



# 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.

Good afternoon St. Andrews families,

I've only been at the school for a short while, but I can tell that this is an amazing community. I've met with several staff members who have been here for several week already. Whether it is preparing the schedule, enrolling students into courses, meeting for IEPs, answering phones, arranging classrooms, cleaning. Staff members are rested and ready to start the school year.

As you know, Mr. Glen Palahicky has moved on to another things, but he and Mr. McLaverty have prepared the school very well for the upcoming year. I would like to thank them for their diligence and care. This year's school theme is Living, Celebrating, and Proclaiming our Faith. The provincial committee provided the following explanation:

### Green represents growth and renewal

This section symbolizes the idea that living the faith is an ongoing process of growth and development.

### Blue represents trust and faithfulness

This section symbolizes the importance of trust and faithfulness in living the Catholic faith.

### Gold represents wisdom and holiness

This section symbolizes the goal of living the Catholic faith – to become wise and holy people who reflect the love of God in the world.

**Overall, this logo conveys the message that living the Catholic faith is a journey of growth, trust, and wisdom, and that the Catholic school community is united in this journey.**



As a way of introducing myself to the SARH community, I've been an educator since 1995. I've taught a wide range of classes from humanities in Grade 4 to math in Grade 12. In addition to being a teacher, I was also responsible for technology, professional development, and international travel. After 22 years, I decided to explore the role of principal and moved my family to Kamloops, BC. I had the privilege of being principal of St. Ann's Academy.

Joining me on the Island is my wife Barb and my daughter Katie. Our son Bryan is living on the mainland while completing his final semester at Simon Fraser University.

As much as possible, I try to make myself available to students, parents, and staff to discuss issues of concern by having an open-door policy. If there is a matter to discuss, please feel free to contact me to arrange an in-person meeting; however, if the matter relates to the classroom, please contact the staff member directly to find resolution. If you're unable to find a solution, I would be happy to help.

With what I have seen, heard, and learned so far, St. Andrews Regional High School is an amazing place. I feel very fortunate to be a member of this community, and I look forward to meeting everyone in time.

God bless,  
Patrick Niwa  
Principal



### **From the Office**

At the end of August we sent out our annual back-to-school mail out. There were several forms enclosed that need to be returned including: the **student verification forms**, the **medical information form** and the **earthquake/emergency direction sheet**. Information from these forms is used to update the school database and in cases of emergency, so we really appreciate having them back promptly. Thank you!!

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The cold/flu season has already started at SARHS. This is a gentle reminder to please keep your child home if they are feeling ill. If they are absent, tardy or leaving early please call or email the office so we can keep a accurate record of their attendance. This is much appreciated—Thank You

Mark You Calendars:

September 15	International Student BBQ	5:30 pm	Willows Beach
September 21	Meet the Staff Night	6:30pm	
September 21	Sports Information Night	7:30 pm	
September 21	Last Day of Course Changes!		
September 22	Pro-D Day - NO SCHOOL		
September 25	5 Block day - Opening Mass 11:00 am		Sacred Heart Church
September 27	Local School Council 6:30pm (library)		
September 29	5 Block Day – Truth & Reconciliation Commemoration		
	Students are encouraged to replace their school shirt for an orange shirt		
October 2	No School – National Day for Truth and Reconciliation		
October 4	Parent Support Group 7:00pm	(library)	
October 5	Grade 8 Retreat		
October 9	Thanksgiving—NO SCHOOL		

Grade 8 Retreat!

Dear Parents of Grade 8 Students,


Your child will be heading to Camp Pringle for Retreat day from 8:30am-7:30pm on Thursday, October 5th 2023 with Ms. Gilbert and the Leadership TEAM.

Please remember to have your child wear civvies, running shoes, bring a BIG Lunch and a water bottle. We go rain or shine so dress accordingly as we will be doing outside activities for parts of the day. No phones, electronics, earbuds or tech of any kind needed for this fun filled teambuilding, faith filled day. Retreat Days are part of the Religion Program at St. Andrews and there is a TEAM working hard to make this a great day for your child.

