



# St. Andrew's

## Regional High School

ISLAND CATHOLIC SCHOOLS

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Victoria, BC V8X 3G5  
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**Principal:** Patrick Niwa  
[pniwa@cisdv.bc.ca](mailto:pniwa@cisdv.bc.ca)

**Vice Principal:** Ciaran McLaverty  
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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.

**March 15, 2024**

Blessing,

Good afternoon families,

Here we are on the final afternoon before Spring Break begins. With a lot of sun in the near-term forecast, it will also feel more like Spring. I'm looking forward to seeing the cherry blossoms and wide variety of flowers bloom.

Although it may be tempting to make aspirational plans of working hard to check off as many of the items on the to-do list, it is also important to take some time to rest. This isn't to suggest we don't examine our list because upon our return from break, Term 3 ends on April 12<sup>th</sup>. This means students don't have a lot of time to ensure all their homework, assignments, and missed assessments are complete. You might consider logging into Google Classroom with your child to see if they are missing work. Completing all those tasks may not be reasonable; however, lightning to load to reduce stress may be of value. Coming back well rested will be important for the final stretch of the school year.

Many families have plans for travel. Whether you're travelling near or travelling far away, I wish you the very best. I pray for your safe return, that your break will be restful and filled with experiences with friends and family that form long-lasting memories, and that everyone feels ready to return. Lastly, I would like to wish everyone a very happy Easter.

Patrick Niwa  
Principal



## 2024/2025 Practicing Catholic

**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.

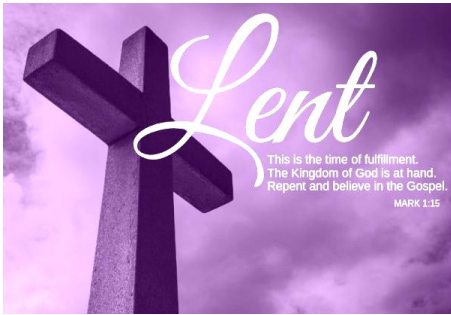
One further note is that all yellow curbs in the school driveway are absolutely no stopping zones. Thank you for your support and cooperation.

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



## Mark You Calendars:

March 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>Sports Parents 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



### LIFEGUARD NEEDED

Looking for **3 Lifeguards for April 25th 2024.**  
Will pay for skills for three hours.  
Contact Ms. Gilbert at  
rgilbert@cisdv.bc.ca



### RETREAT CORNER!

The Grade 10 Retreat day is coming up on April 25th.

Pink permission slips will be sent home after Spring Break. Mark your calendars, it's coming soon!

## Sports Corner

Reminder to all students to return jerseys!! We are still missing many of them from basketball and volleyball.

**Spring sports** are starting up! Track and Field starts next week (Practices are Mon and Thurs 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!



## Science 8

Our youngest scientists show off their immunity projects!





## MUSIC DEPARTMENT

From the SARHS Music Dept. Our Music students are preparing for a busy April when we return from Spring Break.

The **ICS Celebration of Music**, featuring choirs and bands from SARHS, St. Pat's and St. Joe's, will be returning for the first time in 5 years to UVic's Farquahar Auditorium on April **16th at 6:30pm**. Tickets are free and they will be available online through the UVic box office starting this Friday, March 15th.

Following that, our St. Andrew's Singers will be participating in the Greater Victoria Performing Arts Festival on April 17th and the next day, they, as well as our Concert and Jazz Band students will be departing for the Con Brio Whistler Music Festival from April 18th-21st. Parents, please make sure that all permission/medical forms have been submitted to Mr. O'Reilly. All of our students are looking forward to this valuable opportunity for growth in their musicianship!

After they return from Whistler, our Choir students have been asked to sing a funeral Mass for former SARHS teacher, Mick Goodger, on April 26th at 5pm at Holy Cross Church.

Finally, attached below are some photos of recent instrumental workshops given by professional musicians for our Concert Band students. Thanks to all of our hard working students! Happy Spring Break, everyone!

