



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

March 10, 2023



Greetings St. Andrew's Families,

Now that we are half way through Lent, we take time to 'check in with ourselves' and ponder how our journey is moving forward. We ask ourselves: are we more kind, more caring, more of service to those in need? Lent offers this time to be attentive to the needs of others and all the beauty of Spring blessings that are abundant around us. We pray through the intercession of St. Andrew the patron of our school, that we may all be people of peace, service and compassion for one another.

Next week will be our last week before Spring Break! The students are invited to engage in Spirit Week by coming in the themed costume of the day. Please take a look at the March calendar at the end of the newsletter to see what themes our Student Council selected this year.


Wishing you all a blessed and restful Spring Break.

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

From the Office

Spring Break is just around the corner! And when we return students will be allow to wear either their summer or their winter uniform.

Course selection forms are due back in the office on **Wednesday, March 15, 2023.**



A Note from the Counselling Office:

If you suspect that teens are struggling more with mental health since the pandemic, you might be interested to learn that many studies support this theory. This recent CBC article documents the increase in need for mental health services for teens since the pandemic:
<https://www.cbc.ca/amp/1.6759486>

Trauma-informed practice is a very helpful and accessible way of seeing challenging behaviour. There is a short, informative video on how to provide "safe space" for teens that I would recommend: <https://www.youtube.com/watch?v=Qlz2oH7N7r4>
May you be well!

Mark Your Calendars:

March 10	Interim Reports / student civvies day \$2/ St. Pat's Gr. 5 visit
March 15	Local School Council Meeting 6:30pm
March 17th	Last day of school before Spring Break (full day—3pm dismissal)
March 20-March 31st	SPRING BREAK
April 3	School Re-Opens / Plant Sale begins
April 5	PSG meeting 7pm
April 6	NO SCHOOL —Pro D Day
April 7	Good Friday —School Closed
April 10	Easter Monday —School Closed
April 11	5 Block Day—Easter Mass
April 12	Greater Victoria Performing Arts Festival Jamieson Cup (Pearkes Arena)
April 14	Term 3 Ends; Student Council Civvies Day \$2
April 17	Term 4 Begins



From the SARHS Music Dept.

A reminder that permission forms and payment (\$400 per student) are due by next **Wednesday, March 15th** for our Whistler trip. Payment can be made by cheque (payable to SARHS Music Program) or by debit/credit in the school office, or by e-transfer. To pay via e-transfer, please send payment to the following address: sarhs@cisdv.bc.ca. In the message field of the e-transfer, please include your student's name and Music trip payment.

Our trip will take place from April 20-23.

Any current Gr.8 students who are interested in learning how to play the guitar next year, please sign-up for the **Guitar 9** elective during course selection time. All are welcome - no experience is necessary!

St. Andrew's Singers will be participating in the **Greater Victoria Performing Arts Festival** on **April 12-14** at Oak Bay High School's Dave Dunnet Theatre. Performance time TBA.

Our annual plant fundraiser will also be happening next month. Stay tuned for more details!



SABRES SPORTS DEPARTMENT

Spring has started early for Sabres sports!! Track and field practices have begun and it's never too late to join! Practices are Mon, Wed and Thurs at Uvic track. Badminton, Ultimate and Girls Soccer have also started.

We look forward to a busy and fun season. Also our **new athletic wear is available until Mar 17th** on the online store. Visit link here to place an order! We have athletic hoodies, crew top, tees, duffel bag and mugs all ready with the new logo. So please check it out!

<https://st-andrews-athletics.itemorder.com>

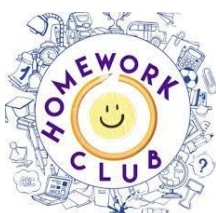


The February/March edition of our school's student newspaper, The Circuit, is published today!

Recent alumni give advice, students share Valentine's thoughts, recipes, comics, and more! Visit:

<https://sarhscircuit.wordpress.com/> and follow @sarhscircuit on Instagram to read online now! Students interested in writing can talk

to Mr. Van Dyk, or Grade 11 editor, Maya Z.



