

Daily Announcements

Wednesday, February-25-26

Happy PINK SHIRT DAY!



Thanks for making a stand today and every day. Be an upstander, not a bystander and always choose kindness!!

From Mr Ballam and the Music Club

New Time, New Format. Every Friday at lunch we will have a meeting. Join Google Classroom if you wish to participate cdqbyzo Bring your lunch, your love for music, and find out what this is all about
(Psst: It is about listening to music, all genres, all ages)



From your friendly Peer Counsellors

Please keep up the LENT activity today. Acknowledge an act of prayer, fasting or almsgiving by signing a slip of coloured paper (Yellow = prayer, Orange = fasting, Black = almsgiving, or just giving in kindness).
Extra slips are in the Wellness Room



Also, did you know that the scent of apples is linked to lower blood pressure, reduced anxiety, and nostalgic feelings of safety and comfort. In many cultures, they symbolize peace. So, to spread even more happiness, please take an apple for a snack today and then compost the core to help the earth.

From Mme Ballam

This is the last week that the Gr. 11's from France are here. They leave this Saturday so if you see them in the hallways or if they're in your classes, be sure to say Au revoir and Bon voyage to Lou, Maël, Robin and Rachel before they go. It's been great having them here!

Would Shiraz, Karina and Naomi please meet me in the detention room (Room 239) today at lunch to write the quiz. Merci.

From Ms. Fowlie

All returning students must submit their parent-signed course selection form to the office by Monday, March 2. You must also complete your course selection in MyEd by March 2, as the system will close that day. Extra paper copies are available outside the office and online under the Student tab. If you need your MyEd password reset, see Ms. Fowlie or Ms. Boyd.

My hair is going GREY grade 11's.....The following last 13 students in Grade 11 students PLEASE come talk with Ms. Gilbert NOW in TAG.....

1. Abby Sears
2. Andrea Sterlinko
3. Camilo Salas Albareda
4. Carmen Perez
5. Cori Chen
6. Diya Chandel
7. James Leuschner
8. Javana Blanco
9. Liam Grange
10. Lucas Espinoza Sims
11. Renatha Castillo Freymann
12. Sofia Perez Nafarrte Brackenbury

The SARHS Circuit: February Edition Is HERE!

New edition. So much to read.

Go Behind the Curtains with *Annie Jr.* , explore Spring Spirits Across China , and discover why Love Isn't Just Romance .

Find out why Pink Isn't Just a Colour — It's a Commitment , uncover February Starbucks Secrets , and see how the Library celebrated Valentine's Day and Chinese New Year  .

This edition is packed with school spirit, culture, creativity, and a little caffeine. Scan a QR code or visit <https://sarhscircuit.wordpress.com/> and catch all the February buzz! Thanks, teachers, for handing out QR codes and displaying the link during TAG!



From the Theater

- Performance students that left their trash in the drama room - please clean up immediately.
- Dipper Chen, Lara Forrester, Julia Egbunonu please see Mrs. G-Riggs in the theater at Tag.
- Reminder to all those attending Les Miserables at MacPhearson Theater on Friday- we are leaving at 11:30, called at 11:15 to eat before, lunch will not be available for purchase and full winter uniform is required for this school trip - no St. Andrew's Sweatshirts - plan accordingly.

Athletic News

Badminton Tryouts: Anyone wanting to play badminton this season, we have our last tryout tomorrow, Thursday 26th 3:30-5pm.

Senior Girls Soccer Practice: Reminder that practice this week will be today after school from 2pm-4pm!

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

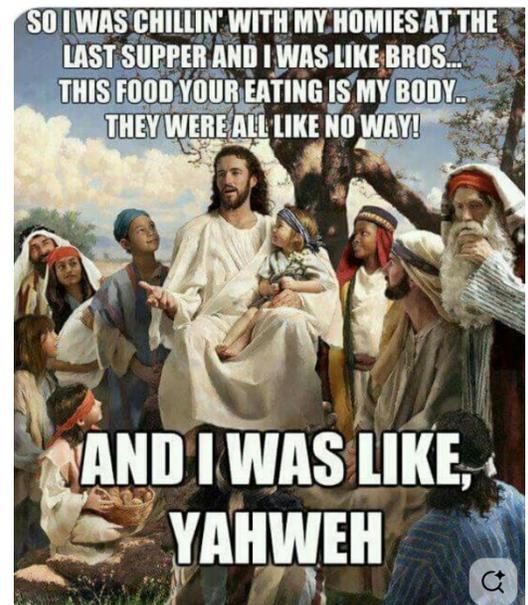
The LIMITED EDITION Sabres Athletics Spirit Wear Store is ready for all sports fans to show their true Sabres Spirit! Get ready for the spring season with these limited edition offerings; T-shirts, Crewneck and 1/4 Zip Sweatshirts, Socks, Hats, Umbrellas. Orders are open for the month of February, final 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. Also, TRACK AND FIELD LUNCH MEETING - in the GYM at Lunch - Feb 27

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 Sunday we heard about Jesus' fast in the desert. During Lent, we can enter the desert with Jesus by moving away from noise and distractions so we can better listen to what He wants to tell us, and giving things up to make more room for Him in our lives. Jesus went to the desert to prepare for what He was to do, and there faced temptations. The desert doesn't create temptations, but we see them there more easily than in the busyness of everyday life. When everything is quiet, we can see better everything that's in our hearts: our fears, desires, weaknesses, and our need for God. Jesus shared so fully in our human nature that He experienced temptation too. The Devil tried to turn Him away from His mission: to choose comfort instead of love, power instead of service, success instead of sacrifice. But Jesus resisted. He used simple tools that we all have: scripture, trusting the Father and obedience.



Lord, you walk in the desert with us. You understand us and strengthen us. Through our Lenten gestures, draw us deeper into relationship with You.