If you have any questions please email me at [rgilbert@cisdv.bc.ca](mailto:rgilbert@cisdv.bc.ca)

Cheers, Ms. Gilbert

From the SARHS Music Dept.

 Welcome back to a new school year! All students are invited to be a part of our award-winning SARHS Music Program. Sign-up took place Sept.7 & 8th in the school Commons, but it's not too late to get involved with Choir, Concert Band, or Jazz Band. All are welcome!

Due to recently graduated members, **guys are especially needed in the Choir**, so please see Mr. O'Reilly or email: [poreilly@cisdv.bc.ca](mailto:poreilly@cisdv.bc.ca) if you are interested in this or one of the other groups.

Music classes will start on Monday, Sept.11th (see attached schedule) so Concert/Jazz Band students, bring your instruments then. Please note that our Music Parents Meeting will take place next Wed, Sept.17th at 7pm in the school library. Looking forward to a great year of music-making!

Monday	Tuesday	Wednesday	Thursday	Friday
	Morning 7:30-8:20am CHOIR	Morning 7:30-8:20am CONCERT BAND		
Lunchtime JAZZ BAND	Lunchtime CONCERT BAND	Lunchtime CHOIR	Lunchtime JAZZ BAND	Lunchtime Open for sec- tionals/ individual help
3:20-4:35 CONCERT BAND	3:20-4:35 JAZZ BAND		3:20-4:35pm CHOIR	



Hey Sabres! Want to be part of St. Andrew's very own student newspaper, **The Circuit**? Whether you're a new face or a seasoned contributor, we welcome you with open arms! Stay updated by following [@sarhscircuit](https://www.instagram.com/sarhscircuit) on Instagram. Also check out past articles on our website <https://sarhscircuit.wordpress.com/> For more details, interested students should chat with Maya Z, the student editor, or publisher, Mr. Van Dyk. Our next meeting will be next Monday during Focus in Room 110. It's a great day to be a Sabre! :) #SARHSCircuit #JoinTheTeam

## Theatre Department

Welcome back to a new school year SABRES, family and friends! I have some very exciting news to announce...drum roll please...this year's musical is going to be...**HIGH SCHOOL MUSICAL!** Our first class took place this week (Tuesday, September 12), however auditions will be held next week after school on Tuesday, September 19. Sabres, if you missed sign up or our first class, but would still like to be a part of the musical (on stage or back stage), there is still time! Please speak to Ms. Lambert or email her at [nlambert@cisdv.bc.ca](mailto:nlambert@cisdv.bc.ca). **ALL GRADES WELCOME!**



## Cheerleading

Happy September Sabres! Another school year means another season of Cheerleading! **The Cheerleading team is looking for new team members.** If you are unfamiliar, Cheerleading involves a combination of cheers, dances, gymnastics and stunts. **There is no previous experience necessary to join the team. ALL GRADES ARE WELCOME! (Boys, we want you too!!)**

Each year the Cheerleading team performs at the Athletic Banquet in June. This year the team aspires to perform at other school events and sports games. With our brand-new mats and spiffy new uniforms, we are ready for another awesome year of teamwork, fun and cool stunts.



Cheer practice runs Mondays during FOCUS (9:45am-10:35am) and Tuesday mornings (7:30am-8:15am). **Our first practice will be held on Monday, September 25<sup>th</sup>.**

If you are interested in joining the Cheerleading team please speak to Ms. Lambert or email her at [nlambert@cisdv.bc.ca](mailto:nlambert@cisdv.bc.ca)

