



**ST. THOMAS AQUINAS
REGIONAL SECONDARY SCHOOL**
FAITH | COMMUNITY | EXCELLENCE

STA At-a-Glance

Week 3: September 12 - September 19

For more details about our upcoming events, please click on our School Calendar [here](#)



Overdue Activity Fee

Student activity fees are past due. The forms were emailed to all families as part of the Welcome Back Package in August. The activity fee and form should be returned to the office as soon as possible.

If you have misplaced the form, [email the office](#) and we will provide you a copy. Thank you for your prompt attention.



Band Rental Day

STA is hosting an instrumental rental night through Long and McQuade.

Details

Wednesday, September 14
5:00 - 7:00 pm
STA Music Room C201 (Convent)



STA Men's Hostel Ministry

[The Archdiocese of Vancouver Men's Shelter](#) seeks to model the caring and compassionate spirit of Jesus by providing



STA Parent Association Needs YOU! *Welcome Meeting* Thursday, September 14 at 9:15 am

We welcome and encourage all parents to get involved and volunteer at our school. Further details on the Parent Association can be found

shelter and care for transient or destitute men in downtown Vancouver.

Students can earn Service Hours and provide for those in need by preparing food donations to the Vancouver Men's Shelter. Drop off 12 baked goods or 12 sandwiches (individually wrapped) to the [STA Campus Ministry office](#) and log your service hours.

September Details

Thursday, September 14 & 21
8:00 - 9:00 am
Campus Ministry Office

on the [website](#). Please [email](#) if you are interested in becoming an active member of the Parent Association.

Details

Thursday, September 14
9:15 am
Alumni Room



Spirit Day

One designated Friday per month, students are allowed to wear their casual clothes or dress in the designated theme set by Student Council. All attire should be appropriate for the school environment. *If Administration deems the student's attire to be inappropriate, they will be advised to go home, change and return to school.*

To be able to participate, all students are required to donate a canned good or \$2. Collections will be taken during first period. All proceeds from this day go to the [STA Campus Ministry](#) for their support of the Door is Open and other benevolent charities. For those students who do not participate, full school uniform is required.

Details

Friday, September 15 & 21
Fun in the Sun & Homecoming
\$2 or a canned good



Parents, Meet Your Gr. 8 Teacher

Doors open at 6:30 pm. Schedules will be handed out to parents, and light refreshments will be provided. The evening welcome begins at 7:00 pm in the gym and the eight-block class rotation will take place promptly between 7:10 - 8:30 p.m.

Details

Monday, September 18 at 7:00 pm



Upcoming Student Safety Assemblies

Corporal Paulo Arreaga, an STA Alumni and member of the RCMP of 23 years, will present to our students at two assemblies next week (Grades 8-9 on Tuesday and Grades 10-12 on Wednesday). Corporal Arreaga oversees the North Vancouver Youth Support Team; his presentations will cover current online and general safety concerns with

teens. If you have any questions, please email Mr. Krol at mkrol@aquinas.org.



STA Parent Participation Program **Urgently Needed: Crossing Guards**

The [STA Participation Program](#) was developed for parents to assist in activities and to provide cost saving services for the school in return for a reduction of the Participation fee.

We are currently seeking the following volunteer roles: Cafeteria, School Yard Maintenance, Homecoming event and Traffic (ie Crossing Guard) Supervision. To register, click [here](#).



Have you registered for Homecoming '23?

Join the 225+ parents, students, teachers and alumni who have already registered for Homecoming '23. Activities run from 3:30 - 7:30 pm starting with the Senior Boys Soccer team league-opener. Food trucks are available at 4:00 pm and the Beer Garden opens at 5:00 pm. Click [here](#) to see the menu and to register. Registration is requested for catering purposes only. See you there!

Details

Thursday, September 21
Fen Burdett Stadium



Alumni Campus Ministry Pilgrimage

The STA Alumni Association, in conjunction with STA Campus Ministry, is hosting a pilgrimage to the Medjugorje Youth Festival in Bosnia & Herzegovina and Italy from July 22 - August 8, 2024. This pilgrimage is open to all STA alumni and their families. Find more information at: <https://www.aquinas.org/alumni>



Greater Than Retreat

All high school students are invited to Christ the Redeemer's fall retreat for teens. Greater Than is a weekend of activities, talks, small group discussion, and a fun camp environment.

Details

October 13 -15
Evans Lake Camp in Squamish
Click [here](#) to register by Sept 25



STA Cafeteria

Breakfast and lunch is available at the STA School Cafeteria every day! All food is prepared daily, with a selection of daily menu items and daily specials. Students are able to purchase items with cash, debit or credit card. *STA gift cards can also be purchased at the office and used in the cafeteria.*

Breakfast items are: bacon or sausage egg sandwiches, hash browns, tater tots and pastries.

Daily menu items include hamburgers, hotdogs, fries, poutine, salads, a variety of sandwiches and wraps, and veggies & dip. New additions to the daily menu are: chicken caesar salad, potato salad on a bed of lettuce and chef salad.

In addition to daily cafeteria menu items, **September 18-22 weekly specials** are:

Monday ~ individual pizza; chicken strips and fries

Tuesday ~ soft beef burrito; meat balls & mashed potatoes

Wednesday ~ sweet & spicy korean style chicken on rice; chicken nuggets & fries

Thursday ~ Sir Thom burger; butter chicken on rice

Friday~ perogies with grilled onion and sour cream