



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.

Friday, November 28th, 2024

Dear St. Andrew's Families,

Advent is an important time for Catholics. Unlike the typical January - December calendar, advent marks the beginning of our liturgical calendar. How appropriate that we begin a new calendar as we prepare for the birth of Christ. Just as we look forward to the birth of our own child or our own birthday, advent is a time of anticipation. Whether we are in school or not, this is a time for joy, reflection, and an opportunity for spiritual growth.

At St. Andrew's we will mark this period by varying our routines and activities. This is intended to help students and staff prepare their hearts and minds for the coming of Christ. On Monday and in preparation for Christmas, students will notice a different routine in the morning. Prayers will be done differently, we will have a short reading, our prayer tables will have blessed wreaths, we will have a Jesse Tree, and we will have food and clothing drives.

On Tuesday we will celebrate advent on **Tuesday with Mass at 11:00 at Sacred Heart Church**. Parents are welcome to join us.

To remind everyone, the wreath is more than coloured candles arranged around evergreen branches. The closed circle of evergreen boughs reminds us that God was here before time began and is eternal. The evergreen boughs signify continuous life. Of course the colour of the candles have significance as do the order in which they are lit. Each Sunday, a new candle is lit to start the next week of advent. The order is purple, purple, pink, purple. The significance of each candle is:

- Week 1 – **purple**. This candle is called the Prophecy Candle and it represents hope.
- Week 2 – **purple**. This candle is called the Bethlehem Candle and it represents peace.
- Week 3 – **pink**. This candle is called the Shepherd's candle and it represents joy.
- Week 4 – **purple**. This candle is called the Angel's Candle and it represents love.



On behalf of the staff and students, I hope you are all blessed with peace, joy, and love as we enter this new liturgical year.

Blessings,
Patrick Niwa
Principal

RETREAT DAY NEWS!

Hello Grade 12 Parents,

Your child's RETREAT DAY is coming quickly. On December 12th buses leave at 8:30am and are back at 7:30pm.

Please make sure you have signed and returned the PURPLE Permission slip and fee is to Ms. Gilbert as they were due last week.

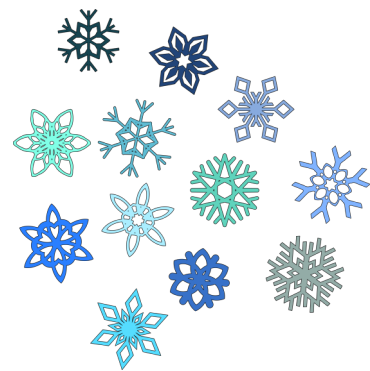
PLEASE ensure the INSURANCE FORMS are into Ms. Stellino at the school office if you haven't done so already.

There is a great group of students working hard to make this day full of great memories for our GRADS.

Thank you for your continued support and prayers for our Retreat program here at St. Andrews.

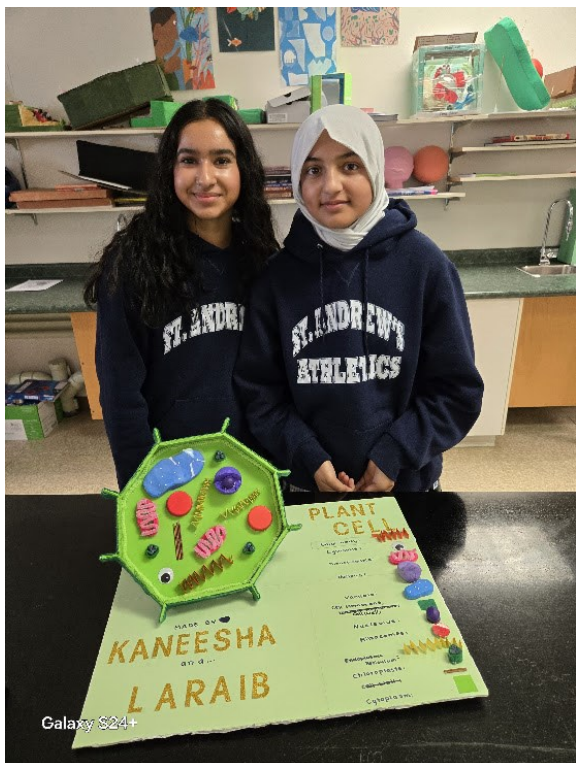
Mark You Calendars:

