



# 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.

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**February 16, 2024**

Since the start of the new semester, our school has been abuzz with several activities. Two weeks ago, our Grade 11s participated in a blanket ceremony in our library. Mrs. Paul and Mrs. Kearsey forwarded summaries of what our students learned. It was quite a list of reflections. The best way to summarize is to quote a passage from Julia W., "Beyond its interactive elements, the workshop's purpose was profound. It sought to raise awareness and deepen historical understanding of the challenges faced by Indigenous peoples. This firsthand encounter with the historical narrative was both enlightening and impactful, leaving me with plenty of questions to discuss with my peers."

The following day our students spent time in retreat, getting fired up with Face-to-Face. The Grade 11 / 12 students participated in the morning and our Grades 8 -10s in the afternoon. Catholic School Week had our students writing Valentine's Day cards for Anawin House and competing in a CSW Kahoot, composed by Mr. Van Dyk. Thursday was a busy day, as we polished the school, prepared displays, conducted science experiments, demonstrated dissections, and had staff celebrate our school. It was wonderful hearing our teachers share with prospective families everything our school provides.

To wrap up the CSW, we had a civvies day. To participate, students brought in two cans of food or two dollars. A lot of food and money was collected to support Help Ukraine Vancouver Island.

Our semester has started with reconciliation, progressed to offer acts of kindness and love, then finished off with acts of generosity. What a wonderful school we have!

Blessing,

Patrick Niwa  
Principal  
St. Andrew's Regional High School

## GRADE 11 RETREAT DAY

On **March 7th** all Grade 11 students will head to Camp Pringle for a fun, faith filled day together. Parents should now have the BLUE Permission slip that needs

to be signed and returned by February 15th. Retreats are part of St. Andrew's Religion Program and if for some reason you are keeping your child home, please email the school office today as planning is well underway. Ms. Gilbert can also be reached at [rgilbert@cisdv.bc.ca](mailto:rgilbert@cisdv.bc.ca)

Thank you parents for your prayerful support.



## Mark You Calendars:

February 14	5 Block - Day Ash Wednesday
February 16	<b>Pro-D Day</b> School Closed
February 19	<b>School Closed</b> BC Family Day
February 21	Grad Photo Retakes
February 22	Grade 8 Applications DUE
February 23	<b>School Closed</b> —ICS Pro-D Day
February 26	Course Selection Nigh (Zoom) - Gr. 10: 6-7pm; Gr. 11&12: 7:30-8:30
February 28	National Anti Bullying <b>Pink Shirt Day</b>
March 7	Grade 11 Retreat
March 12	Stations of the Cross
March 15	Last Day of School for Spring Break



Ash Wednesday  
— Lent Begins

## Sports Corner

It's been an exciting time for basketball at St. Andrew's school. The senior boys basketball team won the tournament at Duncan Christian school last weekend. It was a great team effort, and Noah, Jace, and James were player of the games. In addition, Noah got MVP of the tournament and Jace received an All-Star.

Senior girls basketball head to islands next week and have a good shot at provincials. Junior boys basketball finish first in their league play and they are in the second round of playoffs. Our junior girls are also in the playoffs and have a good shot at winning, the cities. We wish all our teams the very best! We are also always looking for coaches... in particular track and field help coming up in March! **Also we need a boys soccer coach for next fall! Please contact [lblair@cisdv.bc.ca](mailto:lblair@cisdv.bc.ca) for more info!**

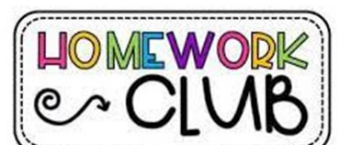


## Grade 8 NO PHONE POLICY

Due to the positive feedback we have received from parents and staff, we have decided to continue with our no-phone policy for our Grade 8's. Therefore, while they are on campus all phones are OFF and AWAY for our Grade 8 students. Thank you for your support!

