion†	(4.0)	(4.0)
TOTAL	22	22

Notes:

*If available, 5 credits in Career/Technology Education or the Arts may be substituted for the Language Sequence

†Religion credits are requirement of Holy Cross Academy graduation and not of the New York State Regents/Advanced Regents Diploma. For that reason, they are not included in the total credits required for either diploma.

Curriculum Outline: Junior High

7th Grade

<u>Subject</u>	<u>Course</u>	<u>Credits</u>
English	General Literature & Grammar	-
Fine Arts	Choir/Instrumental, General Music, General Art	-
Mathematics	General Math	-
Phys. Education	Gym	-
Religion	The Life of Grace	-
Science	Life Science	-
Social Studies	United States & NY History	-
Spanish	Spanish I	1.0

8th Grade

<u>Subject</u>	<u>Course</u>	<u>Credits</u>
English	General Literature & Grammar	-
Fine Arts	Choir/Instrumental, General Music, General Art	-
Latin	Introduction to Latin	-
Mathematics	General Math	-
Phys. Education	Gym	-
Religion	Our Life in the Church	-
Science	Physical Science	-
Social Studies	United States & NY History	-
Spanish	Spanish I/II	1.0

Curriculum Outline: Senior High

**Indicates credited elective*

Freshman

<u>Subject</u>	<u>Course</u>	<u>Credits</u>
English	English Language Arts I	1.0
Fine Arts	Studio Art / Choir*/ Instrumental*	1.0 / 0.5
Mathematics	Integrated Algebra	1.0
Phys. Education	Gym	0.5
Religion	Religion I	1.0
Science	Earth Science	1.0
Social Studies	Global History I	1.0
Spanish	Spanish I/II*/III*	1.0

Sophomore

<u>Subject</u>	<u>Course</u>	<u>Credits</u>
English	English Language Arts II	1.0
Fine Arts	Art* / Choir*/ Instrumental*	0.5
Mathematics	Geometry	1.0
Phys. Education	Gym	0.5
Religion	Religion II	1.0
Science	Biology	1.0
Social Studies	Global History II	1.0
Spanish	Spanish I/II*/III*	1.0
Technology	Introduction to Computers*	0.5

Junior

<u>Subject</u>	<u>Course</u>	<u>Credits</u>
English	English Language Arts III	1.0
Fine Arts	Art* /Choir*/Instrumental*	0.5
Mathematics	Algebra II & Trigonometry	1.0
Phys. Education	Gym	0.5
Religion	Religion III	1.0
Science	Chemistry	1.0
Social Studies	American History	1.0
Technology	Computer Graphics* / Video Production*	0.5 / 0.5

Senior

<u>Subject</u>	<u>Course</u>	<u>Credits</u>
English	English Language Arts IV	1.0
Fine Arts	Art* /Choir*/Instrumental*	0.5
Mathematics	Pre-Calculus / AP Calculus	1.0 / 1.0
Phys. Education	Gym	0.5
Religion	Religion IV	1.0
Science	Physics* / Health / Natural Science*	1.0 / 0.5 / -
Social Studies	Government & Economics	1.0
Technology	Video Production*	0.5

Course Descriptions

SOCIAL STUDIES

United States and New York State History (7)

This course deals with American history and geography from pre-Columbian times to the eve of the Civil War. Subjects covered include: the exploration and colonization of America; the Revolutionary War and the founding documents; the major figures and periods of early American history; and the political and economic issues facing the newly-formed nation. The role of the Catholic Church is intertwined with the events studied.

United States and New York State History (8)

The study of American history and geography continues from 1860 to the present day. The course covers topics such as: the Civil War and Reconstruction; the Industrial Age; World War I; World War II; the Civil Rights movement; and current political and social issues. The role of the Catholic Church is intertwined with the events studied.

Global History I (9)

This course is a topical and chronological approach to history beginning with the origins of societies and civilization up to the present time. Students are introduced to the tools and methods of the historian, the geographer, the economist, and the political scientist. They will concentrate on Western Civilization, past and present, with the view that Jesus Christ is the focal point of history. Where applicable, they will look at the role of the Catholic Church in the events that shaped world history.

