



St. Andrew's

Regional High School

ISLAND CATHOLIC SCHOOLS

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Victoria, BC V8X 3G5
Web: www.standrewshigh.ca
Email: sarhs@cisdv.bc.ca
Tel: 250-479-1414
Fax: 250-479-5356

Principal: Glen Palahicky
gpalahicky@cisdv.bc.ca

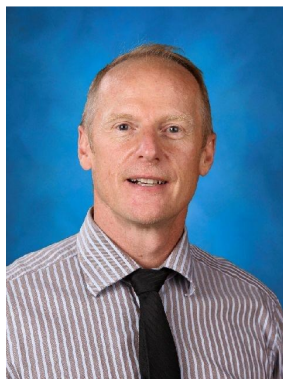
Vice Principal: Ciaran McLaverty
cmclaverty@cisdv.bc.ca

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

May 19, 2023

Greetings St. Andrew's Families,



Democracy is alive and well at St. Andrew's!

Today we had our student council elections and it showed the importance of voting and the difference a few votes can make. A big shout out to all of our running candidates; it showed a lot of courage and generosity of character and spirit. A number of positions were appointed but I do want to acknowledge those who won through the electoral process. Congratulations to Haydon Chiew and Claire Ho; our Fine Arts Reps, Paige Acebedo; our Secretary and Emma Leong and Mariana Hinojosa Garcia; our President and Vice President.

They narrowly beat out Sushan Leel and Mariana Oquendo by two votes. Just two! Hopefully the kids learned the value of their voice and vote! Have a great long weekend.

With Gratitude,

Mr. Glen Palahicky, M. Ed
Principal



Scholarship News!

The 2023 scholarship booklet has been posted to the [website](#). Applications are due June 6th, please make sure all documents are appropriately signed before submitting, incomplete or late submissions will not be accepted. Recipients will be acknowledged at our year end rewards night on June 26th. Good luck to all applicants!

Family Payment Schedules:

If you have not yet come into the office sign your Family Payment Schedule please do so at your earliest convenience. It is important that these forms get signed as soon as possible. If you have any questions please call or email the office.

Volunteers Needed!

Neat Uniforms is coming to the school on Saturday, June 3rd from 11am-6pm to do fittings. They need two parent volunteers to help them throughout the day. If you have not yet accumulated your 10 volunteers hours for your parent participation this is a great opportunity to help out!

A note from the Counselling Office...

There is a growing body of information about the **negative impacts of cell phones and social media on teenagers**. And yet, they are powerful, convenient, and everywhere. What is the best way to teach your child about responsible phone use? The American Psychological Association (APA) has recently published articles with sound, scientifically supportive information. These documents may be of assistance as you engage in discussions about this important topic.



<https://www.apa.org/topics/social-media-internet/social-media-parent-tips>

<https://www.apa.org/topics/social-media-internet/social-media-literacy-teens>

<https://www.apa.org/news/press/releases/2023/05/adolescent-social-media-use-recommendations>

Mark Your Calendars:

May 22	NO SCHOOL—Victoria Day
May 23-June 2	Pentecost Food Drive
May 24	Local School Council AGM 6:00pm
May 31	Spring Fling Concert at Holy Cross Parish
June 3	Grad Car Wash and Bottle Drive 9:30-2:30pm
June 3	Neat Uniform Fitting 11am-6pm (volunteers needed—contact sarhs@cisdv.bc.ca if interested)
June 7	PSG Meeting 7:00pm
June 9	5 block day—Celebration of the Arts
June 13	Sports Awards 6:30pm
June 15	5 block day—Year End Mass, Grad rehearsal
June 16	Last day for classes—Noon Dismissal
June 19-23	EXAM WEEK
June 26	Awards Night—Sacred Heart Parish
June 27	Grad Commissioning
June 28	Grad Dinner Dance/After Grad



From the Religion Department

Thanks to Mr. John Crawford, an on-call educator with our school, who recently presented a guest lecture on Islam to Religion II students. Mr. Crawford shared from the young adult fiction novel he wrote, based on his time in the United Arab Emirates.



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.