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.

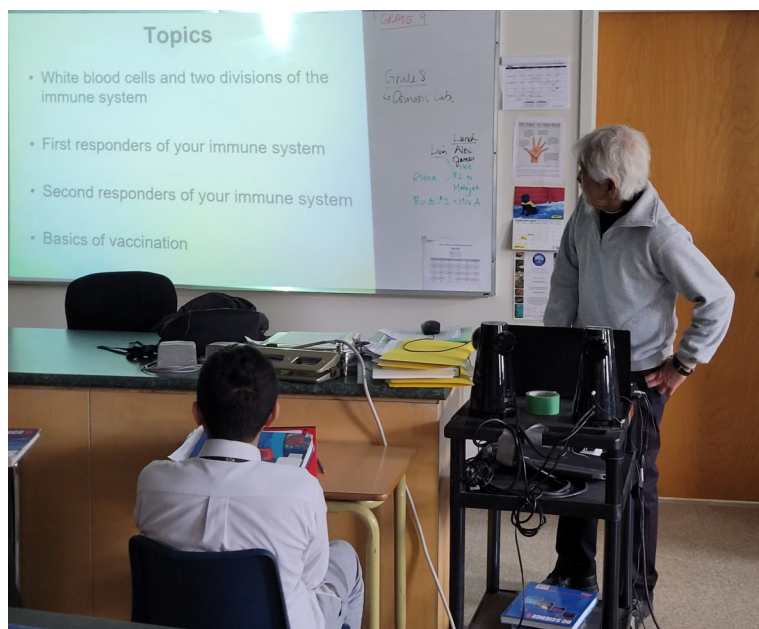
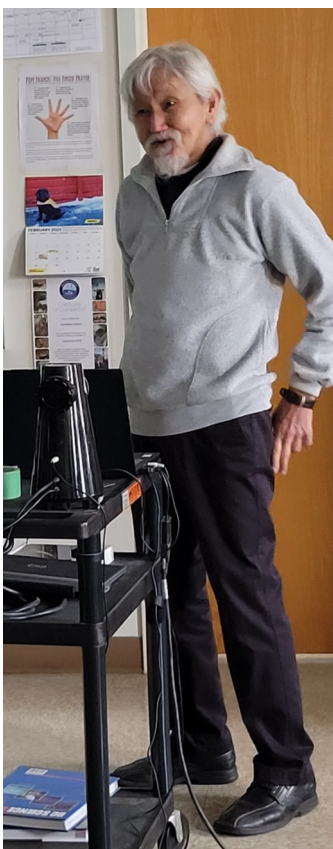
Please check the TAG announcements as some Wednesdays there is no homework club.

FROM THE SCIENCE DEPARTMENT

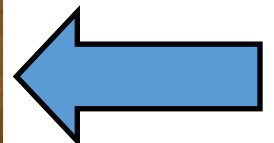
Our second semester science 8 and 9 students have been busy creating, building and extracting. Check out those smiles!



SCIENCE
RULES



Many thanks to Dr. Ed Ishiguro who represented the Uvic Speakers Bureau came to talk to the students about vaccinations and immunity!



Drama Dept.

Tickets for our musical **Oliver!** are now on sale in the office!

There will be 4 shows: Thursday, May 4, Friday, May 5 and two on Saturday, May 6. Presale tickets are only \$10.00 for students, \$16.00 for adults!

Tickets at the door will be \$12.00 for students and \$18.00, so make sure to buy yours soon to save some cash.

Come on out and support the SARHS theatre program and fellow students.



The poster features a stylized city skyline at night with a full moon and three street lamps. The title "OLIVER" is written in large, glowing yellow letters. Below the title are four circular portraits of the main cast members: a woman with glasses, a man with short brown hair, a man with short black hair, and a woman with long brown hair. The background is dark with a brick wall pattern at the bottom.

