

ST. THOMAS AQUINAS Regional Secondary School

541 West Keith Road, North Vancouver, BC V7M 1M5

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Vice Principal: Mr. J. Galat
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STA School Activities - on [Facebook](#) and [Instagram](#)

IMPORTANT DATES IN NOVEMBER

3	Grade 8 Retreat
4-9	Mid-Term Exams
10	Remembrance Day Service
11	Remembrance Day School Closed
12	Semester 1 Term 2 Begins
13	Spirit Day
18	Report Cards Distributed
20	Pro-D Day, School Closed
26	Parent/Teacher Interviews
27	Parent/Teacher Interviews No Classes for Students

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STA Thanksgiving tree. See page 12 for more details.

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I always look at my message from the previous year prior to writing this message and last year, we were just in our new school for a few months and everything was looking up. Boy how things can change in a year! We have a new set of challenges facing us, but I am appreciative of the “roll up your sleeves” attitude staff and students are taking. The protocols set to address the pandemic take awhile to get used to, but everyone is doing their part. By continuing to look out for each other, we will beat this virus and STAY strong.

The Thanksgiving Tree was a great project by our BariSTA crew, where students could write things they are thankful for, on a leaf for the tree. The tree will remain during November but will become a tree of remembrance. Students and staff will be able to write down the names of loved ones who have passed away. A special way to keep those who have gone before us in our memories.

Have a great month of November!

Mr. John Campbell, Principal

MID-TERM EXAMS



Beginning Wednesday, November 4 and ending Monday, November 9, we will follow a Tuesday bell schedule to accommodate for mid-term exams.

Semester 1 Term 2 begins on Thursday, November 12.

Mid-Term exams are limited this year to the following courses:

DATE	COURSE/SUBJECT	BLOCK	TEACHER
Wednesday, November 4	Science 9	A	<i>Pilar</i>
Wednesday, November 4	Chemistry 11	A	<i>Treacy</i>
Wednesday, November 4	Comparative Cultures 12	A	<i>Salituro</i>
Wednesday, November 4	Honours English 12	A	<i>Sawdon</i>
Thursday, November 5	Math 9	B	<i>Kyfiuk</i>
Thursday, November 5	Honours English 11	B	<i>Sawdon</i>
Friday, November 6	Math 9	C	<i>O'Toole</i>
Friday, November 6	Science 9	C	<i>Appleton</i>
Friday, November 6	Chemistry 12	C	<i>Treacy</i>
Monday, November 9	Science 9	D	<i>Pilar</i>
Monday, November 9	AP Calculus 12	D	<i>Flores</i>

Exams will be written in class, during the scheduled class time. All classes will be in session during these dates. Exam duration is 75 minutes and the schedule is posted to the STA website:

http://www.aquinas.org/application/files/1116/0329/2495/AD-November_Exam_Grid_2020.docx.pdf

STA GIVING & GRATITUDE ANNUAL FUND

It's been said that it takes a community to raise a child, and that couldn't be truer than in the education of students at St. Thomas Aquinas Regional Secondary School.

As members of the STA Community, thank you for your continued vision in building tomorrow's leaders today by entrusting your children, grandchildren and other family members to us.

We are excited to invite you to join us, and participate in, the *STA Giving & Gratitude Annual Fund*. Your gift creates a legacy for the students of today, and the students of tomorrow. Please visit our Fund page at:

<http://www.aquinas.org/index.php/support-sta-1/sta-annual-fund>

to learn why we've begun an Annual Fund, what the funds are designated to, and how you can participate.



News from the Academic Advisor

With university early admissions now open, the academic advisor's office has been a tremendously busy place. Students are welcome to drop in to meet with Mr. Salituro to discuss post-secondary application processes, scholarship opportunities and a wide variety of other academic needs or concerns. Senior students and parents are encouraged 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 application deadlines. This information will also be published in STA's daily announcements and visible on the STA website.



Follow us @staacademics

www.facebook.com/staacademics



UNIVERSITY EARLY ADMISSION APPLICATIONS NOW OPEN!

SCHOLARSHIP OPPORTUNITY

Grade 12 students interested in applying for early admission offers from Canadian universities can now begin applying for the Fall 2021 term. Students are encouraged to check for early admission deadline dates as these vary among post-secondary institutions.



The SFU Early Admission and Undergraduate Scholars Entrance Scholarship application for the Fall 2021 term deadline is November 30th.



The UBC Early Admission and Presidential Scholars Entrance Awards application for the Fall 2021 term deadline is December 1st.

