



St. Andrew's

Regional High School

ISLAND CATHOLIC SCHOOLS

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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.

Dear St. Andrew's Families,

On October 17th, we participated in the **Great BC Shakeout**. This day coincides with "The Great Shakeout" where schools and organizations from across the world run drills to prepare for such emergencies.

Over the PA system, we played sound effects to simulate an earthquake. During that simulation, students were challenged to consider their families preparedness by asking them to reflect on the following questions:

- **Are you prepared?** Meaning, do you have an emergency kit with enough food and water for every member of your home (don't forget those furry, feathered, or scaled members of your home)? You can find a recommendations on how to build on [BC's Emergency Management website](#):
- **Within your home**, have you secured dressers, bookcases, and other tall pieces of furniture so they don't fall during a strong earthquake.
- **Do you have a plan to reunite with family?** This may be especially important if phone lines and cell service are interrupted or overwhelmed.
- Do you have an **evacuation plan** for your home and an agreed upon muster point?

Should an emergency happen during school hours, we are prepared. We have the evacuation plans, and they are rehearsed. We have an agreed upon muster point for our students and staff. We have secured our cabinetry. We have food and water for all students and staff for several days. We are regularly building and adding to the equipment supply list to ensure your children, our students, will be well looked after in an emergency.

As we live in an active earthquake area, I encourage you and your family to prepare for an emergency.

Blessings,
Patrick Niwa
Principal



RETREAT DAY NEWS!

"Pray-Play-EAT"

Dear Grade 9 Parents,

Your child's retreat day is fast approaching!

The grade 11 Leadership TEAM are working hard to make this a FUN, Faith filled day for your child and all students at St. Andrews are required to attend.

On **Thursday, November 7th** all grade 9 students will meet at St. Andrew's and head to Camp Pringle by bus at 8:30am.

Buses will return to the school at 7:30pm for you to pick up your child.

Please have your child dress **weather appropriate** with layers, study runners, and outside gear as the day will be partly out in the fresh air! Please pack a hearty lunch with a water bottle. Snacks and dinner will be provided.

If YOU have not signed a BLUE permission slip, that means I do not have it! You may contact Ms. Gilbert and I will send you one.

If you have any questions or for some reason you know your child will be away that day, please email me: rgilbert@cisdv.bc.ca

Mark Your Calendars:

October 25	Pro-D day—NO SCHOOL
October 28 & 29	Grade 12 Literacy assessment
October 29	School Dance 6:30pm
October 28-31	Spirit week!
November 1	ICS pro-d Day—NO SCHOOL
November 4-5	Grade 10 literary assessment
November 6	Post Secondary information night 6:30pm
November 7	Grade 9 retreat
November 8	Remembrance Day Assembly 10:45am



St. Andrew's Athletics Clothing

The online Sabres Athletic Store is OPEN! You can order Sabre athletics until the end of October.
Make your purchases here: <https://st-andrews-athletics-2024-2.itemorder.com/shop/home/>



Spirit Week



October 28—31: These are the spirit week themes and activities we have planned for you next week!

Come in the spirit of the theme or be in uniform.

- Monday**—Music artist Monday - we will host musical chairs in the commons during lunch
- Tuesday**—Twin Tuesday - we will have a relay race out on the field unless it's raining it will be inside
- Wednesday**—BBQ dad vs soccer mom - cup pong in the commons during lunch
- Thursday**—Halloween costume day - TAG pumpkin painting competition during focus
- Friday**—NO SCHOOL!

** Reminder that the Halloween school dance has changed date to TUESDAY, October 29th at 6:30pm*

St. Andrew's Rowing

Well, our rowing season had a banner year. The championship regatta was held on Oct 19, 20 - the weekend with an atmospheric river, cross- winds, sun and fog. With 28 rowers, four coaches , and the third highest number of entries of all the high schools, we came home with 2 firsts, 2 seconds, a 4th and a 5th. 24/28 rowers qualified for the finals. A fantastic result in a very competitive field. As coaches, we couldn't be more proud. Many thanks to all of the parents who supported the team along with Miss Isabella Marsiglia , Patrick Niwa and all of the staff who came out to cheer us on.





MUSIC DEPARTMENT

St. Andrew's Music Student Accepted into BC Honour Choir!!

Congratulations to our very own St. Andrew's Music student, **Rhys Adams**, who was accepted into the BC Honour Choir featuring the top choral students in the province. Rhys will be performing with the BC Honour Choir this weekend in Vancouver. Excellent work, Rhys!! We are very proud of you!!

Upcoming Events - UVIC Choral Invitational

St. Andrew's Singers will be participating in a choral singing event at UVic's School of Music on **Sunday, Nov. 3rd at 1pm**. Choirs from Mt. Doug, SMUS, Belmont, Reynolds, Spectrum, Pacific Christian, and Oak Bay will be sharing music together. Students will also have the opportunity to hear a performance by the award-winning UVic Chamber Singers.