Global History II (10)

This course is a topical and chronological approach to history beginning with the Classical Age up to the present. It focuses on the cultures of Africa, Asia, and the Near East as it bridges between the events of history occurring in Western Civilization. Global economic trends and global issues of the twentieth and twenty-first centuries will be studied. As in the

previous course, Jesus Christ and the impact of His Church in history are stressed.

Students are required to pass the New York State Regents Examination in Global History II.

United States History & Government (11)

Beginning with ancient Native American, European and African history, this course follows influences these cultures had on the early Atlantic-American world. European colonization, growth of the American colonies, the American Revolution and the founding documents are studied. The events and influences affecting the United States, up to the present day, are presented in historical order, with an emphasis on the nation's political, social and economic development. The influence of the Catholic Church is included throughout the study of the various eras of American history.

Students are required to pass the New York State Regents Examination in United States History & Government.

Government (12)

This first-semester course prepares the student to be an effective and intelligent citizen. It looks at United States government in a global context and studies its unique commitment to liberty. Students are led to understand how the US Constitution and political system work and the ways they affect everyday life. Church documents concerning government and basic human rights are explored.

Economics (12)

The purpose of this second-semester course is to explain the roles of consumers and producers in everyday life, to explore the basic questions that every nation's economic system must answer, to show how money, goods, and services flow to and from different groups, and to explain what money is and why it has value. The roles of consumers, businesses, and governments are studied with relation to their economic impact. The most important economic issues that the United States is currently experiencing are also looked into. A major component of the class is

the study of Church documents concerning labor, the dignity of workers, and various economic systems.

MATHEMATICS

Math 7 (7)

This course first focuses on the addition, subtraction, multiplication and division of integers, fractions and decimals. Students move to an introduction to Algebra: equations, like terms, exponents, variables and square roots. Geometry, coordinate geometry, statistics probability, combination and permutations, the properties of real numbers and percentages are also covered.

Math 8 (8)

Topics from the seventh grade math course are expanded upon in greater detail. Students continue on to numerical trigonometry (sine, cosine, tangent) and the simplification of radicals. The course also prepares students for the New York State Math Assessment.

Integrated Algebra (9)

The algebra content strand includes linear equations in one variable, quadratic functions with integral coefficients and roots, as well as absolute and exponential functions. Coordinate geometry is integrated into the investigation of these functions. Problem situations and strategies used for problem solving are presented. Data analysis and an understanding of correlation and causation are included, as well as problem situations requiring right angle trigonometry and elementary probability theory.

Students are required to pass the New York State Regents Examination in Integrated Algebra.

Geometry (10)

In this course, students make conjectures about geometric situations and prove that their conclusions follow logically from their hypotheses. An integrated approach is employed, including congruence and similarity of triangles, transformations such as rotations, reflections, translations, and glide reflections, as

well as coordinate geometry are used to verify geometric relationships. Properties of triangles, quadrilaterals, and circles, and the use of compass and straightedge assist in these investigations.

Students are required to pass the New York State Regents Examination in Geometry.

Algebra II & Trigonometry (11)

This course is the third component in the sequence of mathematics courses and is an extension of the two courses preceding it. Students continue to develop algebraic techniques and alternative solutions strategies and algorithms. The number system is extended to include imaginary and complex numbers, the families of functions are studied including polynomial, absolute value, radical, trigonometric, exponential, and logarithmic functions, and problem situations involving direct and indirect variation are proposed for solution. Algebraic techniques are developed to facilitate rewriting mathematical expressions into multiple equivalent forms. Binomial experiments will provide the basis for the study of probability theory, right triangle trigonometry will be expanded to include investigation of circular functions, and problem situations requiring the use of trigonometric equations and identities will be investigated.

Students are required to pass the New York State Regents Examination in Algebra II & Trigonometry.

Pre-Calculus (12)

This course covers solving and graphing polynomial, radical, exponential, and logarithmic functions and expands on basic trigonometry by including graphing trigonometric functions, proving identities, applying trigonometry with the Law of Sines, Law of Cosines, and area of the triangle. Graphs and inverses of trigonometric functions, polar coordinates and complex numbers, and properties of derivatives are studied. Conics include algebraic forms, vocabulary and graphs, real numbers and the Cartesian plane, as well as linear, absolute value, greatest integer, and piecewise functions. Trigonometric applications cover angles, translation of axes, tangents and normals to the conic section.

