

# Daily Announcements

Wednesday, February-18-26

## 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.

## From Learning Support

Homework Club (222) this week:

**There is NO homework club today**

Thursday and Friday from 3:05 - 4:15

## From Mrs Delainey

*Come one come all, TESTS APLENTY!* If your name is on my list, I am expecting you **THURSDAY** (tomorrow) in my Focus (Room 207)! Please sign up **NOW!** 😊

### **THE LIST**

Carlos, Sebastian, Santiago, Everly, Sloan, and Helios (Grade 8) you need to write your kinetic molecular theory test! Spencer & Dilshaan (Grade 12) you need to write your limits test! Emilia, Dylan, Aisha (Grade 9) you need to write your Chemistry part 1 test! *If my Focus is full, **just show up anyway**, we will find a spot for you!*

**FRIDAY FOCUS IS CALC 12 ONLY!** Please sign up elsewhere! Thank you!

## From Mme Ballam

Would Sloan M. and Heather R please meet in Room 234 at lunch today. Merci

## From Ms. Fowlie

HMCS MALAHAT is hosting an open house on 21 Feb 26 where students can learn about the Navy, meet sailors, and see what they do.

Attached is a poster with a QR code that links to an event page where students can sign up for free.

## From Mrs. G-Riggs

Field trip forms and fees to the shows are due this week. Don't forget.

The image is a composite of two posters. The top poster is for a 'Royal Canadian Navy CAREER FAIR @ HMCS MALAHAT' on Saturday, Feb 21, from 10AM-3PM at 20 Huron St, Victoria BC. It features a photo of two sailors in a rigid hull inflatable boat (RHIB) and a QR code. The bottom poster is a recruitment poster for HMCS Malahat, listing benefits like medical/dental coverage, paid sports, and tuition reimbursement. It also lists eligibility criteria (Canadian citizen/permanent resident, ages 16-57, minimum education grade 10) and contact information: 'GET IN TOUCH 250-363-3883', 'Jobs\_Malahat-Emploi\_Malahat@forces.gc.ca', and 'Apply at: www.forces.ca'. It highlights 'FULL & PART-TIME OPPORTUNITIES', a 'NAVAL EXPERIENCE PROGRAM' (1 year fully paid, housing & meals included), and an 'ACCELERATED ENROLLMENT PROGRAM' (a new flexible enrollment strategy for joining the Regular Force).

### From Ms Sanders

CLC 11 Catch Up Session this Thursday at Focus in room 214. All are welcome but some are expected. Please be sure to attend if you received an email and were invited on the Focus Website.

### 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 ASH Wednesday

### 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.

Card games club is back on in **Room 215** this **Thursday** (tomorrow) during Focus! No experience needed, come and join us to learn some new games or to make some new friends.

### 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

### From Mr. McLaverty

Any students who would like to write the Euclid math contest please contact Mr. McLaverty.

### Athletics News

**Golf Team Photo** - Reminder to all golfers to quickly change at the beginning of lunch and meet in the gym for a quick photo that will be used in the yearbook!

**Badminton Tryouts:** Anyone wanting to play badminton this season, we will be starting tryouts **tomorrow, Thursday, February 19th**, after school from 3:30-5pm. The following tryouts will be Monday 23rd: 3:30-5pm, and Thursday 26th 3:30-5pm.

**Ultimate Frisbee Tryouts:** To anyone that is wanting to play on the ultimate frisbee team this season, tryouts started yesterday. If you missed it, there will be another tryout on **Thursday 19th**. It will all be taking place 3:30-5pm on our turf. We will have another one 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.

## **Reflection from the Theology Club**

This past week's reading focused on Jesus explaining that he came not to abolish God's law, but to bring it to its full meaning. Throughout the passage, he emphasizes that faith is not just about outward obedience, but about inner transformation—addressing anger, purity of heart, faithfulness in relationships, and honesty in speech. We are called to focus on these aspects of our hearts and love for God as we prepare for the Lenten season. Lent is a time for reflection on ourselves and our hearts to prepare ourselves for the resurrection of Christ. During lent we fast to and give something up as Jesus fasted for forty days in the desert and gave his life to take away our sins. Pope Leo XIV's Lenten reflection is to refrain from using words that affect and hurt our neighbors, renouncing hurtful words, slander, and speaking ill of those who cannot defend themselves. Think of something you can give up for lent it, not only something external, but something that will help you transform your heart and bring you into a deeper relationship with Christ.