Remembrance Assembly and Coffee House

St. Andrew's Singers and Concert Band have been busy preparing for our upcoming Remembrance Assembly on Nov. 8th at 11am. Parents are welcome to attend! Both of these ensembles in addition to our Jazz Band (and other St. Andrew's soloists) will also be performing at our annual Coffee House evening, which will take place on Nov. 13th at 7pm in the gym. Please save the date and bring your friends and family for a fabulous night of music! Stay tuned for more details!

Music Parents

A coordinator as well as additional volunteers are still needed for our Coffee House. Please email poreilly@cisdv.bc.ca if you can help out! Thank you!

Important Dates

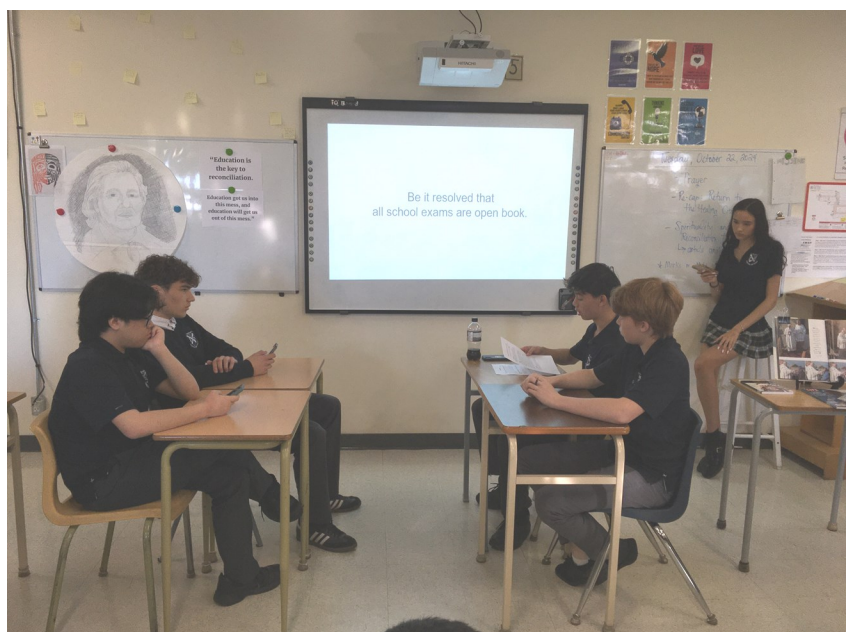
Sunday, Nov. 3rd, 1pm - **UVic Choral Invitational** (Choir students arrive by noon at UVic's School of Music)

Friday, Nov. 8th, 11am - **Remembrance Assembly** (Choir & Concert Band, school gym.)

Wednesday, Nov. 13th, 7pm - **Coffee House** (Choir, Concert Band, Jazz Band, school gym)

Debate Club

Debate Club is up and running! Students have learned about competitive debate formats, taken part in improvs, and begun a series of short debates on topics related to education. Interested students can talk to Mr Van Dyk or Mme Ballam to join!



Sports Parents

We are excited to welcome new faces to our committee this past month and we are hoping we will see a few more on **November 4 at 7 pm at the school**. We have lots going on in the next few weeks in the fundraising department. We have our tried and true Purdy's Chocolate sales. Watch for details coming soon for our November sales campaign. At the end of **November, on Nov 28 we will be hosting a Beer and Burger night**. We will have 2 seatings 5:30pm and 7pm. We realize this is Parent Teacher Interview. What a way to get dinner out of the way!! Tickets are \$25 for Adults and \$20 for Kids. Only 50 seats are available per seating. Tickets sales will be announced in November. 50/50 draw and door prizes. Support your favourite Sabre.

This past weekend our 28 rowers were very grateful to the parents who supported Sports Parents fundraising. They were able to come back to the heated tents after rowing on both days of our weekend of crazy rain.

Lastly we have started **hot lunch**. Our days are Fridays and we are serving Taco In a Bag. They were a hit on our trial day. *Please consider helping us out.*

GRAD CORNER

Thank you to all that have joined us in person and following along via email. We are starting to book activities and have the venue set for **Winter Formal**. Our next meeting is **Nov. 5th at 6:30pm** at the school. This is an important one as we will be setting themes of each room and planning decor and activities. We have our donation letters ready to go out. If you have anyone that you can approach for a donation it is greatly appreciated. Our major fundraiser for Sabre Grad 25' will start in **January it is a 50/50** hoping to generate a \$10,000 pot for After Grad and 1 lucky ticketholder. Our **Hot Lunch** day is Wednesdays which will be perogies and samosas. Please consider helping us out.



HOT LUNCH

Our Hot Lunch program is soft launching on Monday with Tacos in a bag for \$5!

We hope to have the full menu finalized by Monday, and it will be sent out to parents when it is, but in the meantime the current menu being served next week is:

MONDAY: Tacos in a bag (crush nacho Doritos with taco toppings) \$5

TUESDAY: TBD

WEDNESDAY: Perogies or Samosa's \$5 a plate

THURSDAY: Pizza \$4 a slice

FRIDAY: TBD

*Chocolate milk will be sold at every hot lunch for an added \$2.

Hot lunch is served in the Commons on a first come first serve basis.



St. Andrew's Parent Support Group

Thank you for helping us help our school!

