



St. Andrew's Regional High School

ISLAND CATHOLIC SCHOOLS

880 McKenzie Ave
Victoria, BC V8X 3G5
Web: www.standrewshigh.ca
Email: sarhs@cisdv.bc.ca
Tel: 250-479-1414
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Principal: Glen Palahicky
gpalahicky@cisdv.bc.ca

Vice Principal: Ciaran McLaverty
cmclaverty@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.

Principal's Message



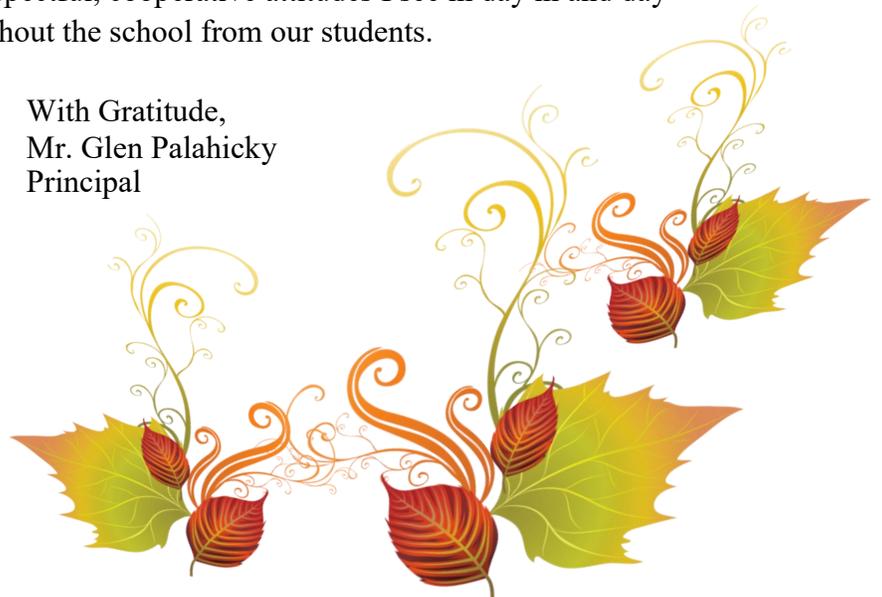
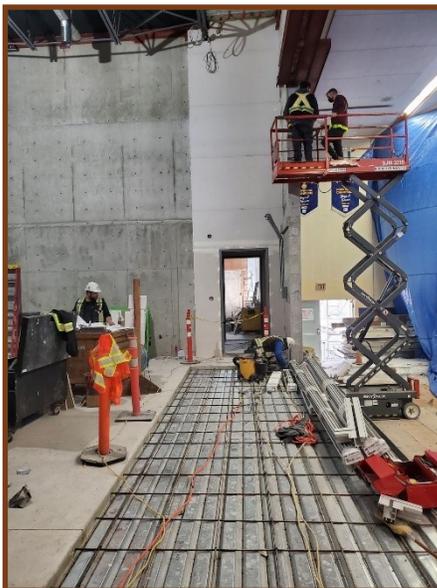
Greetings,

I have always been surprised how many folks claim autumn as their favorite season of the year. It is definitely mine. The colors, coolness and contrasts of life and decay are wonderful to the senses. It stirs my depths and makes me more pensive, but also more alive. The mystery of God's hiddenness is present in the shadows. The poet invites us to, "notice that autumn is more the season of the soul than of nature." I agree. I do hope you and your families are able to get outside more, even in the rain, and let this season touch your soul.

Another thing refreshing my soul is seeing our students working hard and participating in all of the different creative things that make up the life of the school here at St. Andrews. And to that point, we are getting close to completing our Performing Arts Wing. Drywall is up in many rooms and we plan to be in the Drama and Music rooms for our second semester. It is so exciting!

I appreciate the continued vigilance with our Covid-19 protocols and the respectful, cooperative attitudes I see in day in and day out throughout the school from our students.

With Gratitude,
Mr. Glen Palahicky
Principal



From the SARHS Music Dept.

Thanks to all Music parents and students who participated in our first fundraiser of the year last month, our Car Wash. A new record was set this year with over \$1000 being raised for the program! What a fantastic way to start off the year - excellent work, everyone!!

