



# St. Andrew's Regional High School ISLAND CATHOLIC SCHOOLS

880 McKenzie Ave  
Victoria, BC V8X 3G5  
Web: [www.standrewshigh.ca](http://www.standrewshigh.ca)  
Email: [sarhs@cisdv.bc.ca](mailto:sarhs@cisdv.bc.ca)  
Tel: 250-479-1414  
Fax: 250-479-5356

**Principal:** Patrick Niwa  
[pniwa@cisdv.bc.ca](mailto:pniwa@cisdv.bc.ca)

**Vice Principal:** Ciaran McLaverty  
[cmclaverty@cisdv.bc.ca](mailto:cmclaverty@cisdv.bc.ca)

**Vice Principal:** Tiffany Evans  
[tievans@cisdv.bc.ca](mailto:tievans@cisdv.bc.ca)

**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 ləkʷəŋən (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,

It is hard to believe that spring break is about to begin. For some, the time between Christmas and now may have sped by and for others, it may have seemed like the last few months have felt like years. As our break begins, I invite you to pause in the busyness of life. Especially during this Lenten season, the Church calls us to pray, to fast, and to donate money, "things" or time. Spring break falls at a time where we can refresh ourselves physically and spiritually. This time provides a practical and spiritual opportunity to live that call by embracing the three elements of Lenten sacrifices. In our busy schedules, work obligations, learning assignments, and additional commitments, it is easy to forget that rest is not simply a break from work; it is a way of prayer.

For those who will be travelling during the break, I pray for you for your safe arrival and return. With the number of disruptions we've seen recently, I pray that God watches over every kilometre you drive and every flight you take. May each and every one of our community members be comforted by God's protection.

For those staying close to home, may this week be filled with moments of quiet time, time outdoors (despite the seemingly unrelenting rain), and rest that restores you physically, mentally, and spiritually. May we also enjoy simply being around those we love. I pray that this pause in the treadmill of life helps us return to school with renewed energy. I look forward to welcoming everyone back, refreshed and ready for the sprint to the end of the school year.

Blessings,  
Patrick Niwa Principal



## RETREAT DAY NEWS!

Hello Grade 10 Parents,

Grade 10 Retreat is coming on THURSDAY: April 16th at Camp Pringle! Please return the permissions slips to the office as soon as possible!

On retreat day, please make sure your child is at school by 8:25am. We aim to return to school at 6:30pm. Your child needs a BIG lunch, a water bottle and clothes that match the weather.

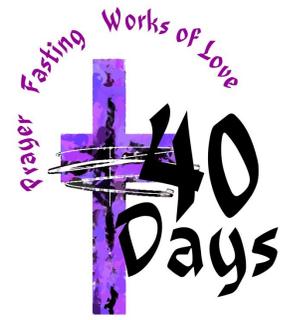
We will be outside for several activities! Sturdy shoes and extra layers are required. Get excited about this faith filled, class building, energy soaring day for our grade 10's.

Pray for SUNSHINE :)

Ms. Gilbert and the retreat team

## Mark You Calendars:

Marc h 13	Last day before Spring Break (half day)/Civvies
March 14-Mach 29	<b>Spring Break</b>
March 30	Back to school (BADC—Day 1)
April 3	Good Friday—School Closed
April 6	Easter Monday—School Closed
April 16	Grade 10 Retreat
April 23-25	Whistler Music Trip
April 24	Pro-d Day—No 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.*

**School Cash Online Reminder:** Please note that School Cash Online will be **offline** over spring break for updates. Therefore, no purchases or payments can be made during this time. Thank you for your patience.

## From the counsellor's desk...

### Mental Health Tip for Parents: Helping Teens Get Enough Sleep

If you ask most students what they are looking forward to over the spring break, many will say they want to "sleep in". Who doesn't savour a bit of relaxation in the morning! However, getting out of a routine with sleep can create serious consequences for teens (and adults too).