7 Truths about the PSG

Truth No. 1 - Every parent at St. Andrew's is automatically a member of the Parent Support Group and all school families are asked to donate 10 hours of volunteer time to help our school.

Truth No. 2 - If a family is unable to donate 10 hours of volunteer time, a \$150 cheque, written to the school at time of their student's registration, will be cashed and given 60 percent to the LSC and 40 percent to the PSG to help support their activities for our school.

Truth No. 3 - Currently, family volunteer opportunities can be obtained by reading the school newsletter or by emailing the PSG at sarhs-psg@cisdv.bc.ca. The school is implementing a new volunteer software program called OnVolunteers this school year. The PSG will be assisting with the training of school staff and parents.

Truth No. 4 - The PSG does not oversee all fundraising at SARHS. The school administration is moving towards having the PSG oversee all school fundraising starting in the Fall 2025 to better serve the needs of our families and the school.

Truth No. 5 - All Hot Lunch revenues is shared to support sports, music, student council, graduation celebrations and the PSG.

Truth No. 6 - The PSG helps to make SARHS a happier place by providing refreshments at school run activities (i.e Meet the Staff Night) and planning and delivering parent education events.

Truth No. 7 - The PSG supports extracurricular activities, awards annually over \$4,000 in student scholarships and funds over \$7000 in school legacy requests through fundraising and gaming funds.

Got a question for the PSG?

Send it to us at sarhs-psg@cisdv.bc.ca

It's
here!



HOT LUNCH MENU

Look for a full week's
Hot Lunch Menu
from
Mr. McLaverty
in the school
'Tag Announcements'
available at the
St. Andrew's
website!

**To volunteer
to help with
our school's
Hot Lunch Program
email the PSG.
sarhs-psg@cisdv.bc.ca**

**Your time is
truly appreciated!**

Next PSG Meeting

**Wed. Nov. 6
7 pm in the library**

ALL WELCOME!

PICK UP AND DROP OFF PROCEDURES



We ask in consideration of the safety of our students, and maintaining good relations with our neighbours that pick-up and drop-off drivers keep to the designated pick-up and drop-off zones before and after school. Effective steps for further consideration 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.

Please do not park in any of the staff parking (even if the spot is vacant), the accessible parking (unless you have the appropriate designation), **or the EV spots.**

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

SAVE THE DATE

Tues., Nov. 19

PSG Parent Education Night

Addiction Awareness



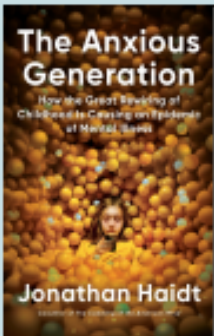
**St. Andrew's Regional High School
School Library**

7 p.m. to 8:30 p.m.

Doors Open 6:30 p.m.

Light Refreshments

All School Families and Members Welcome!



**Door Prize
Draw**
Enter to win
the book
*The Anxious
Generation*

Speakers:
Anne Nguyen
Alex Omoding
Michele Sanders

Email the SARHS PSG at sarhs-psg@cisdv.bc.ca
with questions or to volunteer at this event.

**Helpful
Links**

- [Volunteer Applications Forms](#)
- [Covenant of Care Form](#)
- [School Supply List](#)
- [TAG Announcements](#)
- [International Student Information](#)

Local School Council

We would like to welcome 2 new members to our council, Peggy Farah and Angie Vinueza. We are very thankful that they have been called to serve on our council for the next three years. They join Steve Pearse, Victor Araujo, Andrea O' Higgins and Angela Grohovac. All parents of St Andrew's High School students are welcomed to join our Council, active partners in the school governance. The LSC helps to oversee the school's policies and operations. Our bylaws allow up to 9 members, we have 3 spots available. We meet on the 4th Wednesday of each month at 6:30pm in the school library. **Next meeting is Wednesday, November 27th.**

CISDV – AGM: The Annual General Meeting (AGM) of the Catholic Independent Schools Diocese of Victoria (CISDV) Society will be held on **Wednesday, November 13, 2024**. There will be a private ballot election for two positions to the CISDV Board of Directors at this meeting. Each position is for a three-year term. Nomination forms may be requested from schools@cisdv.bc.ca and must be completed and sent to the Nomination Committee at schools@cisdv.bc.ca no later than Wednesday, November 6th. Potential Board Members must meet the following requirements for nomination:

1. Be a practicing Catholic and an active member of a Catholic Parish in the Diocese of Victoria.
2. Not be an employee of the CISDV, an immediate relative of an employee of the CISDV, nor a student of a school under the jurisdiction of CISDV.
3. Read and understand the constitution and bylaws, policies 200 and 201 and the method of election.
4. Have a signed nomination form which includes two sponsors and Parish Priest.

For further information, contact the Island Catholic Schools office at 250-727-6893 ext 240.

Stay Connected

SARHS: [Facebook](#)

Student Council: [Instagram](#)

Athletics: [Instagram](#)

Art Dept: [Instagram](#)

Library: [Instagram](#)

The Circuit: [Instagram](#)

SARHS Alumni Association: [Facebook](#)