Applications are now open for the TD Scholarships for Community Leadership. The TD Scholarships for Community Leadership is one of the largest and most prestigious scholarship programs in Canada. Last year, out of 2700 applicants, 20 students were selected and awarded scholarships valued at up to \$70,000. While applicants must be academically capable of entering and successfully completing either university or college, with a minimum average of 75%, the focus of these scholarships is not primarily on rewarding the highest marks. The key criterion is outstanding community leadership. These scholarships are awarded to students across Canada who have shown exceptional initiative in making a meaningful and lasting difference in their local or global communities.



The final deadline for receipt of applications is **November 13, 2020.**

Students can apply directly online at td.com/scholarships.





Grad 2021

PURDYS CHOCOLATES ORDERS

While we may not know what Graduation 2021 will look like this year, plans are well underway for celebrating. To offset costs of the Dinner/Dance grade 12 students are participating in the annual Purdys Christmas Chocolate fundraiser. Sellers earn 25% of their total sales to put toward year end costs. If you would like to support a grad, information can be found at: http://www.aquinas.org/application/files/4816/0089/9679/Purdys_Christmas_2020.PNG



STA LIFE & JUSTICE CLUB SELLING CHRISTMAS CARDS

On November 4, 5, 6 and Monday, November 9, Life & Justice (L & J) students will be selling packs of Christmas cards as a fundraiser for L & J initiatives. One of the initiatives is to support an organization that rescues children from sex trafficking. L & J students will come around to the "A" block classrooms at the start of the block on each of these days. The cards have traditional Christmas scenes & greetings will be sold for:

1 pack of ten cards & envelopes: \$8.00

3 packs of ten cards & envelopes: \$20.00

Cash and cheque accepted.

Get your cards while they last!



If your child misses the opportunity on November 4, 5 6, or 9 to purchase the cards, you may also purchase them through Mr. O'Toole:

Email: eotoole@aquinas.org

Cell: 778-828-8566).

Campus Ministry



Halloween may look different this year, but the stores are still stocking candy and Good Shepherd Ministry still relies on donations of candy to make their candy bags.

Good Shepherd Ministry is an organization that shares God's love with the less fortunate in the Downtown Eastside. Candies will be put in to small bags along with a prayer card, rehab information, and a note letting the men and women

working and living in the downtown eastside know that there are people who care for them and that God loves them.

Students will receive brown paper bags with this information on Friday, October 30, and are asked to return them on Monday, November 2. Students can drop off the bags filled with candy in bins placed at each entrance to the school.

Thank you for sharing.

SEPTEMBER SPIRIT DAY: ORANGE SHIRT DAY

The purpose of Orange Shirt Day is to provide a day to open conversation on all aspects of Residential Schools. Prior to St. Thomas Aquinas High School being build, St. Paul's Indian Residential School stood on the present school property. It is an opportunity to start meaningful discussions about the lasting impacts of Residential schooling on individual survivors, as well as communities of Indigenous Peoples across Canada.

It is a day to affirm that survivors of Residential Schooling matter, and so do all of those who have been affected by their lasting impacts. Every Child Matters, even if they are adults now.

September 30th signifies a day in which many children were taken from their homes to residential schools. On June 2008, the Indian Residential Schools Truth and Reconciliation Commission was established to investigate the history of the schools. On June 11, 2008, *Prime Minister Stephen Harper* offered a public apology on behalf of the government of Canada, as did the leaders of the other parties in the House of Commons. In 2009, *Pope Benedict XVI* met with *Chief Phil Fontaine* of the Assembly of First Nations and issued a formal apology on behalf of the Catholic Church in Canada for the abuses in Residential schools.



August 13, 2013 - Mayor of the City of North Vancouver agreed to construct a monument honouring the survivors of Saint Paul's Indian Residential School. The memorial is an art piece comprising a concrete base with the names of those who attended the school, and a red cedar carving depicting two children. This Squamish Nation design and installation was created by *Jason Nahanee*, a survivor of Saint Paul's. The monument was relocated to the front of the convent on West 6th Street. The monument could not be on the exact site of St. Paul's due to redevelopment plans for STA. The monument was unveiled and dedicated in a ceremony conducted by the Squamish Nation on June 21, 2014.

NATIONAL EVANGELIZATION TEAM HAS ARRIVED



The NET team arrived at STA this month and they will be with us every day until Christmas break. In the new year they will go to Archbishop Carney and then return to us for April and May.

They have already begun many exciting initiatives in classes and they are looking forward to running the Grade 8 retreat at the beginning of November. We are so grateful to have them with us.

Thank you to everyone who reached out about hosting them or providing food. Please see this

message from NET for more information about how you can help:

Because the teams are not staying in host homes this year and cannot meet their basic food necessities on their own, we have decided to create a meal plan budget for them.

We would like to invite you to partake in this mission through helping feed our missionaries. We have implemented a safe and easy plan for everyone to be able to contribute regardless of where you are located.

I have attached a link below that will take you to a donation page on our website for your convenience. The money will be divided among the 2 teams and will go directly to the teams' weekly grocery bill.