Upcoming events:

Nov. 10th - Remembrance Assembly

St. Andrew's Singers and Concert Band will provide music for our Remembrance Assembly at the school at 11am. Further details on a livestream or recording will follow.

Nov. 17th - Coffee House Concert - 7pm in the school gym.

Come join us for performances by St. Andrew's Singers, Concert Band, and Jazz Band as well as many talented solo performers. Refreshments will also be provided. Tickets will be \$10 at the door. (Please see our attached poster for more details.)

Drumroaster Coffee Fundraiser - place your order now for delicious locally roasted coffee beans from Drumroaster Coffee, discounted for all the St. Andrew's community.

To place your order, go to www.drumroaster.com/standrews and enter the following password: standrews1 Pick-up will be on Nov. 17 at the Coffee House. (See attached poster for more details.)



From the Counsellor's Desk

It's been a busy fall for sure. Here are some highlights:



Info on PSIs (Post Secondary Institutions) is now virtual. Students and parents can learn about many interesting programs by attending one of the PSBC Virtual Fairs. They are open from 9:00 am to 7:00 pm Oct 19, Nov 3, 9th and 18th, Dec 1st and 7th. Register at <https://www.postsecondarybc.ca/virtual-fair/>

I recommend these two websites to parents of students in grades 10 and up. These offer good advice on planning and provide lists of schools, program requirements, and scholarships.

<https://www.postsecondarybc.ca/for-parents/>

<https://www.educationplannerbc.ca/plan>

Gr 12s can now apply to universities and colleges. Please also release your marks to the schools by using the Student Transcript Service

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates>

St Andrew's will host in-person visits from UVIC on Oct 25th and the University of Alberta on Nov 2. Our UVic rep is offering one-to-one interviews. Grade 12 students have been sent a sign-up sheet through their school emails.

To all grades - The Peer Counsellors have been working hard to build Peace Circles in our school. Every Friday, these student leaders are ready to connect with fellow students in any grade, and to engage in fun, healthy, community-building activities including games, crafts, and academic enrichment. Please encourage your son or daughter to join a Circle, using the Focustime app.

I'm always happy to help with any questions about PSI planning, or with any bumps on the road. Email any time! msanders@cisdv.bc.ca

Parent Involvement Program

WE VOLUNTEERS

Many thanks to many of you who have been working at getting your 10 hours of school service in. With School life gradually reopening in different ways there are opportunities to get these in. Every month there is a PSG meeting. Just attending those throughout the year will satisfied this requirement. The different fundraisers have started, hot lunch opportunities will happen in November and teachers are often looking for support and help in different ways including field trips. Please remember that all volunteers must have on file in the office the Volunteer application, Covenant of Care and Criminal Record Check. These can be found on the [school website](#). Thank you ahead of time.

Sports Parents Committee

Get your volunteer hours in by joining the Sports Parents Committee! We are actively seeking new members to join our committee. Sports Parents fundraises and provides funding for all Sabres athletics. We have only 3-4 meetings a year and approximately 5 events that we require some assistance with. If you're interested, please email Leann Finlay at: boblea99@shaw.ca

School Retreats Update

Retreat Leaders in Gr. 12 will resume meetings and preparations on the first Wednesday of November from 2:10-3:30 pm. Meetings will continue each Wednesday until the Grade 8 Retreat on December 9, 2021.

A HUGE THANKS from Mrs. Gilbert to the dedicated Gr. 12's that are working hard on the Retreat Team.



Grade 8 Retreat 2016

Sabres in Cross Country

This fall, 7 indomitable Sabres represented our school in the grueling sport of cross country. Rain, wind, and extra laps have not deterred these remarkable individuals: Rosie Soriano-Forrester (a grade 8 who runs with a smile), Maya V. (a high-level sprinter now turned champ long distancer), Jacob H. (runs a fast 4 K and then goes straight to swim practice), Paige A. (a newcomer who runs with heath and soul), Yuri K. and Keisuke O. (both inspiring international students with true grit), and the veteran of the team Tadhg O'C., who has had a spectacular season with solid improvements in every race. Thanks team, for an excellent season!



Picture taken at Lambrick Park, our first race. Yuri is headed for the finish line while Tadhg and Keisuke cheer her on.

