



St. Andrew's Regional High School

ISLAND CATHOLIC SCHOOLS

880 McKenzie Ave
Victoria, BC V8X 3G5
Web: www.standrewshigh.ca
Email: sarhs@cisdv.bc.ca
Tel: 250-479-1414
Fax: 250-479-5356

Principal: Patrick Niwa
pniwa@cisdv.bc.ca

Vice Principal: Ciaran McLaverty
cmclaverty@cisdv.bc.ca

Vice Principal: Tiffany Evans
tievans@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.

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 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 St. Andrew's families,

Each year on November 11th, we pause to put intentional time aside as a nation to honour the sacrifices made during war and peace keeping missions. This is a solemn day to remember that the greatest sacrifices have been made for us to live in a country rooted in fairness and freedom.

As Catholics, consider that remembrance is more than reflection or a passing thought. By being deliberate and taking some time, it can be a sacred act of gratitude and hope, or in other words – a prayer. Specifically, Mathew 5:9 encourages us to seek and promote peace, “Blessed are the peacemakers, for they will be called children of God.”

Wearing poppies leading to Remembrance Day and, at about 11:00 am on Monday, we join schools and fellow Canadians across the country in observing a minute of silence. Although seemingly minor, it is intended to be a collective breath, a shared prayer, and to keep a promise to our fallen that we will never forget their sacrifice.

Most mornings, as we pray over the PA, we ask God for peace, kindness, compassion, and courage. Let us remember those who gave their lives, and those who returned forever changed. In the days beyond November 11th, let us pray for those innocent victims of war, for leaders to choose peace, for leaders to find a path to peace, and for our hearts to be instruments of God's love.

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:

November 7	Last Day Term I
November 10	Remembrance Day Assembly 11am
November 11	Remembrance Day—NO SCHOOL
November 13	Fire Drill
November 19	Civvies Day \$2
November 19	Coffee House 7pm
November 19	Report Cards Published
November 20-21	ICS Pro-D and Faith Days
November 26	LSC meeting 6:30pm
November 27	Parent/Teacher Interview
November 28	No School—day in lieu



MUSIC DEPARTMENT

St. Andrew's Singers and Concert Band have been preparing for their upcoming performances at our school's **Remembrance Assembly on Monday, Nov. 10th at 11am** in the gym. Parents are welcome to attend! Thanks in advance to these students for all their hard work in honouring those who gave their lives for our freedom.

UVic High School Choral Invitational - Sat, Nov. 8 - 1pm, UVic School of Music

St. Andrew's Singers will be participating in a high school choral invitational festival this **Saturday, Nov. 8th** at 1pm at UVic School of Music's Phillip T. Young Recital Hall.

Choirs from Lambrick Park, Reynolds, Mt. Doug, and Oak Bay secondary schools will be performing. This will be a great opportunity for our students to share music, experience other young choral groups besides their own, and be united in the gift of song. St. Andrew's Singers, please meet in Parking Lot E outside the School of Music at 12:15pm this Saturday.

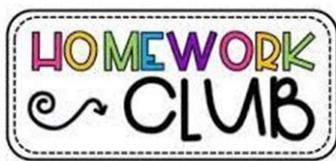
Coffee House - Wed, Nov. 19th - 7pm, SARHS gym (Poster below)

Our annual Coffee House is taking place on Wed, Nov. 19th at 7pm in the school gym.

This will be a fantastic night of music featuring St. Andrew's Singers, Concert Band, Jazz Band, and many other talented solo performers. Tickets are \$10 and can be purchased at the door. This also includes coffee and desserts! Don't miss it!!

Our Lady of the Rosary Fundraiser - Sat, Nov. 22 - 1pm, Coastline Church

St. Andrew's Singers will be performing at a '**Carols of Hope**' fundraising concert for the new Our Lady of the Rosary parish in Langford. The concert will take place on **Saturday, Nov. 22nd** at 1pm at Coastline Church on Caledonia Avenue (opposite Save-On Foods arena). Tickets can be purchased online at www.carolsofhope.com



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 five Educational Assistants!

Hello St Andrew's Community!

Greetings from your 2026 Grad Committee.....we are excited to see you all at our **Bottle Drive on November the 1st!**

Thanks in advance for your kind participation! We are still looking for volunteers from our Graduating Class to help from 10am-2pm....all welcome. Please don't wait to sign up!

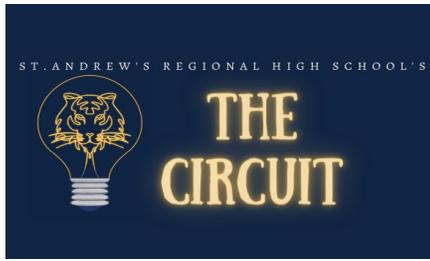
Every week we will continue to share our activities with you and our progress.