### Important Upcoming Dates

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

**Buy tickets here:** <https://tickets.uvic.ca/TheatreManager/1/tmEvent/tmEvent3284.html>

**April 17** - St. Andrew's Singers perform at GVPAF (Gordon United Church, 10:30am)

**April 18-21** - Trip to Con Brio Whistler Music Festival (all groups, schedule to be sent out.)

**April 26th** - Funeral Mass for Mick Goodger (St. Andrew's Singers, Holy Cross, 5pm)



## Fun in P.E.





# Sports Parents Corner

**BOTTLE DRIVE!!!** As our last harrah of the year for fundraising Sports Parents will be hosting a bottle drive on **April 6** in the school parking lot. Let our athletes do the sorting while you relax.

## 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

# When you're Dress Like a Teacher Spirit Day doubles as a St. Patrick's Day photo opportunity



## Around the Diocese

1) All people of the Diocese of Victoria are invited to join in the celebration of the Chrism Mass on Thursday, March 21 at 7:00 pm. At this yearly liturgy, sacred oils are blessed and given to representatives from each parish in the diocese. These will be presented in each church on Holy Thursday and used during the coming year for Baptisms, Confirmations, and Anointings of the Sick. This year's Chrism Mass will be celebrated at St. Andrew's Cathedral in Victoria (740 View Street), and also livestreamed at <https://www.youtube.com/watch?v=CMGHYEro3bg>

2) Sacred Heart Parish in Victoria (4040 Nelthorpe Street) will be holding a Lenten Retreat on Forgiveness and Reconciliation from March 23-27. It will be led by Fr. David Reilander, the president of Catholic Missions in Canada, and all are welcome. For more information, please contact the parish at [sacredheart@rcdvictoria.org](mailto:sacredheart@rcdvictoria.org) or 250-479-1611.

3) The Diocese of Victoria is participating in an international research project about how religious communities experienced the COVID-19 pandemic. All parishioners are invited to complete an anonymous online questionnaire about your experiences during the pandemic. For more information and to access the questionnaire, please visit <https://www.research.net/r/covidandreligion>. The questionnaire will be available until mid-April.

4) St. Mark's College at the University of British Columbia is offering scholarships to Catholic educators from the Diocese of Victoria who wish to complete online graduate-level courses from their Catholic Core program. The deadline to apply is April 30; for more information, please visit <https://stmarkscollege.ca/admissions/scholarships-financial-aid/graduate/#bceducator>

In addition, St. Mark's College is offering intensive courses this July on the topics of "Catholic Bioethics" and "Themes in Catholicism and Interreligious Studies". The courses can be taken in person or online, and can be used towards a graduate certificate or Master's degree, or can be audited. For more information, please visit <https://stmarkscollege.ca/channels/graduate-programs/summer-institute/>.

5) The Canadian Catholic Bioethics Institute have shared a recording of their presentation "Reclaiming Redemptive Suffering: A Spiritual Approach to the Meaning of Suffering". Many of us have lost any sense of 'meaning' in suffering. Some want to avoid it at all costs, even choosing early death. Our Catholic faith talks about 'redemptive' suffering, but what does that mean? Presenter Erin Kinsella will discuss this through the lens of her experience of chronic illness and developing spirituality of suffering. To view the presentation, please visit <https://youtu.be/5iwV87jPynA>



St.Andrew’s Community,

Tickets for our spring musical **High School Musical** will be on sale at the St. Andrew’s office after the break – Wednesday, April 3rd . Presale tickets are \$15.00.

