



# 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 WSÁNEĆ (Songhees), Wyomilth (Esquimalt), and WSÁNEĆ (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,

Although we can sense the additional 40-50 students and staff in the hallways, the school year opened with a sense of hope and anticipation of the possibilities the upcoming year may hold. Maybe it is the increased population, but we can hear the laughter in the hallways and the classrooms humming with curiosity and purpose. Especially on the first day, students were abuzz reconnecting and sharing summer experiences. There was something tangible in the air, an eagerness to get back to routines and to begin learning again. Returning staff were excited to greet their students with warmth and encouragement and the new teachers were anxious to set the stage for a year built on trust, creativity, and resilience.

Although only three weeks into the school year, homework is being assigned, Focus blocks have started, assignments collected, clubs ramping up, practices underway, and exhibition games being played. Parents are sharing a similar sense of optimism and willingness to work together, as expressed yesterday at our Meet The Staff Night. We couldn't have asked for a better start to the year, on that began not with hesitation, but with enthusiasm and purpose.

This is going to be a great year!

Blessings,

Patrick Niwa Principal



## Retreat News!

Dear Grade 8 Parents,

Your child's retreat day is fast approaching!

The Grade 11/12 Leadership TEAM of St. Andrew's is working hard to make this a **fun and faith-filled day** for your child. Attendance is required for all St. Andrew's students.

**DATE** Thursday, October 2, 2025

**DEPARTURE:** 8:30 am from St. Andrew's (by bus to Camp Pringle)

**RETURN:** 6:30 pm at St. Andrew's (pick up your child at the school)

**WHAT TO WEAR:** Civvies, weather-appropriate layers, sturdy runners, and outdoor gear (the day will include time outside).

**WHAT TO BRING:** A hearty packed lunch and a water bottle. Snacks and dinner will be provided.

It is sure to be a wonderful day of community, faith, and fun!

If you have any questions—or if you know your child will be away—please contact Rebecca Gilbert as soon as possible at [rgilbert@cisdv.bc.ca](mailto:rgilbert@cisdv.bc.ca).

**Great day to be a Sabre**

### Important Note to All Parents

Retreat days are a **mandatory part of the Religion Program** at St. Andrew's. These days are faith-based, team-building, and vital to our school culture. Please mark your calendars now to ensure your child is available for their retreat day.

## Mark Your Calendars:

September 20  
September 24  
September 29  
September 30  
October 1  
October 2  
October 6-17  
October 7  
October 13

**Music Car Wash 10 am**   
LSC meeting 6:30 pm  
Orange Shirt Day!  
Truth and Reconciliation Day—NO SCHOOL  
PSG meeting @ 7pm  
Grade 8 Retreat Day!  
World Food Drive  
Thanksgiving Mass  
Thanksgiving—NO SCHOOL



## MUSIC DEPARTMENT

The SARHS Music program is in 'full swing' (pun intended), with lots of new interest in the program. There are approx. 50 students in the Concert Band, 40 in the Choir, and 30 in Jazz Band, which is fantastic!



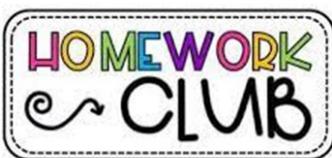
Our Music Parents meeting on Sept. 10th was a success with close to 40 parents in attendance. Thanks to all those who came!

A list of performance dates/events and program info has been sent out. Please email Mr. O'Reilly ([poreilly@cisdv.bc.ca](mailto:poreilly@cisdv.bc.ca)) if you weren't able to make the meeting and/or have not been included in the Music Parents group email list. Also, a big thank you to St. Andrew's Singers who provided music for our opening school Mass on Sept. 16th - your beautiful singing was greatly appreciated!!

Our first fundraising opportunity, the annual Car Wash (see attached poster) will be happening this Saturday, Sept. 20th in front of the school from 10-2pm. Help is still needed for our afternoon shift. Anyone whose car needs washing is welcome to come on down to the school this Saturday! Proceeds will go towards our program needs and Spring trip.

