



St. Andrew's Regional High School ISLAND CATHOLIC SCHOOLS

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Principal: Glen Palahicky
gpalahicky@cisdv.bc.ca

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



February 3, 2023

From Mr. Palahicky



Greetings,

Throughout Catholic Schools Week, we have had many opportunities to be reminded of the many blessings we have being a part of this Catholic school community.

We kicked the week off with a new semester, a fresh start for both students and teachers embarking on new topics and new studies, with enthusiasm and excitement. On Tuesday, we gathered as a school to celebrate Mass with Fr. Alfredo, who reminded us of the powerful meaning of the sacraments as an intertwined merger of what we can see and what we cannot see that bring us closer to God. Then, today all the students gathered in assembly to learn more about the intergenerational choir, Voices in Motion, where young and old can come together to have a positive and meaningful impact on those living with dementia. Finally, we saw off all the youth going to Camp Homewood this weekend for some fun-filled, faith-filled days together on retreat on Quadra Island.

But the highlight of the week was last night at the Open House, where we welcomed many new families to our school. Hard-working students, teachers and parent volunteers came together to show the very best of our school. From band and drama performances, to fresh cookies in the foods room, to the beautiful displays of art and school work all across the school, an atmosphere of community and joy was abundant throughout these halls.

We thank God for the gift of Catholic Schools and acknowledge the multitude of hard-working, sacrificing individuals who offer their gifts, and take the time to support each child on their educational and faith journey.

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

PARENT EDUCATION NIGHT



Parents and guardians of students in Grade 8 & 9 who would like to get an early preview about the post-secondary process and possibilities are invited to attend the **Parent Education Night on February 13th at 6:30 pm**, presented by the Parents Support Group. This is a chance for families of younger students to get an early look at the general process and supports available for your child if they wish to attend post-secondary education. Guest speakers include Ms. Stephanie Parker-Huskinson, the student recruitment officer for UVic, Ciaran McLaverty (vice-principal of St. Andrew's), and our counselling department. Topics will include the pathway to graduation, preparing for and applying to university, credit requirements, and supports available to students, including for those of students who require Learning Support, as well as a preview of bursaries and scholarships.

Please note that the post-secondary evening for students in the grad program (10 - 12) was a separate event that took place previously in November, and this night is for parents/ guardians of the younger students due to occupancy limits. If you would like to attend, please email the PSG (sarhs-psg@cisdv.bc.ca) and indicate how many people would come as we have limited seating space in the Commons.

Thank you,

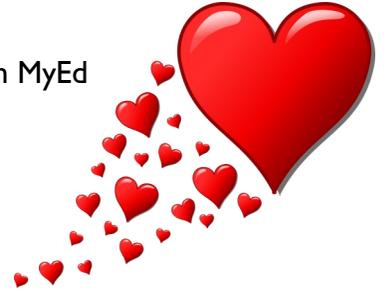
A note from the Counselling Office...

Are your children telling you they are stressed? Are you stressed about stress? Try reframing. Stress is normal and a certain amount of stress is good for us. Learn more from the experts at BC Children's Hospital:
<https://keltymentalhealth.ca/managing-stress>



Mark Your Calendars:

| | |
|-----------------|---|
| February 3 | Student Council Assembly |
| February 8 | PSG Meeting 7:00pm / Valentine's Dance |
| February 10 | Last day to change courses / Report Cards Published on MyEd |
| 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 |
| February 22 | Ash Wednesday—5 block day, Pink Shirt Day |
| February 24 | Student Council civvies day \$2 |
| February 27 | Course Selection Information Night Gr. 10 6-7pm Gr. 11&12 7:30-8:30pm |



Did you know....? There is morning **Mass** celebrated by Fr. Alfredo **every Friday morning at 7:45am** in the school Chapel. All are welcome to join, parents, students and teachers.

From the SARHS Music Dept.