**Homework club** (in room 222) 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

**St. Andrew's Community,**

It's that time of year again!

Opening night of High School Musical is only 3 months away! That being said, the theatre performance and theatre production classes are trying to raise money for our show to help us pay for costumes and props to make HSM the best it can be. Like last year, to support our show we will be doing a Purdy's chocolate Fundraiser.



**Chocolate orders will be ready for pick-up on Friday, March 15,** just in time for March Break/Easter weekend! Order your chocolate today!

Use the link below to register as an High School Musical supporter and order your chocolate:

<https://fundraising.purdys.com/1504616-114947>

Please pass on to help spread the chocolate word!

Thanks for all of your ongoing support!

## Music Department



Our Music students are currently preparing for our Ash Wednesday service on February 14th. Looking ahead, students are gearing up for the return of the first Island Catholic Schools Celebration of Music concert since 2019. The concert will take place at UVic's Farquhar auditorium on **April 16th** and it will feature choirs and bands from St. Patrick's, St. Joseph's, and SARHS.

Following that, our Music students will travel to the **Con Brio Music Festival** in Whistler, B.C. from April 18th—21st.

There will be approximately 60 of our students participating in this valuable opportunity for young people to enhance their musicianship through performance, adjudication, and collaboration in a massed band of over 1000 students! We look forward to being part of this exciting event!

**\*\*Please note** that Bandfest, originally on the school calendar for Mar.1st, has been suspended indefinitely.

## English Department

At the end of first semester in January, students in Mr. Van Dyk's English 8 class competed in the "Poetry Playoffs" -- reciting memorized poems with power, passion, and poise! Congrats to class champions Carmela R and Jacob B (pictured with runner-up, Callen S). Way to go, poets!





## Food Collection for HELP UKRAINE VANCOUVER ISLAND

Catholic Schools Week 2024 was a great success: we lived, celebrated, and proclaimed our faith. In the week preceding **Catholic Schools Week**, all Grade 11 students had the opportunity to participate in the Kairos Blanket Exercise. The following day, all SARHS students participated in a spiritual retreat led by Face to Face Ministries. During Catholic Schools Week students engaged in a fun Kahoot (thank you, Mr. Van Dyk for the Kahoot, and Ms. Donegan for the goodies), created beautiful Valentine's Day cards to be shared with Anawin House, and collected 390 cans and \$278.95 for Help Ukraine Vancouver Island. Congratulations to our staff and students for organizing and participating in the activities and events that took place over Catholic Schools Week.

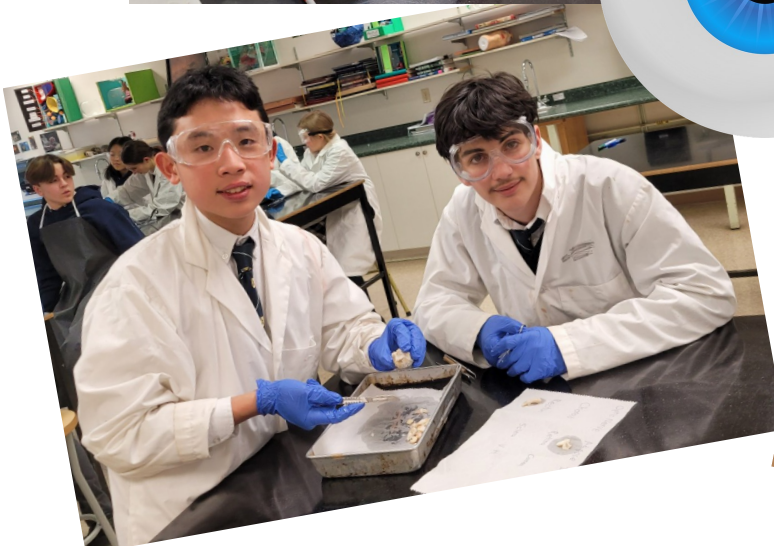


May we take the spirit of this week and continue  
"To Build In Love".