We would like to invite you to discern contributing a week's worth of groceries to the teams of \$200-\$250. However, with this system, you are more than welcome to make this a monthly contribution for the year or revisit again in the near future at your convenience.

To donate:

<https://www.netcanada.ca/vancouver-meals>

If you have any questions, please email Cecilia at:

bcschedule@netcanada.ca



Back row, left to right:

Thomas Cheeseman (Morell, PE)

Cameron Schieman (Ottawa, ON)

Michael Porta (London, ON)

Analiza Thomas (Trinidad and Tobago)

Front row, left to right:

Pia Ocenar (Calgary, AB)

Louise Lapain (Essex, ON)

Celia McCormick (Woodstock, ON)

THE CATHOLIC ROOTS OF HALLOWEEN, THE VIGIL OF ALL SAINTS' DAY

Although Halloween has been embraced by the secular world, its foundations are firmly rooted in Catholic tradition. The name itself comes from All Hallow's Eve – that is, the Vigil of All Saints' Day, when Catholics remember those who have gone before us to enter our heavenly home. Immediately afterwards, on November 2, the Church commemorates all the faithful departed still detained in Purgatory, and prays in suffrage for them.

The memory of those who have gone before us naturally leads to thoughts of mortality, we turn our minds to the last things: death, judgment, heaven, and hell. And really our focus should be, since we all must die and are destined to judgment, how are we to live?"

Let us make this year's celebration an act of true devotion to God, whose saints give us hope that we too may one day enter into the Kingdom prepared for God's holy ones from the beginning of time.

Abridged from:

<https://www.vaticannews.va/en/church/news/2019-10/the-catholic-roots-of-halloween-the-vigil-of-all-saints-day>



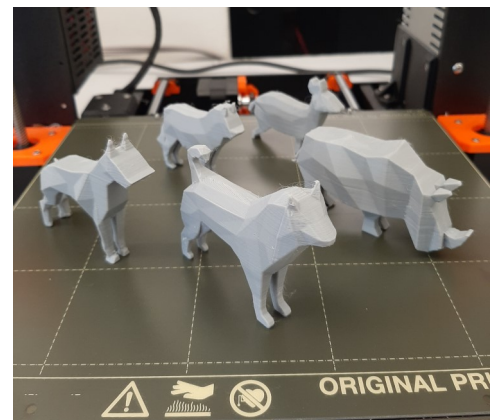
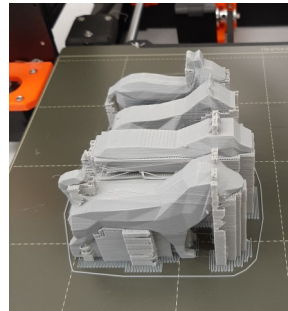
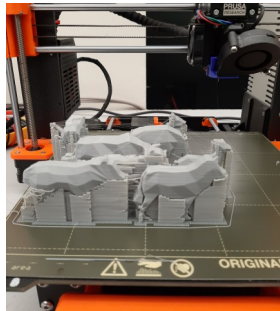
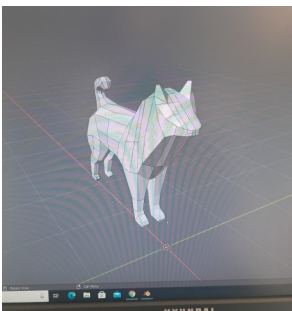
As we prepare to celebrate Halloween, All Saints Day, and All Souls Day we invite you to share the names of your deceased loved ones in this google form: <https://forms.gle/d2dtSQKnj4ofFPA7>

We will offer our weekly school masses in November for them.

3-D PRINTER PROJECTS

Applied Design, Skills & Technology 9 Students use 3D Printer to make their concepts a reality.

The Grade 9 ADST class culminated their unit on 3D design by printing their final projects. Students used Blender3D as part of the design cycle; from coming up with a concept, to creating prototypes, to finalizing a product. In Blender the students pull, scale, rotate and extrude shapes to create unique 3D animals. These files are then sliced and prepared for 3D printing. Many of the models had overhangs that required 3D supports to print and once they were printed the supports were removed to reveal the final product.



Science Department News

GRADE 8 SCIENCE FAIR

The Nineteenth Annual STA Science Fair will be held on Friday, December 4 for our grade eight students who are taking Science in term one. Students should already be working on their projects. A rough draft of their reports will be due to *Mr. Lamasan* on Monday, November 16 and their final reports will be due on Monday, November 23.