Thursday, May 4th - Friday, May 5th - Saturday, May 6th

<p>All Evening Shows: <small>Thursday, Friday, Saturday</small> doors open @ 7:00 pm show starts @ 7:30 pm</p>	<p>Saturday Matinee: doors open @ 10:30 am show starts @ 11:00 am</p>
<p>Tickets adults \$18.00, students \$12.00 Spectrum Community School 957 Burnside Rd.</p>	<p>Assistant Choreographer: Sarah Katz Music Director: Phillip O'Reilly Director & Choreographer: Natalie Lambert Book, Music, & Lyrics by: Lionel Bart</p>

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

ST. ANDREW'S STUDENTS MAKING A DIFFERENCE: MAYA ZIDEK

Hello there! My name is Maya Zidek, and I am a Grade 11 student at St. Andrew's Regional High School in Victoria, BC, Canada. Recently, I was deeply moved by the news of the devastating earthquakes in Syria and Turkey. Their devastation and hardships has touched my heart and has inspired me to take action in my community.

Please donate to the Syria and Turkey earthquake relief effort by clicking on this link: <https://gofund.me/ef276f84> Your contribution, no matter how small, can help provide aid to those affected by this disaster. The funds raised will go to the Canadian Red Cross Society, and every dollar raised will be matched by the government. Let's work together to make a positive difference in the world and help those in need. Please share this post and spread the word!



SPIRIT WEEK: March 13-17

Sabres! **SPIRIT WEEK** is just over a week away! The **themes** are:

Mathlete vs Athlete Monday: Be ready for the battle between the Brains and the Brawns with a game of Tug of War at lunch.

Senior Citizen Tuesday: Break out the shower caps and the canes and get hyped for a wheelchair relay race in the gym

White Lie Wednesday: Get a white shirt and write a funny "White Lie" about yourself on it.

Beach vs Blizzard Thursday: Get dressed like you're in the Ice Age or like the sun is 5 feet away. The Student Council will be running a photo booth and selling Freezies!

Frat Boy Friday: Time to test your cup pong skills Sabres! The Council will be hosting a tournament in the commons at lunch.



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 EDUCATION OPPORTUNITY

The upcoming Carol Bruess lecture, virtual and in-person, is on **March 20, 2023:**

<https://www.eventbrite.ca/e/the-impact-of-technology-on-relationships-should-we-worry-carol-bruess-tickets-559897337007>.



March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
Week CDAB			1	2	3 Student Council Assembly	4 Athletic Bottle Drive 12-4pm
5 Week DCBA	6	7	8 PSG mtg 7pm	9	10 Day 1 Interim Reports St. Pat's Gr. 5 visit Civvies Day \$2	11
12 Week ABCD	13 Day 2	14 Day 1	15 Day 2	16 Day 1	17 Day 2	18
	Spirit Week: March 13-17					
	Mathlete vs Athlete Day	Senior Citizen Day	White Lie Day LSC mtg 6:30pm	Beach vs Blizzard Day	Frat Boy Day Last Day of School! 	
19	20	21	22	23	24	25
Spring Break March 20-March 31						
26	27	28	29	30	31	
Spring Break March 20-March 31						

April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Day 1	4 Day 2	5 Day 1	6 NO SCHOOL/ Pro D Day	7 Good Friday No School	8
9 	10 Easter Monday No School	11 Day 2 5 block day: Easter Mass	12 Day 1 Greater Vic Performing Arts Festival Jamieson Cup Pearks Arena	13 Day 2	14 Day 1 Term 3 ends Student council Civvies day \$2	15
16	17 Day 2 Term 4 Begins	18 Day 1 District Authority Adjudications	19 Day 2	20 Day 1 Con Brio Band & Choir trip Apr. 20-23	21 Day 2 Plant orders due	22
23	24 Day 1 Gr 10 numeracy exam	25 Day 2 Gr 10 numeracy exam	26 Day 1 P/T interviews Scheduling portal opens	27 Day 2 Gr 10 Retreat	28 Day 1 Report Cards published in MyEd	29
30						