



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 lək'wəjən (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,

Lent: Living, Celebrating, and Proclaiming Our Faith

Lent is a special time of year. A time where we are invited to reflect on how we are conducting our lives and explore a deeper way of living, a more intentional way of being, and a willingness to be open to God's unconditional love. For forty days, we are invited to slow down and reflect on who we are and how we are living. Remember that lent is an opportunity to experience Jesus' time in the desert, where He faced temptation, listened for God's voice, and through those challenges, emerged ready, and with conviction, to begin His mission.

For our community and through continued intent of living our school theme, this Lenten season can be a time to reflect how we are: living, celebrating, and proclaiming our faith. We can do this through prayer, fasting, and giving alms. Remember that through prayer, we are drawn closer to God, and through that prayer, give us courage to face the places in our lives that need healing, and the humility to seek forgiveness where we have fallen short. That forgiveness may be where we fell short in how we interacted with others, or how we haven't met our own expectations.

Ultimately, Lent prepares us for the joy of Easter – Jesus' resurrection. For us, it is an opportunity to celebrate God's love for us and, like spring, a reawakening of winter's slumber.

Blessings,

Patrick Niwa Principal



RETREAT DAY NEWS!

Hello Grade 11 Parents,

Your child is ON their grade 11 RETREAT day on March 5th with buses leaving the school at 8:30 am and returning to the school at 6:30 pm.

Please have your child dress for the weather with sturdy shoes, large lunch and layers as we are outside for part of the day.

These days take long hours to prepare and they are intended to be **FUN, BONDING FAITH FILLED** days for each grade level.

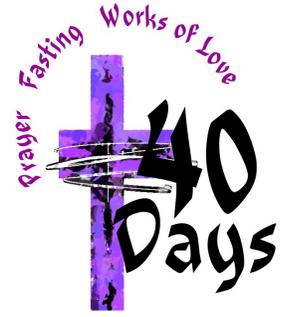
If for some reason you are keeping your child home this day, an email needs to be sent to Ms. Gilbert ASAP due to planning purposes.

We continue to provide these important days as part of our Religion Program here at St. Andrew's. Pray for sunshine.

Mark You Calendars:

February 13
February 16
February 17
February 25
March 2
March 4
March 5
March 12
March 13
March 14-March 29
March 30

ICS Pro-D
School Closed—Family Day
Shrove Tuesday
Pink Shirt Day
Course Selections Due!
PSG meeting 7pm
Grade 11 retreat
Locker Cleanout
Last day before Spring Break (half day)/Civvies
Spring Break
Back to school



Uniform Reminder: It would be greatly appreciated if parents and guardians could please write student's initials or name on the tags of your uniform items. Shirts, pants, sweaters, and hoodies are much less likely to remain in the lost and found when they are clearly labelled. Please take a moment to complete this task.

Donation Receipt Reminder: Tax receipts are ready for pick up. The 2025 donation tax receipts are now available for pickup at the school office. Receipts may be collected during regular office hours **after 9:00 a.m.** *If you would like **your child to pick up** the tax receipt on your behalf, please contact the office by phone or email to provide authorization permitting your child to bring the receipt home.* Receipts that are not picked up by March 13th will be mailed to the address we have on file. *If your mailing address has recently changed, please notify the office as soon as possible to ensure proper delivery.* If you have any questions or require further assistance, please do not hesitate to contact the school office.



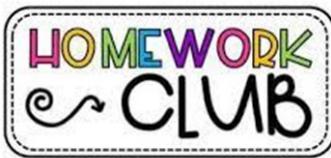
Congrats to members of SARHS Debate Club, Lucy O. and Alex T. in Grade 11, who are headed to Debate Provincials in Vancouver this week. God bless and Go Sabres!



Pink Shirt Day —
What a great way to celebrate kindness ... apples for everyone in the school.

Course Selection Reminder!

Course Selection is due Monday, March 2 for all returning St. Andrew's students. Students must submit their parent-signed course selection form to the office AND complete their course selection on MyEd, as the system will close that day. Extra paper copies are available outside the office and online under the Student tab. If a student's MyEd password needs a reset, please email or visit Ms. Fowlie: cfowlie@cisdv.bc.ca or the office: sarhs@cisdv.bc.ca. Late paper forms will be date stamped.



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!

BECOME A ST. ANDREW'S HOST FAMILY



LEARN MORE

CONTACT US
250-886-5596
ASAP



homestay@cisdv.bc.ca

HOSTING INTERNATIONAL STUDENTS

The St. Andrew's International Student Program is very much in need of additional host families for the upcoming school year starting September 2026/27 **for male students.**

If you would be willing to support a young person on their international high school journey/experience, please consider welcoming one of our international students into your family.

