



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.

Land Acknowledgement: St. Andrew's Regional High School acknowledges with gratitude that we learn, play, and pray on the territories and traditional lands of the lək'wəjən (Songhees), Wyomilth (Esquimalt), and WSANEC (Saanich) peoples. In the light of this truth, and in humility, we commit ourselves to continue to work for reconciliation, and for respectful relationships with the Creator and all creation.

Dear Students, Families, and Staff,

As we approach Thanksgiving, I would encourage you to spend some time reflecting on the many blessings that shape our school community and make it such a wonderful place to learn. Beyond the teachers, EAs, and support staff, we must include you - our parents in helping contribute to our school culture. Your support, encouragement, and partnership are gifts we cherish deeply.

Thank you for entrusting us with your children's safety, education and faith formation. Your support at school events, your thoughtful and proactive communication, and your quiet acts of generosity help create a nurturing environment where everyone thrives academically, spiritually, and socially.

In this season of gratitude, we give thanks to God for the strength to help fulfill our CISDV motto—To Build in Love. Together, we are building a community rooted in compassion, hope, and faith—a place where every child is known, loved, and inspired to grow.

May your Thanksgiving be filled with peace, joy, and the warmth of family. Know that your contributions, both seen and unseen, make a lasting impact. We are grateful beyond words.

If you travel, I pray you get to your destination and that you return safely. I also pray that this time with family will be filled with wonderful memories.

On behalf of the staff at St. Andrew's, thank you, and may God continue to bless you and your loved ones abundantly.

Blessings,

Patrick Niwa Principal



Cell Phone Policy: Reminders and Update

Although a "cell phone ban" mandate was imposed by the provincial government last year, St. Andrew's Regional High School was discouraging cell phone use prior to this. The reality of what we've seen in the classroom and especially in the hallways is far more interaction between the students. I wish I was able to find the original person who made a statement something along the lines of, "Cell phones do a great job of bringing people who live far away nearby and a wonderful job of making nearby people feel far away."

To help our students be physically and mentally near those around them and to help them stay focused on their studies, our community must work together, which **includes our parents**. Some may ask, "how can I make my child respect the policy if I'm not even there? Isn't that the school's job?" The easiest way is for parents to refrain from contacting their child by phone. I suspect that we are so accustomed to sending that text or making that quick call. It is very easy to just take care of it right away so the matter is dealt with. Already this year, I've heard parents say, "Oh don't worry, I'll just text my son", not realizing that their son shouldn't have their phone. Similar comments, such as, "I'll just leave them a message".

To help reduce communications through the school day, families can finalize their plans before school starts. We also realize that plans change and appointments open up. Should it become necessary to communicate those plans to your child, please call the front office and leave a message with Mrs. Boyd. If the communication isn't as time sensitive, consider sending your child an email or delay sending a text message. Thank you for your continued support in helping all our students learn.

Patrick Niwa, Principal

Mark You Calendars:

October 13
October 14
October 15
October 24
October 27-31

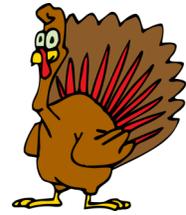
Thanksgiving—NO SCHOOL
Photo Retakes (please wear full uniform)

Civvies day \$2

Provincial Pro-D—NO SCHOOL

Spirit week, daily costume challenges!

(**Please note** this is **NOT** a civvies day, if students do not participate in Spirit Week they are to wear uniform.)



RETREAT DAY NEWS!

Dear GRADE 9 parents,

Your child's retreat day is coming up on **Thursday, November 6, 2025**. BUSES leaving for CAMP PRINGLE from 8:30am and returning at 6:30pm.

There is a **BLUE** permission slip that is due back to Ms. Gilbert by *Wednesday, October 10th 2025*. This day is in the organizing stages and is a FUN, FAITH FILLED Day for your child.

If you are keeping your child home for any reason, please let Ms. Gilbert/office know immediately. It is a **TECH FREE** day, so please no phones, earbuds or technology for our interactive day together. Your child will need a **BIG LUNCH** and a water bottle.

Have your child dressed in civvies and wear sturdy shoes, as we spend part of our day outside. Please dress for the weather! We are outside rain or shine.

Thank you for your prayerful support for these important team building days here at St. Andrew's. **Great Day to be a SABRE!**

MUSIC DEPARTMENT

September has come and gone, and with it, we were fortunate to have a successful first fundraiser for our program. Our Car Wash on September 20th raised \$1300 in just four hours!!

