



# 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 lək̓ʷəŋən (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 St. Andrew's families,

As we enter this time of year, we can reflect on our blessings. While many countries are experiencing unrest, high crime rates, poverty, and other stresses, I wish for us to take a few moments to reflect and be grateful for where we live. Although costs have increased significantly and many are experiencing challenges, we can be grateful for living in such a stable, beautiful country and especially in such a stunning city. One where we have freedoms, including choice of where we send our children to school.

As advent helps remind us that God's love is born anew in the world, it invites us to share kindness, hope, and compassion with one another. May this blessed time of year allow us to have the light of Christ fill our hearts with hope, peace, joy, and love.

As a school, we pray that each member of our community enjoys safe and restful holidays, surrounded by rest, love and laughter. For those traveling, may God watch over you and your family while you journey and bring you back home safely. May your holidays be filled with moments of prayer, reflection, generosity, and joy, as we celebrate the miracle of Christ's birth together.

I pray that you take a few moments to pause, to cherish the blessings we have received, and to look forward with hope to what 2026 will bring. May the Christmas season and the following year bring renewal to your spirit, strength to your faith, and comfort to your heart.

On behalf of St. Andrew's Regional High School, thank you for choosing St. Andrew's, Merry Christmas, and Happy New Year!

Blessings,

Patrick Niwa Principal



## From The School Counsellor's Desk...



At holiday time, we can experience a huge range of emotions, from excitement to exhaustion, and teens can definitely be affected by this roller-coaster ride. In addition to feeling the pressure of planning and attending festivities, some families find this an especially challenging period, when grief or disappointment is felt more strongly. Regardless of your emotional landscape, invite your teenager into conversation and encourage them to be a part of the preparations. There are some great learning opportunities for teenagers at this time of year: how to set priorities around connection and traditions, how to maintain a healthy sleep and meal routine, and how to communicate about tricky feelings. Together, you prepare mentally and physically for the events ahead, focusing on the deep hope that this season brings, and setting time aside for rest and peace. **Wishing you a very happy and blessed Christmas.**





SAVE those bottles & cans over Christmas

for the



**BOTTLE DRIVE**



SATURDAY, JAN 10, 2026

11– 2PM

ST. ANDREW'S PARKING LOT

FOR THE FRANCE/SPAIN TRIP

Can't make it that day?! Bring your empties to the school starting Tuesday, January 6!



## Announcements from the Theater Department!

### St. Andrew's Theater Team brings you Annie Jr!!!!

We are in full production and rehearsals of this amazing, award winning Broadway musical. With over 40 students and 5 staff volunteers working together to bring you the most exciting, family friendly show of 2026. This is a show not to be missed!!

More information to come in 2026!

### SHOW DATES

Opening night!!!! Thursday May 7 @ 7pm

Friday May 8 @ 7pm

Saturday May 9 @ 2pm and 7pm

All shows will be at Spectrum Theater.

General seating tickets are available now on [SchoolCashOnline.com](https://www.schoolcashonline.com)

**Early Bird price \$15 until April 1.**

Regular price tickets are \$20

## Discover Hallow this Advent: A Helpful Prayer & Mindfulness Tool for Students and Families

Dear Parents and Guardians,

As we focus on spiritual growth this Advent, we'd like to highlight Hallow, a Catholic prayer and meditation app that supports student well-being and spiritual growth. Many SARHS families appreciate its simple, calming resources, including:

- Guided meditations and short daily prayers
- Calming music, reflections, and sleep stories
- Seasonal challenges that help build healthy spiritual habits

A few minutes a day can help students (and parents!) manage stress, improve focus, and deepen their faith.

Hallow is available on all smartphones and tablets, and is free to students with their CISDV (school) Gmail account. Parents can also access Hallow via their child's school Gmail account, as an account allows access on multiple devices. If you have any questions about how it's used at school, feel free to reach out. God bless!

## Welcome to Hallow!

To log into your school account, you can either "Log in with Google" or follow the steps below:

- 1 Download the Hallow app, or visit online at [hallow.com](http://hallow.com)
- 2 Choose the login option "Continue with Email or Phone"
- 3 Tap "Use Email Instead"
- 4 Enter your school email address
- 5 Input your temporary password: **hallowed**

### LET THE PRAYING BEGIN!

Kick things off with playing the **Daily Trivia**... it's a holy good time! Find the "Students" category and start a prayer. "Favorite" a session, or add it to your "Routine."



## Religion Department



**Interfaith Learning Experience:** Students visit Orthodox Jewish Synagogue

Recently, St. Andrew's students visited a local Orthodox synagogue as part of their Religious II course. Students learned about Jewish beliefs, worship, and traditions, and explored the shared roots of Judaism and Christianity.

