



# 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 (Saanich), lək'wəŋən (Songhees), and Wyomilth (Esquimalt) 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,

Welcome to the 2025-2026 school year! As we begin this exciting new school year together, we do so with eager hearts filled with anticipation, hope, joy, and faith. Whether you are new to our school or a returning family, I am thrilled to have you as part of the St. Andrew's community.

As with all Catholic schools in the province, this year's guiding theme is **"Living, Celebrating, and Proclaiming our Faith."** For this to become more than a theme, I invite students, parents, and staff to consider this theme as their call to action and so this becomes a reflection of who we are as a faith-filled community. In our classrooms, on the field, in the gym, on the stage, in the art studio, and in our homes, this year's theme invites you to live our faith through kindness, compassion, and service to others. This year's theme invites us to proclaim our faith by being witnesses to Christ's love in all that we do.

For our families who have been here, they know that our school is a place where academic excellence and spiritual growth go hand in hand. I pray that as our new families spend more time in our community they will recognize and embrace this as well. As a school, we are committed to nurturing the whole child—mind, body, and soul—through a curriculum rooted in Gospel values and a culture that encourages curiosity, creativity, and character.

As a community, we are never alone. We walk together, supported by our faith, our Church, our families, and our dedicated staff. Embrace the opportunities ahead with courage and gratitude, knowing that God is with us in every step.

Although there may be bumps ahead, I look forward to working in our community and that everyone becomes fulfilled through learning, laughter, love, and prayer. May we continue to grow in faith and friendship, and may our school be a place where Christ's light shines brightly through each of us. Welcome back—and may God Bless you, your and your family.

Blessings,

Patrick Niwa Principal

## The 2025/2026 St. Andrew's Regional High School Office Staff and Administration

Tiffany Evans (VP), Valentina Boyd (secretary), Rosa Stellino (secretary), Catherine Jones (Secretary), Patrick Niwa (Principal), Ciaran McLaverty (VP)



## Mark Your Calendars:

September 9	Grad parent meeting 7 pm
September 10	Musica parent meeting 7 pm
September 11	Fire Drill 9:50 pm
September 16	Opening Mass 11 am
September 17	PSG meeting 7 pm
September 19	Last day to make course changes
September 20	Music Car Wash 10 am
September 24	LSC meeting 6:30 pm



# 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.

**Retreat Schedule (all from 8:30 am – 6:30 pm):**

- **Grade 8:** Thursday, October 2, 2025
- **Grade 9:** Thursday, November 6, 2025
- **Grade 12:** Thursday, December 11, 2025
- **Grade 11:** Thursday, March 5, 2026
- **Grade 10:** Wednesday, April 16, 2026

## **Senior Boys Soccer information:**

Senior Boys soccer tryouts are on 3:30 - 5:00 pm on **Monday, Wednesday and Friday** next week.



## **JOIN THE PARENT SUPPORT GROUP!**

Joining the PSG is a great way to get your volunteer hours in, support your child's school, and get involved in Sabres culture! Each meeting you attend count towards your volunteer hours. The **FIRST** meeting is **Wednesday, September 17th at 7:00pm ALL PARENTS ARE WELCOME!**

# MUSIC DEPARTMENT



A warm welcome to all new students and welcome back to all those returning!

St. Andrew's Music Dept. classes will be starting up next week, beginning **Monday, September 8th** with Jazz Band at lunch and Concert Band after school from 3:20-4:35pm. Choir (St. Andrew's Singers) will begin **Tuesday, September 9th** at 7:30am before school. These are credit courses that occur outside the timetable. Please see the schedule below for all of the week's classes.

If any students missed the sign-up this week, they are still welcome to join next week! Please come to the Music Room to see Mr. O'Reilly or email [poreilly@cisdv.bc.ca](mailto:poreilly@cisdv.bc.ca) for further questions.

Also, our first **Music Parents Meeting** of the year will take place on **Wednesday, September 10th** in the school library at **7pm**.

All new/current parents are welcome and encouraged to attend to review the year's schedule and other important program details.

Looking forward to another fantastic year of music-making!