AP Calculus (12)

This course includes a brief review of the previous mathematics courses and continues with representation of functions in a variety of ways: graphical, numerical, verbal. The meaning of the derivative in terms of a rate of change and the use of derivatives to solve a variety of problems is presented. Students determine the meaning of the definite integral and its relationship to the derivative as expressed in both parts of the Fundamental Theorem of Calculus. The final examination in this course is the College Board AP Calculus Exam. Students who score 3-5 on that exam may receive college credit.

SCIENCE

Introduction to Life Science (7)

This course serves as an introduction to Biology. The year begins with a study of basic biochemistry followed by cellular structure and function. The course then covers both Mendelian and modern genetics. Evolutionary biology and ecology are then woven together as the logical follow up to the genetics unit. The year ends with a taxonomy unit which covers all five kingdoms in moderate depth.

Introduction to Physical Science (8)

In this course, students are introduced to the basic principles underlying the study of Chemistry and Physics. The Chemistry portion of the class focuses on atomic structure, isotopes, elements, compounds, phase changes, mixtures, chemical formulas, oxidation numbers, categories of chemical reactions and an introduction to the periodic table. The Physics portion of the class deals with basic mechanics (Newton's laws, motion and forces), energy, waves and electricity.

Earth Science (9)

This course examines various properties of the earth covering the dynamics, composition, atmosphere, and history of our planet. Climate variability, water and energy cycles, atmospheric processes, the earth's surface and internal

processes (landforms, plate tectonics, rocks and minerals) and the earth in space are all topics for study. Students learn the concepts associated with each unit from both lecture and lab environments.

Students are required to pass the New York State Regents Examination in Earth Science.

Biology (10)

Class instruction and laboratory investigations of this course cover the nature of life, ecology, cells, biochemistry, genetics and evolution. Regular assessments, laboratory experiments, and test practice prepare the student for the New York State Regents examination.

Students are required to pass the New York State Regents Examination in Biology.

Chemistry (11)

In this course, the student is introduced to the science of matter, its properties and changes, elements, subatomic particles, atomic mass, isotopes, and ions. The units on stoichiometry cover formulae, ionic compounds, the mole, chemical equations, classification of reactions, and quantitative relationships. The course proceeds to gases, thermodynamics, light, electrons and atomic structure. Classification of elements introduces the periodic table. Chemical bonds, nonmetals, metals, and semimetals are studied. As an application of the foundational truths, solutions, colloids, kinetics, equilibrium, acids, bases, and salts are explored. An introduction to oxidation-reduction reactions, electrochemistry, and both nuclear and organic chemistry complete the study of this topic. Laboratory experiments are interspersed throughout the year.

Students are required to pass the New York State Regents Examination in Chemistry.

Health (12)

This course studies human growth, cardiovascular and respiratory systems, exercise, healthy eating, first aid, and the dangers of alcohol and drugs. Students learn the interconnection between mind, body, and spirit and their duty to protect and develop them as gifts from God.

Physics (12)

This elective course combines a conceptual and a mathematics-based approach to the study of the fundamental ideas that underlie all basic and applied sciences. Topics include measurement, motion, vectors, work and energy, momentum, collisions, rotational motion and equilibrium. Sound and light, including refraction and diffraction, follow. The course is continued with a study of electric forces and fields, energy and capacitance, currents, circuits, and magnetism. The final investigations cover atomic and subatomic physics. Laboratory experiments are interspersed throughout the year.

Students may choose to take the New York State Regents Examination in Physics.

LANGUAGES

English Language Arts (7)

Through exposure to different types of literature, students will be able to: read and critique various genres of literature; respond to literature in written and oral form. Students will read and listen to short stories, poetry, novels, drama and nonfiction works while defining and analyzing literary terms. Building confidence in oral presentations will be introduced. Significant time will be spent on improving the conventions of English through writing in various formats and vocabulary enhancement.

Writing Lab (7)

Students are introduced to the various modes of writing through model papers consistent with New York State (NYS) standards. Through the six traits of writing program, students analyze and discover how experienced writers achieve results by planning, organizing, writing, assessing, and revising their own work. Fundamental skills in the following areas are also covered: listening and writing response; response to various types of literature, organization of ideas, basic research, and correct use of conventions.