Here are a few ways parents can support healthy sleep habits, even during the break:

**Encourage consistent sleep routines.** Going to bed and waking up at similar times each day helps regulate the body's internal clock.

**Limit screens before bedtime.** Phones, tablets, and computers can make it harder for the brain to wind down. Encouraging a screen-free period before bed can help.

**Create a calm sleep environment.** A quiet, dark, and comfortable bedroom supports better rest.

**Model healthy habits.** Teens often notice and follow the routines they see at home.

If your teen regularly seems exhausted, has difficulty getting up in the morning, or is struggling with mood or concentration, it may be helpful to check in with them and reach out to a trusted adult or school support if needed.

For more information, I recommend this resource on healthy sleep for teens:

<https://www.sleepfoundation.org/teens-and-sleep>

Healthy sleep helps teens feel more focused, resilient, and ready to learn.

### 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.

**BECOME A  
ST. ANDREW'S  
HOST FAMILY**

LEARN MORE

CONTACT US  
250-886-5596  
ASAP

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



Host families receive \$1,350 per month to cover costs.

Please contact Nina Timmat:  
[homestay@cisdv.bc.ca](mailto:homestay@cisdv.bc.ca)  
Tel: 403-771-2519

### Vancouver Global University Fair -- April 25th

The VGUF is a great opportunity for students from grades 9 to 11 to explore post-secondary opportunities. This year, it will be held at **Langara College on Saturday, April 25th**.

St. Andrew's students have been invited to travel on a **free bus to and from the ferry** in a chaperoned group. They can also attend with their family and arrange their own transportation if they prefer.

Pre-registration is required, using the link below.  
[VGUF—Register now](#)

Students interested in travelling with the school group should contact Ms Sanders.



# MUSIC DEPARTMENT

All Music students have been preparing for a busy concert and festival season in April, following their return from Spring Break.

Our annual Island Catholic Schools Music Showcase Concert (*please see attached poster at the end of the newsletter*) will take place on April 14th at UVic's Farquhar Auditorium at 6pm. All parents, family, and friends are welcome to attend! Starting March 25th, tickets will be available through the UVic Centre box office in person or online at: <https://purchase.tickets.uvic.ca/>

St. Andrew's Singers will also be performing in the **Greater Victoria Performing Arts Festival on April 17th at 2pm.**

The choral section of the GVPAF will take place at Oak Bay High's Dave Dunnet Theatre.

Finally, our highlight of April will be our trip to the **Con Brio Whistler Music Festival** from April 23rd-26th.

Thank you for saving the following future dates:

**April 14th** - ICS Music Showcase Concert, UVic Farquhar Auditorium - 6pm. (All groups)

**April 17th** - Choir students at Greater Victoria Performing Arts Festival - Oak Bay High School Theatre at 2pm

**April 23-26th** - Con Brio Whistler Music Festival Trip (All groups)

Below are some pictures of a recent instrumental workshop with professional clinicians to help us prepare for the above events.

Happy Spring Break, all!



## 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. Backpack 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.

# SABRES SPORTS

## Grade 8 Volleyball:

Now that our grade 8 volleyball season has come to a close, all uniforms must be returned. If your students still has their uniform, please ensure that it is returned within the first week back after spring break!

## Term 3 sports:

Once we are back from spring break our term 3 sports start immediately! Senior girls soccer, ultimate, tennis, and track & field all have events the first week back. Badminton will be starting up the week after. If your student is a part of any of these teams please ensure that you have completed the following 3 steps to ensure they are eligible to play:

1. filled out our athletic package (consent form)
2. paid the athletic fee (one time payment)
3. paid the uniform deposit for their sport jersey

## Keeping up:

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/1FqeiG7BQevw1lloiRl6D8spxsylvunNgkL\\_u-P02vWSo/edit?usp=sharing](https://docs.google.com/presentation/d/1FqeiG7BQevw1lloiRl6D8spxsylvunNgkL_u-P02vWSo/edit?usp=sharing)

If you have Instagram feel free to follow the Sabres Athletics page for updates as well [@sabres\\_athletics](https://www.instagram.com/sabres_athletics)  
**SABRES ATHLETIC CALENDAR**

## 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](https://www.instagram.com/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  
212.541.4884 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.

