



St. Andrew's Regional High School ISLAND CATHOLIC SCHOOLS

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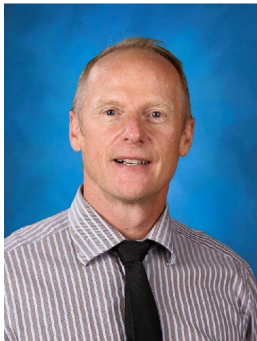
Vice Principal: Ciaran McLaverty
cmclaverty@cisdv.bc.ca

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



December 9, 2022



From Mr. Palahicky

Greetings,

If Advent is a season for preparing then the Sabres all deserve and A+ for their efforts this month! Many busy students have been bustling around these halls preparing for the many exciting things coming up next week, for our last week of school before Christmas break.

Music students have been practicing diligently for their upcoming Advent concert, which will be held here on Wednesday, December 14th, as well as their Hire-A-Choir gigs, which will be keeping them busy this weekend.

Our Marketing students have their Y.E.S. day coming up. A yes day around here stands for 'Young Entrepreneurs Show'. And what young entrepreneurs we have at St. Andrew's; this year the marketing students will be selling their creations that range from jewelry to specialized coffee cups and more. Their creativity will amaze you! I encourage you to come support Mr. Cristante's hard working Grade 11+12 marketing students on Tuesday, December 13th, during the lunch hour.

Finally, our hard-working, fun-loving Student Council have prepared many entertaining and festive activities to get us all through the final week of school before Christmas. Thanks to the whole student council team for their work in building community here at our school

Indeed, in the busy-ness of this season, that goes quite against the calm stillness that Advent encourages, it is sometimes hard to find the moment to sit in peace and reflect on the goodness of the Lord who is coming and to let His light in — here at St. Andrew's Regional High School, your children have been our light in many ways. And we are grateful for the blessing of your children this season.

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

From the Office

When the students start coming into the office and telling you 'you look tired', you know it's time for a break. The good news is, a break is just around the corner! The bad news.... Germs are around every corner. Many students have been coming into the office asking for a mask because they hear the surround sound of coughing. It is a good reminder to encourage your child to stay home if they are not feeling well—tests and work can always be made up, but health is precious, take care in these days of illness. Thank you ALL parents who phone me or email me each morning to let me know about your child's attendance. You have no idea how I appreciate it. Please use the school email: sarhs@cisdv.bc.ca

A note from the Counselling Office...

On Dec. 7th, our peer counsellors and peer tutors went on a pilgrimage of sorts, seeking ways to be well and balanced, even amidst stressful times. We were warmly welcomed into the Bateman Foundation Gallery, where we learned that art, nature, friendship, and purpose can help create wellness. We then visited St. Andrew's Cathedral where we learned more about the history and peace in our "home church". We have plans to use what we learned to promote wellness at the school whenever possible. Please also support our upcoming bake sale (Dec. 14th). All proceeds will go to support our plans to create a "wellness room" at the school.

'Tis the Season to be Well—a resource for those who might be looking for a bit of boost to the spirit, this article in the Salian Lama Center for Peace and Education offers some good advice in this article entitled *Finding Joy in Reciprocity* <https://heartmindonline.org/resources/finding-joy-in-reciprocity>



Mark Your Calendars:

December 9	Gr. 5 Activity Day – Postponed to March 2023
December 12	Cheese Pick up after 2pm, 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	School Closes at Noon
December 17-January 2	MERRY CHRISTMAS TO ALL
January 3	School Re-Opens
January 10-12	Grad photos in library
January 11	PSG meeting in library, 7pm
January 13	Student Council Assembly
January 20	Student Council Civvies Day! Term 2/Semester 1 ends
January 23-26	Exam Week
January 27	NO SCHOOL
January 28	Grad Winter Formal
January 30	Term 3/Semester 2 begins
January 31	Catholic Schools Week (CSW) Mass



From the SARHS Music Dept.

Thanks to our hard-working Music students who have been busy providing outstanding music for our Advent/Feast of St. Andrew Mass on Dec. 30th and the Celebration of the Arts Assembly on Dec. 2nd. The music-making continues this weekend as our St. Andrew's Singers will be out caroling for our Hire-a-Choir event on Fri/Sat, Dec. 9/10th. Thank you singers for your time and effort in bringing the joy of seasonal song to the community!

