



# St. Andrew's Regional High School ISLAND CATHOLIC SCHOOLS

880 McKenzie Ave  
Victoria, BC V8X 3G5  
Web: [www.standrewshigh.ca](http://www.standrewshigh.ca)  
Email: [sarhs@cisdv.bc.ca](mailto:sarhs@cisdv.bc.ca)  
Tel: 250-479-1414  
Fax: 250-479-5356

**Principal:** Glen Palahicky  
[gpalahicky@cisdv.bc.ca](mailto:gpalahicky@cisdv.bc.ca)

**Vice Principal:** Ciaran McLaverty  
[cmclaverty@cisdv.bc.ca](mailto:cmclaverty@cisdv.bc.ca)

**Mission Statement:** St. Andrew's Regional High School strives to develop Catholic-Christian values in students by openly stating and celebrating our belief in the values Jesus taught. Our commitment to excellence in education of the whole person guides our decision-making. Our goal is to provide each student with opportunities to gain the knowledge, skills and values necessary to respond to personal challenges with faith, hope, and love.

## Seeking Truth, Healing and Reconciliation



**November 24, 2022**



**From Mr. Palahicky**

Greetings,

These shortened weeks have been moving by quickly and the beautiful season of Advent will be here on Sunday to help prepare us for the great feast of Christmas.

In this season of giving we are challenging the students to be generous and compassionate by each TAG class preparing a hamper for those in need. Our kids are amazing! One example of generosity came to light a few days ago.

You might have heard that our school was vandalized by graffiti on the exterior gym wall. The police are still investigating; we don't think it was from any of our own students. What really impressed me and made me very proud to be here at St. Andrew's was the pride and respect shown by a number of students who stepped up and said, "how can we help clean this up?" That generosity of spirit, time and energy exemplifies school pride and deserves to be celebrated and highlighted. Well done Sabres, especially Griffin O'Neill, Ben Kelly, Simrith Purewal, Aaron Bernarte, Nathan Tam and Jacob Lagunilla.

May we all have, in this preparatory season of Advent, attitudes and actions that say, "How can we help clean this up?"



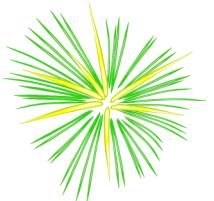
With Gratitude,  
Mr. Glen Palahicky, M. Ed  
Principal

### **From the Office**

Busy as usual on the home front, and grateful for all parents who take the time to inform the office when a student is out sick. There has been A LOT of illness going around for students and teachers, I have had the opportunity to meet many of our amazing teachers on call who have been doing their best to fill the gaps. We kindly ask that if your child is not feeling well please do not send them to school. Arrangements can always be made with teachers to make up assignments and tests. Email: [sarhs@cisdv.bc.ca](mailto:sarhs@cisdv.bc.ca) to let the office know if your child will not be in. Thank you!!!!

### **GRADE 8 RETREAT is COMING!!**

On **December 8th, 2022**, all grade 8 students will board the buses at 8:30am for a 'faith filled, fun, device FREE day at Camp Pringle. Students will return at 7:30pm to the Sacred Heart Parish parking lot on the hill above the school. Parents will need to pick up your child at this time. Parents if you have not signed a PINK Permission sheet yet, please contact Ms. Gilbert. Please email Ms. Gilbert if you have any questions—[rgilbert@cisdv.bc.ca](mailto:rgilbert@cisdv.bc.ca)



Retreat days for grade groups are part of the Religion program at St. Andrew's School. Many hours go into planning these days so please let the office know if you are not sending your child to school on this day.

