



St. Andrew's Regional High School ISLAND CATHOLIC SCHOOLS

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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



January 20, 2022

From Mr. Palahicky



Greetings,

As we approach exam week and the end of our first semester I want to encourage all students to study not only hard but smart, and simply to do their best. I know it can cause some anxiety; many things in life do. Some schools have done away with exams, but I think there is still an important place for them. Beyond the assessment value and having students summarize their learning, the very act of taking the exam prepares students for important events in life. Most of us in college, trades school or university had to write exams and our students understand they won't be driving without one.

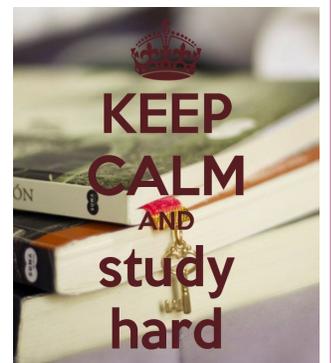
Qualifying to be a lifeguard or getting your first aid certificate all require some sort of final testing. We might even be asked a few important, summative questions at the pearly gates! All will be well SABRES! Do your best!

With Gratitude,
Mr. Glen Palahicky, M. Ed

EXAM WEEK: January 23-26th

EXAM PROTOCOLS (for parents and students)

- Students are only to **enter school for your exam.**
- Students may enter the school and **go directly to their exam room** after 8:30 am for the morning sessions, then after 12:30 pm for the afternoon sessions.
- Most **exams will be written in the regular classroom**, except for exams with larger student numbers from a cohort who will write in the gym.
- Students must **return their textbooks** to the teacher on the day of the exam.
- Once you have **completed your exam**, you will need to **exit the building.**
- **Students may not linger on school grounds** or use the basketball court as exams will be in progress.
- If you **do not have an exam** please **do not come to the school** that day.
- If you have a potential conflict, please talk to your teacher and Mr. McLaverty to make alternate arrangements.
- Students are permitted to **wear civvies** during exam week.



MORE GUIDELINES AND PROCEDURES (for students)

Please keep these items in mind as you prepare to write.

1. Make sure you **write your name on the cover** and circle the name of the appropriate teacher if necessary, for both your exam and the Scantron.
2. Absolutely **no electronics** are allowed at your desk or on your person; including phones, Apple watches, etc.
3. There is to be absolutely **no communication**, verbal or non-verbal, with any other student around you during the exam.
4. You must **remain in the exam room** for a minimum of one hour before leaving, even if you finish early. Once you have finished your exam you must leave the building and grounds.
5. If you need to use the washroom or require extra paper or other supplies, please silently **raise your hand** and a supervisor will come to you.
6. **Leave your exam on your desk** when you are finished.

The January 2023 exam schedule is posted [here](#).

Mark Your Calendars:

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 29-February 4	Catholic Schools Week
January 30	Term 3/Semester 2 begins
January 31	Catholic Schools Week (CSW) Mass
February 2	Gr. 7 Info Night 6-7pm / Open House 7:00-8:30pm
February 3	Report Cards Published / Student Council Assembly
February 8	PSG Meeting 7:00pm
February 10	Last day to change courses
February 13	Parent Education Night
February 15	Early Dismissal (1:30pm)
February 16 +17	NO SCHOOL—ICS Pro D Day
February 20	NO SCHOOL—Family Day
February 21	Grad Photo Retakes