[Advent Carol Concert & Advent Raffle](#) - Dec. 14th, 7pm in the gym

Our Advent Carol Concert is happening next Wed, 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 gift baskets of chocolate, spa items, movie night, and more! Buy your tickets now from any music student for only \$2 and get your chance to win these amazing baskets! All are welcome to join us on the 14th! Music students, please return your raffle tickets and money to Mr. O'Reilly by this Monday, Dec. 12th.

A blessed Advent, Merry Christmas, and Happy New Year to all!

Important Dates:

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



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



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.



From the Religion Department

Grade 11 students in our World Religions course recently visited the Masjid Al-Iman, the center of Muslim worship and community in Victoria. The mosque's

imam was impressed with our students' many thoughtful questions, and gifted an English language Qur'an for our school Library.

Thank you to the imam and Masjid Al-Iman for hosting our students in the spirit of interfaith dialogue!



FROM THE SABRES LIBRARY

It's been a busy week at the St. Andrew's library, but in the most festive of ways. Poinsettia's were picked up this week, and thank you to everyone who supported this year's library fundraiser. It is so appreciated. Yesterday, students helped create the library Christmas tree, which in true library style, is made entirely of books! **Thank you students.**



Young Entrepreneur Show

YES

DECEMBER 13TH @ The Commons

You want it. We got it!

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!

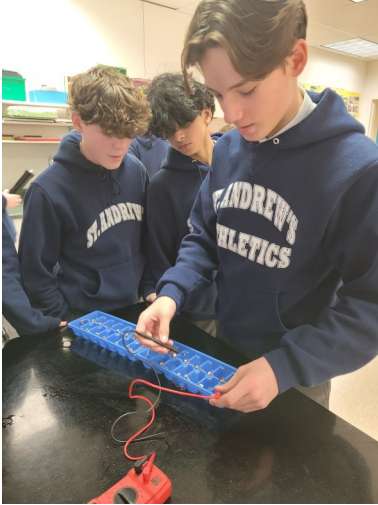
This year there will be art work, clothing, jewelry all designed by students—and more!

ALL ARE WELCOME

Non-students please come do your shopping 11:50-12:35 during lunch (cash preferred)

FROM THE SCIENCE DEPARTMENT

In science 9, the students have been busy building their own batteries. Imagination and creativity was excellent. The winning voltage so far is by **Lucia Chayba** with 118 V, followed by Spencer Nicoll and Maya Johnson's at 35 V and Jayden Yan at 26.9V. Awards will be given out after the last SC9 class completes their battery next semester. Enjoy the photos below. Yours in Science, Mrs. Arthurs



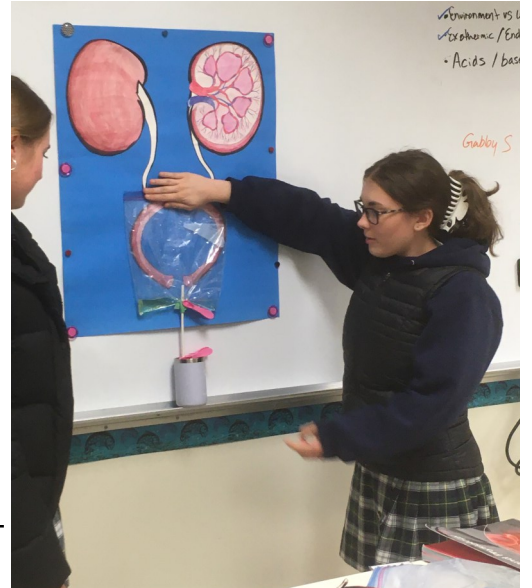
The Winner!
(So far...)



St. Andrew's students creatively investigate the urinary system including the color of healthy urine. The ziploc bag is the bladder and straw urethra.



When you bake Christmas cookies and you're a budding scientist—this is what you get. ↑



The Peer Counsellors are hosting a

Christmas Bake Sale

Wednesday December 14, 2022
at lunch in the commons!

Ginger bread, Taylor Swift chai cookies, cinnamon buns,
limited s'more pastries, sugar cookies and more!

1 for \$3 & 2 for \$5

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.

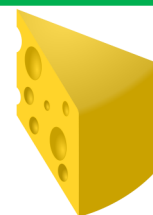
Parents Participation Hours:

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!

PARADISE ISLAND CHEESE ORDER PICK UP INFORMATION

December 12th, between 2:30 and 4:00 on the patio by the front doors of the school.

Students are welcome to pick up their family's orders.



GRAD BOTTLE DRIVE FUNRAISER

SAVE YOUR EMPTIES! The graduating class of 2023 is having a bottle drive to fundraiser for their After Grad celebrations! Feel free to support our grads by dropping off your empties at St. Andrew's Regional High School on Saturday, January 7th between 10 and 4pm.