### **A note from the Counselling Office...**

**Did you know that St. Andrew's has a Peer Tutoring Program?** Strong senior students volunteer to help grade 8 or 9 students who may need a bit of help with academic skills or habits during Focus blocks. If you would like more information about this, please contact Ms. Sanders ([msanders@cisdv.bc.ca](mailto:msanders@cisdv.bc.ca)) or Ms. Fowlie ([cfowlie@cisdv.bc.ca](mailto:cfowlie@cisdv.bc.ca))



## Mark Your Calendars:

November 24	PSG Cheese fundraiser ends
November 25	<b>No School</b> —Diocesan Faith Day
November 30	<b>5 block day</b> —Advent Mass & wreath, Feast of St. Andrew, Blue & White day
December 1	Poinsettia Pick up
December 2	Grade 7 Shadow Day / Celebration of the Arts
December 7	PSG Meeting 7pm
December 8	Grade 8 Retreat
December 9	Gr. 5 Activity Day with SPS and SJV guests
December 12	TAG door decorating
December 13	Gr. 9 Immunizations, Young Entrepreneurs Show
December 14	Advent Carol Service 7pm
December 15	Interim Reports / Locker Clean Up
December 16	<b>School Closes at Noon</b>



## SABRES SPORTS DEPARTMENT

We are still looking for a Jr girls basketball coach! Please email [lblair@cisdv.bc.ca](mailto:lblair@cisdv.bc.ca) if you are interested.

A big **CONGRATULATIONS** to our **Sr. Boys Vball** team who placed 3rd at the Island Championships!! Well done to Paul Eades and Hayden Chiew who received All Stars of the tournament! Also **big congrats to our swimmers**, Alex Camaraire, Rubin Lee, Jacob He and Ethan He who represented the Sabres well at the provincials in Richmond.

The **grade 8 boys** had a great basketball season. They faced some challenging teams and even though they didn't win all their games, they grew as a team and greatly improved by the end. Congrats to Liam Grange who hit a team high of 17 points in a game!!

The **grade 8 girls** standout game was a 3 point buzzer beater by Isabella Weeks! The girls had a tough season, playing many games against top teams but have learned so much from beginning to end. They head into the playoffs this Wednesday. Senior and Junior basketball for boys and girls have commenced. We are excited to start and we wish them all the best. The first games of the season start the week of Dec 5th. **GO SABRES!**



## From the SARHS Music Dept.

Thanks to all those who attended our Coffee House evening on Nov. 16th. It was a great success! Congrats to St. Andrew's Singers, Concert Band, Jazz Band, Guitar, and all of the student soloists for their fabulous performances! Thank you to all of the Music Parents who also made this event possible!

### Hire-a-Choir - Dec.9/10th

Are you thinking of having a Christmas party this year? Looking for something to take your gathering to the next level? Consider hiring St. Andrew's Singers to provide live festive music for the season. Our singers will be holding their annual Hire-a-Choir event on Dec. 9th & 10th this year. Please email Mr. O'Reilly for more info: [poreilly@cisdv.bc.ca](mailto:poreilly@cisdv.bc.ca)

### Advent Carol Concert - Dec.14th

Our Advent Carol Concert is happening Dec.14th at 7pm in the school gym.

Come and celebrate the reason for the season with readings and music by St. Andrew's Singers, Concert Band, Jazz Band, and Guitar students. We will also have our Advent raffle featuring chocolate, spa items and more. Stay tuned for further details!

### Important Dates:

**Nov.30** - Advent & Feast of St. Andrew Mass 11am, Sacred Heart(Choir)

**Dec. 2** - Celebration of the Arts Assembly 11am, school gym (all groups)

**Dec.9/10** - Hire a Choir

**Dec.14th** - Advent Carol Concert 7pm, school gym (all groups)





## Learning Support and Homework Club

**Good news!!!** Homework club is back. Miss Chandima will be doing homework club on Mondays, Tuesdays, Thursdays and Fridays until 4:15 in room 222! Stop by and get some extra support or for a quiet place to get your work done. On Wednesdays, all the learning support EA's are available from 1:50 - 3:15 to give support.

Please check the Tag announcements as some Wednesdays there is no homework club.

## Drama Dept.

The production and performance classes have been hard at work creating St. Andrew's version of Oliver! There will be a preview of our show at the Celebration of the Arts assembly on Friday, December 2nd where we will perform the opening act of Food Glorious Food. Come and check out our sneak-peek.