November 28	Parent/Teacher Interviews
November 29	NO SCHOOL —Day off in lieu
December 1-13	Socks, mittens & toques drive
December 3	Advent Mass 10:30am
December 4	Grade 9 Immunization Day
December 6	Celebration of the Arts Assembly
December 12	Grade 12 Retreat Day
December 18	Advent Concert 7pm
December 20	Last Day of School — Noon Dismissal
December 21-January 5	Christmas Break
January 6	First Day of School
January 20-23	EXAM WEEK
January 24	NO SCHOOL —Marking Day



Science Corner

It is that time of year where the hard working science 8 students show off their knowledge by creating and building a cell model. Here are just a few...



MUSIC DEPARTMENT

Congratulations to all St. Andrew's Singers, Concert, and Jazz Band students on a fabulous Coffee House evening on Nov.13th!!



Additional congrats and kudos to all those brave students who performed solo. Your music was enjoyed by everyone in attendance! Special thanks to our parent co-ordinator, Melissa Hogg, and all parents who helped out with this event.

Hire-a-Choir - Dec.13th/14th

Are you having a Christmas party this year? Looking to up your 'festive factor'? Why not hire St. Andrew's Singers to provide live music for your party! For a suggested donation of \$50, you can hire the choir to entertain your family and guests with fun, festive tunes that remind us of the reason for the season! Book now while there is still availability: poreilly@cisdv.bc.ca

Advent Carol Concert and Raffle - Dec.18th, 7pm

Our Advent Carol Concert will be taking place on Wed, Dec.18th at 7pm in the school gym. Come celebrate the reason for the season with readings & music by St. Andrew's Singers, Concert Band, and Jazz Band students. We will also have our annual Advent Raffle featuring gift baskets of chocolate, spa items, and new themes such as board games, Lego, and foodie gift cards! Buy your tickets next week from any Music student for only \$2 and get your chance to win these amazing baskets at the Advent Concert. All are welcome to join us on Dec.18th!

