



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.

September 30, 2023—National Truth and Reconciliation Day Survivor's Flag

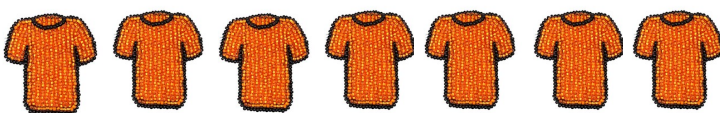


Today, in honour of the **National Day of Truth and Reconciliation**, aka Orange Shirt Day, all students were encouraged to wear an orange shirt as a statement of solidarity with our First Nations.

The flag depicted above is the **Survivor's Flag**, a symbol meant to honour Survivors of residential schools and all the lives, generations and communities affected by the residential school system in Canada.

Every element of the flag has a very specific meaning and was carefully selected in consultation with Survivor's across the country.

To learn more about the flag and it's symbolism please visit the [following link](#).



St. Andrew's students are invited to the South Island Powwow this **Saturday, September 30**, starting at **10:00am** at **Royal Athletic Park**. The annual South Island Powwow is an opportunity to recognize survivors and their families in the spirit of reconciliation. Through song and dance, they will celebrate traditional Indigenous cultures and resiliency. **Admission is free.**

WHERE TRADITION
AND CULTURE COME
ALIVE

**SOUTH
ISLAND
POWWOW**

September 30, 2023
Royal Athletic park

nationevents@songheesnation.com

Mark You Calendars:

September 29	5 Block Day – Truth & Reconciliation Commemoration
October 2	Students are encouraged to replace their school shirt for an orange shirt
October 4	No School – National Day for Truth and Reconciliation
October 5	Parent Support Group 7:00pm (library)
October 9	Grade 8 Retreat
October 2-13	Thanksgiving—NO SCHOOL
October 13	Food Drive for St. Vincent de Paul. Please drop off food donations at the school
October 20	World Food Day walk
	NO SCHOOL—Provincial Pro-D Day



Grade 8 Retreat!

GRADE 8 RETREAT Day is this WEEK!

On **Thursday, October 5th** all our grade 8 students at St. Andrews are heading out on their RETREAT DAY. A hard working group of Leadership students have been planning, organizing and working hard under the guidance of Ms. Gilbert to provide a FUN, FAITH FILLED and TEAM building day for our 99 youngest members in our school community.

Things to REMEMBER for the day

- Grade 8 students need to **be at the school by 8:20am** and meet at the Library.
- Students need to come to school dressed for the weather, layers, comfortable clothes (no uniform) and **wear RUNNING shoes**.
- Please pack a **BIG Lunch** and a water Bottle (**NUT Free if possible**)
- This is an **electronic FREE** day.
- Please meet for **pickup at the upper Parking Lot** (Sacred Heart Church) at 7:30pm.

If there are any questions- please contact
Ms. Gilbert @ rgilbert@cisdv.bc.ca
It's a great day to be a Sabre!



From the SARHS Music Dept.

Thanks to all those parents and students who volunteered at our car wash fundraiser on Sept. 23rd. Though it was a rainy, with your efforts and tenacity, we managed to raise over \$450! Not bad for a rainy day!! Special mention goes to Shuai and Hengyu Liu who even brought their own detailing equipment!

Also, a shout out to our Choir students who provided music for our opening school Mass on Sept.25th. Your singing added a beautiful dimension to the Mass - thank you! On that note, (pun intended) the Choir is looking for more singers. **It's not too late to join!** Trumpet and trombone players are also needed in our Jazz Band. Please see Mr. O'Reilly or email poreilly@cisdv.bc.ca for more details.

Finally, all Music parents and students, please ensure that you have received the list of important dates for this year and volunteer sign-up link via email. If not, please contact Mr. O'Reilly: poreilly@cisdv.bc.ca. The **Music Parents are currently looking for more volunteers for Hot Lunch on Tuesdays** and also for someone to take over our treasurer position. If you can help, please get in touch with Mr. O'Reilly via the email above for more details. Thank you!

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 sectionals/ individual help
3:20-4:35 CONCERT BAND	3:20-4:35 JAZZ BAND		3:20-4:35pm CHOIR	



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 25th.**

If you are interested in joining the Cheerleading team please speak to Ms. Lambert or email her at 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**

Sabres Sports

Sports is now well under way! **Grade 8 girls and boys basketball** is starting so it's not too late to sign up and attend tryouts! Stay tuned to tag announcements and screens to what days they will be. Also, we are looking for a junior girls basketball coach this year. Games start in January. **Please contact Ms. Blair if you can help!**



HOMEWORK CLUB

Homework club (in room 222) will be starting up again on Tuesday, October 10, 2023! All are welcome to get some extra support and/or a quiet place to do work.

Days & times are: Monday, Tuesday, Thursday and Friday from 3:15 – 4:15 with one Education Assistant. Wednesdays are from 1:50 – 3:15 with five Educational Assistants!

Theatre Department

I have some very exciting news to announce...drum roll please...this year's musical is going to be...**HIGH SCHOOL MUSICAL!** Our casting is complete and rehearsals are underway. Please email nlambert@cisdv.bc.ca if you would like to know more about the theatre department and this year's production. The musical will be preformed the first weekend in May.