UPDATE: Congratulations to Keisuke, Yuri, Paige, Rosie, Maya V and Tadhg for their excellent performances at the *Island Championship Cross Country* meet yesterday. You all ran very strong races. A big shout out to the team veteran Tadhg, who not only ran 4K in 19 mins, but who ran in with every other team mate. *True Sabre spirit!* And a huge congratulations to Maya V, who qualified to represent St. Andrew's at the Provincials meet! Way to go!!!



Student Council Spirit Week

October 25 – 29, 2021

*Students are encouraged to come to school during Spirit Week dressed
in the costume of the day.*

Monday: PJ MONDAY

Tuesday: THROWBACK TUESDAY

Wednesday: ADAM SANDLER DAY

Thursday: HALLOWEEN

Friday: FLANNEL FRIDAY

***** Please note that students must wear their uniform if they are not in costume.**

World Food Day

To commemorate World Food Day (October 16) St. Andrew's students learn about the effect of food scarcity, they collected food for the St. Vincent de Paul Society, and walk in solidarity for all people who live without enough food. This year our food collection was 570 items. A big thanks to our community for doing their part.



Poinsettia Sales— COMING SOON!

The Library Poinsettia Sale fundraiser will launch next week.

Please look out for a email which will contain information of plants for sale and order form.



St. Andrew's Regional High School
Music Department

COFFEE HOUSE



LIVE PERFORMANCE

Music by St. Andrew's Singers, Concert & Jazz Bands plus many talented solo artists

**Tickets \$10 at the door
Wednesday November 17th at 7 PM**

Proof of vaccination required for entry

St. Andrew's Regional High School
Music Department



COFFEE HOUSE



COFFEE BEAN SALE

Locally roasted by Drumroaster Coffee
and discounted for St. Andrew's

www.drumroaster.com/standrews
password: standrews1

Fright Night

MUSIC IN THE GYM
MOVIE NIGHT
HAUNTED MAZE

WEDNESDAY, OCTOBER 27TH

6:30 - 9:30 PM

\$7 ADMISSION

OR

\$5 WITH TWO CANS

TUNES:
GYM

THEATRE:
COMMONS

MAZE:
ROOM 110

(MR. VAN DYK'S ROOM)





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October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
Week DCBA					1 <i>Day 1</i> Student Council Assembly	2 *CUE 10 - 1																																																																																			
3 Week ABCD	4 <i>Day 2</i> *CUE 4-7 pm	5 <i>Day 1</i> Student Council \$2 Civvies Day *CUE 4-7 pm	6 <i>Day 2</i> Staff Meeting 2:15 pm PSG Mtg 7:00 pm	7 <i>Day 1</i> *PSBC Virtual Fair 1	8 <i>Day 2</i> Interim Reports	9																																																																																			
Food Drive for St. Vincent de Paul Oct. 4-15																																																																																									
10 Week BADC	11 * <i>Thanksgiving Day</i> 	12 <i>Day 1</i>	13 <i>Day 2</i>	14 <i>Day 1</i>	15 <i>Day 2</i> World Food Day Walk	16																																																																																			
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17 Week CDAB	18 <i>Day 1</i>	19 <i>Day 2</i> 5 Block Day The Rosary *PSBC Virtual Fair 2	20 <i>Day 1</i> Local School Council 6:30 PM	21 <i>Day 2</i> Great BC Shakeout	22 * NO SCHOOL Provincial Pro - D	23																																																																																			
24 Week DCBA	25 <i>Day 1</i> Poinsettia Sales Begin	26 <i>Day 2</i>	27 <i>Day 1</i>	28 <i>Day 2</i>	29 <i>Day 1</i> Term 1 Ends	30																																																																																			
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31 HALLOWEEN 	September '21 <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>		M	T	W	T	F	S	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				November '21 <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>		M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						*Canadian University Event Virtual Session *Post Secondary British Columbia http://www.vertex42.com/calendars/ © 2015 Vertex42 LLC. Free to print.
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14 Week CDAB	15 <i>Day 2</i> PSG Cheese Fundraiser Begins	16 <i>Day 1</i> Post Secondary Info 6:30-8:30 pm	17 <i>Day 2</i> PIT Interview Scheduling Portal Closes Coffee House 7:00 PM	18 <i>Day 1</i> Students dismissed at 1:30 PM *PSBC Virtual Fair 5 P/T Interviews via Zoom 2-5 pm & 6-9 pm	19 * NO SCHOOL Local Pro D Day	20																																																																																		
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