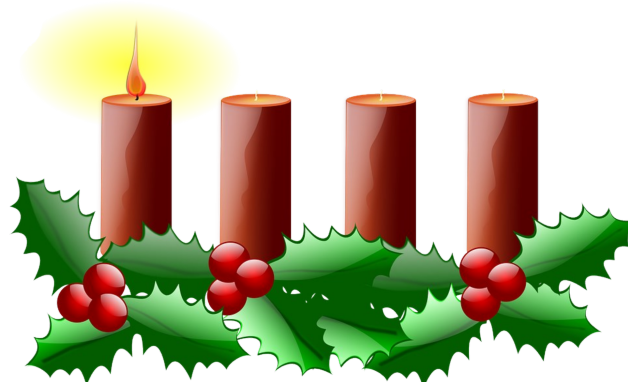
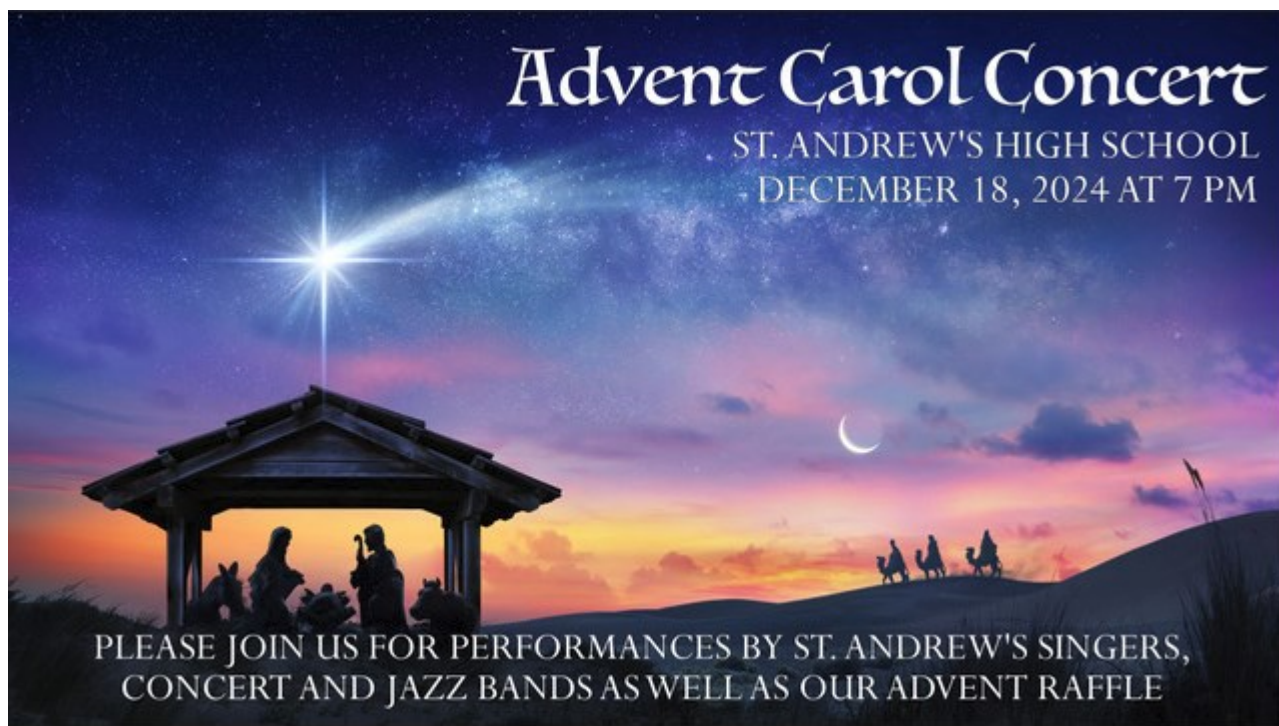
Important Dates

Dec.3rd - Advent Mass (Choir - 11am at Sacred Heart Church)

Dec.6th - Fine Arts Assembly/Gr.7 Shadow Day - (All groups, 11am, gym)

Dec.13th/14th - Hire-a-Choir (times TBA)

Dec.18th - Advent Carol Concert (7pm in the gym - all groups)



Sports Parents

Lots going on in our fundraising department. Please consider supporting our Athletic Department in any way you can.

Bottle Depot - Have a bag of bottles to return? We have an account at both the Glandford and Quadra st locations of the Return It Bottle Depots, Just tell the staff member St Andrews Regional High School - Sports. Our athletic department will receive the donation.

Hot Lunch Fridays- Taco Salad in a Bag is a hit. If you have time to help serve on Fridays at 11:50 am Please join us.

GRAD CORNER

Winter Formal Date is set January 25, 2024, we have booked the Royal Colwood Golf Course. Tickets will go on sale Dec 10 through to January 15th.

Our **Next Planning meeting** is January 7th 6:30pm at the school.

Our big fundraiser is a 50/50 draw in Jan and Feb where the winner could win \$10000.00



BECOME A ST. ANDREW'S HOST FAMILY



LEARN MORE

CONTACT US
250-886-5596
ASAP



homestay@cisdv.bc.ca

HOSTING INTERNATIONAL STUDENTS

The St. Andrew's International Student Program is desperately in need of an additional host family for January 2025 for a male student (Grade 12).

If you would be willing to support a young person on their international high school journey/experience, please consider welcoming one of our international students into your family.

Host families receive \$1,275 per month to cover costs.

Please contact Nina Timm ASAP at :

homestay@cisdv.bc.ca / Tel: 403-771-2519

Stay Connected

SARHS: [Facebook](#)

Student Council: [Instagram](#)

Athletics: [Instagram](#)

Art Dept: [Instagram](#)

Library: [Instagram](#)

The Circuit: [Instagram](#)

SARHS Alumni Association: [Facebook](#)



St. Andrew's Parent Support Group

Thank you for helping us help our school!