Host families receive \$1,350 per month to cover costs. Please contact Nina Timm at: homestay@cisdv.bc.ca / Tel: 403-771-2519

MUSIC DEPARTMENT

St. Andrew's Singers have been out in the parish community this month, providing music for the 5pm Mass at St. Joseph the Worker Church on Feb.7th, as part of Catholic Schools Week.

There were many appreciative comments from parishioners on the beauty that our singers added to the Mass. Thank you to all students who volunteered their time on a busy weekend to do this!

St. Andrew's Singers also welcomed a group of visiting Japanese students on Feb.10th with a special performance as part of a cultural sharing ceremony between SARHS and Fukushima Sekei school in Japan. The performance was very much enjoyed by our international visitors.

Thanks also to our choir for singing for our school Ash Wed Liturgy on Feb.18th.

All Concert Band, Jazz Band and Choir students are busy preparing for the Island Catholic Schools Music Showcase Concert at UVic and our trip to the Con Brio Whistler Music Festival in April. (See dates listed below.)

Parents, please note that the final payment of \$300 for the Whistler Music Festival trip is due by Monday, March 2nd. Payment can be completed by cheque (made out to St. Andrew's Music Program), by debit/credit card in the school office, or by e-transfer: sarhs@cisdv.bc.ca (Please include in the message/notes field the student's name and 'Whistler Trip' so that the office knows who & what the payment is for.)

Thank you for saving the following future dates:

April 14th - ICS Music Showcase Concert, UVic Farquhar Auditorium - 6pm.

April 16/17th - Choir students at Greater Victoria Performing Arts Festival (time TBA)

April 23-26th - Con Brio Whistler Music Festival Trip



Backpack Buddies & Social Justice 12

“Christ has no body now on earth but yours,
no hands but yours,
no feet but yours,
Yours are the eyes through which to look out
Christ's compassion to the world
Yours are the feet with which he is to go about
doing good;
Yours are the hands with which he is to bless men now.”
— St. Teresa of Avila



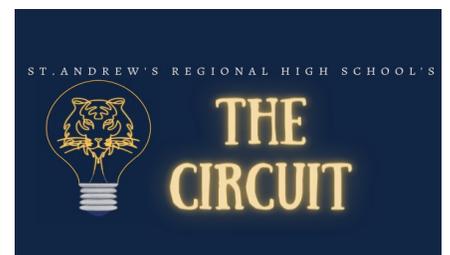
In January and February of 2026, 36 students, in Social Justice 12 and CLE 11, participated in the Backpack Buddies program. Back Buddies is a non-profit organization that works to alleviate the weekend hunger gap for less privileged children. During their five hours of service, these students pack 1210 bags of food.

The SARHS Circuit: February Edition

We are pleased to share the February edition of *The SARHS Circuit*, our student-run online newspaper. This issue highlights the creativity, cultural awareness, and school spirit of our students.

Featured articles include a behind-the-scenes look at *Annie Jr.*, reflections on the meaning of love beyond romance, and an exploration of Spring traditions across China. Readers will also find thoughtful commentary in “Pink Isn’t Just A Colour — It’s A Commitment,” the latest installment of Starbucks Secrets, and coverage of Valentine’s Day and Chinese New Year celebrations in the library.

We invite families to read the February edition together and support the work of our student journalists at <https://sarhscircuit.wordpress.com/>



SABRES SPORTS

Athletic News!

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/>.

Term 3 Sports: Congratulations to students who have made our term 3 sports teams! This includes Senior Girls Soccer, Golf, Badminton, Tennis, Track and Field, and Ultimate Frisbee. Please ensure that in addition to the Sabres Athletics Code of Conduct/Consent Form and Athletics Fee (\$100), you have submitted a uniform deposit in order for your student to participate. Not all sports have been finalized, but ensure that you are communicating with your student about a letter that is sent home with more details once they have made the team! For all updates your student will be contacted through google classroom.

Uniform Return: Please ensure that your student has returned their uniform from our term 1 and 2 sports teams as we have completed the seasons! These uniforms are to be returned, washed and in a bag, to their teacher sponsor or Ms. Segato (AD).

Schedule: I have included a link to our "This Week in Sports", which is shown on the TV's around the school for students. This is a slideshow including practice schedules as well as games and other related sports events that take place. **Please be advised that the schedule is subject to change!**

https://docs.google.com/presentation/d/1FqeiG7BQevw1lloiRI6D8spxsylvunNgkL_u-P02vWVSo/edit?usp=sharing

Announcements from the Theater Department!