**Our show runs at Spectrum Community school on:**

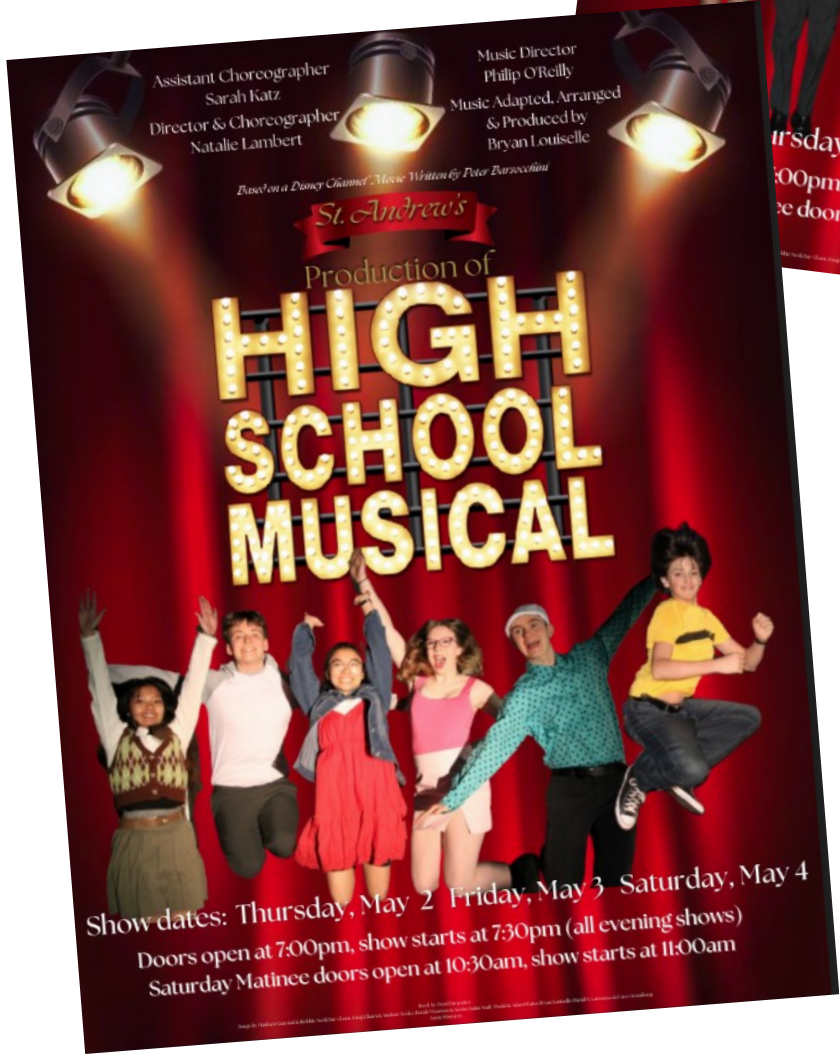
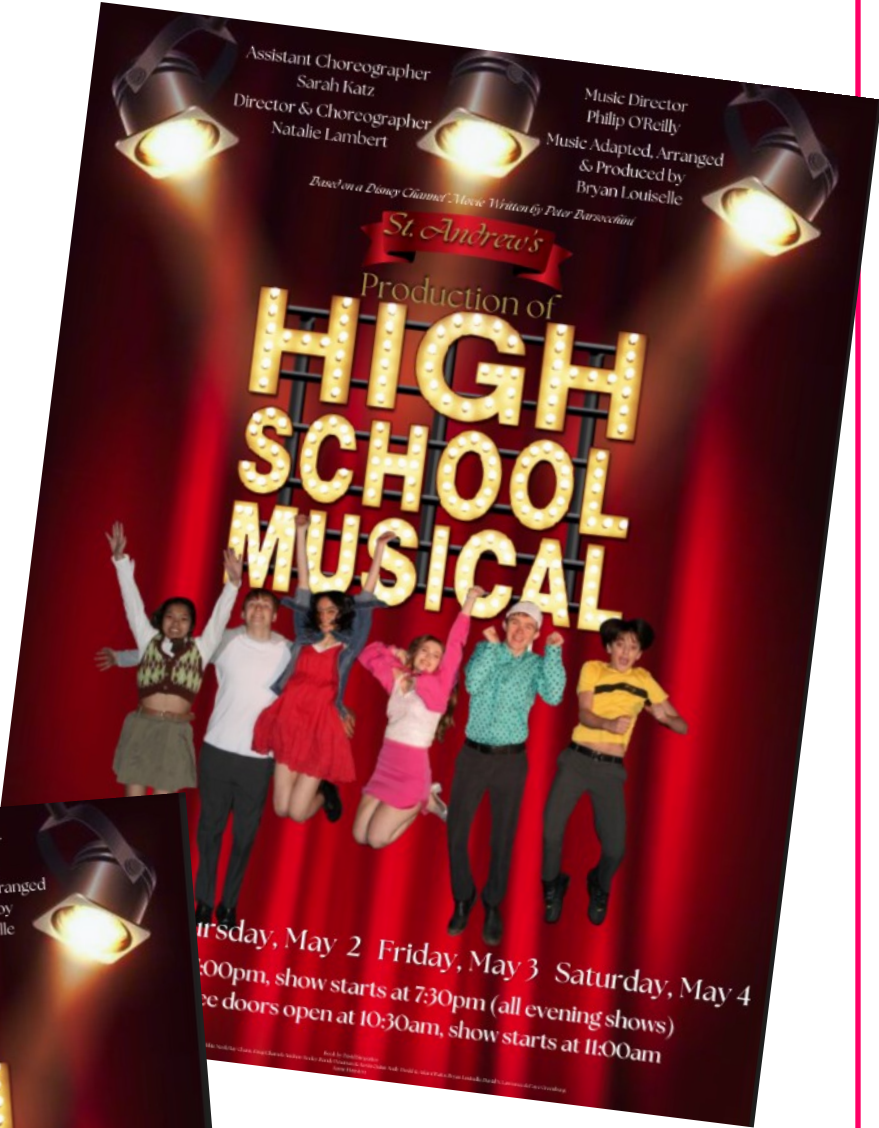
**Thursday**, May 2 @ 7:30pm

