
Email Success Notification: Holy Cross Parent and Family Newsletter

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Fri, Jul 12, 2024 at 5:05 PM

Dear Administrator,

Your **PFE - Incoming July 12** campaign was sent on 07/12/2024 around 4:05 PM CST. This email was sent to 1412 recipient(s).

Below is a copy of the message your recipients received.



Imaged above is the Hogan Campus Center Outdoor Oval (commonly called the Hoval). This outdoor space is a favorite among students when the weather is nice for socializing, lounging, playing lawn games, and studying.

Greetings, families,

As students pursue academic and personal excellence at Holy Cross, they are encouraged to access a multitude of resources that will help them tend to their wellbeing and become thriving

adults. In this newsletter, learn about key offices that support this work. Students also have several approaching deadlines, so be sure to check out the upcoming deadline reminders!

MENTAL HEALTH AND WELLBEING

STUDENT WELLNESS EDUCATION

The Office of Student Wellness Education (SWELL) supports students in their wellness journey – mind, body, and soul – so they can thrive during their time at Holy Cross. They strive to help students feel empowered to make the best decisions for themselves and cultivate behaviors that contribute to sustainable, life-long wellbeing.

As you prepare to send your student to campus this fall, they encourage you to have some important conversations with your student. Research shows that parents and families hold significant influence when it comes to their college student's choices around alcohol and other drug use. Parents have the ability and opportunity to shape their student's choices at college by having conversations that are open, informed, direct, and ongoing throughout their time as a student. [Watch this brief video](#) where Liz Drexler-Hines and Joy LaGrutta of the Office of Student Wellness Education talk more about these important conversations. For more family resources, visit the [SWELL website](#).



[Watch Video](#)

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

At Holy Cross, we have a team of licensed mental health professionals in the Office of Counseling & Psychological Services (CAPS) whose goal it is to support students as they negotiate their transition into adulthood. It's normal for students to encounter a variety of challenges during college. The CAPS clinicians offer a range of psychological services to meet the mental health needs of students.

To learn more about the many ways the campus supports student mental health, [visit their website](#) or join our upcoming webinar "From the Hill to You: Student Mental Health" on **Tuesday, Aug. 6 at 7:30 p.m. ET.**

[Register](#)

CAMPUS RECREATION

The mission of the Office of Campus Recreation (located in the Joanne Chouinard-Luth Recreation & Wellness Center - "The Jo") is based on the Jesuit ideal of Cura Personalis, having concern and care for the personal development of the whole person. The office supports students in the exploration of recreational interests by offering a wide range of recreational activities through competitive, instructional, informal, and recreational leadership opportunities. Activities vary in level of commitment and include club sports, intramurals, and group exercise classes; focusing on strength, cardio and mind/body. [Learn more](#)



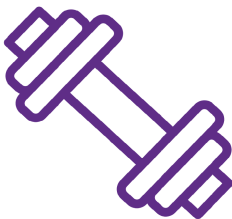
Facilities

There are two fitness centers on campus: The Jo and the Loyola Fitness Studio. They both feature cardio and strength equipment. The Jo also offers gymnasium courts, an indoor track, and spin and multipurpose studios.



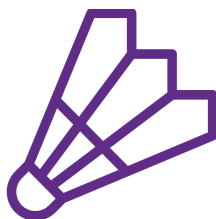
Fitness Orientations

Fitness orientations are a great way for students to become familiar with working out. They include a tour of the facilities and guidance on how to use the weight machines and cardio equipment and are very much catered to each student's interests.



Group Fitness Classes

A wide array of free classes are offered including yoga, cycling, pilates, and strength training. Instructors lead students through a workout catered to their fitness level and provide a fun, effective and easy-to-follow workout.



Open Recreation

Open Rec is available daily to allow for drop-in, casual play. Activities vary from basketball to volleyball, pickleball, and badminton. No experience is needed and equipment is available to borrow at the welcome desk.



Intramural Sports

Intramural sports offer the opportunity for short-term, low commitment sports leagues among Holy Cross students. A season typically lasts for 4-6 weeks, and each team plays one game per week. Students can register as a whole team, or as an individual and we'll help place them on a team.



Club Sports

Club sports are student-run organizations that not only offer practices and competition around a common interest in a particular sport, but also offer leadership development opportunities. When in season, clubs usually practice a couple times a week and compete against other college's club teams on the weekends. A list of current clubs can be [found online](#).

UPCOMING EVENTS

"FROM THE HILL TO YOU: PREPARING TO LIVE ON-CAMPUS"

Monday, July 29 | 7:30 p.m. ET

As the arrival to campus approaches, students and their families are invited to join us to learn more about what to expect while living in the residence halls. Staff from Residence Life and Housing, and Gateways Orientation, will help prepare you for what to expect from move-in and students' first few weeks on the Hill.

[Register](#)



Past webinar recordings can be found [here](#).

HC CONNECTS

HC CONNECTS: VIRTUAL (FAMILIES)

Tuesday, July 23 | 8 p.m. ET

Parents and guardians are invited to join us for this virtual gathering. Participants can connect in small break-out rooms and have a chance to ask questions of current Holy Cross parents!

[Register by July 18](#)

OTHER KEY INFORMATION

MICROFRIDGE RENTALS

[Collegiate Concepts](#) is an approved vendor for students to rent a micro-fridge (one unit appliance with microwave and mini fridge in one). They will deliver the units to students' rooms prior to the start of the semester. If a student is instead looking to purchase a mini fridge (no microwave) keep in mind that the minifridge has to be smaller than 3 cubic feet.

A MESSAGE FROM HEALTH SERVICES

It is important for families to discuss with the students how they will manage their health while at College. Talk to your student about how they will obtain their regular medication while at school, what appointments they need to attend to keep up with their routine health needs, and what resources can help them on campus if they have any issues. Health Services medical providers review all incoming students' physicals and make note of chronic health conditions and medications, to ensure students receive appropriate medical care when coming to see us. Please make sure when uploading the required [medical forms](#), the physical exam has the most up-to-date information to help us care for your student!

Please note, the [Patient Portal](#) will be offline for important upgrades from July 19 to July 21. The portal will again be active on Monday, July 22. Students from most states will then be able to utilize Verivax to compile their childhood immunizations. If you have not yet submitted your immunization record, or are [missing any records](#), please log into the portal after July 22 and complete the Verivax form to request records from any states the student received vaccinations in.

COMING UP FOR STUDENTS

Just a reminder about these upcoming important deadlines for students. For a full listing of upcoming deadlines visit the [forms and action due dates](#) section of the incoming student website.

- Due **July 15**: Submit photo for student ID
 - Due **July 15**: Students with disabilities, submit accommodations
 - **July 16**: Course enrollment begins at 5:30 p.m. ET
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CONVERSATION STARTERS

- Which classes have you received? What remaining classes are you hoping to enroll in for the fall?
 - What do you imagine alcohol or substance use will look like for you in college?
 - Are there any medical appointments we need to schedule before you leave for school? Prescriptions we need to refill?
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Sincerely,
Cathleen Doane Cannon
Director of the Office of Parent and Family Engagement



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