Thank you to our St. Andrew's Singers who delivered another outstanding performance at the Island Catholic Schools Choral Concert on May 17th at St. Andrew's Cathedral. Students, you brought the house down!! Another highlight was a massed choir featuring students from St. Patrick's, St. Joseph's, and SARHS singing the Sister Act version of Salve Regina. Your hard work and patience in preparing this piece was also appreciated. Well done!

Spring Fling - May 31st: If you haven't had the chance to hear our gifted young musicians, you can check out our Spring Fling concert featuring St. Andrew's Singers, Concert Band, and Jazz Band on May 31st at Holy Cross Church (7pm). Please see the attached poster for further details. Reception with food to follow!

End of Year Dates:

June 9th - Celebration of the Arts Assembly (11am-12pm in the school gym)

June 15th - Year End Mass (11am-12pm @ Sacred Heart Church)

June 26th - Awards Night (Sacred Heart, arrival time TBA.)

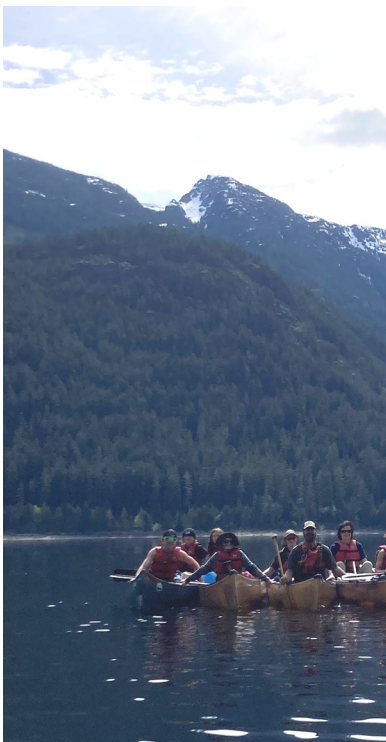
June 27th - Grad Mass (St. Andrew's Cathedral, arrival time TBA)

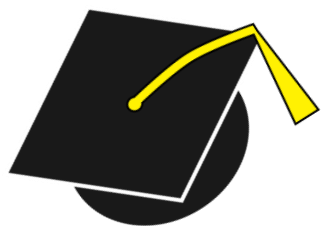


Outdoor Education Strathcona Trip

The Outdoor Education 11/12 Class of ten students and two chaperones participated in their annual trip to **Strathcona Park Lodge**. Students spent the majority of their time canoeing on Buttle Lake/Upper Campbell Lake and camping at Marine Sites on Buttle Lake. Students had the opportunity to learn mapping & navigation skills, paddling skills, zero-trace camping, fire building skills, flora & fauna of the area, First Peoples history and aspects of Geology & Physical Geography all while taking in the breathtaking views Vancouver Island has to offer.

A huge thank you to all of the staff at St. Andrew's for making this trip possible and to all of the Outdoor Education students for representing our school community so well!





Grad Corner

Our biggest fundraiser has begun: Travel Voucher Raffle Tickets. Each graduate's household will be responsible for selling just over 20 tickets. Some families have already sold over 40 tickets...a HUGE thank you for your support!

Silent Auction will begin in a few weeks: cool items including two sought after pews behind the grads at the graduation ceremony.

Car Wash and Bottle Drive - June 3 (Grads, we will need your help).

Grade 11 Parents: It's tradition at SARHS for the Grade 11 parents to help set up and work at the AfterGrad. This is a great opportunity to get your volunteer hours, help our community and see what goes into planning the AfterGrad for your future grads! Sign up sheets with days/times to be circulated shortly.