Local School Council

Local School Council September Meeting - October 25th 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

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.



PARENT SUPPORT GROUP: Volunteer Opportunities

“Volunteering is at the very core of being a human. No one has made it through life without someone else’s help.” – Heather French Henry

Parent Support Group

The PSG is a volunteer group of parents who assists school administration, teachers, and students in building the amazing community that is St. Andrew's High School!

PSG meetings are held once a month.

Attending a PSG meeting counts as one hour towards each parent's school commitment of 10 hours of volunteer time.

Join us for our 1st meeting!

Wednesday, October 4th, 7 p.m., in the school library

Your contribution to the PSG will make a big difference at our school!



Grad Parent Corner!

There will be a meeting for ALL Grad parents on Thursday, October 12th at 7:00pm. In this meeting we will discuss upcoming Grad events, fundraisers, fees, and any other questions that might arise.

The meeting will be held on TEAMS: If you're unfamiliar with Teams, we encourage you to install the free software and try logging in at about 6:45. You can download the free software at <https://www.microsoft.com/en-ca/microsoft-teams/download-app>.

Similar to Zoom, you can click on the [following link to join the meeting](#)

We look forward to see the grad parents there!

COPS FOR CANCER

Dear Parents,

The student council would like to invite you to donate towards our Cops for Cancer fundraisers happening next week. On **Wednesday, October 4** we will be having a \$3 civvies day with all profits going forward to the fundraiser. We will also be having additional fundraisers

for students to get an opportunity to help further so look out for those. Additionally, if you also would like to donate directly to Cops for Cancer below is a link to do so. We are proud to mention that a parent from St. Andrew's is personally participating for this good cause and with your help he may be able to reach his goal.

https://support.cancer.ca/site/TR/CopsforCancer/COPS_NW_even_?px=14363057&pg=personal&fr_id=29021



More information on our SARHS parent participant, Michael Lowey, on next page!



Dear St Andrew's family:

My name is **Michael Lowey** and I'm the proud dad of my girls Alice and Violet (Gr. 12 and 9) I have been selected this year to ride Cops for Cancer Tour the rock, which is a huge honour. Tour de Rock is the biggest fundraiser for Pediatric cancer in BC and I couldn't be more excited. Nineteen of us, which includes police officers, paramedics, firefighters, media riders and a guest rider will be pedaling our bikes from Port Alice all the way down to Victoria (1200 kms), in the hopes to raise one million dollars to support Pediatric cancer research and also to support the families of affected children going through this terrible ordeal. Some of the money will also go to support Camp Goodtimes, which is a summer camp for children affected by cancer, where they can disconnect from the hospital routine and be kids again.

This camp is located in Maple ridge, by Loon lake and it's an absolute gem of a place. I was lucky enough to visit Camp Goodtimes this summer and I was blown away by how amazing, positive and rich effect it had on the kids.

During our tour, we will be stopping at many schools throughout the island and the tradition of these stops is to collect financial donations.

Now, I'm going to ask you for something special, primarily as a father, but also as a man who cares and values life deeply:

I have served as a Paramedic for BC ambulance (BCEHS) for the last 21 years, working on the lower mainland for 5 years and Victoria for the last 16 years and I would like to ask for some help now (Rescue the rescuer!!) **On October 6 at 10:30 am, Tour de rock will be stopping at St Andrew's school.** My goal is to have St Andrew's raise \$2000 by October 6 and I'll be shaving my head in solidarity and support for the children affected by cancer. I haven't had a hair cut since training started last March!

I know that's just around the corner, but it is very possible.

On **Wednesday, October 4th 2023, we'll be having a \$3 civvies** day, with all the proceeds going to Tour de Rock. I am asking to make this \$3 a minimum donation per student, but if you feel like you would like to donate a bigger amount, please do. *Anything helps!*

The sooner we reach our goal, the better.

I'll be introducing my teammates that day and also my Honorary rider Olivia!!

Olivia is an 11 year old girl from Victoria, who's still fighting a brain tumour she was diagnosed with, when she was only 7 years old.

The more people who cheer me on that day, the better!!

From the bottom of my heart, I thank every single one of you, because one child with cancer is way too many.

Hugs,
Michael Lowey



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 Week ABCD	4 Labour Day	5 No School Staff Retreat	6 Gr. 8 Welcome & Orientation 8:15-10:15 New Intl Students10:00 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 Individual Photo Day	9
10 Week BADC	11 Day 1	12 Day 2	13 Day 1 PLC for staff Music Parent Mtg	14 Day 2	15 Day 1 Student Council Retreat International Student BBQ 5:30	16
17 Week CDAB	18 Day 2	19 Day 1	20 Day 2 Department meeting	21 Day 1 Meet the Staff 6:30 Sport Info Night 7:30pm	22 Pro-D Day NO SCHOOL	23
24 Week DCBA	25 Day 2 5 Block Day Opening Mass	26 Day 1	27 Day 2 Staff Prep Local School Council	28 Day 1	29 Day 2 5 Block Day Assembly	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 \$3 civvies day 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				