The visit encouraged respectful dialogue, curiosity, and greater understanding of another faith tradition. We are grateful to Rabbi Kaplan and our hosts for their warm welcome and proud of our students for their thoughtful and respectful engagement.

## Sock, Toque and Mitt Drive

Big shout out to all who participated in the Sock, Toque and Mitt Drive this month.

Together, we collected a total of 437 items to donate to the St. Vincent de Paul Society.

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***"Extend your mercy towards others, so that there can be no one in need whom you meet without helping."***

- St. Vincent de Paul



## Mark Your Calendars:

December 19  
December 20-January 6  
January 7  
January 19-22  
January 23  
January 24  
January 26  
January 28-29

Last day—noon dismissal  
Christmas Break  
**PSG Meeting @ 7pm** in the library  
Exam Week  
**School Closed—Marking Day**  
Grad Winter Formal  
Start of Term 3  
Grad Photo Retakes



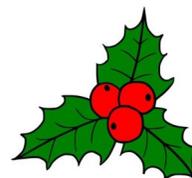
## Greetings from the Grad Committee!

A very big THANK YOU to students, parents and staff who have been stopping in every week to buy their sips and treats from us.....so greatly appreciated!! Donations of coffee and hot chocolate are also super helpful! Thank you so much.

After the break, will be back on Thursday, Jan 8th at 7:45am!

Please come by again in January to say hello, buy some goodies and we can wish you a Happy New Year!! Merry Christmas everyone!!

With love, The Grad Parent Committee 2026



# SABRES SPORTS

## Sabres Logo on Gym Wall

At our next home game, we hope that you stop and take a moment to look at our Sabres Logo that has finally returned home on our gym wall. Together with the addition of our BC Provincial Banners, our gym is ready to welcome fans/supporters for the second half of the basketball season. A big thank you to Ms. Evans for helping to get our Sabre Pride back on display!

## Grade 8 Volleyball Tryouts

After a month of afterschool practices to get our skills in tip top shape, official Grade 8 Volleyball Tryouts will take place in the first two weeks of January, in preparation for their upcoming season.

Wednesday (2:00-3:30pm): January 7, 14

Thursday (3:30-5:00pm): January 8

Note: athletes will need to be available to attend games Mondays and Wednesdays afterschool from 3:30-6:00pm, in the months of January and February. Check out Google Classroom Team Page for more information in the new year.



# SABRES ATHLETIC'S CALENDAR

## January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Gr. 8 Volleyball Try Outs</b> Wednesday: Jan 7 & 14 2:00-3:30pm Thursday: Jan 8 3:30-5:00pm		1	2	3
4	5 No School Pro-D	6 SB BBall @ GNS	7 <b>SB BBall vs. PCS</b>	8 JG BBall @ Vic High JB BBall @ Bel B SG BBall @ Esquimalt SB BBall @ Claremont	9 SB BBall @ Claremont	10 SB BBall @ Claremont
11	12 <b>JG BBall vs. EMCS</b> <b>JB BBall vs. Spec B</b> SG BBall @ Spectrum	13	14	15 <b>JG BBall vs. SMUS B</b> <b>SG BBall vs. St. Marg</b>	16	17
18	19 JG BBall @ Esquimalt JB BBall @ Esquimalt SG BBall @ Parkland	20 SB BBall @ PCS	21	22 <del>JG BBall @ Parkland</del>	23	24
25	26 <del>JG BBall vs. OBB</del> <b>JB BBall vs. RB 9's</b> SG BBall @ GNS	27	28	29 <b>SG BBall vs. EMCS</b> JG D2 Challenge (9v8) JB D2 Challenge (5v4)	30	31

## February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Jr D2 Playoffs Quarterfinals	3 <b>SB BBall vs. Park</b>	4 Jr D2 Playoffs	5	6	7
8	9	10 SB L Island Gl: 5v4	11 SB L Island Glv3, 2v1 Jr D2 Playoffs	12 SG BBall 2A Islands	13 SG BBall 2A Islands	14 SG BBall 2A Islands
15	16 No School Family Day	17	18	19 SB BBall 2A Islands BC's: Wrestling, PNE	20 SB BBall 2A Islands BC's: Wrestling, PNE	21 SB BBall 2A Islands BC's: Wrestling, PNE
22	23 BC's: Ski/Snowboard, Mt. Washington	24 BC's: Ski/Snowboard, Mt. Washington	25 SG BBall 2A BC's BC's: Ski/Snowboard, Mt. Washington	26 SG BBall 2A BC's	27 SG BBall 2A BC's	28 SG BBall 2A BC's

## Rowing Ergs for Sale

St. Andrew's Regional High School will be offering four used **Concept2 ergometer rowing machines** for sale to members of our school community before opening the sale to the broader public.