English Language Arts (8)

In eighth grade, the skills from seventh grade English are continued in enhanced form. Students are also prepared for the NYS ELA assessment. The exam assesses skills in listening, reading and writing for understanding. Standard English conventions are strengthened. Students analyze genres of short fiction, novels, drama and poetry. *The Iliad* and *The Diary of Anne Frank* are two examples of extended study. Students continue to provide writing samples in the following modes: persuasive, expository/informational, compare/contrast, narrative and creative. Vocabulary enhancement is continued.

Writing Lab (8)

Students continue to produce writing samples in the various modes consistent with NYS standards. To prepare for the NYS ELA assessment, the course covers enhanced listening and writing response, response to various literature genres, composition writing, research reports with proper bibliographies and formal use of correct conventions.

English Language Arts (9)

Ninth graders continue to explore in depth the following literary genres: short stories, poetry, Greek literature (*The Odyssey*), drama (*Romeo and Juliet*), and the novel (*Great Expectations*). Students will produce longer essays building critical thinking and research skills. Improvement in English conventions continues and time is spent on structured vocabulary, along with preparation for the Regents exam, given in the junior year.

English Language Arts (10)

The student continues studies as in Grade 9 with a further development of grammar and writing. Theses and supports for composition, as well as reference tools and bibliographic form, are stressed. A longer research paper is required. Selections from World Literature are read, including various genres listed above and their interpretation.

English Language Arts (11)

Preparation for the New York State English Language Arts Regents Examination is an objective of this level, which includes oral presentations, more advanced writing techniques, and continuation of grammatical skills. Reading emphasis is on classic American literature of all genres, along with literary analysis.

Students are required to pass the New York State Regents Examination in English Language Arts.

English Language Arts (12)

Critical reading and literary analysis are continued, with a focus on the great literary works of British Catholic and secular literature. Writing, research, oral discussion, and public speaking are stressed. Students are prepared for the language component of the SAT examination for college entrance.

Introduction to Latin (8)

After one year of Spanish, students take a step back in time and study the language at the root of so much of our vocabulary: Latin. By the end of the course, students know how to conjugate verbs and decline nouns, have a better understanding of sentence structure and parts of speech, and have memorized several Catholic prayers in Latin. Students learn study skills and organization by making their own dictionaries with Latin vocabulary words, and learning English derivatives of these words.

Spanish I

This introductory course covers basic Spanish language, including greetings, alphabet, numbers, days and seasons, weather, and words necessary for use in various everyday situations, such as eating, traveling, corresponding, and describing people and places. Structures include infinitives, present tense, pronouns, definite and indefinite articles, contractions, negatives, and elementary irregular verbs. Language elements of listening, speaking, reading, and writing are stressed. The culture of Spanish-speaking neighbors, Mexico and Puerto Rico, is explored.

Spanish II

An extensive course at the intermediate level covers increased vocabulary and structures,

including direct and indirect pronouns, stem-changing verbs, reflexive verbs, past participles, and the preterit, imperfect, and future tenses. An introduction to the subjunctive mode and the culture of numerous Spanish-speaking cultures is presented. Further speaking and writing are encouraged with an emphasis on personal responses.

Spanish III

Students continue in this upper level course dealing with additional vocabulary, paragraph writing, and culture as preparation for the New York State Regents examination. Structures include imperative, irregular preterit, direct and indirect complements, imperfect subjunctive, conditional, future perfect, and passive voice. Extensive original writing is stressed.

Students taking this course are required to pass the New York State Regents Examination in Spanish III.

THEOLOGY

Our Life in the Church (7)

This course helps students to treasure the sacraments as indispensable to a full Christian life of love and truth, and aims to understand both how grace works and its relation to practicing the virtues, and to appreciate our gifts of reason and faith.

The Life of Grace (8)

In this course, students come to know and love the Church as Christ's Body and respond to the teaching of the Magisterium as the sure voice of Jesus, so that they may be strengthened through their lives in the Church to face the confusion and secularism of modern-day society.

Religion I: Catholicism & Reason (9)

This course examines the reasonableness of the Catholic faith and covers such topics as the existence of God, creation, the divinity and humanity of Christ, revelation, the authenticity of the Scriptures, the passion, death, and resurrection of Jesus, the establishment and infallibility of the Church, and the place of Mary

in Catholicism. The practices and traditions of the Church are also included.