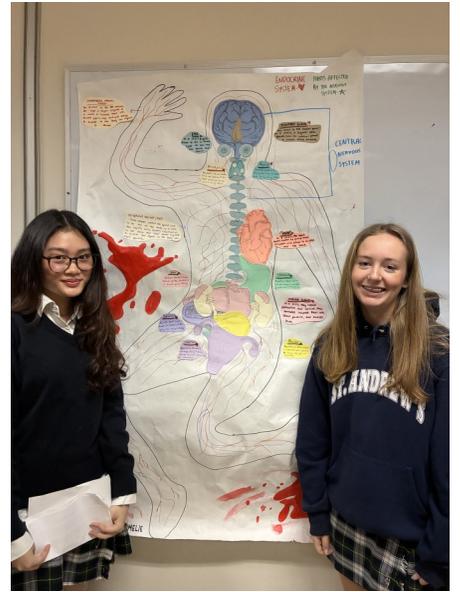
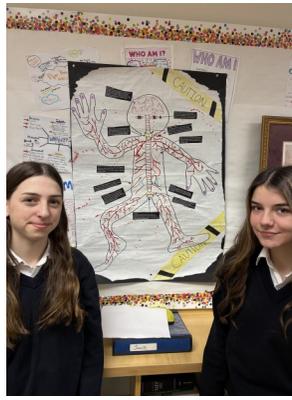
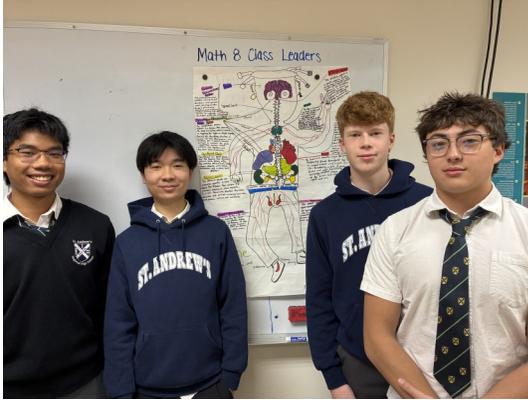
Hallow offers short prayers, guided meditations, and Lenten challenges that make it easy to build a simple, meaningful routine as a family. Even a few minutes a day can help students slow down, reflect, and prepare their hearts for Easter.

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!



## Psychology I I

On March 2nd our Psych I I class did an excellent job showcasing their knowledge of the Endocrine System. They taught their peers how this system can affect our decision making process, especially when a crisis arises.



## Career Life Education

On March 4th we had a visit from the Royal Canadian Navy. Students in Grades 10 & 11 had the opportunity to learn about career and education options offered through their many programs and pathways.





ISLAND  
CATHOLIC SCHOOLS

*Joy of*  
**MUSIC**

CONCERT 2026



April 14 | UVIC Farquhar Auditorium | 6pm

\$12 at the box office or  
<https://purchase.tickets.uvic.ca/>

# 80's Trivia NIGHT

St. Andrews

PAC FUNDRAISER

ADULTS  
ONLY

04/17

LIMITED  
TICKETS



# 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)

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## 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](https://LionKingTix.ca) for tickets



THUR  
MAR 5 | 7PM

FRI  
MAR 6 | 7PM

SAT  
MAR 7 | 1 & 7PM



ST. ANDREW'S  
REGIONAL HIGH SCHOOL

GRAD CLASS OF 2026

*Thanks You!*



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



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Marlon Murr, ABR®, CCGR  
Real Estate Broker



**ENGEL & VÖLKERS**  
BESPOKE HOMES TEAM

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

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