Thanks to all St. Andrew's Singers who gave up their Friday evening to sing for the Diocesan Appreciation Event on Jan. 27th in the school Commons. There were many compliments on the quality of the ensemble and the professionalism and maturity of the students. Well done!

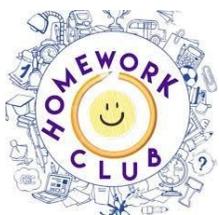
Thanks to our singers for also providing beautiful music for our Catholic Schools Week Mass on Jan. 31st and Open House event on Feb. 2nd. We are also grateful to our Jazz Band students for performing at Open House as well!

Our intergenerational choir, Voices in Motion, is looking for more students to join the choir.

For those that are unaware, Voices in Motion is a unique UVic research project that studies the positive effects of singing on those with dementia. It involves students, caregivers, and those with dementia, hence the 'intergenerational' aspect. Previous singing experience is not necessary and students can earn their volunteer hours as well as a reference letter highlighting their choir involvement. The choir meets once a week on Wednesdays from 2:30-4pm in the SARHS Music room. Please email Mr. O'Reilly (poreilly@cisdv.bc.ca) for more information.



A final item to note: We have received word from UVic that Bandfest (originally scheduled on the calendar for Mar. 2-3) has been cancelled.



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 a quiet place to get your work done. On Wednesdays, all the learning support EAs are available from 1:50 - 3:15 to give support.

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

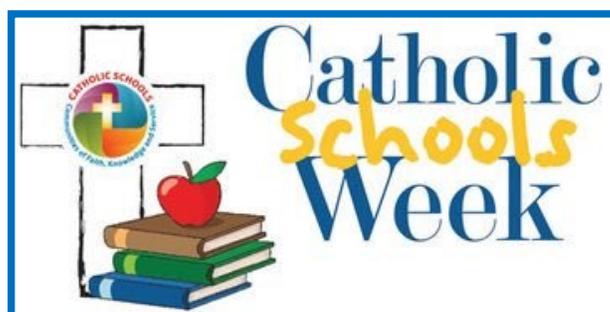
COURSE SELECTION INFORMATION NIGHT

Save the date!

A course selection information night is coming up on **Monday, February 27th.**

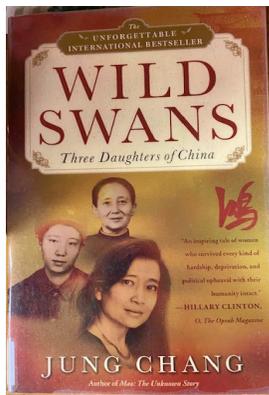
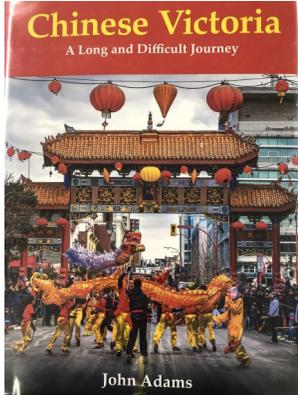
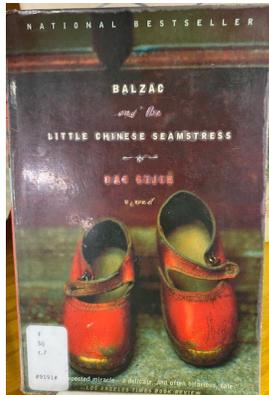
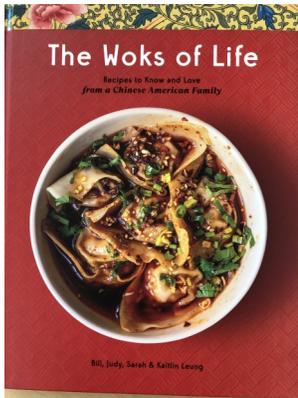
- ⇒ The Grade 10 meeting will be from 6-7:00 pm
- ⇒ The Grade 11 and 12's meeting will be from 7:30-8:30pm.

