



# 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.

**Friday, December 20, 2024**

Dear St. Andrew's Families,

Christmas is often a frenzied time of shopping putting up Christmas trees, putting up the Christmas lights, baking, and wrapping gifts. We look forward to travelling to visit friends and family. At least for teachers and school staff, long days and exhaustion leading to the holidays often leads to the first few days of holidays recovering from an illness. Between the illnesses and hectic pace, it is easy to get distracted by the bustle of Christmas and lose sight of the importance of putting time aside to pray.

For Catholics, this important time is when we come together as a community to celebrate the birth of Christ. Every Sunday we prepare for the upcoming week by lighting a candle in the advent wreath. We participate in food and clothing drives to help those who need support. We participate in food and clothing drives to help those who need support. We must remember to keep the Christ in Christmas.

On behalf of the staff and students, I would like to wish everyone a relaxing break and a very Merry Christmas!

Blessings,  
Patrick Niwa  
Principal



## Sock, Toque and Mitten Drive!



Thanks to everyone's immense generosity, the **STM Drive** collected over **390** items! *Thank you to everyone who participated.*

### From St. Andrew's Counselling and Advising team:

The holidays can be intense and sometimes challenges come with this extra energy. Some online resources that might be useful are listed below:

<https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth>  
<https://kidshelpphone.ca/>  
<https://keltymentalhealth.ca/>



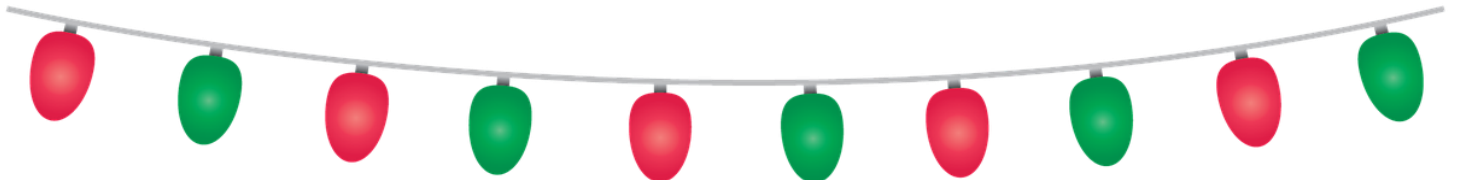
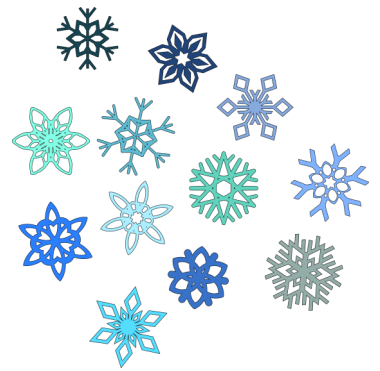
Please also check your emails from the school for information on **Open Parachute**, a wellness program that is available in our school and for our families as well.

Wishing all of our families a happy holiday. May you be surrounded by peace and joy. We are looking forward to the school days of 2025.

Ms. Sanders and Ms. Fowlie

**Mark Your Calendars:**

December 20	<b>Last Day of School—Noon Dismissal</b>
December 21-January 5	Christmas Break
January 6	<b>First Day of School</b>
January 7-9	Grad Photos ( <i>please book appt</i> )
January 20-23	<b>EXAM WEEK</b>
January 24	Marking Day— <b>NO SCHOOL</b>
January 25	Winter Formal for Grads