Leaping Lizards! Victoria will "stick up its chin and grin and sing 'Tomorrow! Tomorrow!'" when St. Andrew's Regional High School performs Annie JR. Based on the popular comic strip and adapted from the Tony Award-winning best musical by Tony Award-winners, Thomas Meehan, Charles Strouse and Martin Charnin, Annie JR. tells the story of a spunky Depression-era orphan determined to find her parents.

St. Andrew's Regional High School will present **Annie JR.** on **May 7, 8 and 9** show at **Spectrum School Theater**. Tickets are **\$15 until April 1st**, after which they will be \$20 and a limited amount available at the door. Tickets can be purchased through <https://cisdv.schoolcashionline.com/>. There is no dress code, but the cast will remind you that you are "never fully dressed without a smile."

Get your tickets now and show your school spirit! <https://cisdv.schoolcashionline.com/>

Follow TAG announcements and our Instagram page: sarhs2025_finearts for future information on ANNIE JR. Promo Activities!



ST. ANDREW'S REGIONAL
HIGHSCHOOL
PRESENTS

Annie JR.

ANNIE JR. IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH
AND ALL AUTHORIZED MATERIALS ARE SUPPLIED BY
MUSIC THEATRE INTERNATIONAL, NEW YORK, NY
212.541.4844 MTHOWS.COM

DIRECTORS
KATE GAUTHIER - RIGGS
MARISA TINSAY

CHOREOGRAPHER
CLAIRE DEVENPORT
SARAH KATZ

MUSIC DIRECTOR
PHILIP O'REILLY

THURSDAY, MAY 7: 7:00PM
FRIDAY, MAY 8: 7:00PM
SATURDAY, MAY 9: 2:00PM AND 7:00PM

"ALL SHOWS AT SPECTRUM SCHOOL THEATER"
GO TO [HTTPS://CISDV.SCHOOLCASHONLINE.COM](https://cisdv.schoolcashionline.com) FOR TICKETS

EARLY BIRD TICKETS \$15
REGULAR \$20

BOOK BY
THOMAS MEEHAN

MUSIC BY
CHARLES STRAUSE

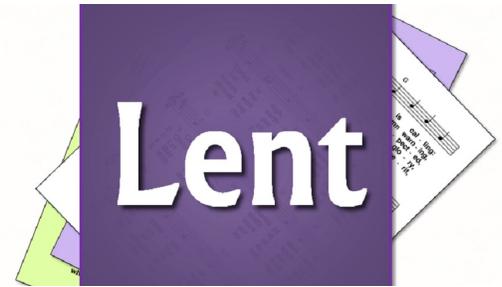
LYRICS BY
MARTIN CHARNIN

Lenten Reminder: Hallow App

As we journey through Lent, we encourage families to make use of Hallow, a Catholic prayer and meditation app that can support daily reflection at home.

Hallow offers short prayers, guided meditations, and Lenten challenges that make it easy to build a simple, meaningful routine as a family. Even a few minutes a day can help students slow down, reflect, and prepare their hearts for Easter.

Hallow is available on smartphones and tablets, and all students have a free account through their school email. Parents can also access Hallow this way, and use it on multiple devices. Have a blessed Lent!



A Sweet Day Before Lent

Last week, our school community gathered in TAG to celebrate Shrove Tuesday with pancakes. The delicious smell drifting through the halls set a joyful tone for the morning as students and staff shared a simple meal together.

Shrove Tuesday marks the day before Lent begins — traditionally a time to use up rich ingredients and prepare our hearts for the season ahead. As students enjoyed pancakes with their classmates, they were also reminded of the deeper meaning of the day: turning our attention toward prayer, fasting, and almsgiving. It was a warm and spirited way to begin our Lenten journey as a school family. Thank you to our Student Council who flipped hundreds of pancakes -- making the morning both meaningful and memorable!



Shrove Tuesday!



Hey chocolate lovers! We're kicking off our Purdys Fundraiser and you're invited to help us reach our goal. Order your spring treats through our custom link and up to 30% of your purchase goes directly to SARHS SPORTS. Everything is made in Canada and packed with care at the Purdys Vancouver chocolate factory. Start shopping: <https://fundraising.purdys.com/campaign/000027905>

Please order by: March 15, 2026

Pick up: SARHS April 2, 2026



St. Andrew's Parent Support Group

Thank you for helping us help our school!

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!

St. Joseph's Elementary School Presents

Disney
THE

LION KING ©Disney



Scan QR or visit LionKingTix.ca for tickets



THUR
MAR 5 | 7PM

FRI
MAR 6 | 7PM

SAT
MAR 7 | 1 & 7PM

80's Trivia NIGHT

St. Andrews

PAC FUNDRAISER

ADULTS
ONLY

04/17

LIMITED
TICKETS

