

ST. THOMAS AQUINAS Regional Secondary School

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IMPORTANT DATES IN FEBRUARY

VOLUME 28, ISSUE 5

JANUARY 2021

1	Semester 2 Begins
4	Parent Association Meeting
6-12	Catholic Schools Week
10	Virtual Open House
11-12	Catholic Educators Conference No classes for students
15	BC Family Day School Closed
17	Ash Wednesday
19	Spirit Day



By the time you read this newsletter, things must be quiet at home as exams are over and Catholic Schools Week will be underway.

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It will be different this year as we will not be able to assist with masses and we will not be able to open our school to the public for our annual Open House. Preparing everything virtually has its challenges, but it is what we have to do for now. Hopefully, with the COVID numbers going down and the vaccine just around the corner, we can get back to normal soon. Our Virtual Open House on February 10th signifies the beginning of our registration season for the 2021-22 school year. This year's registration and re-registration will be a little different as there will be no in-person registration. You can send or email your green/Pastor authorization form to STA and we will forward the form to your pastor on your behalf. Re-registration will be online, while new STA students will need to drop off or mail completed registration packages to the STA office. Application forms for the placement exam need to be into STA by February 10th. The placement exams will be held at the feeder schools by the end of February.

Please notice, if you register by April 1st, you will receive a \$100 reduction in the registration fee!

Have A Great Catholic Schools Week!

Campus Ministry



A huge thank you to everyone who has made sandwiches and baked goods! Every collection we are blown away by how generous our students and families are.

We are continuing to collect on the 2nd, 3rd, & 4th Thursdays of the month in partnership with our North Shore parishes to feed the hungry at the RCAF Men's Hostel.

"For I was hungry and you gave me something to eat" -

Matthew 25:35

I boldly cried out that He show me a **different way**—if He was even real. My torrent was suddenly **interrupted**, however, by the clear words, **"Raffaele, I love you"**.

With His words to me that day came also the sense of an **invitation**—a lifelong invitation—to follow Him. In all freedom and joy I said **'yes!'**

DEACON RAFFAELE SALVINO
ORDAINED A DEACON ON OCTOBER 23, 2020
AT HOLY ROSARY CATHEDRAL

Have you considered becoming a priest?

Archdiocese of Vancouver

SEMINARIANS 2021

PASTORAL INTERNSHIP DEACON RAFFAELE SALVINO Our Lady of Sorrows Parish	THEOLOGY IV GEROME ROBLES Our Lady of Good Counsel Parish	THEOLOGY III PATRICK LE St. Patrick's Parish, Maple Ridge	THEOLOGY III WILLIAM MANCAO Blessed Sacrament Parish	THEOLOGY II SOLOMON NGUYEN St. Joseph's Parish, Vancouver	THEOLOGY II MEDARD KAMANZI Blessed Sacrament Parish
THEOLOGY I DANIEL RODRIGUEZ Blessed Sacrament Parish	ITINERANCY YEAR AUGUSTIN FIGUEROA Blessed Sacrament Parish	ITINERANCY YEAR PAUL VO St. John's Parish	ARTS III ALEXIS BOQUIEN St. Paul's Parish	ARTS III PEDRO JACOB REYES DE SENA Blessed Sacrament Parish	ARTS II LUIS DUENAS St. Bernard's Parish
ARTS II KWAN TSAI St. Francis Xavier Parish	ARTS II PETER VAN LEEUWEN St. Joseph's Parish, Langley	ARTS I JUAN GABRIEL ZUNIGA-RIVAS Blessed Sacrament Parish	ARTS I GUSTAVO EZEQUIEL MEDINA-SANCHEZ Blessed Sacrament Parish	SPIRITUALITY YEAR AUBREY DRIEDGER Sts. Joachim and Ann Parish	
SPIRITUALITY YEAR GABRIEL CANIZARES Precious Blood Parish	SPIRITUALITY YEAR NOAH CLENDENIN Star of the Sea Parish	SPIRITUALITY YEAR ALBERT REMOROSA Immaculate Conception Parish			



"Becoming a priest or a man or woman religious is not primarily our own decision... Rather it is the response to a call and to a call of love."
—Pope Francis,
Address to Seminarians and Novices, July 6, 2013



