



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, March 14, 2025

Dear St. Andrew's Families,

School is out for spring break! Maybe for the students the time between Christmas and now felt like an eternity; however, for me, it seems like time is speeding up.

This time of the year is a good time to evaluate school programming. We've been trying to reduce distractions in class our students experience by trying to eliminate cell phones within the classroom and hallways.

We've had a lot of positive feedback regarding our cell phone expectations: from parents and students alike. For clarity, although "phone" is being used as a reference, all electronic devices are included. Devices such as earbuds, headphones, smartwatches, tablets, gaming devices, and electronic toys are sources of distraction.



Grade 8 and Grade 9 students must keep their phones in their lockers from the moment they arrive at school until they leave. This also means cell phones are to remain in their lockers during lunch, breaks, and between classes.

As with the younger grades, our Grade 10 – 12 students are also expected to keep phone in their lockers from the moment they arrive until they leave; however, as these students are older. To help promote independence and take personal responsibility for their choices, **Grade 10 - 12 students may only use their phone during the lunch break in three areas:**

- The Commons
- On the right at the top of the first set of stairs in The Commons
- In the Grade 12 Grad Lounge
- Students who need access to technology, due to learning or medical needs, will be provided the necessary access. These provisions will be clearly identified in the student's IEP.
- All students, regardless of grade level, may use technology at the direction of their teacher and only to accomplish defined learning outcomes.

As a reminder, parents, you have a role to play in helping your child remain focussed as well. "Just a quick text" or "only one text" distracts your child as all those around as well. We realize that life isn't always cooperative, so if a change in plans is necessary, parents can leave a message with the Front Office. The message will be relayed to the child at lunch or as the school day is ending. In an emergency or if parents must communicate with their child immediately, the student will be called down to the Front Office.

Blessings,

Patrick Niwa
Principal

RETREAT DAY NEWS!

Grade 10 Retreat is next on Ms. Gilbert's list...

On **Thursday, May 22nd** all grade 10s will head out to Camp Pringle for a day to Play, Pray and Eat!

Permission slips will come out after Spring Break.

Please be sure to mark your calendars now for May 22nd so all grade 10 students are free of work commitments, sporting events and after school activities to make this a powerful day for all in the grade 10 class.

The day starts at 8:30am with buses leaving the school and returning at 7:30pm in the evening.

Thank you parents for helping make sure this day is clear for your grade 10 teen.
Much appreciated.

It's a great day to be a SABRE!

Mark You Calendars:

March 14	Last day of school
March 15-30	SPRING BREAK
April 11	Last day of Term 3
April 18	Good Friday—NO SCHOOL
April 21	Easter Monday—NO SCHOOL
April 24-26	Drama Production—tickets on sale now
April 29	Easter Mass 10:30am
April 30	Grade 10 retreat



MUSIC DEPARTMENT



A big thank you and congratulations to St. Andrew's Singers and Jazz Band for their excellent performances at our school's Open House this past Wed. Feb. 26th. There was a great deal of positive feedback, interest, and enjoyment from new parents as a result of your taking time to share your gifts! Well done!!

All Music ensembles continue to prepare for a busy Spring season with the ICS Music Showcase Concert, Greater Victoria Performing Arts Festival, Con Brio Whistler Music Festival, and more! Please take note of these dates/times below. All are invited to come out and support our hard-working musicians!

Parents are reminded to please submit your forms (emailed out) and payment for the Con Brio Whistler trip by March 10th. Payment can be completed either by cheque (made out to SARHS Music Program-give to Mr. O'Reilly) or via debit/credit in the school office. 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 Trip' so that the office knows who & what the payment is for.)

Finally, we are still looking for an additional female parent chaperone for the trip. Please contact Mr. O'Reilly (poreilly@cisdv.bc.ca) if you are interested and available.

Important Upcoming Dates:

- Mar. 5 - Ash Wednesday Mass, 11am, Sacred Heart Church (St. Andrew's Singers)
- April 14-16 - Greater Victoria Performing Arts Festival, date/time TBA (St. Andrew's Singers)
- April 15 - ICS Music Showcase Concert, 6pm, UVic Farquahar Auditorium (All groups)
- May 1-5 - Con Brio Whistler Music Festival (All groups)

A graphic with a teal background and a pattern of small white dots. At the top center is a yellow speech bubble icon. Below it, the text "Stay Connected" is written in a white, cursive font. Underneath, a list of social media links is provided in various colors: SARHS: Facebook (blue), Student Council: Instagram (purple), Athletics: Instagram (orange), Art Dept: Instagram (orange), Library: Instagram (purple), The Circuit: Instagram (orange), and SARHS Alumni Association: Facebook (blue). At the bottom of the graphic, there are four social media icons: Facebook (blue square with white 'f'), Twitter (white bird on a blue square), Instagram (purple and pink camera icon), and YouTube (red play button icon).