The SARHS Music Program has also been offered an additional fundraising opportunity this year to run the 'Kidzone' area of the St. Patrick's Parish CWL Bazaar on Sat, Oct. 4th. Thanks to Melissa and Charles Hogg for volunteering to coordinate this!

Additional parent volunteers are needed next week to sort toys/supplies and also on the day of the event. Please contact [mhogg38@gmail.com](mailto:mhogg38@gmail.com) if you can help. Also, any SARHS students that are interested in baking cakes to enter in the bazaar Cake Walk, please have them ready by Friday, October 3rd to bring to St. Patrick's Church Hall. Thank you!



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!

## Up Coming Post-Secondary Events!

St. Andrew's students are invited to three upcoming post-secondary events at St. Michaels University School (SMUS) in the Single Gym:

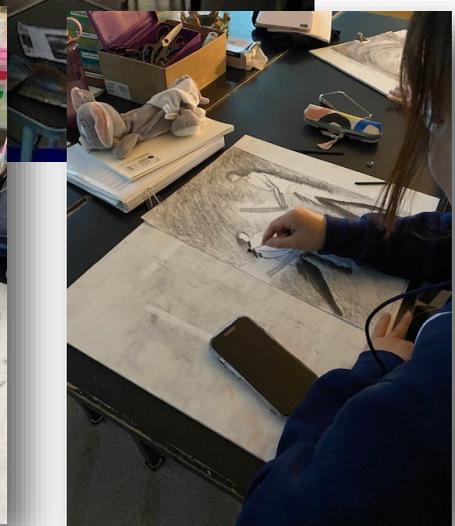
- **Canadian Universities Event (CUE):** Sept 22, 6–8 pm. Representatives from over 40 Canadian universities will be available to share program and admissions info.
- **SI-UK (Study in the UK) Fair:** Oct 2, 4–6 pm. Meet over 40 UK universities, including Cambridge, UCL, and Leicester.
- **Vancouver Island College (VICE) USA Event:** Oct 6, 3:30–5 pm. Learn about US university options, application requirements, and admissions tips.

These events are great opportunities for students and parents to explore post-secondary options and connect directly with university representatives.

# May The Force Be With You

Friday is life drawing day in the SABRES art den, and this week students were experimenting with charcoal and a Star Wars theme, using a live model.

“You must unlearn, what you have learned.” -Yoda



## Food at School

**Nutrition is important!** As a result, our school has been looking for ways to provide healthy, readily accessible choices to students.

- We participate in the Fresh For Kids Program. Through this initiative, our students will receive a fresh fruit or vegetable item twice a month. Last Wednesday, we enjoyed some delicious BC apples. Baby carrots will be delivered on Sept 24th, To learn more go to <https://freshforkids.ca/>
- On Fridays in September, Flourish School Food Society (<https://flourishschoolfood.ca>) has been invited to bring 40 servings from their menu, and the cost of 7\$.
- Every Wednesday, yogurt cups, granola bars and freshly baked muffins are available for \$1.

Students who find themselves without lunch are encouraged to write an IOC or can simply be fed for the day.

If you are interested in learning more or (better still) participating in this initiative, please contact our school guidance counsellor, Michele Sanders ([msanders@cisdv.bc.ca](mailto:msanders@cisdv.bc.ca))



# SABRES SPORTS

**Congratulations** to our Sr Girls Field Hockey, Cross Country, and Senior Girls Volleyball Teams who kicked off their competitive season this past week. Next week we can catch the opening matches for the Junior Girls and Boys Volleyball teams here at St. Andrew's, while the Senior Boys Soccer team will kick off their season as well. Rowers and swimmers are hard at work both on the lake and in the pool preparing for their first competitions later in October.

## Grade 8 - Basketball & Volleyball Teams

Grade 8 Volleyball and Basketball teams compete with the Lower Island Middle Schools Sports Association, and thus don't follow the normal fall/winter/spring terms.