Once again, please join us to **thank these generous sponsors** who have donated to help the Graduation Winter Formal of 2026 be a great success!

Please support them when possible, please keep them in your prayers, and please help spread the word for their businesses....it's been an extraordinary experience to see the love poured out for our Graduates.

The next Grad 2026 committee meeting will be held on November 17, 2025 at 7pm in the library. All Grad parents welcome!





The SARHS Circuit Has Launched!

We're excited to announce the first edition of The Circuit, our student-run online newspaper! This publication highlights the creativity, curiosity, and voice of our students — with feature interviews, teacher spotlights, school life stories, and more.

In our first issue, readers can meet several new staff members, explore Clubs Day highlights, and even uncover some seasonal "Starbucks Secrets."

Check it out at sarhscircuit.wordpress.com and see what our student journalists have been working on! The Newspaper Club meets every other Monday during Focus in Room 110 (Mr. Van Dyk's room). New members are always welcome to join and contribute to the next edition!

JOIN THE CLUB!!

What do you remember best about your high school years? Personally, I can't recall much about the content of my classes or scores on my tests. But I will never forget the moments spent in extracurricular clubs (in my case, the Outdoor Club and the Photography Club). School clubs can enrich a teens life in so many ways. They learn to schedule essential self-care time, they make social connections, they increase their soft skills and problem solving abilities, and they feel a sense of belonging. For introverted students, a club may seem like a socially draining time commitment, but the rewards are worth the effort. Participating in clubs and activities can have a tremendously positive impact on their overall high school experience.

I'm happy to say that many of the teachers at St. Andrew's volunteer to run clubs at school. From music appreciation to outdoor skills, there is something for everybody. Please read over the list of the clubs your child could join, and please encourage them to check one out. It's one of the ways we "build in love."

Card Game Club is off to a great start! We meet every Thursday during Focus block. So far we've had a great mix of beginner and experienced card sharks. In this club, everyone's an ace!



On Tuesday, October 28th, the St. Andrew's school community gathered together to pray the **Rosary**. Six teachers, and fifty- six students, led the community through the Joyous Mysteries. The Hail Mary was said in English and **11 other languages**: French, Malayalam, Igbo, Portuguese, Ukrainian, Tagalog, Croatian, Spanish, Russian, Latin, and Dutch. This reverent, meditative, and powerful prayer time was a wonderful way to close the month of October.

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THE GRAD CLASS OF 2026
Thanks You!

Dr. Maico D. Melo, Inc.
3939 Quadra St, Suite 302
Victoria, BC V8X 1J5
www.victoriaoralsurgery.com
victoriaoralsurgery.com

END OF THE ROLL
FLOORING CENTRES
endoftheroll.com

SAWMILL DIRECT
FIRE & CEMENT
SALES
sawmillsales.ca

DR. KIRK BARTLETT
ORTHODONTIST
bartlettortho.com

Marlon Murr, ABR®, CCGR
Real Estate Broker
ENGEL & VÖLKERS
BESPOKE HOMES TEAM
marlon.murr@evrealestate.com

Age Freely
FITNESS AND WELLNESS
agefreelyfitness.com

Offering St. A Customers 50% Off Intro Services

adam.taft@monk.ca
Monk Office

PLEASE SUPPORT OUR GENEROUS SPONSORS!



St. Andrew's Grad '26 Coffee Fundraiser



Hot Chocolate * Coffee * Baked Goods
\$3 Each

or

Prepaid Card \$10 for 4

Thursdays Before School - Commons



The morning coffee crew is here to serve you every Thursday morning!



"I learned what to do when I'm angry or feel down."

-Sibteens Participant

"I like Sibshops. I made a ton of new BFFs."

-Sibkids Participant

Sibshops is a guided recreation program for siblings of individuals with a disability. The "sibs" connect, have fun, share common experiences, and learn together. Each session is led by a trained facilitator.

Sibshops are successfully used all over the world to bring siblings together as a support system for one another.

Sibshops recognize that being the sibling of a person with extra support needs comes with many different experiences.

Sibshops reflect that brothers and sisters have much to offer one another - if they are given a chance.

Sibshops are not therapy, they are all about having fun with a purpose: to support and value these very important family members.

SIBKIDS: 1507 Glentana Road
SIBTEENS: 3861 Cedar Hill X Rd



Celebrating 36 years of building healthy, accessible, and whole Communities.