## Grade 8 Science

The grade eights culminated their term with a sheep's eye dissection. After learning the parts and their functions, the students were rewarded with this hands-on activity to cement their learning.





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## AFTER GRAD 2024 - FUNDRAISER

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Our fundraiser will **earn 20% on every sale** made through our Tru Earth Fundraising link.

Tru - Earth - <http://tru-earth.sjv.io/sarhsaftergrad>

- Please help support our eco-friendly After Grad fundraiser, through using the above link, we will earn 20% of every sale.
- All products are shipped directly to you, and the link will work for the rest of the year!

Louise Kelly: [Louise.kelly51@gmail.com](mailto:Louise.kelly51@gmail.com)

### Grad Parent Corner!



Grad Parents our online silent auction fundraiser Starts on March 1st. **We are still in need of donations!** Please leave any donations at the school office - marked Silent Auction by February 16th.

**Our passive fundraisers are still in effect ...**

If you have returnables, please use our **Bottle Depot** account number 1815 when returning bottles.

**Cobs Bread at Eagle Creek** - please mention St Andrews when purchasing

# St. Andrew's Parent Support Group

Thank you for helping us help our school!

[sarhs-psg@cisdv.bc.ca](mailto:sarhs-psg@cisdv.bc.ca)



Order  
before  
Feb. 23

High  
Quality Materials  
& Hand Crafted  
Designs!  
\$35 per box  
(= \$1 a card)

## BIG BOX OF CARDS FUNDRAISER

### Box Options:

#### Big Box of All Occasions (35 cards)

Sample Video:

[www.bigboxfundraising.com/products/big-box-of-cards](http://www.bigboxfundraising.com/products/big-box-of-cards)

#### Big Box of Birthdays Cards (35 cards)

Sample Video:

<https://www.bigboxfundraising.com/collections/frontpage/products/big-box-of-birthday-cards-new>

#### Big Box of Kids Birthdays (35 cards)

Sample Video:

<https://www.bigboxfundraising.com/products/big-box-of-kids-birthdays>

#### Big Box of Holiday Cards (50 cards of 3 sizes)

Sample Video:

<https://www.bigboxfundraising.com/products/new-for-fall-2022-big-box-of-holidays-with-thanks-and-blanks>

#### Big Box of Cards PSG Online Order Form:

<https://bit.ly/bigboxfundraising>

(Cards will be available for pick up 2nd week of March.)

## THE POWER OF CARDS

- ✦ When a card is received, the emotional response of 'excitement' is much greater than from a text, email or other digital platform.
- ✦ The recipient will feel more socially connected and less lonely.
- ✦ The recipient will feel more valued knowing someone has taken the time to select a card and send it.
- ✦ A sympathy card can communicate comfort and tenderness.
- ✦ A get well card can inspire hope and show how much you care.
- ✦ A birthday card can convey humour, fun and happiness!
- ✦ And for an anniversary or holiday the recipient will feel they haven't been forgotten and they are appreciated.
- ✦ Research also shows that being kind and generous leads to a more positive mood and less anxiety for the sender as well!

**For every Big Box of Cards sold,  
\$11 of your \$35 comes back  
to help our school.**

**Thank you for your support!**  
St. Andrew's High School PSG

### NEXT PSG MEETING

**March 13 @ 7 p.m. in the library.**  
Don't be shy. Come and join us!

## ST. ANDREW'S HOT LUNCH PROGRAM

The PSG oversees the school's Hot Lunch Program as a fundraiser for the school. Students and staff are encouraged to participate in the program at a level at which they feel comfortable, knowing that the program is volunteer-run by parents and students with the gentle guidance and assistance of school staff. All proceeds raised are shared to help support the PSG, the school's music and sports programs, SARHS Student Council as well as this year's grade 12 After Grad celebrations.