News from the Academic Advisor

As we enter the second semester of the school year, we encourage and welcome all senior students and parents to arrange to meet with Mr. Salituro to discuss any academic needs including post-secondary applications and admissions, obtaining transcripts, scholarship opportunities and a wide variety of other academic concerns. We also encourage parents and students to follow our social media accounts on both Instagram and Facebook to keep up to date with new scholarship and bursary opportunities along with news on post-secondary info sessions and open houses. This information will also be published in STA's daily announcements.

www.aquinas.org/index.php/academics/advising

Follow us @staacademics

www.facebook.com/staacademics



UPCOMING SCHOLARSHIP OPPORTUNITIES

BC Excellence Scholarship

\$5000 scholarship awarded to 55 students across BC, recognizing well-rounded graduates demonstrating community service and leadership, both inside and outside of their schools, as well as commitment and aptitude for their chosen career paths. Only one student can be nominated per school. See the academic advisor's office for nomination details. Nomination deadline is February 9th.

Capilano University Entrance Scholarships

Use the online search tool to find a full list of scholarships, bursaries and awards offered through Capilano University. Application deadline for all entrance awards is March 1st. See the site below for a full list of award opportunities.

<https://www.capilanou.ca/admissions/fees--finances/financial-aid--awards/scholarships-bursaries--awards/future-students/>

Dogwood District / Authority Scholarship

The Ministry of Education distributes 5500 District/ Authority Scholarships across school districts and independent school authorities that recognize graduating B.C. students for excellence in their chosen area of interest or strength. Winners receive a \$1250 scholarship voucher to use towards their post-secondary tuition. Application packages must be submitted to the academic advisor's office by March 12th. Applications can be downloaded here:

<https://fisabc.ca/scholarships-awards/>

Re/Max Quest for Excellence Scholarship

Sixteen \$1000 scholarships will be awarded to grade 12 students from across western Canada to recognize pursuits in leadership and community contributions. Application deadline is March 15th. Apply online at the site below.

<https://www.remax-western.ca/blog/2020-quest-for-excellence-bursary-program-now-open/>

Student News

HUMAN GEOGRAPHY CLASS

Mr. Keong's

Senior Human Geography class covered a unit on Food & Agriculture and were tasked with researching, creating, and presenting a food dish of their choice, including: its country of origin, how it changed as it was diffused around the world, and how different cultures contributed to it. Watch two of the many outstanding videos which showcase the work *and community* that goes into making food. The videos also emphasized how to gather locally-sourced ingredients by talking to butchers and supermarkets, as well as improvising and adapting the recipe (keep an eye out for what a group used when they couldn't find any cheesecloth!)

Go to our STA website (www.aquinas.org) and watch their video presentations:

Tonkatsu Ramen

by *Brandon Cruz, Rory Wimberly & Kai Lee*

and

Human Geography Birria Tacos

by *Mckenzie Moore, Halle Jennex, Maia Wein & Channah Dalisay*

And don't watch on an empty stomach!

Bon appetite!



SCIENCE DEPARTMENT

MICHAEL SMITH CHALLENGE

The Michael Smith Science Challenge is an annual contest for grade 10 science students. It is sponsored by UBC's Faculty of Science and is written by students from across Canada. This year's contest will take place on Wednesday, February 24th, from 9:00 am to 10:00 am (E block). Students will be writing the contest on their internet-enabled electronic devices. Grade 10 students with marks of at least 80% in science who are interested in writing the contest should speak to their science teacher.



GRADE 8 TABLE TENNIS CHAMPIONSHIP

Charlotte Cromack and *Finley Organ* battled hard for the coveted Table Tennis Championship in *Mr. Prescott's* PHE 8 class on January 22, 2021. Both competitors were guided by seasoned professional and North Shore Table Tennis coach *Luba* (pictured here in the middle). The paddled warriors disposed of the other combatants in their class and

took up their spots for the final dual. The tension in the air was palpable, and early nerves were apparent in both champions. As the match wore on young *Charlotte's* defense and sharp ball placement were just too much for Finlay to endure. Congratulations to both on a hard fought match, and thank you to *Luba* once again for hosting.



STA ART DEPARTMENT

Studio Art 10 students finished up the quarter term with a drawing unit. We looked at the important and fascinating history of portraiture before beginning the project - from the mummy portraits of ancient Egypt and profile portraits found on the first coins to modern day photographic portraits.

Our focus was on animal portraiture. Students were asked to draw a portrait of a family pet or a favorite animal. The technique used to carefully re-create the image was the grid technique. Careful attention was paid to accuracy, both in the observation of proportions as well as value work.