## SARHS STUDENT NEWSPAPER

Hey Sabres! The November edition of **The Circuit** has now been published! Student cadet reflections on Remembrance Day, student art, Genshin Impact, mystery stories, and more. Check out @sarhscircuit on

Instagram, scan the QR code, or visit [www.sarhscircuit.wordpress.com](http://www.sarhscircuit.wordpress.com)

## From the Religion Department

Grade 11 religion students recently had the opportunity to virtually connect with Sabrina Winzer, a German sociologist and volunteer historian at the Buchenwald Memorial -- the site of the former Nazi concentration camp. Sabrina deepened students' understanding of the Holocaust and anti-Semitism, sharing historical details about the camps, perpetrators, and survivors. We are grateful to Sabrina for her time and willingness to educate our students further on this important topic.



**Come support our young marketing students/ entrepreneurs!**

Our Grade 11 Marketing Students will be selling their wares and services at the annual Young Entrepreneur Show on December 13th in the Commons. Bring Cash, bring a smile, bring support!

This year there will be art work, clothing, jewelry all designed by students—and more!

**ALL ARE WELCOME**

**Non-students please come do your shopping 11:50-12:35 during lunch**

**Young Entrepreneur Show**

**YES**

**DECEMBER 13TH @ The Commons**

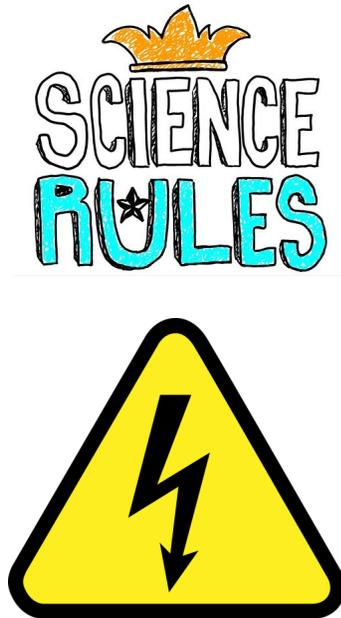
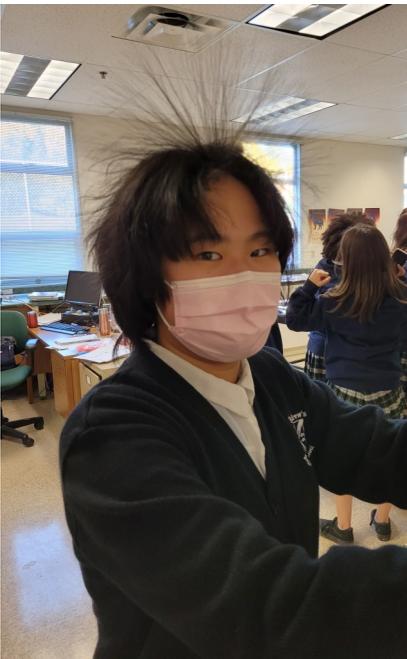
**You want it. We got it!**

## Science is life

Grade 10 Science, Earth Science 11 and Biology 12 made healthy natural soap thanks to support by Starlite Soap Studio. Special thank you to their soap scientist Ian Cromack for guiding us. Students investigated exothermic reactions, saponification, acids and bases, phytochemicals, endocrine disruptors and built on their scientific report writing skills.



Meanwhile, upstairs, Science 9 students are receiving electrifying lessons!! having fun and learning about static and current electricity.



Four grade 9 students are currently participating in the Westmont Science Competition. Spencer, Camila, Alex and Ethan were excellent ambassadors for our school spending the day last week collaborating with 3 guest speakers (Peter Scott, Stephen Houser, and Shiraz Higgins) and 12 other teams from across the island at the new Esquimalt Gorge Park Pavilion. Teams learned how to frame complex problems, ideate solutions, advocate convincingly and create an engaging video. This event will finish with the prizes being awarded this Friday at UVIC. **Good luck team!**



## Volunteer Corner

**How do I volunteer?** Great question! There are a few forms on our website that you need to fill out before you can get the Criminal Record Check done. These forms are:

[Volunteer Application Forms](#)

[Covenant of Care](#)

Once you have completed these forms please hand them in to the office and you will be given direction on how to apply for your Criminal Record Check online.