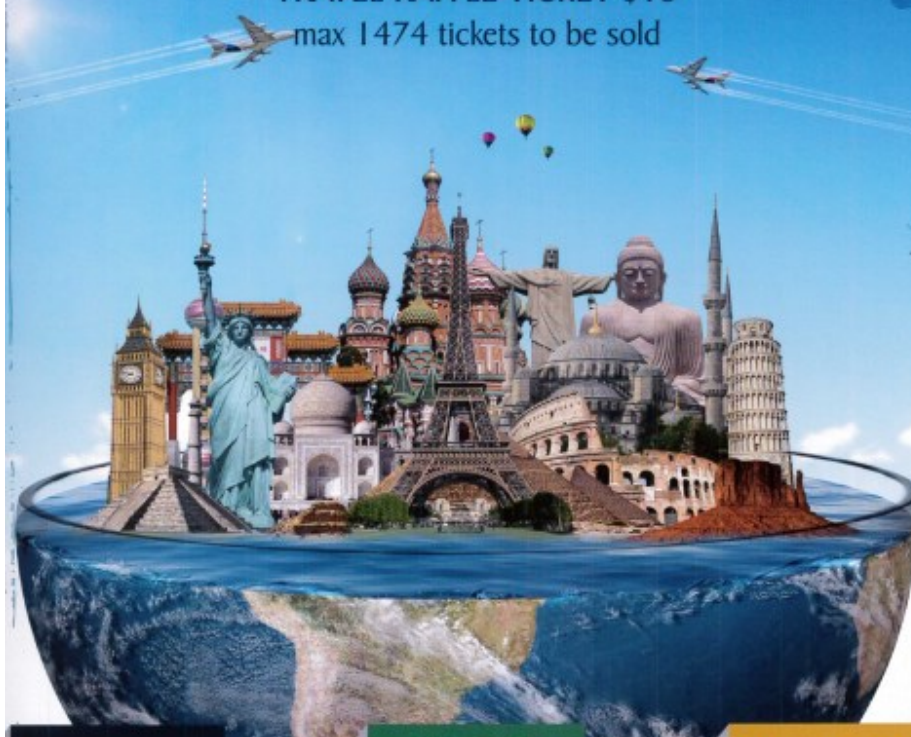


St. Andrew's Regional High School Parent Aftergrad Committee (PAC) presents:

WHERE IN THE WORLD?

TRAVEL RAFFLE TICKET \$10

max 1474 tickets to be sold



1ST PRIZE

\$4500

TRAVEL
VOUCHER

through Marlin Travel

2ND PRIZE

\$500

WESTJET
GIFT CARD

DRAW: JUNE 16, 2023

at St. Andrew's Regional High School

BC Gaming Event Licence #142192

Tickets only sold in BC

Winners consent to the release of their names by the licensee

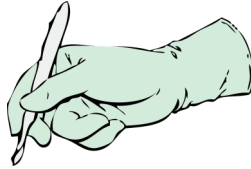
Thank you for supporting our Aftergrad event!



To purchase tickets, contact ST. ANDREW'S REGIONAL HIGH SCHOOL 250-479-1414
or visit the school office at 880 MCKENZIE AVENUE, VICTORIA BC

Science Department

In Science 8, the students worked hard to learn the functions of the parts of the eye. The reward- an awesome dissection of a sheep's eye.



Sabres Sports

Please save the date for sports awards night on June 13th! Stay tuned for further details! Parents will be contacted if your child has been nominated for an award.

Congrats to the senior girls, soccer team, who placed fifth in the Island Championship!! **Rosie Soriano** received a well deserved all star and the girls should be very proud of their amazing accomplishments! The ultimate team also played well and earned 3rd place at their island championships.

In badminton **Felix Zheng** finished 3rd overall in the City!

Online store for Sabres wear is open until May 20th!

<https://st-andrews-athletics-2023.itemorder.com/>

SABRE TRACK AND FIELD

Julia Grohovac got first in the discus and shot put! Anika Timm placed second Elyse Leduc placed third in both the 80 m and 300m hurdles! Mariana Blanco placed 2nd in the 100, 200 and triple jump. Javana Blanco was 1st in the long jump (beating out all the other gr 9 and 10's) and came 3rd in 100. The Jr girls 4 by 100 team... Javana, Mariana, Elyse and Anika had a fantastic race earning first place by a full second!!

Now onto the boys... Austin Blair earned top Jr aggregate award for league meets in his 3 field events. He also placed first in the high jump and javelin and 3rd in discus. William Flett got 1st in the 300m hurdles and Lheimarc Malicdan won 2nd in the discus. The Jr boys 4 by 100 team, Austin, William, Riley and Jayden placed 2nd overall. Well done Jr girls and boys teams as they placed 2nd overall in the cities against triple A schools to boot!!!