ENGLISH DEPARTMENT

In English Composition 11, students looked at photos taken by Canadian landscape photographer Courtney Milne. Milne was inspired to create photos inspired by the writing of W.O. Mitchell, a prairie writer. Ayden Eng, a grade eleven English student, selected a photo of what seems to be an animal skull atop a pile of discarded antlers, and was able to write a piece that reflects not only death but also life.

W.O Mitchell was able to encapsulate such a foreboding sense of dread in his writing. This, coupled with the dreary photograph of a decaying elk skull, was able to instill the reader with fear. The choice in the camera angle, colour and lighting was not accidental. The overhead shot makes you feel like you are looking down at the object to show a more realistic approach of life. The shot was presented in that way to make it a more realistic take on the image. No tricks, no gimmicks. No hidden meaning, but perhaps a clear and disturbing view on the photo. The reasoning for the skull to be placed in the middle was also probably chosen so that the viewer had a clear idea of what is being represented in the image. The colour and lighting seems to remain a dull grey and black overtone apart from the little bits of blood and flesh left on the skull, can show how outstanding these little details can be when focused upon. I believe that the text was used to convey the



idea of “*No beauty in life without death.*” It goes to show how death is what gives life meaning. Knowing our days are numbered, helps us remember that life is precious. At first glance, it seems as though the two artistic interpretations have nothing in common. However, a second glance reveals that they share a common objective: making the reader feel uncomfortable.

In the midst of pandemic, seeing life and beauty gives us hope that better times are hopefully around the corner.

Photo credit: “Echoes” the grade eleven English class anthology

English 8 students from *Ms Mattia's* B block put the final touches on their Bloom's Ball novel studies. The balls are composed of 12 sides - each containing tasks related to their Lit Circle novel title. From



descriptions of setting to a poem about a character to comparing the novel's big ideas to music lyrics, this popular English/ Language Arts approach is designed to move students through Bloom's taxonomy of learning - from understanding to analyzing, evaluating and creating.



English, mathematics and art, all combined for a creative result.

As part of their poetry unit, *Mrs. Hughes'* grade 9 students studied Shakespearean sonnets and then wrote their own. A Shakespearean sonnet consists of three quatrains and a rhyming couplet for a total of 14 lines. Each line has 10 syllables. The sonnet also has a structured rhyme scheme. In the third quatrain (stanza) there is a turn or a twist in the mood. We hope you enjoy these sonnets.

Like a Phoenix

by *David Hisole*

Resilience is our silent saving grace
In times of need it's something we possess
One can rebound from the deepest place
To prevail, triumphed over the darkness

On our darkest hour in times of need
An echo calling out in the night
Through hardship and failure you can succeed
To pull away, recover from the light

But life isn't as rosy as it may seem
For many take this skill for granted
Then they become spellbound in their own dreams
Another lost soul in the dark, stranded

With resilience one can push past
Like a phoenix rising up from the ash

Wicked Flame

By *Bronwyn O'Flaherty Wills*

Like a fire burning what is no longer,
Ashes poisoning an innocent mind,
The weight in my heart only gets stronger,
Loneliness burdens all of humankind.

The stone wall protecting my happiness,
Now burned to the ground by this wicked flame,
Nights that were full of dreams became restless,
Telling myself only I am to blame.

But as all fires will someday die out,
All hardships will morph into certainty,
Until I have not a sliver of doubt,
I will treat my heart not so carelessly.

God put me on this Earth for a reason,
And because of that I will not give in.

Dreams

by *Sofia Schuss*

Dreams are the wisps of imagination,
they come to us in our deepest of sleeps,
all having their own special connections,
While counting each and every single sheep.

Some dreams leave us feeling an emptiness,
Try to escape and wake at any cost,
Some have our greatest fears that we suppress,
We look to dreams to find what we had lost.

Until we wake at the first sign of light,
We drift in and out of our youthful minds,
Fearing that our dreams will end like the night,
We grow up leaving all our dreams behind.

For those who forget the dreams of our past,
They wait for us like an old friend, steadfast.