Religion II: The Catholic Life (10)

The impact of Catholicism on the life of the individual is studied, with an emphasis on the living out of the Ten Commandments and the Sermon on the Mount. The scriptural basis of the sacraments of the Church and their place in the spiritual life of the person are explored. Eschatological implications of here-and-now actions are explained.

Religion III: God Calls Us (11)

The sense of vocation, the mystery of God, and the relationship of man to God make up the main content of this course. Students examine various doctrines of the Faith and learn to explain and defend them. Using Scripture and documents of the Church, students learn to write reasonable and documented theses to support what they believe. A close relationship with Jesus and final union with God in heaven are seen as the goals of religious knowledge and belief.

Religion IV: Catholic Morality (12)

This course emphasizes the moral aspect of living as a Catholic. Grace and virtue are seen as the basis for morally right actions, and ethical questions concerning life issues and Catholic responsibility are explored. More advanced applications of such principles as that of double effect, the determination of a just war, the moral questions related to various economic systems, and current sexual moral problems are discussed.

FINE ARTS

General Art (7)

The general art program offers exploration of a variety of techniques and media in drawing, painting, and crafts. Two-dimensional and three-dimensional projects challenge students to solve design problems while promoting creative solutions. Students study the art methods of various historical periods and different cultures.

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Studio Art (9)

This introductory course in visual art is designed to expose students to the nature, function, and techniques of various art forms. It includes a study of the elements and principles of art as well as an overview of historical art periods and the artists who exemplified those eras. Students are encouraged to explore creative techniques and to acquire skills in various media such as paint, pencil, pastels, cut paper, collage, clay and other available materials. Other projects include papier-mâché, linoleum block cutting, and clay modeling. Completed work is critiqued by the student and teacher with a view to understand and improve its quality.

The following courses are half-credit elective courses that are offered in Sophomore, Junior and Senior year in an annual rotating sequence:

Creative Crafts

Students are introduced to the fundamentals of three-dimensional design through the creation of crafts in various materials. Projects vary from year to year in this course and may include three-dimensional paper designs, quilling, plaster relief, sand and ice candle-making, tile designs, reed weaving, and pottery.

Drawing & Painting

This course builds upon the principles and techniques acquired in Studio Art. Students are exposed to a variety of drawing and painting experiences that challenge their abilities and encourage them to develop a personal technique. Use of pencil, charcoal, pastel, and pens, as well as watercolor, oil, and acrylic paint are explored.

Sculpture & Ceramics

A variety of sculptural techniques in three-dimensional free-standing formations, both representational and non-representational, are

offered to the student using traditional and non-traditional materials. The Ceramics component includes various pottery and ceramic techniques and methods, including sgraffito, throwing clay on the wheel, glazing, and kiln firing.

General Music (7)

Students learn basic music theory to aid them in sight-reading music, including pitch notation, finding notes on a keyboard, rhythm and time signatures, major scales and key signatures, intervals, and sol-feg syllables, so that they can more readily participate in Choir. Other activities include a study of famous classical composers, listening to and discussing music compositions, and discussing the importance of music in the Catholic liturgy.

Choir

This course is *required in seventh and eighth grade* and is *optional for all other students*. Through rehearsals and performance, students develop their vocal abilities, sight-singing skills, and harmonization techniques. The choir studies a wide-ranging repertoire from both sacred and secular sources, from Gregorian Chant to modern jazz. Choir members prepare and lead hymns at school Masses. Study culminates in major concerts and other public performances and competitions which are scheduled throughout the year. Students with more advanced musical ability may audition for smaller ensembles, such as Select Choir, Chant Schola, Men's Ensemble and Women's Ensemble.

Instrumental

Students may choose to receive weekly instruction in a variety of musical instruments. A combination of lessons and diligent practice prepares them for solo or band performance. Study culminates in major concerts and other public performances which are scheduled throughout the year.

PHYSICAL EDUCATION

Gym (7-12)

Through this course, students engage in activities that include competitive sports, physical calisthenics, and games that require mental concentration and strategic skills. Students acquire a greater appreciation for teamwork and leadership while learning good habits of physical fitness.

TECHNOLOGY

Introduction to Computers (10)

This class includes basic terminology, keyboarding, input/output, hardware/software, Internet, PowerPoint, and Microsoft Office XP. Students are guided through use of various programs that supplement other courses. Those who become proficient in this course may proceed to the Advanced Computer class that introduces more complex programs and projects.