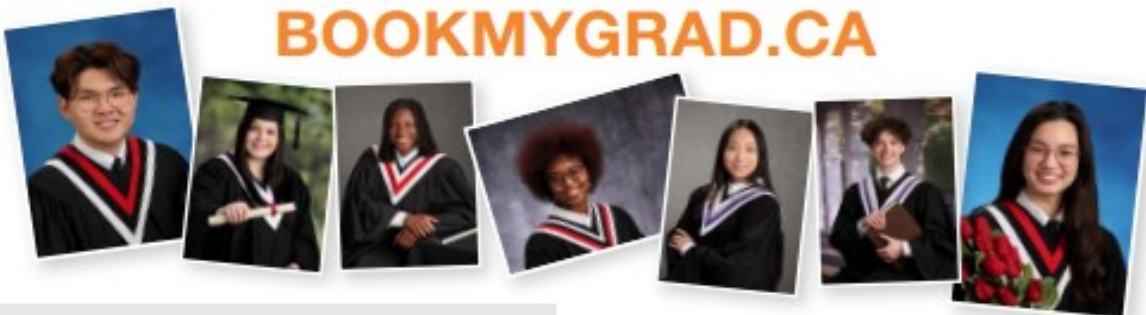


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# GRAD PHOTOS

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**SCHOOL CODE: ISA**



## Read through the holidays: SARHS Library Book Recommendations

Dear Santa, I would like to read:

**Caraval** by Stephanie Garber  
**Spectacular** by Stephanie Garber  
**One Dark Window** by Rachel Gillig.  
**Killer Instinct** by Jennifer Lynn Barnes.  
**The Grandest Game** by Jennifer Lynn Barnes  
**Nightbane** by Alex Aster  
**The Stars of Mount Quixx** by S. M. Beiko  
**Book Thief and The Messenger** by Markus Zusak  
**Beartown** by Frederik Bachman  
**The Alchemyst: The Secrets of the Immortal Nicholas Flamel** by Michael Scott  
**Catcher in the Rye** by J.D. Salinger  
**All the Light You Cannot See** by Anthony Doerr  
**Code Name Verity** by Elizabeth Wein  
**Firekeeper's Daughter** by Angeline Boulley  
**Refugee** by Alan Gratz  
**Dear Martin** by Nic Stone  
**A novella with the Caraval series**  
**The second book in the Lightlark series**



*The angelic chorus proclaimed, "Glory to God in the highest, and peace on earth among men with whom He is well pleased" (Luke 2:14).*



It's finally here! The Advent edition of our school's student newspaper, The Circuit, has been published! Read: teachers' highlights of the last year, swim team champs, students interviews, the YES, Christmas tips, stories, poems, and more! Follow @sarhscircuit on Instagram and visit <https://sarhscircuit.wordpress.com/> Way to go, student writers!

## Religion Department:

Thank you to Gen Kelsang Zopa who recently spoke to our Religion II students about topics such as: Where does happiness actually come from? What is the nature and function of the mind? How can we develop inner peace through meditation? Zopa has been an ordained Buddhist monk since 1996, and has studied and practiced Kadampa Buddhism for over 30 years.



As we continue on our spiritual journey of Advent, we recall Gen Zopa's meditation on the kindness of others, and we give gratitude to our incarnational God who is the Source of all goodness!



# SARHS Jesse Tree

*"And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth."*



To prepare for the **Season of Christmas**, the staff and students of St. Andrew's Regional High School have created a Jesse Tree. Students from every TAG were invited to create an ornament for the Jesse Tree, and student readers led the school in morning prayer. Thank you to **Mr. Gibbs** and all participating students for ensuring that the SARHS' Jesse Tree project was a success.

**"The Light shines in the darkness, and the darkness has never put it out."** John 1: 5



# TAG DOOR DECORATING 2024





# Big News from the Alumni Corner!

**Congrats** to amazing alumna **Shaeleen Mihalynuk** (SARHS '19) who was recently named a Rhodes Scholar!  
As a UVic microbiology student, Shaeleen worked to develop alternatives to antibiotics for poultry diseases using naturally occurring proteins. Read more in this article from the Times Colonist. Way to go, Shaeleen!  
<https://www.timescolonist.com/local-news/uvic-microbiology-student-named-a-rhodes-scholar-9936446>

## 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](#)