Journey

by *Rhiannon Henley*

Shall I compare friendship to a mountain
Parlous and sheer yet wild and restoring
Harsh storms cascade off cliffs like a curtain
And yet the sun still shines the next morning

Rising from the ground like protecting walls
Keeping in the secrets and memories
And sometimes that wall of protection falls
Shattering ownership of centuries

But the journey will lead you to the top
An accomplishment that is forever
Gaining someone that will be there non stop
You will hike the next mountain together

When darkness falls the adventure will end
You have a companion to be a friend

NORTH VANCOUVER CITY LIBRARY TEEN SHORT STORY CONTEST

Two STA students recently won the Teen Short Story Contest put on by the North Vancouver City Library. The first place winner for the Grades 10-12 category was *Estefania Santos* in Grade 10 who wrote the short story "Yesterday A Girl Lightened Her Hair With Chamomile." First place for the Grade 7-9 category went to *Billy Park* in Grade 8 who wrote a short story titled "The Hidden Enemy."

This month we share with you the story written by *Estefania*. Grab a cup of "chamomile" tea and enjoy!

January 1st 3031

Delicate golden sunlight peeks through blinds onto my face. I awake refreshed to birds harmonizing at the designated hour, I get into my fuzzy slippers and dance to the shiny bathroom to gaze into the mirror at my perfect face. Blue-green eyes, button nose, and luscious 28cm brunette hair that falls on my warm-toned skin. Suddenly, the doorbell enlightens me. I'm no longer 22f14, I'm now 22f15. My package arrived containing everything a 15 year old is required to own. The door slides as I find it waiting for me. Excitedly, I take it to my perfect room to find pretty clothes and makeup inside with a note that reads "Happy 15." Good things happen this year according to

what I read. Apparently, our hair grows another 2cm, how exciting! I FaceTime my assigned bestie 21f15. Her blue-green eyes, button nose, and luscious 28cm brunette hair that falls on her warm-toned skin appears on the screen at her answer.

"HAPPY 15!" I exclaim.

"Today we meet our others!" 21f15 exclaims back.

"I know!!! I hope mine's different. Obviously he looks like all m15s, but maybe there will be something about him."

Every year 50 females and 50 males are created by the government to live a life of 100% happiness. That's why we look identical, no insecurities, no sadness. Each female (f) has a corresponding male (m) since creation, at 15 we meet them. I'm the 22nd f from my year so my other's named 22m15. I've

always dreamed of this day. Via email I receive his address and memo on what dress and makeup to wear. Thrilled, I dress and sprint to his house as I now await the clock to strike 1100 so his mother greets me. Minutes feel like years waiting. 21f15 smiles from her assigned house until 1100 when she's greeted. In fact, every f15 on the block is, except me. Something's very wrong.

After awhile of panicking the door creaks. But instead of his mother's greeting, it's my other?

An unfamiliar sinking feeling flourishes. My heart races, I feel weighed down by bricks. For the first time I'm not 100% happy. I glare at his perfect face. Like every m, 14cm of brown hair falls on his face, button nose, warm-toned skin, and stupid blue-green eyes. I shove him inside his house and slam the door.

"Is this some joke? It's 1101,

you're not your mother, do you have a death wish?" I snap in disbelief.

"Whoa calm down, no need to get angry!" He replies like it's actually a joke.

"I'm not angry, I follow rules which guarantee 100% happiness," I explain.

"For someone so happy you don't look the part," he jokes back.

"Look mister, I don't know if you're some rebel but you're not ruining my life. You're my other therefore we're living the happy life I'm promised!" This morning I wondered if my other was different, but this wasn't what I meant.

"Sorry to break it to you 22, that's not happening, I'm escaping this place," he smirks. I felt my heart drop, this isn't real.

"Excuse me?"

"Hey, if anything I'm doing you a favour," he ends proudly.

"Favour? Outside those walls? There's war, sadness, insecurity. "This place" is perfectly perfect. There's nothing to escape from." I scold.

"Nothing? I don't wanna live life having everything decided for me! What's the point of anything? They make us believe we're only safe with them. I bet it's beautiful outside. A world where we have personality, aren't all equal, and that's okay. A world where we feel upset so we can feel happy. A world where you can lighten your hair with chamomile tea and not be executed for it." As he ends, his mood changes. I've never thought like that, is it possible that the world isn't as perfect as I think? That thing he also said about the tea was oddly specific. I stare at his watery eyes until I could speak.

"Tea? You can do that?" He scoffs, rolls his eyes, and sighs before answering.

"I don't know, my sister did. Our family always saw things differently, we were raised like that. No clue how, but my sister learned how to lighten her hair subtly using tea, that's why it's banned now. Government found out yesterday, executed her. Now I live with some robotic fraud created to replace her. It occurred quickly to avoid suspicion, now we have to act like

nothing happened or else we'll be executed too. This always happens, hundreds of people executed for nothing, we just never see it."