**Friday**, May 3 @ 7:30pm

**Saturday**, May 4 @ 11:00am AND 7:30pm

Tickets at the door will be sold for \$20.00, however there is no guarantee there will be tickets left. Buy yours asap!

Thanks for all of your ongoing support!



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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 Corner



Next meeting is **Thursday April 4th**, in the School Library.

We need people to help decorate and plan the decor please add your name to an area here... [Grad Decorating](#)

SAVE YOUR EMPTIES! There will be a Grad Car Wash on June

Thank you to everyone who bid on and support our Silent Auction! It was a great success.  
Thank you for supporting our 2024 Graduates!

**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)

*"The meaning of  
life is to find your gift.  
The purpose of life is to  
give it away."*

*- Pablo Picasso*



Thank you to everyone who purchased a big box of cards! We raised \$427 to support our school! Cards will be available for pick up on April 4 & 5 in the school commons.



## EASTER WISHES

The PSG board wishes all of our students, teachers and staff, and their families, a happy and Holy Easter. May the promise of this joyous time of year bring peace and happiness to you and those you hold dear.



Parent Education Night

## Addiction Awareness

**Postponed to later in this school year  
due to our speaker's unavailability in March.**



## PARENT VOLUNTEERS NEEDED

Hot Lunch Volunteers

Parent Education Night  
Volunteers

Contact the PSG at  
[sarhs-psg@cisdv.bc.ca](mailto:sarhs-psg@cisdv.bc.ca)  
for more information.

### Coming Up...

**PSG Meeting  
April 3 @ 7 p.m.  
in the library.  
All are welcome!**



## 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 (sandwich combo with chips or cookies available for \$6.50)
Wednesday	Quality Foods Chinese Food, \$7 a plate, choice of chow mein or rice, chicken balls or pork with sweet and sour sauce
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



During this year of prayer, we pray to God for the needs of all of our students, parents and staff who make our Hot Lunch Program happen.

Your time is a gift.

Please accept our deepest gratitude!



# 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						





# April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<u>Week</u> <u>BADC</u>	1	2	3 Day 2 School Re-opens  Staff meeting 2:15pm PSG Mtg 7pm	4 Day 1	5 Day 2	6  Sports Parents Bottle drive
7 <u>Week</u> <u>CDAB</u>	8 Day 1	9 Day 2 5 block day - Easter Mass	10 Day 1  PLC for staff	11 Day 2  Greater Victoria Performing Arts Festival	12 Day 1 Term 3 Ends	13
14 <u>Week</u> <u>DCBA</u>	15 Day 2 Term 4 Begins Gr. 10 Numeracy Exam	16 Day 1 ICS celebration of music  Gr. 10 Numeracy Exam District Authority	17 Day 2  Dept mtg	18 Day 1  Con Brio Whistler Music Festival April 18-21	19 Day 2  Report Cards published in MyEd	20
21 <u>Week</u> <u>ABCD</u>	22 Day 1	23 Day 2	24 Day 1 Staff prep P/T Interview scheduling portal opens LSC Mtg 6:30	25 Day 2  Gr. 10 Retreat	26 Day 1	27
28 <u>Week</u> <u>BADC</u>	29 Day 2	30 Day 1  Dress rehearsal at Spectrum 4-9 pm				