2024 School Legacy Projects

Projects which improve our classrooms, library and provide extra curricular opportunities for students, are selected each year by the PSG Board from submissions from the school community.

To date, from our awarded 2023-24 BC Gaming Funds, the following PSG board legacy requests have been approved:

Library - 4 IKEA Comfortable Reading Chairs

Religion - Retreat Materials (board games, crafting supplies)

Student Extracurricular Activities - Crocheting materials

For more information or to make a Spring 2025 School Legacy Project submission, email the PSG at sarhs-psg@cisdv.bc.ca

Help knit our community together and recognize 40 years at St. Andrew's.

The Knitting Circle needs your help to knit 40 hats for the homeless before Christmas to keep our community warm, recognize St. Andrew's 40th year this year; and celebrate all the past and present religious leaders, school administrators, teachers, staff, students, alumni and parent volunteers, who have made a difference in our school and in our community over the last 40 years!

Thirty-five hats have been knit so far! Contact Linda Fodchuk Nicoll, PSG President and founder of The Knitting Circle, at perogy@telus.net for the 2-hour hat pattern, knitting needles and yarn.



Knitting helps reduce stress and anxiety; improves cognitive function and self-confidence; teaches mindfulness and boost dopamine (the feel-good effect). The Knitting Circle of Victoria, comprised of new, experienced and lapsed knitters, helps build friendships and encourages acts of charity.



Decorating for Christmas

Join other school parents and SARHS Student Council to decorate our school commons and foyer at St. Andrew's.

Mon. Dec. 2
after school ends

Email the PSG today at sarhs-psg@cisdv.bc.ca to sign-up to help.

All 40 knitted hats will be donated to our school's sock, mitt and toque drive running Dec.1-13

Next PSG Meeting

Wed. Dec. 4
7 pm in the library

All WELCOME!

Helpful Links

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

SARHS Swim Team

SARHS Swim Team Shines at 2024 BCSS Provincial Championships

Four swimmers – grade 11's Alex Camaraire, Ethan He and Rubin Lee, and grade 10 Eason Zhou – represented St Andrew's at the 2024 BCSS Provincial Championships held November 15-16 in Richmond and delivered exceptional results over two days of intense racing. SARHS' men competed against 81 High Schools and despite its small contingent, finished 2nd in the AA division and 8th in overall standings.

The team combined efforts in relays to win bronze in the 200-metre medley race, all four swimmers delivering amazing performances. Moreover, in one of the competition's marquis events, St Andrew's team closed the competition with a herculean effort by completing the 200-metre freestyle relay in an impressive 1:38.04, only 0.54 seconds short of upsetting swimming powerhouse St George's School.

In individual events, Alex captured the Provincial Championships in the 50-metre freestyle swimming with a personal best of 23.90 seconds and in the 100-metre freestyle also swimming a personal best of 52.12 seconds. Rubin captured bronze in the 100-metre backstroke with a speedy 58.29 seconds. Ethan (24th in 100m breaststroke) and Eason (6th in 100m breaststroke and 11th in 50m freestyle) also had strong performance in their individual events. (Of note, Rubin achieved a personal best of 52.70 seconds in 100 metre freestyle during preliminaries.

Here is a summary of their performances:

Relays

200 Metre Medley Relay: **Bronze Medal**

(Rubin in backstroke, Eason in breaststroke, Alex in butterfly and Ethan in freestyle)

200 Metre Freestyle Relay: **Silver Medal**

(each swimmer completing 50 metre freestyle)

Individual Events

Alex Camaraire

50 m freestyle: **Gold**

100 m freestyle: **Gold**

Rubin Lee

100 m backstroke: **Bronze**

100 m freestyle: 4th Place

Ethan He

100 m breaststroke: 24th place

Eason Zhou

100 m breaststroke: 6th place

50 m freestyle: 11th place



Alex and Rubin on the starting blocks, 100m freestyle finals



Alex, Eason, Ethan and Rubin