All volunteers involved work with local businesses and do their very best to minimize our environmental impact using compostable eating utensils and plates and recycle food packaging whenever possible. As order or delivery errors can occur beyond our control, we do recommend that you also bring a snack to school. Payment for all hot lunch items is by cash only.

If you have any questions regarding the Hot Lunch Program or would like to help as a Hot Lunch Program volunteer, please contact our PSG Hot Lunch Program coordinator, Fausto Giorgi, at sarhs-psg@cisdv.bc.ca

### HOT LUNCH MENU

Monday	Pizza \$3.50 per slice, Cookie \$1, Chocolate Milk \$1.50
Tuesday	Popeyes Delta Mini Sandwich \$6 each, Cookie \$1, Chips \$1, Chocolate Milk \$1.50 (sandwich combo with chips or cookies available for \$6.50)
Wednesday	Quality Foods Chinese Food, \$7 a plate (see below for more details.)
Thursday	Adriana's Taquitos (\$10/pack of 4) or Burritos (\$7 for one; \$12 for two)
Friday	Pizza \$3.50 per slice, Cookie \$1, Chocolate Milk \$1.50

New

**Chinese Food - \$7 a plate for a choice of chow mein and/or rice with chicken balls or pork with sweet and sour sauce.**





**SAVE THE DATE**

**Tuesday, March 5**

Parent Education Night

# **Addiction Awareness**



**FREE!**  
Sponsored  
by  
St. Andrew's Parent  
Support Group

St. Andrew's Regional High School

Doors Open 6:30 p.m.


Light Refreshments

Everyone Welcome!

Watch for more event and speaker info. and registration link in your email box.  
Email [sarhs-psg@cisdv.bc.ca](mailto:sarhs-psg@cisdv.bc.ca) to volunteer at this event.



# February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<u>Week</u> <u>CDAB</u>				1 Day 1	2 Day 2  Report cards published	3
4 <u>Week</u> <u>DCBA</u>	5 Day 1	6 Day 2	7 Day 1  Staff meeting Staff Mtg	8 Day 2  Gr. 7 info night 6-7 <b>Open House</b> 7-8:30pm	9 Day 1  Last day of course changes	10
11 <u>Week</u> <u>ABCD</u>	12 Day 2	13 Day 1	14 Day 2   5 block day Ash Wednesday  PLC for staff PSG meeting 7pm	15 Day 1	16  <b>Pro-D Day</b> <b>School Closed</b>	17
18 <u>Week</u> <u>BADC</u>	19 <b>School Closed</b> <b>BC Family Day</b>	20 Day 2	21 Day 1  Grad photo retakes  Dept mtg	22 Day 2  Gr. 8 Applications due	23 <b>School Closed</b> <b>ICS Pro D</b>	24
25 <u>Week</u> <u>CDAB</u>	26 Day 1  Course selection night Gr. 10—6-7pm Gr. 11&12—7:30-8:30	27 Day 2	28 Day 1  Staff prep National Anti Bullying Day <b>Pink Shirt Day</b> LSC meeting 6:30pm	29 Day 2		

# March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<u>Week</u> <u>CDAB</u>					1 Day 1  Bandfest	2
3 <u>Week</u> <u>DCBA</u>	4 Day 2	5 Day 1  G	6 Day 2 Staff meeting 2:15	7 Day 1 Gr. 11 retreat	8 Day 2 Interim Reports	9
10 <u>Week</u> <u>ABCD</u>	11 Day 1	12 Day 2 Stations of the Cross 5 Block Day	13 Day 1 PLC for staff PSG meeting 7pm	14 Day 2	15 Day 1 Last day of school before Spring Break Noon dismissal	16
17	18	19	20	21	22	23
Spring Break March 16—April 2						
24  Palm Sunday	25	26	27	28	29  Good Friday	30
Spring Break March 16—April 2						
31 Easter Sunday						