Well done, all students and parents who volunteered their time to help! (See attached pictures below)

A big thank you to our St. Andrew's Singers for providing music for our school Thanksgiving Mass on Oct. 7th. Special thanks to our cantors: Marianna Correia, Alex Kendrick, Julia Egbunonu, and Brianna Dery. Another word of gratitude for all students and parents who volunteered to run the 'kidzone' at St. Pat's Parish CWL Bazaar on Oct. 4th, our second fundraiser this year. Thank you to:

Chizara Anaekwe, Brianna Dery, Brielle De Leon, Emma Bambi, Saffira Libercan, Magdalena & Monica Urbanson, Julia Egbunonu, Max Geras, and Natalia Garcia for representing SARHS so well.

Special thanks to Melissa Hogg who coordinated this event and to all other parents who helped everything to run smoothly!

St. Andrew's Concert Band, Singers, and Jazz Band are busy preparing for our November performances (Remembrance Assembly and Coffee House). Any male students gr. 8-12 that are still interested in joining the choir, it's not too late to join! If you are a guy that likes to sing, please contact Mr. O'Reilly (poreilly@cisdv.bc.ca) for more info!

Important Upcoming Events:

Coffee House - Wed, Nov. 19th, 7pm in the school gym.

Performances by St. Andrew's Singers, Concert Band, Jazz Band, and other talented soloists! Save the date now!





Yearbook - Capturing YOUR Story!

Our Yearbook Staff is hard at work documenting life at St. Andrew's, and we need your assistance to preserve these memories for years to come. Do you have fantastic photos from a school event, game, regatta, or another occasion? Please share your best images with us at yearbook@cisdv.bc.ca.



Homework club (in room 222): **All are welcome** to get some extra support and/or a quiet place to do work.

Days & times are: Monday, Tuesday, Thursday and Friday from 3:15 – 4:15 with one Education Assistant. Wednesdays are from 1:50 – 3:15 with eight Education Assistants!

Social Justice Food Drive

“If you can’t feed 100 people, then just feed one.” Mother Teresa

On Tuesday, October 7th, the St. Andrew’s Regional High School community gathered in Sacred Heart church for Thanksgiving Mass. At the end of Mass, Mike Marasco, the Chair of the St. Vincent de Paul Society on Vancouver Island, spoke of the needs of many people in the Greater Victoria area: food prices are rising, rents are high, and the donations to the St. Vincent de Paul Food Pantry have dwindled. What can we do?

From October 6-17th, St. Andrew’s Regional High School is hosting a food drive, with all proceeds going to the St. Vincent de Paul Food Pantry. Although as individual families we may be unable to feed 20 additional people, we can work together to provide meals for 20, 40, or more people with little impact to our pocket book. Every member of the school is encouraged to bring in food items: one can of tuna would help to feed one person, a box of pasta and a jar of sauce could feed four people, and peanut butter and jam could make lunch sandwiches for a family for a week or two. As we enter into the Thanksgiving long weekend, may we give thanks for all that we have, and find joy in supporting those in our community who are financially struggling.



From the counsellors desk...



Celebrate **World Mental Health Day** (October 10th) by taking a deep breath and spreading calm compassion. It's important to listen and advocate for wellness by acknowledging that mental health matters for us all. Here are some links to helpful resources [Anxiety BC](#), [Open Mind BC](#), [Kelty Mental Health](#)

Grade 10 Social Studies:

Our Grade 10 students had a unique educational opportunity to learn about the Holocaust through a production called "Survivors". The production "Survivors" was brought to us by the Victoria Theatre Holocaust Production. It taught our students the chronological history of the Holocaust by enacting the actual experiences of Jewish children and teenagers from Europe. Actors portrayed the Survivors and took the students on a perilous journey from innocence through the terrifying rise and rule of bigotry, xenophobia, and violence to the triumph of immigrating to America.

We are extremely proud of our Grade 10 students for their incredible behaviour and for their profound respect and understanding of this very deep and tragic piece of history. In the words of the production manager, "this was the most well behaved school group we have ever performed in front of and the questions the students asked were very thoughtful".



Student Testimonial: I am very happy to see that Canadian students learn about the Holocaust. It is important to know and to remember what happened so these things can never happen ever again. It is important to understand the past, to learn for the future - not just in Germany but everywhere in the world.

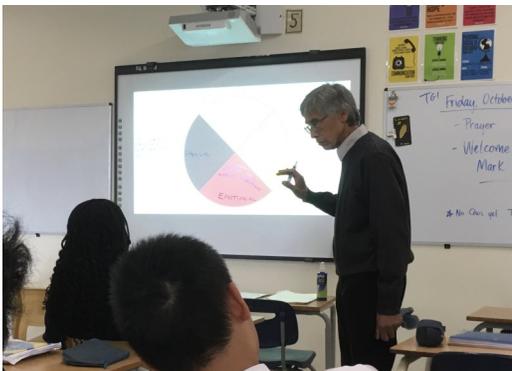
- Maya Klaes, Grade 10 International Student, Germany

DEBATE CLUB

SARHS Debate Club is up and running! Thanks to club president Lucy O (Grade 11) for introducing students to various forms of debate, and previewing an exciting year to come. Meetings are every Tuesday in Focus in Mr Van Dyk's room (110).



