



St. Andrew's Regional High School ISLAND CATHOLIC SCHOOLS

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Principal: Glen Palahicky
gpalahicky@cisdv.bc.ca

Vice Principal: Ciaran McLaverty
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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.

February 8, 2022

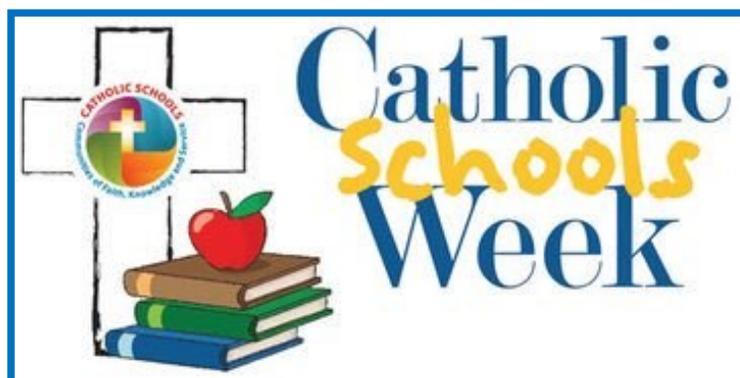
Dear families of St. Andrew's Regional High School,

It is fitting we celebrate *Catholic Schools Week* within a month that recognizes Black History and highlights the Olympic Games. What connects each of these is the aim to unite, celebrate diversity and honor sacrifices that truly inspire. The Olympics brings the world together in a special way and Dr. King's dream of unity still challenges all of us who listen. Catholic Schools throughout the world exist to bring about these goals. The word *catholic* means universal and "of the whole" and therefore it is our school's mandate to be places where the division of ignorance, disunity and fragmentation are transcended. This week we refocus on the call to educate the whole person who is made in the image and likeness of God. But this is no small task. It demands courageous sacrifice and we are inspired by those who model such commitment in the past. I think of all the good sisters, clergy, dedicated laymen and parents over the decades that built and taught in our schools with no government money for support or salary. Those hardships were testimonies of faith and community and deserve our attention and honor. We thank God for the gift of our Catholic schools and in your continued trust, sacrifices and support in forming your child. Happy Catholic Schools Week!



Unfortunately, due to Covid, we are not able to host an open house but I invite you to our website to [take a virtual tour and watch a video](#) that highlights some of the good things happening here at St. Andrew's Regional High School.

With Gratitude,
Mr. Glen Palahicky M.Ed
Principal



From the SARHS Music Dept.

Here are some updates on upcoming scheduled events:

- Due to the school Open House not being held in person this year, Music students are not needed to perform on the evening of Feb.10th. (Look for us in a school video instead.)
- Bandfest at UVic (originally scheduled for Mar.3/4) has unfortunately been cancelled.
- St. Andrew Singers will participate in the Greater Victoria Performing Arts Festival on April 6-8.



We are also currently looking to determine interest for all Music students in attending the Con Brio Whistler Music Festival from April 28-May 1st. Please email Mr. O'Reilly (poreilly@cisdv.bc.ca) as soon as possible to indicate your ability to attend if you haven't already done so.

The Year of the Tiger is Here! By: Jacob He and Emma Leong

Gong Hei Fat Choi! Fun Fact: Did you know that the phrase “Gong Hei Fat Choi” doesn't really mean “Happy New Year” in Chinese? We learned that from Mrs. Paul’s Chinese New Year display, right here, in our school’s library! It features several symbolic pieces often seen in Chinese culture and Chinese New Year festivities. Some items include red envelopes, dragons and signs of longevity, happiness and love. Although many countries around Asia celebrate the Lunar New Year, in this article, we’ll mainly focus on how Chinese people welcome in the new year.



According to ancient Chinese tales and legends, the tradition of Chinese New Year began long ago when a mythical beast named Nian ascended from the darkness and onto the land. Nian went on to wreak havoc upon villages by destroying houses. In addition to the destruction, Nian also [click here to read more on our website](#)

From the RETREAT Planning Desk of Ms. Gilbert

We are excited to share that we are currently in the planning stages for our grade 12 Retreat Day for March 10th at Camp Pringle! This is an important faith filled day for our Grade 12s as they close out their year at St. Andrews High School.



Gentle reminder parent, to ensure your CHILD'S INSURANCE FORMS are into the front office if you have not done so already. Regular student permission slips to be signed by parents will be coming home within the second week of February.

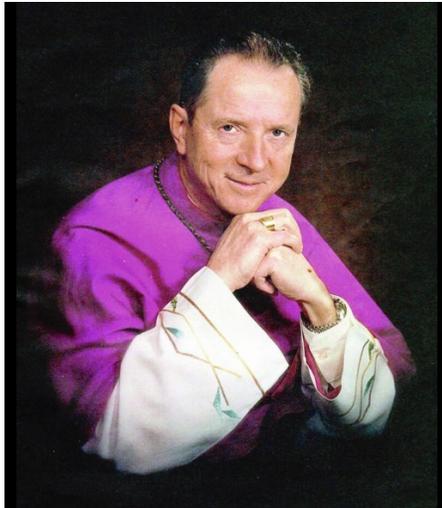
Camp Pringle... Here We Come!!

