

Daily Announcements

Tuesday, February-17-26

From Mrs. Kearsey

Anyone interested in participating in the school-wide ThinkFast please sign up for Mrs. Kearsey's Thursday Focus. This is a great opportunity for students to support people in developing countries, volunteer for a very worthy cause, and have a meaningful activity to add to your resume.

St. Andrew's Chess Tournament (Mr. Turcotte)

Anyone can sign up. If you would like the chance to be crowned the St. Andrew's Chess Champion of 2025/26, sign up for the school's upcoming chess tournament. Sign up sheets will be on Mr. Turcotte's door (room 206). The tournament will take place during focus blocks Feb. 19 & 24. Check in with Mr. Turcotte for more info.

FROM MS. GILBERT

Grade 11's your RETREAT is coming SOON. If you have NOT handed in your permission form-YOU ARE NOW LATE! Please bring in your BLUE permission slip and fee to Ms. Gilbert today! AND Happy Shrove Tuesday:)

From the Religion Department

DO YOU WANT TO FAST THIS LENT?
In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com

Lent begins tomorrow! Check out this 3 minute clip to get ready for the season!

<https://www.youtube.com/watch?v=Xo1mjuj1NA0>

Looking for ways to double down on praying this LENT?

Join us for the **ROSARY at 7:45am** on Wednesday mornings in our school Chapel and/or Join us for **MASS at 7:45am** on Friday mornings in our school Chapel.
All are welcome!

From Your Friendly Peer Counsellor Team

Please enjoy the raspberry yogurt delivered to your tag today. It is packed with protein, calcium, and probiotics, making it good for your bones, your tummy, and your immune system. The spoons are compostable so please put them in a compost bin near your. The plastic containers can be rinsed and placed in the boxes labelled “hard plastic”. If you need a plant-based yogurt, please come down to the commons now. Hope you enjoy the treat!



From Mrs Hicks

If you were in my CLE class **last semester** you will need to **MAKE A COPY** of your Core Competency document and save it in your own Google Drive. You will need this document when you are in CLC 11&12. Please come see me if you don't know how to do this.

From the Library



Happy Lunar New Year! Anyone who celebrates is invited to come to the Library at the beginning of lunch for a photo in front of the Library's Lunar New Year display.

From Ms. Fowlie

Returning students are required to join me and Mr. McLaverty for course selection information sessions during Focus in the Commons on the following dates:

- Thursday, February 19 - Grade 10
- Friday, February 20 - Grade 11
- Monday after TAG, February 23 - Grade 8
- Tuesday, February 24 - Grade 9

The presentation will take most of Focus, so students do not need to sign up for Focus on their presentation day.

From Learning Support

Homework Club (222) this week:
Today, Tuesday, from 3:05 - 4:15
Wednesday - NO HOMEWORK CLUB
Thursday and Friday from 3:05 - 4:15

From Mrs Krause

Golf Team Photo - Yearbook photo is **tomorrow**. Reminder to all golfers to quickly change at the beginning of lunch tomorrow and meet in the gym for a quick photo.

Athletics News:

Senior Girls Soccer photo - Photo at the beginning of lunch on the field! Come to the GYM to get your uniforms and then make your way to the field to take the photo. We will also be having a quick meeting after the photo is done. If you are not sure if you are on the team **the final roster is posted in the gym outside the AD office**.

Ultimate Frisbee Tryouts: To anyone that is wanting to play on the ultimate frisbee team this season, tryouts start today! They will all be taking place 3:30-5pm on our turf. Tuesday 17th: open tryout, Thursday 19th: open tryout, Tuesday, 24th: closed tryout. Also for all those that also signed up for **track & field**, you are not able to do both so you must decide between the two. If you have any questions, talk to Ms. Segato in the gym.

Sabres Athletics - Spirit Wear Store - Deadline March 1, 2026

The LIMITED EDITION Sabres Athletics Spirit Wear Store is ready for all sports fans to show their true Sabres Spirit! Get ready for the spring season with these limited edition offerings; T-shirts, Crewneck and 1/4 Zip Sweatshirts, Socks, Hats, Umbrellas. Orders are open for the month of February, final order deadline Sunday, March 1, 2026 - items will be available for pick up after Spring Break. Orders can be completed online through the following link: <https://st-andrews-spirit-2026-1.itemorder.com/>.

Senior Track & Field Team: Plyometrics are back! Get ready for the track and field season with plyometrics on Tuesdays at 3:30 - 4:30. Meet outside the gymnasium.

Open Gym Fridays: Come one come all to develop your individual and one v one skills (think of all those extra free throws, layups and 3-pointers you could make in an hour). Open Gym Fridays happen today after school 3:30-4:30pm.