Religion Department



Thanks to Mark Albany from the Songhees Nation who recently taught our Grade 11 students about aspects of Indigenous spirituality.

Mark shared how our values and beliefs impact everything!

Hot Lunch Updates:

Tuesday: KuKu's Vegetable Samosas \$3.50 each. Cookie \$1. Samosa/Cookie Combo: \$4

Thursday: Pizza! \$4 per slice

Friday: Flourish Food Program will continue to serve healthy meals at \$7 a plate.

Please note: Hot lunch is a first come first serve option for lunch. Please allow a couple weeks for the hot lunch volunteers to get an understanding of how much they need to order for service.

SABRES SPORTS

Fall Sports are well underway, with many teams wrapping up their regular season games in the coming weeks, with hopes of advancing onto Zones/Provincials. Congratulations to our Rowing Team who successfully completed their first Regatta this past weekend. We wish our Swim Team all the best this upcoming weekend as they head to Nanaimo to compete at the Vancouver Island Swim Championships and BC Provincial Qualifiers.

Sabres Athletics Gear: Sabres Athletics Clothing can be purchased through our Sabres Online Team Store. The deadline for orders is Saturday November 1st, 2025 at midnight, for delivery before the holidays.

Sports Parents Committee: Reminder our first meeting will be held Wednesday October 15 7:00-8:00pm in the Library.

Grade 8 Basketball: Athletes who have signed up for Grade 8 Basketball now have access to teams on Google Classroom. Schedules will be posted on Tuesday, games begin the week of Oct 20.

This Week in Sports! October 13-19, 2025					
Please check individual team's Google Classroom and Daily Announcements for specific team practice information, as they may rotate weekly based on game schedules.					
Date	Team	Time	Early Dismissal	Bus Departure	Bus Return
Monday Oct 13	No School				
Tuesday Oct 14	SB Soccer Home @ Reynolds Park	3:30-4:00pm	2:40pm	2:50pm	No
	SG VBall Home	5:30-8:30pm	N/A	N/A	N/A
Wednesday Oct 15	Rowing	2:00-4:00pm	1:10pm	1:20pm	No
	JG VBall @ SMUS	3:45-6:15pm	3:00pm	3:15pm	No
	XC Meet @ Royal Roads	3:45-4:30pm	2:20pm	2:30pm	Approx. 5:00pm
	SG FH @ UVic	4:30-5:30pm	N/A	3:30pm	No
Thursday Oct 16	JB VBall HOME	3:45-6:00pm	N/A	N/A	N/A
Friday Oct 17	Rowing	4:00-6:00pm	3:00pm	3:10pm	No
Saturday Oct 18	Swimming: Islands @ Nanaimo Aquatic Center	All Day	Meet at 6:45am	7:00am	Approx. 6:00pm

Career Counsellor

UVic has the following free online workshops to help high school students build practical tools for university and career success:

Entrepreneurship 101: What Makes a Good Side-Hustle?

Wednesday, October 15 at 6:00 PM (PST)

Finance 101: Personal Finance for Students Preparing for College & University

Thursday, November 20 at 6:00 PM (PST)

Please sign up using this link: <https://www.uvic.ca/gustavson/programs/info-sessions/workshops/index.php>

Mark your calendar: Post-Secondary BC Night at St. Andrew's High, Wednesday, November 26 6-8pm

Post-Secondary Institutes include: University of Victoria, Trinity Western University

Royal Roads University

Camosun College

University of Northern BC

Vancouver Island University

Canadian Coast Guard College

University of BC

Capilano University

Corpus Christi & St. Mark's Colleges

Emily Carr University of Art and Design

Langara College

North Island College

Gr. 12 students are required to send their transcripts to post-secondary institutes using the BC Student Transcript Service.

Students are also required to apply to BC post-secondary schools through Education Planner BC, which is also a key resource for exploring and planning post-secondary education.

St. Andrew's Parent Support Group
Thank you for helping us help our school!
sarhs-psg@cisdv.bc.ca

Used Uniform Sale

Saturday, October 18, 2025

10:00am – 1:00pm

St. Andrew's Commons



Price List

Golf Shirts, Athletic Wear, Vests	\$10
White Dress Shirts and Shorts	\$5
Sweaters	\$20
Hoodies	\$15
Girls Kilts	\$40
Boys Grey Pants	\$20
School Blazer	\$45

Send donation or sale questions to sarhs-psg@cisdv.bc.ca