Stay tuned for more details!



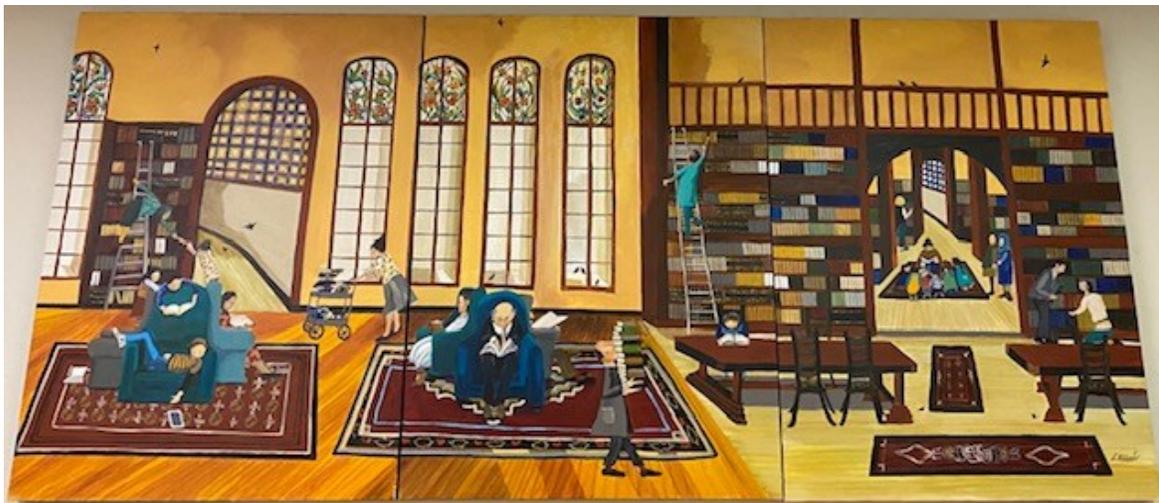
ST. ANDREW'S LIBRARY

This week at the Sabres library the theme is Chinese New Year!



Last year, two of our students, Emma Leong and Jacob He, wrote an essay on the roots of Chinese New Year, and the significance and meaning behind many of the symbols. Here is an excerpt of that essay:

“According to ancient Chinese tales and legends, the tradition of Chinese New Year began long ago when a mythical beast named Nian ascended from the darkness and onto the land. Nian went on to wreak havoc upon villages by destroying houses. In addition to the destruction, Nian also hunted people and animals. Terrified, the villagers worked hard to discover what Nian was afraid of, which they believed would help them take it down. Eventually, they found that Nian was afraid of the colour red, loud noises, and fire. With their newfound knowledge, they hung red signs containing blessings and wishes for the new year on the front of their houses. They also lit loud and bright firecrackers and hung lanterns outside their homes to fend themselves and their families from the beast. To this day, millions of people worldwide continue to celebrate this holiday and still partake in similar traditions. Similar to many other holidays around the world, such as Christmas and Thanksgiving, many unique practices are observed during Chinese New Year.”



Also new to the library—a beautiful piece of art donated to us by Laurel Hibbert, a local Vancouver Island artist. You can check out her work at www.roundwomanstudio.ca

Check out the Sabres Library on Instagram! Follow [@sabreslibrarysahs](https://www.instagram.com/sabreslibrarysahs) for all the latest in new arrivals, book haul unboxings, book reviews, seasonal displays and book recs to add to your TBR (the ever growing To Be Read pile!)



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!

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.



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 your volunteer hours!

BECOME A ST. ANDREW'S HOST FAMILY



- Currently seeking host family for Grade 9 female student arriving from China April 1st.
- New host families needed for September (accepting applications). From September 2023 families receive \$1200/mo.
- Summer homestay (July & August) \$1300/mo

LEARN MORE

homestay@cisdv.bc.ca

250-886-5596

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!



