



# St. Andrew's Regional High School ISLAND CATHOLIC SCHOOLS

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**Principal:** Patrick Niwa  
[pniwa@cisdv.bc.ca](mailto:pniwa@cisdv.bc.ca)

**Vice Principal:** Ciaran McLaverty  
[cmclaverty@cisdv.bc.ca](mailto: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.

**March 1, 2024**

We hope you were able to enjoy your extra long family day weekend. Especially at this time of year, which is often cloudy, these breaks in our schedule are opportune times to rest and recharge.

As we are about to begin the fourth week of Lent, I hope your spiritual time of reflection brings you calm. I hope your faith gives you the strength to see your sacrifices through fasting, generosity through alms giving, and relationship building with God. Through these, I hope this brings you closer to our Lord. I also hope that you are patient with yourself if you've faltered in your Lenten promise. In the words of St. Francis de Sales, "Have patience with all things, but first of all with yourself."

Blessing,

Patrick Niwa  
Principal  
St. Andrew's Regional High School



## 2024/2025 Re-Registration

The deadline for re-registration has now passed. If you would like to save a place for your child for next year and have not yet done so via the Google form that was sent out two weeks ago please contact the office by email: [sarhs@cisdv.bc.ca](mailto:sarhs@cisdv.bc.ca)

**IMPORTANT:** Now is the time to hand in the **Practicing Catholic Tuition Forms!** If you are planning on applying for the practicing Catholic tuition discount PLEASE complete and bring this form to the office at your earliest convenience. Before spring break is ideal. The form is available to print off here:

[Practicing Catholic Tuition Form](#)

Dear Families,

We have received a number of phone calls with expressions of some concern for drivers using Sevenoaks Road and Nelthorpe Street in the neighbourhood across the road from the school, behind McKenzie, as they prepare to pick up students after school.

Residents there are expressing some frustration as apparently some drivers are parking in residential spots or blocking driveways and even speeding along the narrow street while en route to St. Andrew's. Some cars, in an attempt to beat the light at Nelthorpe and McKenzie, are also getting stuck in the intersection, blocking traffic.

Therefore, we ask in consideration of the safety of our students, and maintaining good relations with our neighbours that drivers take measures to keep those areas as clear as possible. Effective steps can include delaying or staggering your pickup time and even better, drivers can use the larger parking lot behind the school by Sacred Heart for safer pickup. That parking lot can be accessed from Saanich Road as well.

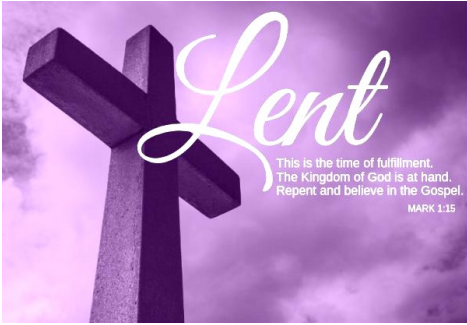
One further note is that all yellow curbs in the school driveway are absolutely no stopping zones. Thank you for your support and cooperation.

\*\*\* The potholes in the main driveway that have recently opened up will be filled and repaired during spring break.



## Mark You Calendars:

|                  |   |
|------------------|---|
| March 7          | Grade 11 Retreat                          |
| March 12         | Stations of the Cross                     |
| March 15         | Last Day of School for Spring Break       |
| March 16-April 2 | <b>Spring Break</b>                       |
| April 3          | School Re-Opens / PSG meeting 7pm         |
| April 6          | <b>PSG Bottle Drive / Car Wash</b>        |
| April 9          | 5 Block Day—Easter Mass                   |
| April 11-12      | Greater Victoria Performing Arts Festival |
| April 12         | Term 3 Ends                               |
| April 15         | Term 4 begins / Grade 10 Numeracy Exam    |
| April 16         | ICS Celebration of Music at UVic          |
| April 16         | Grade 10 Numeracy Exam                    |
| April 19         | Report Cards Published in My Ed           |



**It's finally here!** The latest edition of our school's student newspaper, The Circuit, has now been published! News currently circulating: Grads reflect on St. Andrew's, Grade 11s learn Indigenous history, Students offer recommendations for anime, books, streaming series, and more. Read today! Visit <https://sarhscircuit.wordpress.com/> and follow @sarhscircuit on Instagram!

## Sports Corner

**Congratulations to all Sabres basketball teams!** It was a great winter season and we are so proud of the growth and development of all our players! All teams this year were in a tough division as we were competing under the double AA umbrella.

A big shout out to our senior teams who competed at Islands and put forth their best efforts! We also want to thank coaches **Carter Young, Kevin Dixon, Alan Grohovac and Ciaran McLaverty** who volunteered many hours to their teams. We couldn't have done it without you!

**Spring sports** are starting up! Track and Field starts next week (Practices are Mon and Thur with after school and school bus will take students to Uvic track...students must find their own way home). Ultimate, Badminton and Girls Soccer also are starting or in progress... all information is up on the sports board! We look forward to another season of Sabres sports!

## Course Selections

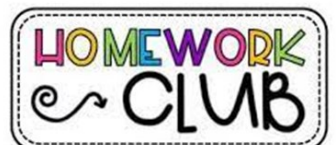
The 2024/25 Course Selection process is underway for returning students. Students will be receiving an in-person session on the course selection process this week or next. Students will receive a paper copy of the course selection form at that time. **Students will need to bring the paper form home, fill out the form with a parent / guardian, and have a parent / guardian sign the form.** Immediately after choosing courses on the paper form, have your child login to their MyEducation BC (MyEd) profile to select these courses online. Please see the Student tab on the school website to view the course selection handbook, course selection forms, and guides to help you and your child in the decision-making process as well as the MyEd course selection process.