"I-I'm sorry," The more I listen the more It feels like life's a lie.

"Look, I'm leaving these walls and running far as possible from this dystopia they call happiness. You can stay, be executed for being my other, or come with me, maybe not die, and live a life worth living. Either way you're getting replaced so the choice is yours."

"I don't think I have a choice." If 22m15 spoke this when he opened the door it would've been the end. But hearing all he said makes me feel like I should've thought like him my whole life, maybe he won't ruin it, maybe he'll start it.

January
13th 3036

He was right, the government was full of lies. 5 years ago we realized that outside those walls is the world he imagined. A world where we have

personality. Where we feel upset we made out alive. Most believe 22f15 and 22m15. We're Lydia
 so we can feel happy, where they want a world where they and Dylan, different from
 you can lighten your hair with always feel happy. But part of everyone else. I awoke on
 chamomile and not be executed. living is not always being happy January 1st 3031 wanting
 Our escape was like an or else there's no way of feeling someone different, thankfully,
 adventure book, I can't believe the difference. We're no longer that's what I got.

GERMAN SPEAKING CLUB



The German Club's new lending library "Leihbibliothek" in Room 311 (created by the students). The grandfather of *Dominik Marusak* donated the majority of the books to this initiative. Everything from comics to cosmic psychology.

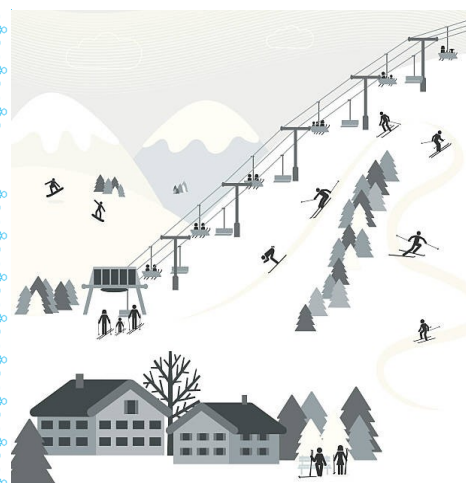
Wir lieben lesen!
 (We love to read!)



STA SKI CLUB

SKI CLUB BEGINS THIS MONTH, THE
 FIRST PLANNED OUTING IS
 FRIDAY, FEBRUARY 19.

ENSURE YOU HAVE RETURNED ALL
 YOUR DOCUMENTATION TO
 MRS. SAWDON AND PRAY FOR SNOW.



STA Athletics

STA e-SPORTS

At the start of September, STA took on a new online gaming competition in eSports.

Led by *Mr. Christopher*, *Mr. Lucas*, *Mr. Flores* and *Mr. Botteselle*, STA students had the opportunity to play competitively in their favourite online games.

Mr. Lucas led the **League of Legends** team with the assistance of *Mr. Flores* and *Mr. Botteselle*. Congratulations to *Marcus Yellowley*, *Liam Rogers*, *Brandon Arai*, *Gabriel Ong*, and *Kylie Yu* of the **STA League of Legends Team 1** for making it to the semi-finals of the Pacific Players League. A hard-fought playoff season saw our team come in 3rd out of 158 teams.

Mr. Christopher led the **Rocket League** and the **Fortnite** teams with the assistance of *Mr. Lucas* and *Mr. Botteselle*. **The Rocket League** team got into the playoffs but were knocked out in the first round. **The Fortnite** teams reached the Pacific West Championship Finals, with one team finishing in 6th place.

Two of your very own STA eSports teams played in the Fortnite Championship Finals on January 15

The two teams are:
'The Beelzebub Bashers' consisting of, *Blake Dong*, *Kiasha Borjian* and *Danial Abedini* and

'Saint Christopher's Boys' composed of *Lucas Friesen*, *Dominik Dijak* and *Matthew Flynn*. These true athletes of the game

sweated it out over 11 weeks in order to reach the finals. Some of these top sportsmen have taken eSports so seriously and trained so hard that they haven't seen the light of day in months.

eSports is continuing for the Spring season in February, all are welcome to come along and try out for a team. Just speak to any of the coaches and they will happily help you out with being set up in a team of your choice.

Best of luck in the Spring season!



