



St. Andrew's

Regional High School

ISLAND CATHOLIC SCHOOLS

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

Principal: Patrick Niwa
pniwa@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.

January 19, 2024

Snow Day at SARHS!



Principal, Mr. Patrick Niwa and Vice-Principal, Ciaran McLaverty shovel snow to make a safe walkway for the students and staff on our snowy day.

January 22—25: EXAM WEEK at St. Andrew's Regional High School

EXAM PROTOCOLS (for parents and students)

- Students are only to enter school for your exam.
- Students may enter the school and go directly to their exam room after 8:30 am for the morning sessions, then after 12:30 pm for the afternoon sessions.
- Most exams will be written in the regular classroom, except for exams with larger student numbers from a cohort who will write in the gym.
- Students must return their textbooks to the teacher on the day of the exam.
- Once you have completed your exam, you will need to exit the building.
- Students may not linger on school grounds or use the basketball court as exams will be in progress.
- If you do not have an exam please do not come to the school that day.
- If you have a potential conflict, please talk to your teacher and Mr. McLaverty to make alternate arrangements.
- Students are permitted to wear civvies during exam week.

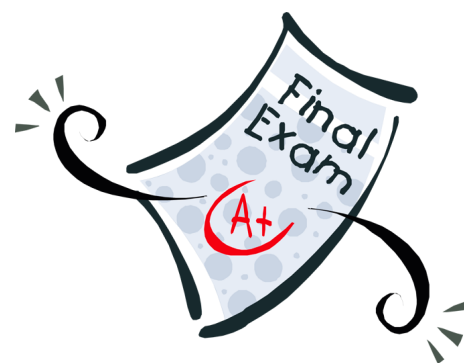
MORE GUIDELINES AND PROCEDURES (for students)

Please keep these items in mind as you prepare to write.

1. Make sure you write your name on the cover and circle the name of the appropriate teacher if necessary, for both your exam and the Scantron.
2. Absolutely no electronics are allowed at your desk or on your person; including phones, Apple watches, etc.
3. There is to be absolutely no communication, verbal or non-verbal, with any other student around you during the exam.
4. You must remain in the exam room for a minimum of one hour before leaving, even if you finish early. Once you have finished your exam you must leave the building and grounds.
5. If you need to use the washroom or require extra paper or other supplies, please silently raise your hand and a supervisor will come to you.
6. Leave your exam on your desk when you are finished.

Mark You Calendars:

January 22-25	School EXAM Week
January 26	No School —Marking Day
January 29	Term 3/Semester 2 Begins
February 1	Grade 9 vaccine day
February 2	Report Cards Published
February 5-9	Island Catholic Schools Week
February 8	Grade 9 Vaccine Pick Up
February 8	OPEN HOUSE 7—8:30pm
February 9	Last day for course changes
February 14	5 Block Day Ash Wednesday
February 16	Pro-D Day School Closed
February 19	School Closed BC Family Day
February 20	Grad Photo Retakes



Course Changes Semester 2

Students from Grades 10-12 requiring course changes for their Semester 2 courses need to complete a course change Google Form: <https://forms.gle/3rqFINW6kgyFaD6G7>. Students in Grades 8-9 will need to email Ms. Cathy Fowlie (cfowlie@cisdv.bc.ca) and / or Ms. Michele Sanders (msanders@cisdv.bc.ca) with requests.

Students can complete a Semester 2 course change now until **February 9, 2024**. **Semester 2 begins Monday, January 29.**



English Department

Before the Christmas break, students in Mr. Van Dyk's English 8 class competed in a creative "Quick Write" -- attempting to use 'anthropomorphism' to describe what 'Poinsettia Jr.' might be thinking and doing while alone in our school at night. Thanks to Ms. Paul, our Teacher-Librarian, who crafted the competitive prompt and provided poinsettia prizes for our three talented winners. Congratulations to Francesca C., Colbie B., and Cassidy H.

Religion Department



Thanks to Fr. David Bellusci, OP, Dominican priest and professor at Catholic Pacific College, who visited some senior Religion classes last month. Fr. David lectured on Aristotle, virtue ethics, and friendship, among other topics.

Thanks to the Khalsa Diwan Society of Victoria and the Masjid-Al-Iman, who welcomed Religion 11 students to these places of worship over the last few months. Students deepened their interfaith knowledge, and we appreciate the gracious hospitality shown at these sites.



AFTER GRAD 2024 - FUNDRAISER



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

<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

Grad Parent Corner!

HELP NEEDED...

Hot Lunch needs volunteers...

https://docs.google.com/spreadsheets/d/1-A5wfY6EP_fUK_x0f_G7Of09ViekYmGpWVlr68fJl2ys/edit?usp=sharing

SILENT AUCTION

We are currently asking for Silent Auction Donations for our online auction in March.