### **PARENT PARTICIPATION PROGRAM**

We are grateful for ALL of our volunteers! They make magic happen at our school! Thank you.

Parents Participation Hours:

Please submit your volunteer hours on the school website by using this form [St. Andrew's Parent Participation](#) Hours. Hours will be tracked monthly and once the required 10 hours of Parent Participation Hours have been completed, your post dated cheque will be securely discarded. Thanks for your support!

### **CURRENT VOLUNTEER OPPORTUNITIES**

**Gr. 9 Immunization Day**—We need 3 parent volunteers on **Tuesday, December 13th** to assist the public health nurses with the Grade 9 Immunization day. Preferred volunteers would have some medical background and have a CRC completed as they will be monitoring students once their immunizations have been completed. Volunteer support is needed from 8:30am-12:00pm that day.

Please contact the office if you are interested: sarhs@cisdv.bc.ca

## SPORTS PARENTS COMMITTEE

Hot Lunch volunteers needed..... Are your kids Sabre Student Athletes? Please consider helping us out on Thursday hot lunch. We serve up Mac and Cheese catered by Melting Moments Catering and Samosas by Walmart. NO cooking experience required!! Please email Angela at [angelagrohovac@gmail.com](mailto:angelagrohovac@gmail.com) if you can spend Thursdays 11am - 12:30pm at the school. Much appreciated.

Congratulations to all of our fall Student Athletes and we are excited to see the winter sports getting started.

[Save the Date!!! The Jamieson Cup is April 13<sup>th</sup>](#)

## GRAD PARENT CORNER!

**All parents of SARHS Grad 2023 welcome!**

We are having our third meeting to plan the winter formal, after grad and fundraising initiatives on **Tuesday December 6 at 6:30 pm** in the school library.

Hope to see you there!



## FROM ISLAND CATHOLIC SCHOOLS



**WE'RE HIRING!**

Are you looking for a work environment that makes for a great day? Look no further

~ Island Catholic Schools is recruiting! We are in search of enthusiastic people who are certified, talented, love what they do and wish to work in vibrant school environments! We are currently searching for:

- After School Care Worker - St. Joseph's School
- After School Care Worker - St. Patrick's School
- Teachers on call
- Educational Assistants on call
- Casual Bus Drivers

If **YOU** are interested in joining one of our teams, please use this link:

<https://cisdv.bc.ca/employment-opportunities/>

Please help spread the word! Share this ad with your friends, acquaintances and even post it to your Facebook page!



# Advent Carol Service

ST. ANDREW'S HIGH SCHOOL  
DECEMBER 14, 2022 AT 7 PM



PLEASE JOIN US FOR PERFORMANCES BY ST. ANDREW'S SINGERS,  
CONCERT AND JAZZ BANDS AS WELL AS OUR ADVENT RAFFLE

## BECOME A ST. ANDREW'S HOST FAMILY



LEARN MORE

CONTACT US

250-886-5596

ASAP



.....  
[homestay@cisdv.bc.ca](mailto:homestay@cisdv.bc.ca)



St Andrew's High School  
To Build in Love

# Class of 2023



## **BOTTLE DRIVE** Save your empties!

Support the SARHS Grad Class of 2023 After Grad celebration by saving your empties this holiday season!



Feel free to drop off your empties at  
St. Andrew's Regional High School  
Saturday, January 7, 2023  
from 10:00 am to 4:00 pm

If you can't make it, please let us  
know and we will send someone  
to pick up at your location.

Contact:  
Jen Vining - [vining.jen@gmail.com](mailto:vining.jen@gmail.com)

You don't need to clean your recycling cans and bottles!  
The bottle depot will do it for us.