Alumni News

STA Grad 2015 *Taylor Prescott*, along with her colleague *Georgia Alexander*, has created a non profit focused specifically on Mental Health and Peak Performance. This week their website was launched. Here are a few exciting features

- Support from Vice President of FIFA, the founder of Shopify and other ventures as well as National Level coaches and athletes
- Involvement of scientist from Uvic and UBC and STA alumni

Check it out: <https://www.mentalstatstechnology.org/>



Check out the link regarding STA Grad of 2014, *Brandon Marklund*, and his pursuit of a Major League Baseball career in the USA.

<https://vancouversun.com/sports/north-van-pitcher-marklund-works-on-springing-into-spring-training-with-k-c-royals>

STA VIRTUAL OPEN HOUSE

STA VIRTUAL OPEN HOUSE

takes place on Wednesday, February 10, at 7:00 pm with presentations on our STA YouTube:

https://www.youtube.com/channel/UCmNOHo5I_h7f-cfKD2dnwbq

Invite your family and friends to watch and see what STA has to offer.



STA REGISTRATION FOR NEW STUDENTS 2021-2022 SCHOOL YEAR



New students entering grade 8 in September as well as any new students entering grade 9-12 in September are invited to submit an application to the STA office. All forms and details are found on the STA website:

www.aquinas.org under the ADMISSIONS tab.

Any questions can be directed to our registrar, *Ms. Christina Donovan* at: cdonovan@aquinas.org or by calling the school office at: 604-987-4431.

STA REGISTRATION FOR RETURNING STUDENTS 2021-2022 SCHOOL YEAR

Registration for returning students, grades 9—12 will take place after February 16.

Parents and guardians should check their email for details.

If you have not received details by Monday, February 22, please call the school office 604-987-4431.



at

Community News

VANCOUVER SUN FUN RUN

It's Back! After a one year Covid-19 reprieve, the Vancouver Sun Run is a go. Did you know that in 2019 there were 58,326 participants? There were. Were you there?

Join this virtual event that will span 2 weeks, April 18—April 30, 2021. Everyone is invited to join; students, staff, alumni, parents, the more the merrier. Join the team, walk or run, and make this year the most successful Fun Run in STA history. Register before February 5 to take advantage of the early bird rate as the registration fee increases on February 6.

To register follow this link:

<https://register.vancouversunrun.com/#!/events/2021-virtual-sun-run>

Select: [Join an Existing Team](#)

In the <Search Teams> field, type in: [STA](#)

Various teams will load, click on the <[STA Youth Team Challenge](#)>

Fill in all your details, pay the \$35 registration fee and you are done.

All participants receive the 2021 Vancouver Sun Run souvenir technical shirt and for the first time, a commemorative medal for 10K walkers/runners.

Any questions, ask our Team Leader, Mr. Domina at tdomina@aquinas.org



So far we have 30 people registered but we can do better!

Go Saints!

SCHOOL STORE

Used Uniforms @ the STA Store

The STA Store has Used Uniforms at great prices!

School sweater, kilt or pants - \$20

Aquinas hoodie or sweatpants - \$20

Dress shirt, gym t-shirt or gym shorts - \$10

Store hours for students are:

Monday & Wednesday during both lunch hours

Parents can inquire about inventory at:

spiritwear@aquinas.org

STA PARENT ASSOCIATION MEETINGS

Next meeting is on
Thursday, February 4
9:15 am
via Zoom

Meeting ID: **239 617 7748**

Passcode: **stapa**

*All parents and guardians
are invited to attend.*

*Parent association can be
contacted by email at:*

Sta.pa@aquinas.org

Join Zoom meeting at:

<https://us04web.zoom.us/j/2396177748?pwd=ZjhadGhUWlJpcXRnQ1NXMkRlSjRsdz09>



STA Talks!



STA Alumni Board & Parent Association present:

A PERSPECTIVE FROM THE STREET

Constable David Steverding, Vancouver Police Department
Wednesday, February 24, 2021

Constable Steverding is a 16-year member of VPD and has worked primarily in the Downtown Eastside of Vancouver. He is also the proud parent of an STA Alumni, and a current student. He has worked in the Youth Services Section as a Detective investigating offences committed by and against young persons.

Constable Steverding is also a member of the Odd Squad Productions Society.

His presentation will include the following topics: categories of drugs, use vs addiction, changes in drug use trends, associated violence (gang involvement) and consequences.

Students are encouraged to attend.

Link to the webinar will be sent out by email on the day of the event.

STA Newsletter Subscriptions

Please notify the office (604-987-4431 or office@aquinas.org)
if you move or change your e-mail address.