All sponsors / donors will be acknowledged by thank you card, in our school newsletter, as well as at the After-Grad event. Please use the official After Grad Letter, extra copies of the letter are available in the school office.

Please support our Fundraisers:

Tru-Earth

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

- **Bottle Depot** – At the start of your deposit please tell the cashier that you wish to proceeds to go to ST ANDREWS AFTER GRAD
- **Cobs Bread Eagle Creek** – Please mention ST ANDREW'S AFTERGRAD at checkout



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

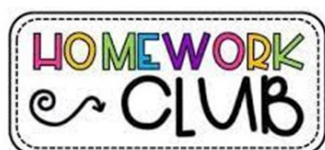
Break/Easter weekend! Order your chocolate today!

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!



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!

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!



CAMP HOMEWOOD

ANNUAL DIOCESE OF VICTORIA YOUTH RETREAT

for youth in Grades 7 – 12

Quadra Island – February 2-4, 2024



\$195.00 per participant (\$215.00 after January 15)

~ includes all food, accommodation and activities ~



Challenging people to holiness
by living and proclaiming
the fullness of the Catholic Faith.

For more information contact Camp Coordinators:

Bonni Roset (broset@telus.net) 250-203 1518

St. Patrick's, (stpatricks-CR@shaw.ca) 250 287 3498

CWL and Knights of Columbus, St. Patrick's, Campbell River and the Catholic Foundation of Vancouver Island.

Sacred to the Memory

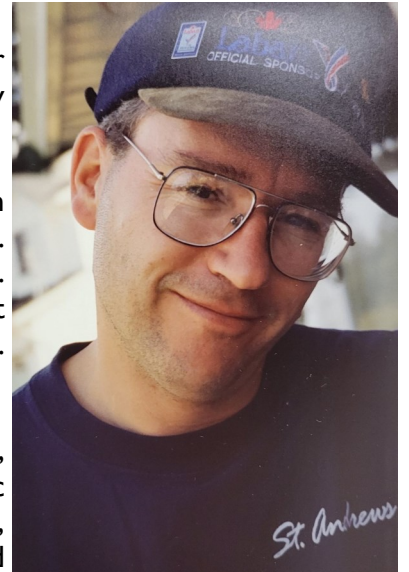
Mick Goodger

Goodbye to Mr Goodger

It is with a heavy heart that we (past colleagues) write this letter. One of our cherished teachers, Mr. Michael (Mick) Goodger recently passed away on January 06, 2024, after a long battle with cancer.

Born in Leicester, England, Mick's journey in education began at Loughborough University leading to his first (and "strangest") teaching position in the Bahamas. His encounter with Canadians there inspired his move to Vancouver in 1977. Mick's career in Canada included positions at Camosun College, Northwest Community College, the University of Saskatchewan, and a 25-year tenure at St. Andrew's Regional High School.

At St. Andrew's, Mick taught Geology, Geography, Earth Science, Social Studies, Physical Education and culminated his career with the title of Athletic Director. Outside of his teaching demands, Mick coached almost every sport, participated in school drama productions, sponsored the student council, and led and negotiated for the Catholic School Teachers' Association.



On any given day, he could be heard going down the hall saying, "get a grip" or "good grief". One could find Mick in school by simply following the trail of coffee cups he left in his wake. Year after year, his favorite memory was the birth of his daughter, Laura who grew up with him in the halls of St. Andrew's. His pet peeves were bad soccer referees and his worst subject, Math 12. He was also known for wearing only shorts even in the coldest of winter months and was described as "a soft mush with a cool guy tough facade".

Mick's roles demonstrated his strength of character, his sense of justice and his willingness to help others. He had a cheeky sense of humor and taught us many new British words-whether you wanted to hear them or not. He was an honest man, kept the bar high when he taught and worked tirelessly day in and day out. He was a wonderful mentor and co-worker; irreplaceable, unforgettable and one of a kind.

In retirement, Mick continued his love for sports and youth by refereeing volleyball and joining his partner, Angela, on the Cedar Hill Golf Course. He filled his days traveling, fishing, playing poker, walking Paddington, and cheering on his hometown Leicester City football team. He was a wonderful family man with a warm spirit and a friend to all.

He will be dearly missed and forever remembered in our hearts. Go in peace Micky. We know that you'll be making your presence known in heaven as you did here on earth.



SARHS Parent Support Group

Thank you for helping us help our school!

sarhs-psg@cisdv.bc.ca



Blessings for 2024!

“May you be blessed with warmth in your home, love in your heart, peace in your soul and joy in your life.”
– Irish Blessing

Photo: Twenty gingerbread houses were purchased by the PSG and decorated by student tag teams on December 22, 2023.