SABRES SPORTS DEPARTMENT

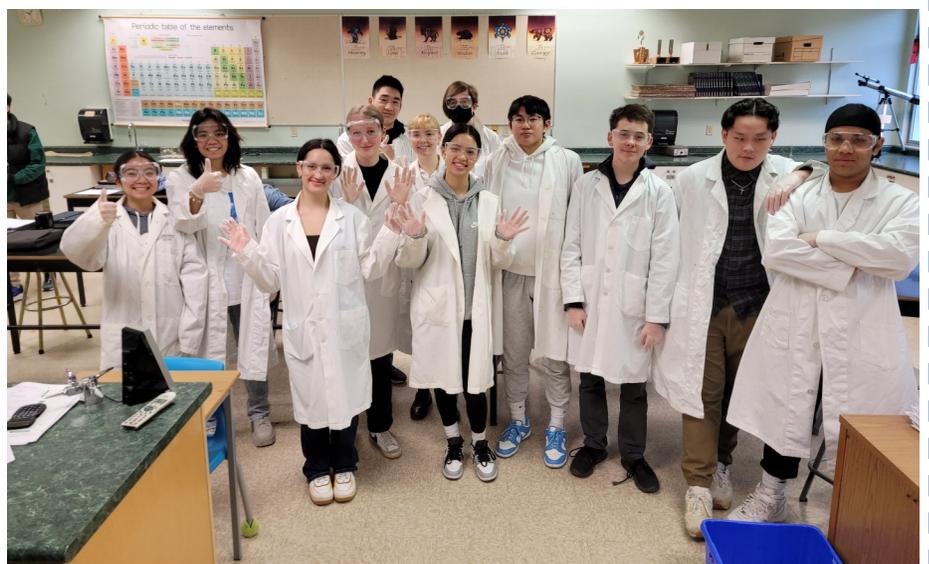
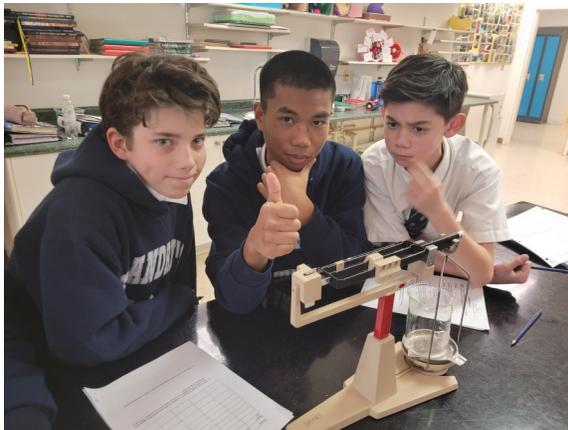
It was a great day to be a Sabre on Jan 17th!! We had our first Pep-Rally of the year and it was a great way to bring energy and spirit to the school athletic program. We focused on highlighting our Senior Girls and Boys Basketball teams. We also had a great turn out to the first home game opener, as the senior boys played a fantastic game against GNS. It was a game filled with full attendance, hype and school pride. Hrithik Chandel and Drake Delude's relentless leadership on the court helped fire up the team and all players displayed great sportsmanship and encouragement. Our senior girls continue to dominate and are showing signs of qualifying for provincials. The jr boys and girls bball teams continue to dominate as well, winning almost all their games.

FROM THE SCIENCE DEPARTMENT

While our Grade 8 scientists learn how to find the density of solids and liquids....



... our Grade 12 scientists dissect a fetal pig.



THEATRE

The theatre classes have continued to create St. Andrew's version of **Oliver!** The performance class is almost finished learning all choreography and the production class has started the creation of set designs. There will be a second preview of our show at the **Open House on Thursday, February 2nd** where we will perform a well-known piece, Pick A Pocket Or Two.

Come and check out our sneak-peek.



CHEERLEADING

Hello SABRES, a new semester coming up means the Cheerleading team is **looking for more cheerleaders!** Our cheerleading team focuses on stunts and tumbling with some dance aspects. No prior experience is necessary. We meet Mondays during focus and Thursday mornings from 7:30am-8:15am. If you are interested in improving your strength, meeting new people or just looking for a little more physical activity please speak to Ms. Lambert about joining our team.



From the SARHS Music Dept.

A reminder to all Music students that there will be no classes during exam week next week. Jazz Band and Choir students, we will be performing for the school Open House on Thurs, Feb.2nd (7-8:30pm), so please keep this evening free. Thanks also to our singers for providing music for our Catholic Schools Week Mass on Tuesday, January 31.



Upcoming dates:

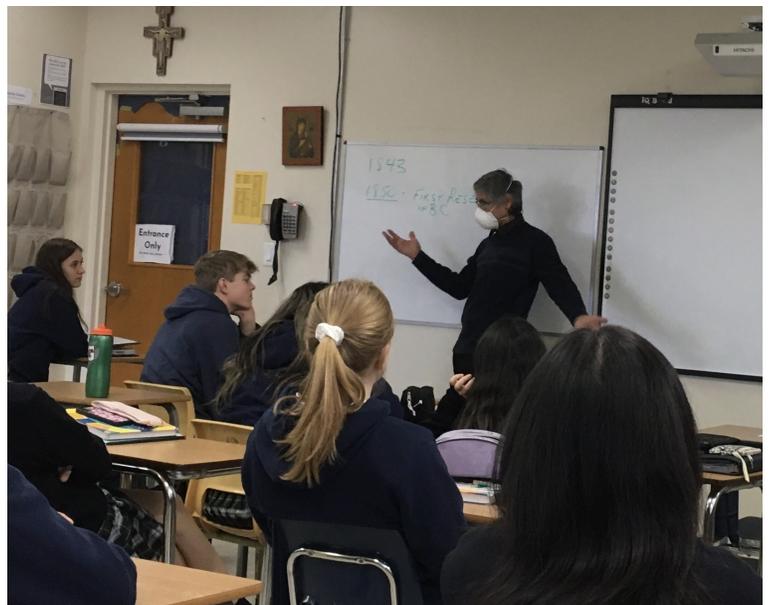
Jan. 31 - Catholic Schools Week Mass, 9:45am, Sacred Heart (Choir)
Feb. 2 - Open House 7-8:30pm (Jazz Band & Choir - school gym)

FROM THE RELIGION DEPARTMENT



Thank you to **Mr. Charnjit Sidhu** and the Khalsa Diwan Society of Victoria who recently hosted Religion II students at the local gurdwara. Students learned about the traditions of Sikhism, and were encouraged to find the similarities among world religions in our common search for God.

Thank you to **Mark Albany**, a knowledge keeper from the Songhees Nation, who recently visited our Religion II classes. Mark spoke about how our values and beliefs can guide us in life, and he also unpacked student questions on a variety of topics including truth, healing, and reconciliation. We are grateful to Mark for his time and openness in sharing these important teachings with our students!



FROM THE ART DEPARTMENT



This week's budding artists include young and, ahem, old—Mark Cabuco's painting of his neighbourhood cats is the only thing that rivals Mr. Layada's first attempt at watercolours.



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!

PARENT SUPPORT GROUP

The next PSG meeting will be held on **Wednesday, February 8th at 7pm**. All parents are welcome to join this meeting, contribute ideas, and learn about the upcoming proposed programs and fundraisers. Bonus: Attending meetings count toward you volunteer hours!

SPORTS PARENTS COMMITTEE

Jameison Cup volunteers are needed! April 13th is the big event but we need a few people to start working on the pre-planning. This is a great opportunity for getting your PIP hours outside of the school day. Please contact angelagrohovac@gmail.com if you would like to volunteer for this event.



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!



January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week DCBA	2	3 Day 1	4 Day 2	5 Day 1	6 Day 2	7
8 Week ABCD	9 Day 1	10 Day 2	11 Day 1	12 Day 2	13 Day 1	14
		Grad Photos				
			Gr. 9 Immuniza- tion p/u PSG meeting		Student Council Assembly	
15 Week BADC	16 Day 2	17 Day 1	18 Day 2	19 Day 1	20 Day 2	21
					Term 2 ends Student council civvies day \$2	
22	23	24	25	26	27	28
SCHOOL EXAMS					No School Marking Day	Grad Winter Formal 
29 Week CDAB	30 Day 1	31 Day 2	Catholic Schools Week Jan 29-Feb 4, 2023			
Term 3 begins Semester 2 begins		5 block day CSW Mass				

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week CDAB			1 Day 1	2 Day 2	3 Day 1	4
Catholic Schools Week Jan 29-Feb 4, 2023						
				Gr. 7 Info Night 6-7pm Open House 7-8:30pm	Student Council Assembly	
					Camp Homewood	
5 Week DCBA	6 Day 2	7 Day 1	8 Day 2	9 Day 1	10 Day 2	11
			PSG mtg 7pm		Report Cards Published <i>Last day of course changes</i>	
12 Week ABCD	13 Day 1	14 Day 2	15 Day 1	16	17	18
	Parent Education Night 6:30pm		1:30pm <i>Dismissal</i>	No School ICS ProD Day	No School ICS ProD Day	
19 Week BADC	20	21 Day 2	22 Day 1	23 Day 2	24 Day 1	25
	No School Family Day	Grad Photo retakes	5 Block Day Ash Wednesday National Anti Bullying Day Pink Shirt Day		Student Council \$2 civvies Day Gr. 8 Application deadline	
26 Week CDAB	27 Day 2	28 Day 1				
	Course Selection Night Gr 10: 6-7pm Gr. 11&12: 7:30 -8:30pm					