All rowing machines are in good working condition and will be priced between \$600–\$900, depending on individual condition. Priority will be given on a first-come, first-served basis.

If you are interested in learning more or would like to view a machine by appointment, please contact:

**Sonny Pawar**

Physical & Health Education Department

[spawar@cisdv.bc.ca](mailto:spawar@cisdv.bc.ca)

## 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)

## Seeking Donations: Used Uniform Items

Support future used uniform sales



Drop items in the marked bin inside the front door of the school (across from the library)

Thank you for the continued support of used uniform sales at  
St. Andrews!

THE GRAD CLASS OF 2026

*Thanks You!*



**Dr. Maico D. Melo, Inc.**

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Victoria, BC V8X 1J5  
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[endoftheroll.com](http://endoftheroll.com)



[sawmillsales.ca](http://sawmillsales.ca)



[bartlettortho.com](http://bartlettortho.com)

Marlon Murr, ABR®, CCGR  
Real Estate Broker



**ENGEL & VÖLKERS**  
BESPOKE HOMES TEAM

[marlon.murr@evrealestate.com](mailto:marlon.murr@evrealestate.com)

[agefreelyfitness.com](http://agefreelyfitness.com)

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[adam.taft@monk.ca](mailto:adam.taft@monk.ca)

**Monk Office**

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PLEASE SUPPORT OUR  
GENEROUS SPONSORS!



# FAMILY MARKET

## WINTER EDITION!



Free Food Market, All are Welcome!

Bring your own bags or boxes.

Edward Milne  
Community School

Monday December 29th  
11 am - 1 pm

Spencer Middle School

Tuesday December 30th  
11 am - 1 pm



**Flourish!**  
— Without Food Security —

# Parent Volunteering: Signing Up for Volunteer Activities and Tracking Volunteer Hours

St. Andrew's Regional High School's motto is "To Build in Love". In order to build an engaged school community, each family is expected to undertake 10 hours of service to the school community each year. Opportunities for service are listed in the OnVolunteers system. See below for instructions on how to find and sign up for volunteer activities throughout the year and track volunteer hours.

## **\*\* OnVolunteers - How to Guide \*\***

**New to OnVolunteers?** Please follow these step-by-step instructions and help us capture your time commitments to our school community and get involved.

We use OnVolunteers to organize and list volunteering opportunities to support our school community. Please log in and find opportunities to get involved. You can sign up for volunteering opportunities that suit your schedule and available time! The system is new, and we are all still getting used to it - helps us make it a success!

**A. Parents - First Time Signing In?** Please follow these simple steps to log in!

You are invited to sign into your "Volunteer Portal" as follows.

- Click on the portal link: <https://portal.onvolunteers.com/Login.aspx?s=SARS>
- For "username or email" enter your email address
- The temporary password is SAParent@2024

**B. Parents - Find an Activity, Task and Schedule that Suits You!**

Once you have signed in please click on "Start Guide" (on the left of your name) 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. There are three other very short videos that explain the basics such as signing up for tasks.

With that, you can also view your "dashboard" including where people are needed and register, view how many hours you have completed, announcements, etc. If you are not sure what/how to do it, search answers to your question in the "How to" section.

**C. What if I am Coordinating and Leading a New Volunteering or Fundraising Activity for the School?**

Reach out to the parent volunteer Contact the Volunteer Administrator using the following steps:

1. Log into the OnVolunteers Parent Portal
2. Select Messages and then New Message from the Tabs at the top of the page
3. From within the Message use the drop down to select Alex Harvey/James Harvey as the addressee
4. Complete and send your message.

You will need to provide the Administrator with the following information:

- a complete description of your event/Activity and the descriptive title for your Activity that you would like to see in the OnVolunteers system
- the date of your Activity
- the number of Volunteers that you will need
- the Tasks that you need to set up
- the Schedule (start and finish time) applicable to each Task you intend to create
- the full name of the parent volunteer who will be the Coordinator for the Activity

Once you have done this, the Activity will be created in the OnVolunteers system and your Coordinator will take over the creation of and management of the Activity, Tasks and Schedule in the system.

The "Volunteering" page of the SARHS website will be updated soon with more information. Stay tuned and thank you for everything you do for our school!

Sincerely,  
Parent Support Group