Computer Graphics (11)

This course concentrates on design programs that enable the student to create flyers, CD jackets, brochures, posters, and other artistic representations for printing. Students research a problem and use various programs to design a functional piece in multiple categories. Credit for this course may be applied to the sequence in art.

Video Production (11/12)

Through this year-long course, students take a hands-on approach to the basic techniques of producing, directing, and editing videos. They plan and execute the production of short films. Completed work is critiqued by the student and teacher with a view to understand and improve its quality.

EXTRA-CURRICULAR

*Extra-curricular activities, courses and/or clubs are offered or added based upon student interest. Students must maintain at least a C (70%) overall average and not have a failing grade in order to be eligible for sports teams and other activities. A student who meets these requirements but whose grades are slipping may be denied eligibility if a teacher recommends it. Ineligible students may regain eligibility by meeting this standard for one marking period. It is emphasized that participating in extra-curricular activities and representing Holy Cross Academy in any way is a privilege. **This list reflects the extra-curricular offerings for the 2010-2011 Academic Year.***

Archery

This activity teaches the skills necessary to become a proficient and responsible target archer. Instruction is given on proper form, safety, and minimizing shooting mistakes. Students may compete in local archery tournaments.

Athletics

Holy Cross Academy teams compete in the North Country Athletic Conference in the following sports: Basketball (B/G), Soccer (B/G), and Softball (Co-ed). Special emphasis is placed on teamwork, personal development, effort, Christian behavior and sportsmanship.

Drama

This activity encompasses both acting and theater production. Basic acting techniques are covered, including character development, blocking and theater etiquette. Students are selected for character roles through an audition process, or may choose to participate as stagehands and production crew. Productions range from skits and short plays to full-scale musicals, comedies or dramas.

Robotics

With a grant awarded through the National Defense Education Program, students can now form a *FIRST* (For Inspiration and Recognition of Science and Technology) Lego League Team and will have opportunities to participate in regional robotics competitions. Participants can also qualify for college scholarships. In 2010, the *FIRST* Program qualified students for over \$11 million in college scholarships.

Ski Club

Students travel to Woods Valley Ski Area, located near Rome, NY. Skiing and snowboarding lessons are offered.

Student Council

The Student Council is a school government body comprised of annually elected student officers and class representatives. This leadership privilege requires members to exemplify proper student conduct, maintain high academic standards and readily serve others. The Council plans and organizes social events, fundraisers, and school spirit activities. The Council also collaborates with the school Administration to improve various aspects of student life.

Yearbook Committee

This committee is open to senior students, who will execute all aspects of production of the school yearbook. They decide on a theme, create layouts, submit copy, and sell advertising for the publication. Final edited layouts and copy are submitted and sent out for printing.

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“WITH GOD ALL IS POSSIBLE”

STUDENT PROGRAMS

Guidance

The Guidance Office functions to prepare students for college and career possibilities. The office administers the PSAT /NMSQT exam to the sophomore and junior classes; assists students with the college application and financial aid processes and informs students about available scholarships; and helps students to prepare and register for the SAT exam. The Guidance Office also schedules visits to local businesses and organizations for students to learn more about possible career interests.

Junior Achievement

JA Careers with a Purpose introduces senior students to the importance of seeking careers that help them realize their life potential and noble purpose. The program demonstrates the importance of positive values, life maxims, and ethical decision-making within the context of career and life decisions. The *NEFE Financial Planning Program* personalizes learning so that students can immediately begin to apply learned financial skills in their own life. Students develop personal and practical saving, budgeting and investing plans.

Study Hall

Monitored study periods are provided throughout the week for all students to complete homework assignments or prepare for upcoming coursework. Students study quietly and independently and are allowed to form study groups with the permission of the study hall monitor. Study halls allow students to work in a quiet and focused atmosphere and reinforce essential study habits.

Student Code of Conduct

A Holy Cross Student:

- 1) Shows love of God and love of neighbor in speech and actions.
- 2) Is quiet, respectful and attentive in class.
- 3) Is conscientious in performing schoolwork and other duties.
- 4) Respects the property of the school and of others.
- 5) Takes responsibility for his or her actions and makes restitution for damages.
- 6) Observes dress and conduct rules as stated in the handbook and verbally conveyed by teachers and administrators.
- 7) Lives a morally upright life at home, in school, and in the church and civic communities.