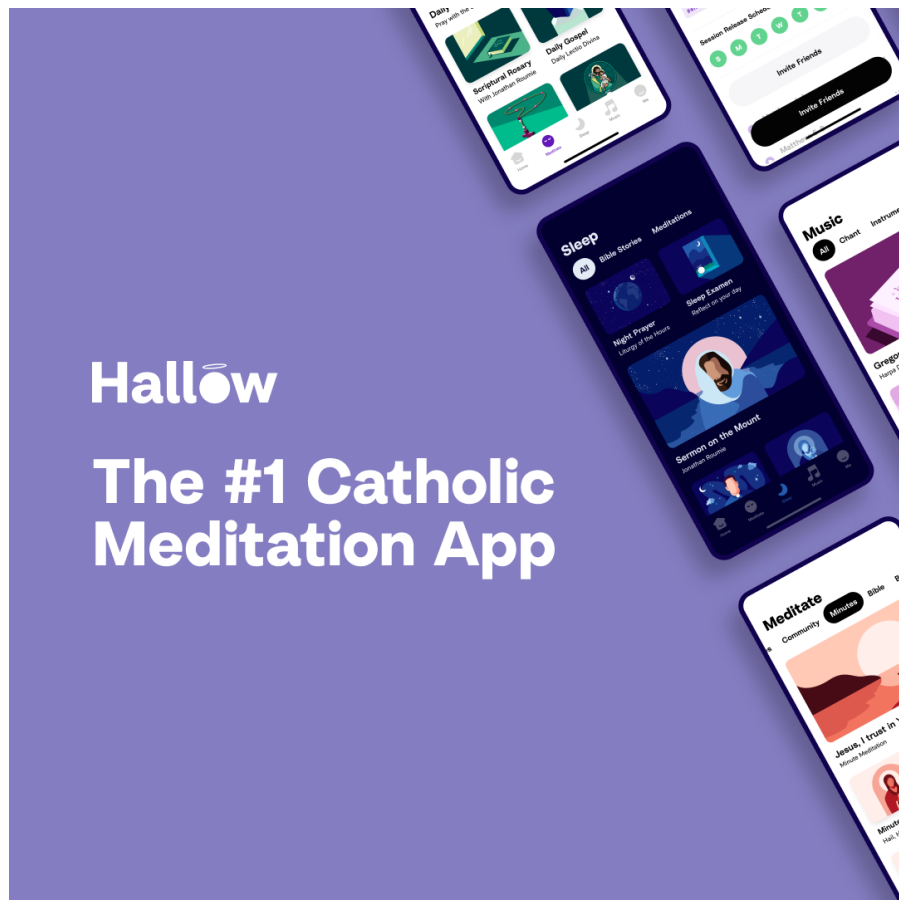
Religion Department

Hallow for Lent!

Hallow is a Christian prayer app that offers audio-guided meditation sessions to help us grow in our faith & spiritual lives and find peace in God. Explore over 10,000 different sessions on contemplative prayer, meditation, Catholic Bible readings, music, and more.

In today's world, we're stressed, anxious, distracted, & can't sleep. At the same time, we're searching for deeper meaning, purpose, & relationships. We believe these two challenges can be addressed with the same solution: peace in Jesus. In the end, after all, a halo in heaven is the goal :)

All students at St. Andrew's have free log-in access with their school Gmail account. Parents might also benefit from this student access!



Congratulations Anushka!

Our school is proud to announce that one of our graduating students, Anushka Ablak, won the prestigious Zonta: Young Women in Leadership Award. This highly competitive scholarship is presented to young women who have demonstrated strong leadership, and a commitment to public service and civic causes. Well done, Anushka!

Local School Council

We are looking for new members for our 2025-2026 school year. Our AGM is on **May 28, 2025 at 6:30pm** All parents are invited to join us.



Sports Parents Committee

We have our annual **Bottle Drive April 12, 9-2pm**. We need all families that participate in our after school sports activities to help us to raise funds to support the Athletic Department. The Sports Parents Committee raises funds to support our Athletic Director Mr Omule. *How do we do this?* We have funded the Awards Night, we have purchased 2 new tents, we sponsor athletes that travel for Provincial Championships and lots of other projects. This year we are looking at funding more safety mats for the end of the basketball courts, new volleyball poles, uniforms for the Girls Soccer program and the year end Awards Night. Please consider saving your empties and telling your friends and family about our drive through drop off.

Our Purdys Fundraiser begins....NOW! Go get your Easter/Spring Treats: <https://fundraising.purdys.com/1398157-128420>

Our goal is to raise \$1500.00 so we need your help—but don't worry, all the work you're doing is choosing which chocolates to order.