Monday	Tuesday	Wednesday	Thursday	Friday
	Morning 7:30-8:20am CHOIR	Morning 7:30-8:20am CONCERT BAND		
Lunchtime JAZZ BAND	Lunchtime CONCERT BAND	Lunchtime CHOIR	Lunchtime JAZZ BAND	Lunchtime Open for sectionals/ individual help
3:20-4:35 CONCERT BAND	3:20-4:35 JAZZ BAND		3:20-4:35pm CHOIR	

## The 2025/2026 St. Andrew's Regional High School Staff



## Sabres Athletic Package - Calling all athletes!

All athletes who are wishing to participate on a school sports team MUST complete and return their 'Sabres Athletic Package 2025-2026' (Risk and Consent, and Code of Conduct) prior to participating in a sport / try-out. Paper copies are available outside the front office, or from Ms. Wright (Athletic Director) in the gym. Completed forms and payment can be submitted to the front office and/or Ms. Wright in person.

### Fall Team Sign Up's

Paper copies of team sign ups are located outside Ms. Wright's office in the Gym, or you can complete online for our fall sports offerings. Stay tuned for emails from your coaches and check Daily Announcements for team try out locations and times.

[Cross Country Team](#)

[Rowing Team](#)

[Swim Team](#)

[Girls Field Hockey Team](#)

[Girls Volleyball](#)

[Boys Soccer](#)

[Boys Volleyball](#)

### Junior and Senior Girls Volleyball

All Juniors and Senior Girls, interested in trying out for the Volleyball teams this fall, are encouraged to come to tryouts next week, Monday - Friday after school as games start the following week. Sr's must be able to play games Tuesdays 5:30-9pm and Jr's Mondays 3:30-6pm, with a few Wednesday days.

### Coaches Needed

Sabres Athletics is always in search of coaches/volunteers to lead our many teams. This fall, specifically, we are looking for additional coaching support for our Junior Girls and Junior Boys Volleyball Teams. Please connect with Ms. Gillian Wright, Athletic Director, ([gwright@cisdv.bc.ca](mailto:gwright@cisdv.bc.ca)) if you or someone you know is available this fall season September-November.

### Sabres Athletics: Week of September 8-14

#### Monday:

Senior Boys Soccer Try Outs - 3:30-5:00pm (Field)  
Cross Country Practice: 3:30-4:15pm (Meet outside Gym)  
Junior & Senior Girls Volleyball Try Outs - 3:30-5:30pm (Gym)  
Junior Boys Volleyball Tryouts - 3:30-5:00pm (Gym)

#### Tuesday:

Girls Field Hockey Practice - 3:30-4:30pm (Field)  
Junior & Senior Girls Volleyball Try Outs - 3:30-5:30pm (Gym)  
Junior Boys Volleyball Tryouts - 3:30-5:00pm (Gym)

#### Wednesday:

Senior Boys Soccer Try Outs - 3:30-5:00pm (Field)  
Cross Country Practice: 3:30-4:15pm (Meet outside Gym)  
Junior & Senior Girls Volleyball Try Outs - 3:30-5:30pm (Gym)  
Rowing Practice - 2:00-4:00pm (Elk Lake) TBC

#### Thursday:

Girls Field Hockey Practice - 3:30-4:30pm (Field)  
Junior & Senior Girls Volleyball Try Outs - 3:30-5:30pm (Gym)

#### Friday:

Rowing Practice - 4:00pm-6:00pm (Elk Lake)  
TBC 6:00pm (Elk Lake) TBC

#### Saturday:

Rowing Practice - 12:30-2:30pm (Elk Lake, Families responsible for transportation to/from) - TBC

## Helpful Links

- [Volunteer Application Form](#)
- [Covenant of Care Form](#)
- [School Supply List](#)
- [School Calendar](#)
- [International Student Information](#)

## Stay Connected

SARHS: [Facebook](#)  
Student Council: [Instagram](#)  
Athletics: [Instagram](#)  
Art Dept: [Instagram](#)  
Library: [Instagram](#)  
The Circuit: [Instagram](#)  
Alumni Association: [Facebook](#)