## DANCE TEAM

Welcome back Sabres! The Sabres Dance team is a student run club, sponsored by Ms. Lambert. The team was created by Ann Noreen Delupio, a St. Andrew's graduate and will be carried on this year by Evie Roth. The dance team covers an array of genres and makes an annual appearance at the **Greater Victoria Performing Arts Festival** each year, it is a great way to meet new people and explore the beautiful art of dance. No previous experience necessary, choreographers welcome. The team meets 1-2 times a week during lunch hour (specific days TBD). For any questions or if you are interested in joining the dance team, please reach out to **Evie Roth** at [evangelinar624@cisdv.bc.ca](mailto:evangelinar624@cisdv.bc.ca)

## Sabres Sports



Welcome back! We have had a great start to the year! Our fall sports have begun with Boys Soccer, Swimming, Rowing, Volleyball, Cross Country, and Cheerleading. Gr 8's will also have the opportunity to play Basketball starting in the next couple of weeks. We encourage all to come and try out for our Sabres teams! We are also looking for a junior boys volleyball coach so please message me if you can help out ([lblair@cisdv.bc.ca](mailto:lblair@cisdv.bc.ca)). It's going to be a great year to be a SABRE!!!!

**Sports Info Night!** Thursday, September 21st at 7:30pm. We look forward to meeting all our new athletes and their parents!



## Local School Council

Local School Council September Meeting - Sept 27th in the School library at 6:30pm.

The Local School Council is instrumental in the smooth operation of St. Andrew's Regional High School, and support the role of the principal without getting involved in the day to day operation of the school. **We have room on the council for new members if you are interested in serving. All parents are welcome to join the meeting.**

## Sports Parents Committee

Come out to the meet the staff event on September 21 and stay for the Sports Parents info night. Our committee is dedicated to assisting the Athletic Director in fundraising and events specific to the Athletic Department. Please join us.

Our [first fundraiser is running the Kids Zone](#) at the St Patricks Parish Bazaar on October 14th. We need 7 parents and 15 students. [Are you a baker?](#) We are looking for Cake Walk Cakes as well. 5 prizes up for grabs for the best cakes from St Andrew's. More details to come.

### Parking Safety Information

To assist with creating a safe and better flow of traffic and around St. Andrew's Regional High School, we ask parents, guardians and students to read the following.

Please consider using the parking lot behind the school at the top of the hill for pick up and drop off. There is plenty of parking and students can use the gravel path throughways up the hill to meet parents. This would greatly alleviate traffic jam ups in front of the school and potential accidents on McKenzie Ave.

When dropping off and picking up students please do **not park in the areas in front of the school marked with cones and NO PARKING and NO STOPPING**. Please proceed to the front entrance of the school for Drop off or Pick up.

**If cars are parked on the yellow NO PARKING curbs and NO STOPPING areas, it can cause a backup of traffic on to McKenzie Ave and could cause a serious accident.**

**Please do not park in the staff parking lots as those numbers are assigned to staff members.**

The lane going up the hill is narrow and has a ditch on either side, **please do not park** on the lane as there are safety issues for users of the high school (some of whom are new drivers), Sacred Heart Church and the Diocesan Centre.

### Student Parking

All student vehicles must be registered with the school. Students who will be driving to school require a parking pass which can be obtained from the office. This pass must be clearly displayed on the dashboard at all times while parked at the school.

Also please assist us with reminding your child that the school is located in residential area and must drive with care.

## Around the Diocese and community

### HOLY CROSS PARISH:

- We would like to invite St. Andrew's students and families to join us at Holy Cross Parish on Sunday, September 24th from 2pm– 4pm to enjoy a concert featuring 'Locarno'. Locarno is an award-winning Mexican/Latin band and we expect the entertainment to be lively! A sample of their music can be found at the following link: <https://www.youtube.com/watch?v=DiifntG94yQ>
- All are invited to our Diocesan Conference "Redeeming Conflict: One Messy Situation at a Time" with Catholic speaker and author, Ann Garrido. The conference will be held at **Holy Cross Parish** in Victoria on **Saturday, November 4 from 8:30 am – 3:30 pm**, followed by Mass with the Holy Cross community at 4:00 pm. As Christians, we tend to associate conflict with sin, but how we handle our tensions with one another can be one of the most profound witnesses we offer in the world. Speaking out of her own experience as a part-time theology nerd and part-time conflict mediator, author Ann Garrido will share insights into how we can make our tensions part of our spiritual journey. For more information and to register please visit: <https://DofVRedeemingConflict.eventbrite.com>; any questions can be directed to Margaret Gwyn at [mgwyn@rcdvictoria.org](mailto:mgwyn@rcdvictoria.org) or 250-479-1331 ext 227.