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.

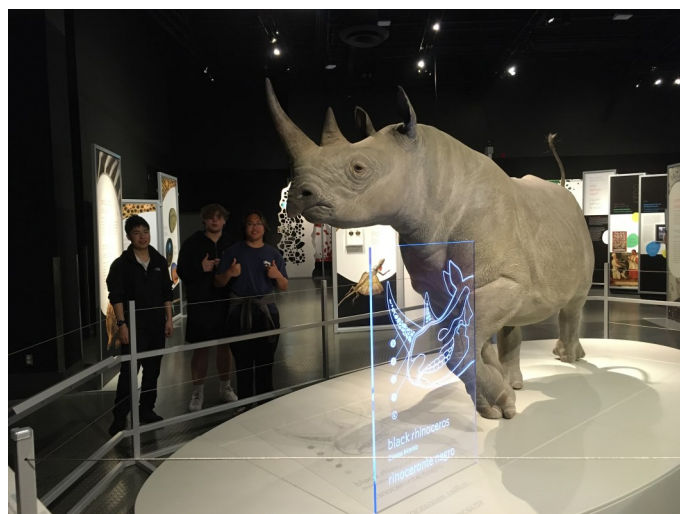
Being the home away from home for our international students is a value-added experience but also a remunerated one. For more information please contact homestay@cisdv.bc.ca

Local School Council

Nominations are open for our Local School Council. Our Annual Public Meeting - Elections is on May 24th 2023 at 6pm in the High School Library. Please email the school if you are interested in obtaining a copy of the Nomination Package This Package explains the role of the Council and Nomination process.

If you have any questions please contact the [Chairperson Angela Grohovac at angelagrohovac@gmail.com](mailto:angelagrohovac@gmail.com) We currently have 2-3 openings on the council. Please consider serving on this council. It is very important to have a full committee.

The senior science class headed to Science World in Vancouver for a fun day learning, exploring and hypothesizing!



ST. ANDREW'S REGIONAL HIGH SCHOOL

Spring Fling

ANNUAL CONCERT FEATURING
CONCERT BAND, JAZZ BAND & CHOIR

HOLY CROSS CATHOLIC CHURCH
4049 GORDON HEAD ROAD

7:00 PM WEDNESDAY MAY 31


SENIORS & STUDENTS \$5
ADULTS \$10



May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<u>Week BADC</u>	1Day 2	2	3Day 2	4	5Day 2	6
		Drama Rehearsal (om)		Drama Performance		
7	8	9Day 2	10	11Day 2	12	13
<u>Week CDBA</u>	AP Calculus exam	AP English exam	P/T Interview scheduling Portal Closes	P/T Interview 2-5pm & 6-9pm	NO SCHOOL Lieu Day	
	PE 11/12 Strathcona Trip					
			PSG AGM 7pm			
14	15	16	17	18	19	20
<u>Week DCBA</u>	5 Block Day	5 Block Day			Student Council \$2 Civvies Day	
	Student Council Speeches Extended Assembly	Marian Mass	Choral Concert St. Andrew's Cathedral 6:30	Interim Reports		
21	22	23	24	25	26	27
<u>Week ABCD</u>	No School Victoria Day	Pentecost Food Drive May 23-June 2	Local School Council AGM 6pm			
28	29	30	31			
<u>Week BADC</u>			Spring Fling 7pm			
Conference						

June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<u>Week BADC</u>				1	2 5 Block Day Final SC Assembly	3 Neat Uniform Fitting 11am-6pm Grad car wash and bottle drive9:30-2:30
4 <u>Week CDBA</u>	5	6	7 PSG Mtg 7pm	8	9 5 Block Day Year End Mass	10
11 <u>Week DCBA</u>	12	13	14	15	16 Last Day of Classes, extend- ed TAG, locker clean out, grad ball game Noon Dismissal	17
18 	19	20	21	22	23	24
	SCHOOL BASED EXAMS					
25	26 Grad awards night	27 Grad Com- missioning	28 Grad dinner dance and after grad	29 Year end staff mtg PSG staff appreciation lunch	30 Report cards published in MyEd Year End admin day for staff	