Grade 8 Basketball (Late October - End of November)

Grade 8 Volleyball (January-March).

Team sign ups and tryouts will take place closer to the start of the season. Information will be provided to students in PE classes, posted on our Athletics Notice Board (outside the gym), and placed in the Daily Announcements closer to the start of the season.

This Week in Sports! September 22-28, 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
<b>Monday</b> Sept 22	No Games Scheduled				
<b>Tuesday</b> Sept 23	SG VBall @ EMCS	5:30-9:00pm	N/A	4:00pm	~9:00pm
	SB Soccer @ Parkland	3:30-5:00pm	2:05pm	2:15pm	~6:00pm
<b>Wednesday</b> Sept 24	Rowing	2:00-4:00pm	1:10pm	1:20pm	No
	XC Meet #2 @ UVic	3:45-4:30pm	2:40pm	2:50pm	No
	SG FH @ UVic	4:30-5:30pm	2:40pm	2:50pm	No
	JG VBall HOME	3:45-6:00pm	N/A	N/A	N/A
<b>Thursday</b> Sept 25	JB VBall HOME	3:45-6:00pm	N/A	N/A	N/A
	SB Soccer @ EMCS	3:15-4:30pm	1:50pm	2:00pm	~6:00pm
<b>Friday</b> Sept 26	Rowing	4:00-6:00pm	3:00pm	3:10pm	No
<b>Saturday</b> Sept 27	No Games Scheduled				
<b>Sunday</b> Sept 28	No Games Scheduled				

# Peer Counsellors

At St. Andrew's, our **Peer Counselling Program** empowers students to support one another in a safe and caring way. Guided and supported by the school's counsellor, peer counsellors receive training in empathetic listening, problem solving, and wellness skills. On Wednesday, September 10th, the group participated in a dynamic training day to strengthen their ability to serve as compassionate resources within our school community.

The names of these excellent young leaders are posted in Room 107, beside Ms. Sanders' office.



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

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## 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](mailto:sarhs-psg@cisdv.bc.ca)

# St. Andrew's High School Music Program



Saturday, Sept. 20th, 2025  
10 am to 2 pm @SARHS  
(880 McKenzie Ave.)

Come on out and support our Concert Band,  
Choir and Jazz Band!



**SUPER FUN  
KIDS ZONE!**  
+  
**KNIGHTS OF  
COLUMBUS DELISH  
SNACK BAR**

# Fantastic FALL BAZAAR

**OCT 4, 2025 9:30 - 2pm**

**Large Variety of Kiosks + Quality Silent Auction  
Tombola - Grand Prizes up to \$300**



JOIN US IN THE  
TEAROOM

HOBBY GROUP ITEMS  
FOR EVERYONE



HAVE FUN AT THE  
LUCKY 7 GAME  
OF CHANCE

BEAUTIFUL SILENT  
AUCTION BASKETS



HAVE  
FAITH



LOVELY  
HARVEST  
& GARDEN  
SECTION

HOME DECOR  
ITEMS GALORE!

CHECK OUT THE  
BOOKS &  
PUZZLE SECTION



HUGE  
SELECTION OF  
JEWELLERY

**St. Patrick's Church**  
[Lady of Lourdes Hall]  
**2060 Haultain Street**

Ample Parking + Wheelchair Accessible



ACCEPTING  
DEBIT/CREDIT  
CARDS

SOME OF THE CHARITIES WE SUPPORT ARE: African Heritage Assoc., Anawim House, ANCOP (Answering the Cry of the Poor), Birthright, Development and Peace, Coady International, Missions in Canada and abroad, Mount St. Mary Hospital, Oak Bay Volunteer Service Society, St. Patrick's/St. Andrew's Schools and Student Bursaries, St. Vincent de Paul - Rosalie's Village, Sanctuary Youth Centre, Sandy Merriman House, The Soup Kitchen, Threshold Housing Society, as well as church needs.

• BROUGHT TO YOU BY ST. PATRICK'S CATHOLIC WOMEN'S LEAGUE •