Science 8 news:

The semester 8 science class competed with each other in an engineering design contest on the last day of classes in 2021. Congratulations to Eason Lu and Emiliana Flores who created the winning design. To finish off the year, the students exchanged secret Santa gifts.



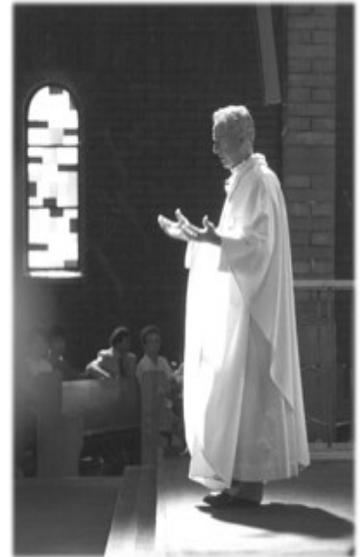
The Most Reverend Remi De Roo, Bishop Emeritus of Victoria, died on February 1st, in Victoria, at the age of 97.



Born to a devout family in Swan Lake, Manitoba, on February 24th, 1924, De Roo left home at the age of 15 to study for the priesthood at St. Boniface Seminary in Winnipeg. De Roo was ordained as a priest on 8 June 1950. He was named the youngest Bishop in the world when Pope John XXIII elevated him to the position at the age of 38. He was an active participant at the Second Vatican Council from 1962 to 1965, and was the last surviving bishop to have attended all four sessions. He described himself as "a pilgrim of the Second Vatican Council". He said attending the sessions was "a voyage of discovery that would radically alter my whole outlook on reality" and "it was indeed a time of euphoria". At the mandatory retirement age of 75, his resignation was accepted by the Holy Father on March 18th, 1999.

During his episcopal ministry, Bishop De Roo chaired the social justice committee of the Canadian Conference of Catholic Bishops, was the main force behind the 1983 Canadian bishops' statement Ethical Reflections on the Economic Crisis, wrote and taught extensively, and formed strong ecumenical bonds with leaders in the Anglican and United Church communities.

The vigil prayers for Most Rev. Remi De Roo, Bishop Emeritus of the



Grade 11 World Religions Class

Grade 11 students recently had the opportunity to enrich their study of Judaism's spirituality and history with two impactful virtual visits from guest speakers.

Thanks to Rabbi Matthew Ponak of The Mekorah Institute and Sabrina Winzer of the Buchenwald Memorial for their generous sharing with our students!



The countdown is on!

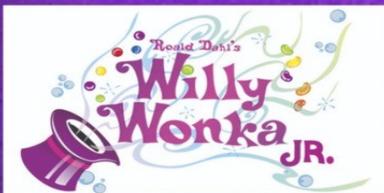
Only 3 months until opening night of **Willy Wonka**. Show dates are May 6th, 7th and 8th. Tickets will go on sale March 1st at St. Andrew's office - \$18.00 a ticket, \$12.00 for students. Come get your **golden** ticket!

DOORS OPEN AT 7:30 PM
SHOW STARTS AT 8:00 PM
SPECTRUM COMMUNITY SCHOOL
957 BURNSIDE RD, VICTORIA, V8Z 6E9

MAY 6-8, 2022 • TICKETS ARE \$18.00/\$12.00 FOR STUDENTS • AVAILABLE AT ST. ANDREW'S OFFICE OR AT THE DOOR

WILLY WONKA

ST. ANDREW'S HIGH SCHOOL
PRODUCTION OF



MUSIC DIRECTOR
PHILIP O'REILLY

DIRECTOR AND CHOREOGRAPHER
NATALIE LAMBERT

WORDS AND MUSIC BY
LESLIE BRICUSSE & ANTHONY NEWLEY

ADAPTED FOR THE STAGE BY
LESLIE BRICUSSE & TIMOTHY A. McDONALD

BASED ON THE BOOK
CHARLIE AND THE CHOCOLATE FACTORY
BY ROALD DAHL

Cool It! – Climate Leadership Training

The BC Sustainable Energy Association is excited to invite high school classes of any discipline to take part in our **Cool It! Climate Leadership Training** this Spring. The program is offered for free for grades 8-12* thanks to generous municipal support.

COOL IT!
CLIMATE LEADERSHIP TRAINING



The program involves two interactive virtual (or in person if you prefer) workshops approximately 2 weeks apart and a short wrap-up session delivered by our Educators, plus participation in an engaging 4-week online climate challenge. We are able to adapt it to suit different disciplines, and different time frames. Generally, it involves:

Module One focuses on the future impacts of the climate crisis in British Columbia; and local government, Indigenous and student responses. Following the workshop, students join our Climate Challenge (www.climatecool.org), an online four-week climate challenge to take action at home to reduce their carbon impact (cycling instead of driving, planting food, reducing home energy use, eating local and meat-free food, etc.).