CONTACT US

Kim Dufort
Family Support Coordinator
TEL: 250-380-6363 ext. 205
EMAIL: kdufort@cocf.ca
FAX: 250-389-1110
1595 Bay St. Victoria, BC V8R 2B5
Website: cocf.bc.ca

SIBSHOPS

Recreational support groups for children and youth who have a sibling with special needs.



Community Options

SIBSHOPS: SIBKIDS & SIBTEENS.

"I liked meeting these amazing new people who understand what I'm going through!"

-Sibkids participant



SESSION DATES AND TIMES 2025-2026

SIBKIDS : 10:30am - 2:30pm
one Saturday of each month
October to May
\$12-drop-in/ \$90-annual (8 sessions)*

SIBTEENS : 5:00 - 8:00 pm
one Wednesday of each month
October to May
Each session includes a meal!
\$10-drop-in/ \$75 annual (8 sessions)*

Thanks to the generosity of our funders, we are able to offer this program to all families in Greater Victoria at a low cost

* If this fee is a barrier for your family, contact us to apply for sponsorship.



SIBKIDS (ages 7-11)

SibKids is: talking, playing, creating, moving, sharing and snacking (!) with peers in a safe space, along with trained leaders.

SibKids is hanging out with other kids who just "get" you and why parts of your life are different because your sibling needs extra support.

SibKids is being okay with all kinds of emotions and experiences.

Participants can attend one, some, or all sessions for the year, but **must pre-register.**

SIBTEENS (ages 12-15)

At SIBTEENS we commit to create a safe space for youth to explore and discover more about themselves and their families. Group participants will engage in discussion, creative endeavors and adventurous activities. They will prepare and eat a meal together each month. All of us can learn from each others' lived experience as special siblings... both the highs and the lows.

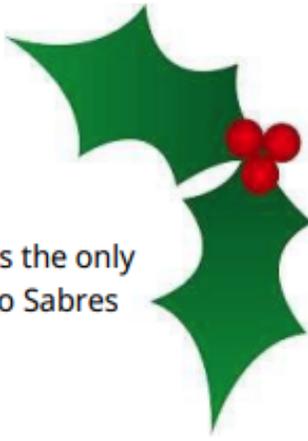
SIBTEENS is a place for youth to know and feel that they are not alone.

Guest speakers and special activities may be offered as group members are invited to direct the group's activities and focus throughout the year.

Call 250 380-6363 or go to cocf.ca for registration forms.



SPORTS PARENTS PURDY'S CHOCOLATE FUNDRAISER



Christmas is not Christmas without Purdy's Chocolate!

The Annual Sabres Sports Purdy's Fundraiser starts on **NOW!** This is the only Fall Fundraiser for Sabres Sports and 25% of the profits go directly to Sabres Athletics.

Please support Sabres Sports!

Last day for ordering
MONDAY, NOVEMBER 30TH, 2025

Pick up will be December 12th between 2:30 - 4pm, in the SARHS Library.

2) On-line <https://fundraising.purdys.com/1398157-130188>

To order on-line, begin by

- a) **NEW ONLINE CUSTOMERS** - Click **Register** (top right hand side).
 - ❖ Enter your information under New Member Registration (Name, email address, and a password. Click **REGISTER**
 - ❖ It will tell you that you have signed up as a member – Click **Continue**.
 - ❖ Now enter the Customer # - 16035 and click **Search**.
 - ❖ Click **Join this group**
 - ❖ Next choose **Go To Group Home page**
 - ❖ Now you can shop online either through the Marketplace

- b) **RETURNING CUSTOMERS!!** Click at **Login** and enter your email address and password (if you forgot password you can reset one- it will prompt you) and you will be directed to start shopping
 - ❖ **Place your order. To make payment:**
 - You can pay immediately on-line with a credit card. The website is completely secure and all information is confidential.

You can also share our customer #16035 with family and friends

Thank you so much for supporting Sabres athletes! If you have any questions, do not hesitate to contact Maria Weeks –
mperry@telus.net

CISDV – AGM

The Annual General Meeting (AGM) of the Catholic Independent Schools Diocese of Victoria (CISDV) Society will be held on **Wednesday, November 12, 2025**. There will be a private ballot election for one position to the CISDV Board of Directors at this meeting. The position is for a three-year term. Nomination forms may be requested from schools@cisdv.bc.ca and must be completed and sent to the Nomination Committee at schools@cisdv.bc.ca no later than Wednesday, November 5th. Potential Board Members must meet the following requirements for nomination:

1. Be a practicing Catholic and an active member of a Catholic Parish in the Diocese of Victoria.
2. Not be an employee of the CISDV, an immediate relative of an employee of the CISDV, nor a student of a school under the jurisdiction of CISDV.
3. Read and understand the constitution and bylaws, policies 200 and 201 and the method of election.
4. Have a signed nomination form which includes two sponsors and Parish Priest.