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

Contact: vining.jen@gmail.com

BECOME A ST. ANDREW'S HOST FAMILY



LEARN MORE

CONTACT US
250-886-5596
ASAP



homestay@cisdv.bc.ca

SARHS HOMESTAY PROGRAM

“Enlarge the space of your tent, spread out your tent cloths unsparingly, lengthen your ropes and make firm your pegs” (Is 54:2) Pope Francis shared this passage in his latest synod message. He was talking about the Church as a whole, but here at St. Andrew's we can enlarge our tents by inviting our international students to have a heart-felt, home-felt experience during their time in Canada and as students at our Catholic High School.

Being the home away from home for our international students is a value-added experience but also a remunerated one. For more information please contact homestay@cisdv.bc.ca

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!


Accessories

OverflowInk 

-Christmas Cards

-Bookmarks

 @overflow_ink

CAP 

Niklas Hildebrand CEO/Owner/Founder

Tag: 2 CAP Limited  : cap_limited_official

JUWELRY

Accessories made easy - julia724@cisdv.bcaa



claw clips



Pearl necklaces

Young Entrepreneur Show

YES



DECEMBER 13TH

@ The Commons

You want it. We got it!



Shirts


TT

TeeTops

By Sushan Leel



TEETOPSBYSL

 teetopsbysl



Mallet Custom T's

Aidan Mallet (CEO & Creator)



SKYLIGHT
CLOTHING



SKYLIGHT_CLOTHING

Apparel

CHIARA'S TOTE BAGS



 chiarastotebags

handmade with love

Abby's tote bags



instagram: abbys.tote.bags

Sabres Winter Apparel

Simran Bhatti

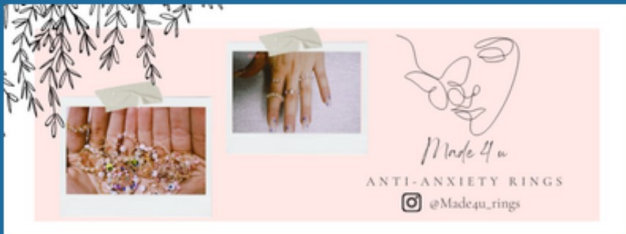
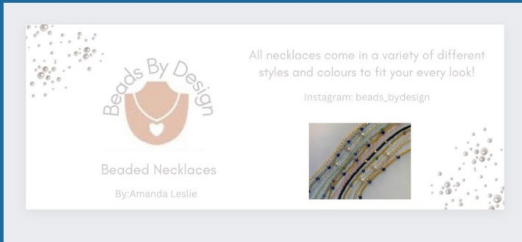
Y.E.S. Show

December 13, 2022

@Sabreswinterapparel 



Jewelery



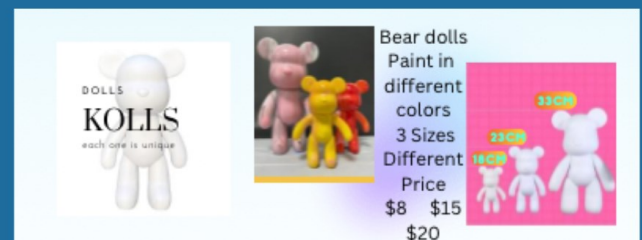
Self-Care



Accessories



Accessories





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

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

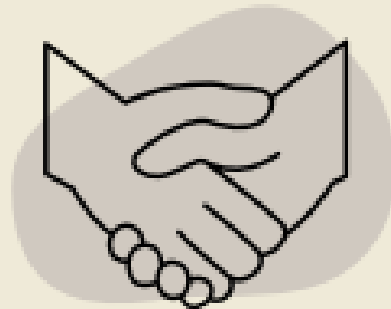


Facts

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

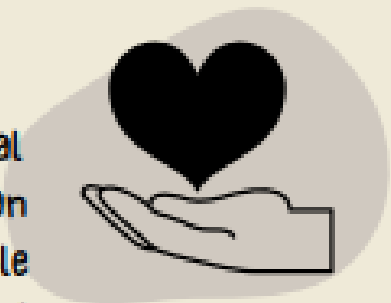


Why Socks?















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.



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 5 Block Day 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 Grade 8 Retreat	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
School Closed for Christmas Holidays Dec. 19-30th / School Re-opens January 3, 2023						
25 Christmas Day 	26 	27 	28 	29 	30 	31
School Closed for Christmas Holidays Dec. 19-30th / School Re-opens January 3, 2023						