Students are required to return their paper copy and have their MyEd selection **completed by Monday, March 11, 2024. Late forms will be date stamped.**

If there are any questions (for academic advising or clarity of the process) or need of a MyEd password reset, please contact **Ms. Cathy Fowlie** at [cfowlie@cisdv.bc.ca](mailto:cfowlie@cisdv.bc.ca)

**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.



**The LAST day to order is on Sunday, March 3rd.**

Orders will be ready for pick up on the last day of school before March Break (March 15).

If you'd like to order now is your chance. Use the link below:

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

Thank you to those who have already ordered and supported our theatre program. It really is appreciated!

## Music Department

Thanks to our Choir and Jazz Band students for providing music for our school Open House on February 1st and for our Ash Wednesday Mass on February 14th.



As mentioned in the last newsletter, all SARHS Music 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 at 6:30pm** and it will feature choirs and bands from St. Patrick's, St. Joseph's, and SARHS. Tickets are FREE and will be available on Mar. 15th. Don't miss this wonderful showcase of all of our amazing young musicians!

St. Andrew's Singers will be performing the Greater Victoria Performing Arts Festival on April 17th. Performance time TBA, so stay tuned!

Also, our trip to the Whistler Con Brio Music Festival will be happening from April 18-21. **A reminder to parents that your trip payment of \$400 is due this Friday, March 1st.** Payment can be made either by cheque (made out to SARHS Music Program-give to Mr. O'Reilly) or via debit/credit in the school office. If so desired, you can also e-transfer the school office using the following address: sarhs@cisdv.bc.ca

Please include in the message/notes field the student's name and 'Whistler' so that the office knows who and what the payment is for.

An additional male chaperone is needed for the trip. Please contact Mr. O'Reilly at poreilly@cisdv.bc.ca if you might be able to help!

### **Important Upcoming Dates:**

**April 16** - ICS Celebration of Music (UVic Farquahar Auditorium, 6:30pm)

**April 17** - St. Andrew's Singers perform at GVPAF (time TBA.)

**April 18-21** - trip to Con Brio Whistler Music Festival

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

## Grade 8 MDI Coming Soon!

Students in Grade 8 will write the MDI (Middle Years Development Instrument) on Thursday, March 7th. This is a brief survey that measures student's aspects of their social and emotional development and well-being. It is administered with the Human Early Learning Partnership and UBC. In addition to providing our school with reliable data regarding our students' well-being, this tool is intended to let our students know that we value their thoughts and feelings.

We look forward to sharing the final report when it is provided in April. More information regarding the MDI can be found at [earlylearning.ubc/mdidiscovermdi.ca](http://earlylearning.ubc/mdidiscovermdi.ca)



# Sports Parents Corner

**One more** hot lunch volunteer is needed for March 4. Click here for [sports parents hot lunch sign up](#)

**Save the date** and your bottles for our Sports department bottle drive [May 4th](#).

## Diocesan Youth Retreat

**We are back!** Come join us at Camp Imadene for our DYR 2024. We are so please to be hosting our Youth Retreat in such an amazing setting. **May 10th—11th** starting at 5pm and wrapping up at 7pm on Saturday. Laser tag, capture the flag, canoes/ kayaks for our free time. A wonderful speaker, small groups and praise and worship to fill our faith bucket. **Registration opens March 1**. QR code on the poster.

— DYR 2024 —  
Diocesan Youth Retreat

**CAMP IMADENE**  
ONE BODY. ONE FAITH.

Join us May 10 & 11, 2024  
for the Diocesan Youth  
Retreat at Camp Imadene!

Grades 8-12  
Register by April 19

Featured speaker  
**Leah Perrault**

Talk 1: The Call  
Talk 2: The One Thing  
Talk 3: The Response  
Talk 4: The Gifts

Register on Eventbrite!

D Y R

# Silent Auction



St. Andrew's Regional High School parents are hosting a school supported "SAFE & DRY" (drug and alcohol-free) grad celebration on Wednesday June 26th, 2024, immediately following the school-sponsored formal dinner/dance for our graduates. Our goal is to make this important milestone an unforgettable experience for the youth and families involved while keeping the students safe.

As part of our fundraising efforts to make this day as special as possible for our 2024 Grads, we are hosting an online Silent Auction. Please help us raise money towards our important goal by bidding on our Silent Auction:

<https://www.32auctions.com/SARHS2024>

Thank you to all the wonderful families and businesses who have donated items for this auction.

A vertical poster with a dark blue background featuring a bokeh effect of yellow and orange light circles. A large, thin yellow outline of a graduation cap is centered on the page. Inside the cap outline, the text "ST ANDREW'S HIGH SCHOOL" is in yellow, and "AFTER GRAD 2024" is in white. Below this, there are two square logos: the St. Andrew's High School crest on the left and a circular "CLASS OF 2024" logo on the right. Further down, the words "ONLINE SILENT AUCTION" are written in large white letters. Below that is the URL "HTTPS://WWW.32AUCTIONS.COM/SARHS2024" in white. Underneath the URL is the date "MARCH 1-9, 2024" in white. At the bottom center is a QR code with a small red heart icon in the middle.



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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!



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

# March 2024

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