Stock up on beautiful Easter/Spring gift boxes, classic Purdys Favourites, Himalayan Pink Salt Caramels, Sweet Georgia Browns and so much more. All profits will go directly to SARHS Sports. So, satisfy those cravings and get all your Easter/Spring gift-shopping done while supporting a great cause.

The deadline to order is April 2, 2025

What you need:

- Campaign number: 16035
- Campaign link: <https://fundraising.purdys.com/1398157-128420>



Grad Corner

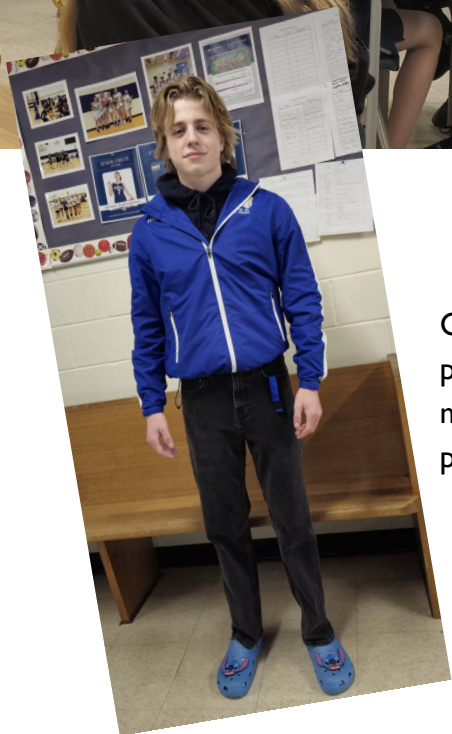


Thank you for all the support on our 50/50 raffle. We had 2 draws Jan 31st and Feb 28th. Our First draw on Jan 31 had a \$6,215.00 winner. The Arauz family sold the winning ticket to Christine G. She was so happy to hear she won. She was on holiday and when we called her she just learned her luggage was lost. We made her day. Our Second draw was on Feb 28 this was a small draw as we had lost the wind in our sails with January being so great for sales. Julie L was our winner of \$15 and she generously donated the funds back to our grads.

Our Grad Class has enjoyed several renovations in their time in Island Catholic Schools. They would like to host a GRADitude Tea to our supporters on April 5 1pm-3pm . You can sign up for volunteer time in the OnVolunteer software.

We have a great group of parents that are organizing the After Grad event. We would love to have more join us. We would also like to invite any grade 11 parents that are interested to learn more about this event and the committee to join us at our next meeting April 8th at 7pm.

Congratulations to alumna Kirsten Suesser! Kirsten is currently in her first year of medical school and she came back today to give a presentation to Pe 9 students on the importance of skin education - especially concerning skin cancer. We all left with a clear message- wear your sunscreen everybody!. Many thanks for your time and expertise Kirsten. Tag 9 misses you!



Congratulations to William Flett who is provincial champion in 60 m hurdles and silver medalist in the 200m. Fantastic result - we are proud of you!

On Thursday March 6th, the grade 8 and 9s participated in THE GREAT BIG CRUNCH, a nation-wide initiative to encourage healthy snacking and locally produced foods. Check out the website for more information about this program. <https://www.healthyschoolfood.ca/great-big-crunch> Great crunching everyone. And great photographs, digital photography class! (photos by Rockie S)



Drama Department

Join us for a thrilling evening where you'll learn the secrets of getting away with a murder mystery from our colourful cast of suspects!

Get ready to put your detective skills to the test and solve a murder mystery like no other. The event will be held at Spectrum Theatre, 957 Burnside Rd W, so mark your calendars and don't miss out on this exciting performance. Grab your friends and family for a night you won't forget!

Early bird tickets are available for \$15 until APRIL 1st, 2025. Tickets are ready for purchase on eventbrite!! Regular-priced tickets for \$20 will be available until 1 hour before the event. Limited tickets will also be available at the door - bring cash.

Dates:

April 24, 2025, from 7:00–8:00 pm*

April 25, 2025, from 7:00–8:00 pm*

April 26, 2025, from 2:00–3:00 pm*

April 26, 2025, from 7:00–8:00 pm*

*Doors open 30 minutes before start time

Bring cash for concession and merchandise!



A St. Andrew's Student Production Performed by the St. Andrew's actors

HOW TO GET AWAY WITH A MURDER MYSTERY

A detailed illustration of a two-story house with a tree in front of it. The house has a chimney on the left and a gabled roof. The tree has bare branches and is decorated with colorful splatters (red, purple, green, orange) on its trunk and branches. A detective in a trench coat and hat is on the left, looking at the ground. A suspect in a suit is on the right, walking away. The background is a textured, brownish paper.