# BURGER AND BEER FUNDRAISER



## Raise money for our school's 2024 Spain trip!

Moon Under Water Brewery & Distillery has  
partnered with St. Andrew's to support this  
Burger and Beer Night

**\$34 per  
person**

**Tues,**

**Oct. 17**

**6pm - 8pm**

This price includes a Moon  
Burger and a Moon Pint as well  
as a side. You can substitute  
beer with pop but not spirits  
(i.e. whisky, cocktails, etc.).

**Burger Types:** Beef, Chicken and  
Veggie burger.

**Side Offerings:** Caesar Salad &  
Fries (Moon Under Water will  
set-up a table with a buffet  
style )

**Order tickets at :**

**<https://buytickets.at/standrewsregionalhighschool/1007736>**

There are only **60 tickets** to sell so act  
fast. The last day to order is Oct. 5!

# September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				International Student Orientation	1 International Student Orientation	2
3 <u>Week ABCD</u>	4 Labour Day	5 <b>No School</b> Staff Retreat	6 Gr. 8 Welcome & Orientation 8:15-10:15 New Intl Students 10:00 Homestay Orientation 11:00 New Gr. 9-12 11:00	7 Day 1 Return for all students 8:25-3:05 Begin with As-	8 Day 2 <u>Individual Photo Day</u>	9
10 <u>Week BADC</u>	11 Day 1	12 Day 2	13 Day 1  <b>PLC for staff</b> Music Parent Mtg	14 Day 2	15 Day 1 Student Council Retreat International Student BBQ 5:30	16
17 <u>Week CDAB</u>	18 Day 2	19 Day 1	20 Day 2  <b>Department meeting</b>	21 Day 1 Meet the Staff 6:30 Sport Info Night 7:30pm	22 <b>Pro-D Day</b> <b>NO SCHOOL</b>	23
24 <u>Week DCBA</u>	25 Day 2  5 Block Day Opening Mass	26 Day 1	27 Day 2  <b>Staff Prep</b>  Local School Council	28 Day 1	29 Day 2  <b>5 Block Day Assembly</b>	30

# October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Week</u> <u>ABCD</u>	2 No School: National Day for Truth & Reconciliation	3 Day 1 Food Drive for St. Vincent de Paul Oct 3-14	4 Day 2 Staff mtg 2:15pm	5 Day 1 Grade 8 Retreat	6 Day 2 NICE BAKED BEANS	7
8 <u>Week</u> <u>BADC</u>	9 NO SCHOOL Thanksgiving Day	10 Day 1	11 Day 2 PLC for staff	12 Day 1	13 Day 2 World Food Day Walk	14
15 <u>Week</u> <u>CDAB</u>	16 Day 1	17 Day 2 5 Block Day The Rosary	18 Day 1 Department meet- ing	19 Day 2 Great BC Shakeout	20 NO SCHOOL Provincial Pro-D Day	21
22 <u>Week</u> <u>DCBA</u>	23 Day 1 Poinsettia Sales Begin	24 Day 2	25 Day 1	26 Day 2	27 Day 1	28
	Student Spirit Week Oct 24-28					
	Parent Education		Staff Prep Local School	Fright Night		
29 <u>Week</u> <u>ABCD</u>	30 Day 2 Literacy 12 Ex- am	31 Day 1 Literacy 12 Ex- am HAPPY HALLOWEEN				