For further information, contact Island Catholic Schools office at 250-727-6893 ext 240.

St. Andrew's Regional High School
Music Department

COFFEE HOUSE



LIVE PERFORMANCE

Music by St. Andrew's Singers, Concert &
Jazz Bands plus many talented solo artists

Tickets \$10 at the door
Wednesday November 19th at 7 PM

St. Andrew's Regional High School Library

Christmas Plant Sale



Proceeds are used to buy library resources for *all students, in all grades, in all subjects*



4" and 6.5" Poinsettias



10" Poinsettia



Order Form On Reverse

St. Andrew's Regional High School Library Fundraiser
Order Deadline is Monday, November 17th, 2025



Plant Pick-up Date: **Thursday, December 4th, 2025 2:00 – 4:30 p.m.**

For more information please contact Mrs. Paul - kpaul@cisdv.bc.ca or Ms. Fowlie – cfowlie@cisdv.bc.ca

Payments can be made by cash (exact), cheque, debit or credit card (phone orders accepted)

Student Name: _____ Home Phone # _____

	4" Pot	6.5" Pot	6.5" Pot	6.5" Pot	10" Pot	10" Pot	10" Pot	Total Amount \$\$\$	Paid Cash Chq Debit Credit
	\$6.50 Red	\$12.00 Red	\$12.00 White	\$12.00 Pink	\$30.00 Red	\$30.00 White	\$30.00 Tri Colour		
Customer Name/ Phone Number	Qty	Qty	Qty	Qty	Qty	Qty	Qty		

Order forms also available in front of the school office!



Carols of Hope – Together We Build

A *Christmas Music Festival* in support of building our new parish church at Our Lady of the Rosary, Langford

Date: Saturday, November 22, 2025

Time: 1:00 PM – 3:30 PM

Venue: Coastline Church, 845 Caledonia Ave, Victoria, BC V8W 1S9

Join us for an afternoon of joyful *Christmas* music and community celebration, with all proceeds going directly toward the construction of our new church. By purchasing tickets, inviting friends, or helping spread the word, you are making a lasting contribution to the future of our parish family.

For details and tickets, visit carolsofhope.com.



Christmas Concert

Carols of Hope



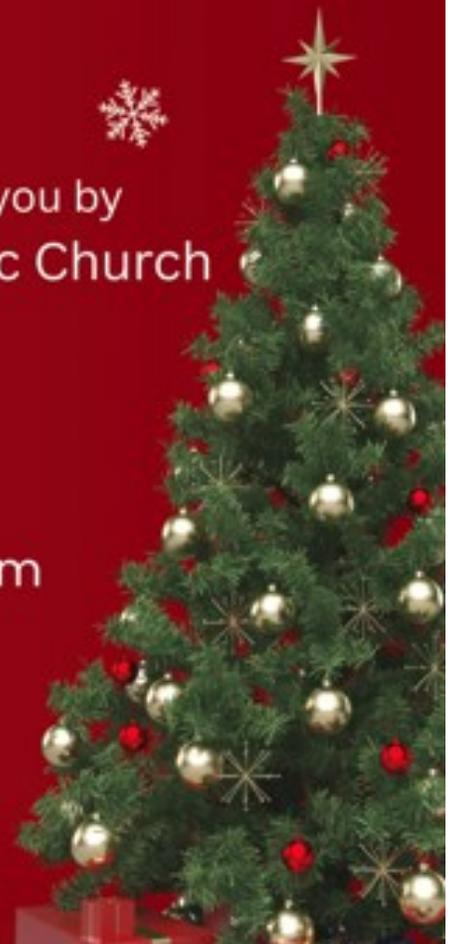
November 22 ✨ 1:00 to 3:30 PM ✨ 845 Caledonia Ave



A fundraising concert brought to you by
Our Lady of the Rosary Catholic Church



For tickets:
www.carolsofhope.com



2025 FALL & WINTER

A Simply Smashing

GOOD USED CLOTHING SALE

FRI NOV 14
+ SAT NOV 15
9:30 - 2pm

The event of the year!



Special Kiosks

AMAZING JEWELRY



CHRISTMAS DECORATIONS



FRESH HOUSEHOLD LINENS



Offering a large selection of Men, Women, and Children's clothing and accessories (yes shoes too!)

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.



St. Patrick's Parish Centre 2060 Haultain St. (Parking and Wheelchair Accessible)

FALL CLEAN UP

Saturday
29 November 2025
9am to 12pm

Refreshments will be served.
Sign up in the church foyer.
See you there!