Written by Don Zolidis, and directed by Kate Gauthier-Riggs

Thursday, April 24 7:00pm Opening performance
Friday, April 25 7:00pm Second performance
Saturday, April 26 2:00 pm matinee and 7:00pm closing show

Tickets can be purchased on **EVENTBRIGHT**
Early bird price \$15
until March 15, then \$20
Limited tickets at the door

Location: Spectrum Theater 957 Burnside Rd W

SCAN HERE FOR TICKETS

St. Andrew's Parent Support Group

Thank you for helping us help our school!

sarhs-psg@cisdv.bc.ca

Congratulations to our lucky winner!

Sterling Silver Jewellery Giveaway Contest
(approx. value: \$450)



Catherine Bachewich, grade 12 parent

Thank you to PSG board members
Lori Angelini and Chrissy Kendrick who assisted
Linda Fodchuk on March 5 with the selection of the winner
for the school's OnVolunteers Parent Portal February Contest.

We are grateful to everyone who logged into our school's
new parent volunteer hours tracking system to check it out
and to Lori Angelini for donating the lavish prize!

OnVolunteers



UPCOMING PSG MEETINGS

EVERYONE WELCOME!

PSG MEETING

April 2

@ 7 p.m. in the library

ANNUAL PUBLIC AND GENERAL MEETING

May 7

@ 6 p.m. in the library

TAP

NOW AVAILABLE
TO PAY

FOR HOT LUNCHES!!!

**An extra parent volunteer
needed for Thursday
Hot Lunches on some days.
Sign-up in OnVolunteers.**

Parents, please note last week of
Hot Lunch is June 9-13.

St. Andrew's Parent Support Group



OnVolunteers

OnVolunteers is the 'new' central place for school parent volunteer jobs.

From your secure parent portal account, you will be able to easily view, sign up for and automatically track your school volunteer activities and hours.

You can sign into your OnVolunteers parent portal account as follows:

STEP #1: Click or copy & paste the portal link below:

<https://portal.onvolunteers.com/Login.aspx?s=SARHS>

STEP #2: Enter the email address you use to communicate with St. Andrew's.

STEP #3: Enter the temporary password: SAParent@2024

Once you have signed in for the first time, your first task will take you 3 minutes!

At the top of the page, please click on "**Start Guide**" and then click on the button "**Parent Portal Introduction and Personalizing Your Password**".

(This 3-minute video will explain the basics and show you how to reset your password.)

Please make time to view the other short videos to learn more about OnVolunteers.

If you have difficulty logging in, don't see where to record your school volunteer hours or have other questions, email sarhs-psg@cisdv.bc.ca for help!

2025 Diocesan Youth Retreat: Living for Greatness



D Y R Diocesan Youth Retreat
Diocese of Victoria



The Diocesan Youth Retreat (formerly the Diocesan Youth Conference) is an annual youth retreat for students in Grades 7-12 at beautiful Camp Imadene on Mesachie Lake.

DYR is a wonderful opportunity for youth to develop friendships with peers across the Diocese while engaging in inspiring presentations, great music, and awesome outdoor activities. Registration for DYR 2025 opens on March 1 on Eventbrite and closes on April 15.

Event Details:

- **Dates:** May 9-11, 2025 at Camp Imadene, Mesachie Lake, BC
- **Cost:** \$199 (includes meals, activities, accommodations, and t-shirt)
- **Speakers:** NET Ministries
- **Transportation:** Complimentary bus from St. Andrew's High School and Langford
- **Mother's Day Brunch:** Complimentary for families on Sunday at 11:15 am To Register: Complete the Google Form by April 15: [Google Form Link](#) To Pay: [Eventbrite Link](#) For questions, contact Joelle Dressler at (250) 479-1331 or jdressler@rcdvictoria.org. We hope your child can join us for this life-changing retreat!



On May 9-11, 2025

Join us for the Diocesan Youth Retreat.

**Mesachie Lake, BC
Camp Imadene**

Grades 8-12

Registration:
Opens March 1

Presenters:
NET Ministries Canada



SEMINAR 3:

“EXPRESS YOURSELF THROUGH SPORT & PERFORMANCE”

SUNDAY,
MARCH 23RD

3:00 – 4:00 PM PST

WITH CAILEIGH FILMER

2X OLYMPIC MEDALIST,
3X OLYMPIAN, AND WORLD CHAMPION
ROWER

CAILEIGH WILL DIVE INTO THE POWER OF SELF-
EXPRESSION IN PERFORMANCE AND
COMPETITION THAT WAS FUNDAMENTAL
TOWARDS HER OLYMPIC MEDALS.
BE YOUR OWN SUPERPOWER.



ONLY
\$20
/SEMINAR

REGISTER NOW,
EVENT OFFERED LIVE AND VIRTUAL!
LINK ON GYMMASTER