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 | | Report Cards Published Last day of course changes | |
| 12 Week ABCD | 13 Day 1 Parent Educa- tion Night 6:30pm | 14 Day 2  | 15 Day 1 Local school council mtg 6:30pm | 16 No School ICS ProD Day | 17 No School ICS ProD Day | 18 |
| 19 Week BADC | 20 No School Family Day | 21 Day 2 <i>Grad Photo retakes</i> | 22 Day 1 5 Block Day <i>Ash Wednesday</i> National Anti Bullying Day Pink Shirt Day | 23 Day 2 | 24 Day 1 Gr. 8 Application deadline | 25 |
| 26 Week CDAB | 27 Day 2 Course Selection Night Gr 10: 6-7pm Gr. 11&12: 7:30 -8:30pm | 28 Day 1 | | | | |

CRITERIA INFORMATION for
VICTORIA DIOCESAN CATHOLIC WOMEN'S LEAGUE BURSARY
"In Memory of Freda Smith"

Freda Smith (1901-1999) a long-time resident of Victoria, retired as church organist in her parish in Esquimalt at the age of 85. She came to Canada in 1926, settling in Regina; relocating to Victoria in 1946 promoting education whenever possible. She was an active member of the Catholic Women's League, earning the League's highest honour in 1958.

BURSARY AMOUNT \$750

The Bursary is awarded annually to a graduating Catholic student within the Diocese of Victoria

This Bursary will be awarded to a student proceeding on to a form of higher education:

- (a) University (b) University Transfer Program (c) Technical School
- (d) Regional College (e) Vocational College
- (f) Registered School of Nursing or Medical Services

CRITERIA FOR SELECTION

The Bursary award will be based on:

- (a) Financial Need (b) Academic Performance
- (c) Church and Community involvement

PROCEDURE

Student must complete the Catholic Women's League Bursary Application Form.

Student must attach an official transcript of his/her current academic standing.

Student must attach a narrative essay (500 words) outlining his/her successes, achievements, parish and community involvement and future goals.

APPLICATION DUE DATE

Applications and requirements listed above must reach the Victoria Diocesan President by March 31 of the current year (see address below).

ACCESSING THE BURSARY

The recipient of the bursary must provide the Victoria Diocesan Catholic Women's League, with proof of registration at a Post Secondary Institution.

The recipient of the bursary must register at the post secondary institution within two years of the bursary being awarded.

If there is no suitable applicant for the Bursary, it shall not be awarded for that year.

Please forward applications to:

Mrs. Laurel Phyll, President
Victoria Diocesan Council
Catholic Women's League of Canada
138 Engles Road
Campbell River, BC V9H 1J8

Email: lphyall@shaw.ca

Application on next page

VICTORIA DIOCESAN CATHOLIC WOMEN'S LEAGUE BURSARY, "In Memory of Freda Smith" (\$750)
APPLICATION FORM

Student's Name: _____

Home Address: _____

_____ (Postal Code) _____

Email Address: _____ Phone Number: () _____

Mailing Address: (while at school, if different) _____

Name of School _____

School Address _____ (Postal Code) _____

Father's Name _____ Mother's Name _____

Family Combined Income Range (Check one) ___ \$20,000 to \$40,000; ___ \$40,000 to \$60,000;

___ \$60,000 to \$80,000; ___ \$80,000 to \$100,000 ___ \$100,000+

List ages of dependent children (including student) _____

Parish Church (participating at) _____

Signature of Parish Pastor _____

Signature of Parent(s) Father _____ Mother _____

Date _____

Please Attach:

(1) A transcript of your Secondary School marks to date.

(2) A Narrative Essay telling us about yourself... (Composition: make it interesting. This will tell us about you. Tell us about your family, your interests, your successes, your parish and community involvement and your future goals.)

Send completed form to:

Mrs. Laurel Phyll, 138 Engles Rd., Campbell River, BC V9H 1J8/ lphyll@shaw.ca /250-923-6477

(Revised January 2022)