“Home Sweet Home. Nicely done SABRES!” - PSG

Health Benefits of Volunteering

It's true volunteering is a great way to help others - but did you know that it is also a great way to improve your own physical, emotional and mental health.

- Encourages physical activity
- Lowers blood pressure
- Promotes heart health
- Reduces stress and depression
- Connects you to other people
- Encourages learning
- Boost happiness!



COMING SOON

PSG Parent Education Night

“Addiction Awareness”

Light Refreshments.
Everyone Welcome!

Watch for more info.

Paradise Island Cheese

Thank you for your support!
We raised \$640 in December to support our school.



PSG Big Box Card Fundraiser

35 cards for \$35
For \$1 each you get cards that feature high quality materials and hand crafted designs. See full order details in the next school newsletter.

Next PSG Meeting

February 7 @ 7 pm in the Library

PARENT SUPPORT GROUP: Volunteer Opportunities

“Act as if what you do makes a difference. It does.”
William James

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 next meeting!](#)

Wednesday, February 14, 7 p.m., in the school library

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

AROUND THE DIOCESE

1) Our Lady of Victory Mission on Gabriola Island has sent an update on how the Bishop's Annual Appeal has helped their community. To read the update, please visit <https://www.rcdvictoria.org/diocesanblog/warm-thanks-from-our-lady-of-victory-mission>.

2) To mark the Week of Prayer for Christian Unity, all are invited to an ecumenical service at Christ Church Cathedral in Victoria (930 Burdett Ave) on Sunday, January 21 at 4:00 pm. Bishop Anna Greenwood-Lee of the Anglican Diocese of Islands and Inlets will preside, and Bishop Gary will preach. A reception will follow the service.

3) Holy Family Notre Dame Parish in Port Alberni will be hosting "Faith through Film", a film festival about Jesus, during Lent 2024. To kick off the festival and in honour of Catholic Schools' Week, they will be showing The Miracle Maker, an animated film, at noon on Sunday, January 28. Lunch will be provided, and everyone is welcome! Through grant funding made available by the Bishop's Annual Appeal, admission to the showings is free, and popcorn as well as other movie-related snacks will be available. To help with planning, pre-registration is encouraged; please phone 250-723-8912 or email hfnf@rcdvictoria.org. To see the full schedule of films, please visit the Diocesan Events Calendar at <https://www.rcdvictoria.org/events-calendar>.

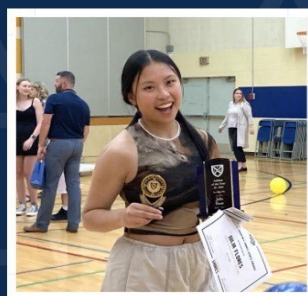
4) Youth in grades 7-12 are invited to the annual Diocese of Victoria Youth Retreat, which runs from February 2 – 4, 2024 at Camp Homewood on Quadra Island. This year's theme is "Seek Him", and the retreat will be presented by Face to Face Ministries. The cost is \$195 per participant, which includes all food, accommodation, and activities. Youth are asked to register with their local parish. For more information, contact St. Patrick's Parish in Campbell River (stpatricks-CR@shaw.ca or 250-287-3498), or Bonni Roset, Camp Coordinator, at broset@telus.net or 250-203-1518.

5) There will be a Vocation Live-In on the weekend of February 10 -11 at the Seminary of Christ the King in Mission, BC. Anyone wishing to enter the Seminary in the next couple of years is welcome. For more information, please phone 604-826-8975 or email rector.minors@sck.ca.

EMPOWERING FEMALE ATHLETES

BREAK BARRIERS - MAKE CHANGE

**SCAN THE QR
CODE**



Hey, it's Julia! I'm a female athlete in grade 12 who wants to make sports a more inclusive space!

JOIN THE MOVEMENT

QR SURVEY INCLUDES:

- Set of questions
- Data that will help me plan exciting events for you!
- An opportunity to voice your thoughts and opinions.

Let's spread some POSITIVITY
+ BUILD EACH OTHER UP

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	Closed for the Christmas Holiday					
7 <u>Week</u> <u>ABCD</u>	8 Day 2 School Re-Opens	9 Day 1	10 Day 2	11 Day 1	12 Day 2	13
			GRAD PHOTOS— <i>Book Appointment</i>			
			Staff Meeting 2:15		Student Council Assembly	
14 <u>Week</u> <u>BADC</u>	15 Day 1	16 Day 2	17 Day 1	18 Day 2	19 Day 1 Term 2 Ends Semester 1 Ends Student Council	20
21	22	23	24 Dept Mtg	25	26 NO SCHOOL Marking Day	27 Grad Winter Formal
	School Exams					
28 <u>Week</u> <u>CDAB</u>	29 Day 2 Term 3 begins Semester 2 be- gins	30 Day 1	31 Day 2			