Module Two focuses on the systemic life cycles of our consumption, and shift the focus to how we might make informed choices that lessen the impact on the climate, and spread the impact with community action.

Wrap Up (30 mins) celebrates students who achieved the most carbon reductions during the challenge, with prizes awarded for the top students.

Sign up now!

We are booking for January/February and April/May delivery now. Spaces are limited so we encourage you to reserve your class a spot if you are interested. If you would like to reserve a spot, please fill in this [google form](#) and reply to this email and we will make arrangements to book your workshop with one of our highly experienced classroom facilitators.

If you have any questions at all about the program please do not hesitate to contact me directly.

Kind regards,

Melanie Lazelle | Program Manager - Cool It! Climate Leadership Training
604 848 5175 | Squamish, British Columbia

Congratulations

A SHOUT OUT to Ellie Relova Clegg who is St. Andrew's City Champion in the Senior girls Advanced Single Sculls. This was a very competitive rowing category and Ellie's win was due to her great rowing technique, her competitive nature and her determination and dedication. Ellie has rowed for many years and was a fantastic role model for this year's young rowing team. Ellie's enthusiasm and love for the sport was infectious for all of us-coaches included. Ellie was willing to row in any boat, to help out wherever needed and always with a great attitude and a smile. She had the top ergometer results for the team and improved her personal best at the end of the season. The city of Victoria is known for producing top Olympians as training can happen year-round. Ellie has many positive role models to train with and has rowed many, many kilometers to achieve this great result. Ellie is in grade eleven



Cyrille's Talk

*Building a Culture of Compassion
in the Catholic High School
(and every other high school on the planet)*

**Danny Brock and
Cyrille Santos**

Jesus exhorted his disciples to love one another as he loved them and to be compassionate as your Father is compassionate. But overcrowded schedules, looming deadlines, and competing demands can set a frenetic pace in the Catholic high school. Our students join the fray, trying to keep up. They proffer a cooperative demeanor for teachers, while inside they are falling apart from stress and anxiety. A culture of compassion can seem more a heavenly ideal than an earthly reality. It's time for a reset.

Building a culture of compassion takes more than words in a mission statement or promotional brochure. It is hard work. But this is what students long for, and when they receive it they realize that the school really does care about them.

Between the covers of *Cyrille's Talk* the reader will taste and see what a culture of compassion is like and discover what it takes to make it happen.

978-1-6667-1982-6 / \$14 / 108 pp. / paper

"Do you trust the Holy Spirit's work in young people, as Pope John Paul II admonished? . . . Listen to Brock's story of developing leaders for student-led retreats and learn how to trust, how to accompany. Is the risk worth it? In the words of Brock's coauthor, Cyrille Santos, 'I was always afraid of expressing my faith and standing firm in what I believe, but look at me now; I am here in front of you sharing my journey with God.' Forming joyful disciples who publicly evangelize their peers—that's a worthy outcome."

—NANCY J. BOWMAN HOLT, Associate Director of Pastoral Formation, Mount Angel Seminary

Media, Examination, and Review Copies:

Contact: Shanalea Forrest
(541) 344-1528, ext 151 or shanalea@wipfandstock.com

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Danny Brock and
Cyrille Santos

Cyrille's Talk

*Building a Culture of Compassion
in the Catholic High School
(and every other high school on the planet)*



Danny Brock has taught religion and directed retreats in Catholic high schools in the USA and Canada for over thirty years. He is the author of *Teaching Teens Religion* (2009), *Catholicity Ain't What It Used to Be* (2014), and the editor of *I Met God Today* (2017).



Cyrille Santos was born in Manila, Philippines, and raised in Victoria, British Columbia, Canada. She has attended Catholic schools from K-12, and is currently pursuing a degree at the University of Victoria to become a high school teacher.



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February 2022

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<u>Week CDAB</u>		1 <u>Day 1</u> Student Council \$2 Civvies Day	2 <u>Day 2</u> Staff Meeting 2:15 pm	3 <u>Day 1</u>	4 <u>Day 2</u> Student Council Assembly	5 Camp Homewood																																																																																																		
6 <u>Week DCBA</u>	7 <u>Day 1</u>	8 <u>Day 2</u>	9 <u>Day 1</u>	10 <u>Day 2</u> Last Day for Course Changes	11 <u>Day 1</u>	12																																																																																																		
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March 2022

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					Bandfest										
6 <u>Week DCBA</u>	7 <u>Day 1</u>	8 <u>Day 2</u>	9 <u>Day 1</u>	10 <u>Day 2</u> Grade 12 Retreat	11 <u>Day 1</u> Interim Reports Student Council S2 Civvies Day	12									
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