# St. Vincent de Paul Sock and Mitt Drive

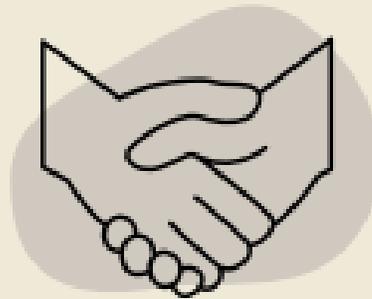


## Facts

2/3 of people on the street experience foot problems at any given time such as chronic pain, plantar fasciitis, frostbite and fungal infections

## When?

NOVEMBER 28-  
DECEMBER 16TH

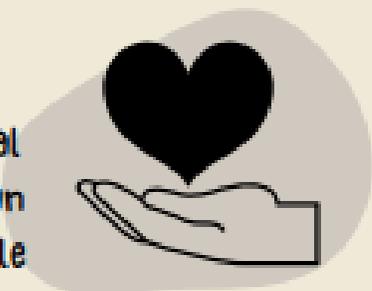


## Why Socks?

Socks provide a need almost a luxury for those in need, allows their hygiene and warmth to be put at the forefront and allows them to walk to get food and shelter.

## Why donate?

Firstly, it supports your local community, and allows for an impact to be made by a simple action. The price of socks is similar to a couple cans of food but provides a different need.



# November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Gr. 12 retreat Literacy 10 exam	4 <b>Term 1 Ends</b> Literacy 10 Exam	5
6 <b>BADC</b>	7 day 1 <b>Term 2 Begins</b>  Purdy Fundraiser Begins	8 day 2	9 day 1  PSG Meeting 7pm	10 day 2 <b>Remembrance Day Assembly</b> P/T Interview Scheduling begins Report Cards Published in MyEd	11  <b>REMEMBRANCE DAY</b> <i>Lest We Forget</i> <b>No School</b>	12
13 <b>CDAB</b>	14 day 1	15 day 2	16 day 1  P/T Interview Scheduling closes	17 day 2  Students dismissed at 1:30pm  P/T interviews via zoom 2-5 & 6-9pm	18 <b>No School</b> <i>Lieu day</i>	19
20 <b>DCBA</b>	21 day 1	22 day 2  Post secondary Info 6:30-8:30	23 day 1  Student Council <b>\$2 civvies day</b> LSC meeting 6L30pm	24 day 2  <b>Cheese fundraiser ends</b> 	25 <b>No School</b> <i>Diocesan Faith Day</i> 	26
27 <b>ABCD</b> 1st Sunday in Advent	28 day 1	29 day 2	30 day 1 <b>5 Block Day</b> Advent Mass & Wreath & Feast of St. Andrew's Blue & White day			
Sock, mitt & toque Drive Nov. 28-Dec. 15						

# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Week ABCD</i>  Sock, Mitt & Toque Drive Nov 28-Dec 15				1 Day 2  Poinsettia Pick Up Purdy's & Cheese pick up	2 Day 1  Gr. 7 Shadow Day <b>5 Block Day</b> Celebration of the Arts	3
4  <i>Week BADC</i>  Sock, Mitt & Toque Drive	5 Day 2	6 Day 1	7 Day 2  PSG Mtg 7pm	8 Day 1  <b>Grade 8 Retreat</b>	9 Day 2  Gr. 5 Activity Day with SJV & SPS	10
11  <i>Week CDAB</i>	12 Day 1   Tag Door Decorating Begins	13 Day 2  Gr. 9 Immunizations  Young Entrepreneur Show	14 Day 1  Advent Carol Service  	15 Day 2  Interim Reports Locker Clean Up	16 Day 1   SVdP Assembly PA gingerbread house contest Staff/student challenge	17
18	19 	20 	21 	22 	23 	24
<b>School Closed for Christmas Holidays Dec. 19-30th /            School Re-opens January 3, 2023</b>						
25  Christmas Day  	26 	27 	28 	29 	30 	31
<b>School Closed for Christmas Holidays Dec. 19-30th /            School Re-opens January 3, 2023</b>						