GRADE EIGHT SCHEDULE FOR FRIDAY, DECEMBER 4TH

(Block B Science students ONLY)

8:00 to 8:25 am

Students set up projects in the auxiliary gym

8:30 to 9:55 am

Students attend Block A

10:10 to 11:25 am

Students are beside their projects in the auxiliary gym for interview portion

11:25 am to 12:20 pm

Lunch

12:20 to 1:35 pm

Students attend Block C

1:45 to 3:00 pm

Students are beside their posters while the other grade 8 students come to view the projects, one class at a time. Awards ceremony to follow.

SHAD APPLICATIONS ARE NOW BEING ACCEPTED!

SHAD is an internationally recognized, immersive summer program of STEAM (Science, Technology, Engineering, Arts and Math)-based lectures, workshops, projects and activities. Students currently in grades 10 and 11 who are high-achievers in science are encouraged to apply for this month-long summer program. While at **SHAD**, students are encouraged to “recognize their own capabilities and envision their extraordinary potential as tomorrow’s leaders and change makers” (www.shad.ca).

Attending **SHAD** has the potential to be a life-changing experience, and it looks great on university applications, identifying attendees as elite students. **SHAD** will be held online this year, and will offer activities such as: seminars from world-renowned university professors, mentoring and coaching from the program director, workshops from business leaders, STEAM-based labs, academic, social and recreational virtual field trips, community-building events, a real-world design challenge, and access to university centres.

Online applications are due December 7. The admission process is competitive and takes into account both academics and extra-curricular activities. There is no cost to apply, and if necessary, financial support is available for successful candidates.

Please speak to *Ms. Treacy* or go to www.shad.ca for more information.



FINE ARTS DEPARTMENT

In Visual Arts, the concept of Contrast is used to create dramatic visual effects. The concept we know as contrast is called Notan in the tradition of Japanese art, where it is described as the “play and placement of light and dark elements in a composition.”

The Studio Art 10 students were challenged to create dynamic Notan designs using contrasting colours to play with positive and negative space. Have a look and see if you can identify within the complex imagery an element of Autumn or Halloween in the student compositions.



LIBRARY NEWS

We've had a wonderful start to the school year with busy researchers as well as collection development. As well, it has been a pleasure seeing students make use of our extensive fiction collection as they pursue their independent reading interests.

Mrs. Pilar's Science 9 students used databases to explore innovative technologies for their Tech Ad assignment and *Ms MacCuish* and *Mr. Slivinski* visited the library to explore both print and online sources for their Canadian Biography presentations. *Mr. Mendoza's* and *Ms Mattia's* English 8 classes came in for a library orientation to familiarize

themselves with the space, resources and opportunities available to them through the library. They finished with a book pass activity which had them speed reading the beginnings of 5 different books as a launch to their in-class independent reading. *Ms Treacy's* Chemistry 11 students made use of our extensive print resources on the history of the atom as they prepared visual timelines. *Mr Lamasan's* Science class visited to make use of the print resources and databases as students began work on their Science Fair Projects. And, most recently, *Mr. Keong's* class was given an orientation on the databases and citation practices

as they prepared their migration patterns reports.

We look forward to being able to continue hosting classes and offering our Teacher Librarian support to teachers and staff!



ENGLISH COMPOSITION 11

More submissions from *Mr. Mendoza's* English Composition class. The challenge: to take an everyday object and elevate it through detailed description and providing emotional weight to it.

by Dominik Dijack & Talia Erdman



Around three years ago I experienced one of the greatest days of my life. I remember the exact time and date because of how special it was to me. Tuesday, April 25, 2017 at 7 PM, I was on my way to Rogers Arena to see my favourite

artist of all time. With over eighteen thousand people scurrying around and attempting to get into the arena, it was madness. Every person was there to experience one thing, The Weeknd's Legend Of The Fall World Tour. Before entering the arena I decided to stop and look at the merchandise stand. I ended up buying a limited edition shirt that was only made for the tour. The shirt stood out. It was all black and made from cotton. Printed on the front of the shirt in white was a picture of a tiger,

with the word "Starboy" in a blocky font on top, and "The Weeknd" on the bottom. The detail on the tiger was mesmerizing. Every single whisker and hair stood out, and the fangs curved out, giving the tiger a vexed look. The back of the shirt was plain, but it still made the shirt pop. Written just below the neck was The Weeknd's brand label "XO". It was small and subtle, yet visible and recognizable from afar. This shirt had a lot of meaning to me. Not only has The Weeknd's music helped me through tough

times, but it has also inspired me to begin songwriting too. It was the first piece of merchandise I ever purchased from this artist, and it also came from the first concert that I ever went to. I remember wearing this shirt on many different occasions. On March 20, 2020 when The Weeknd released his sixth studio album titled "After Hours", this was the shirt I immediately threw on. This shirt has brought me many different memories and emotions, and it is an everyday object that I find very remarkable.

I lay on my back, head propped up on my fluffy pillow, willing my eyelids to droop so I could fall into the land of blissful sleep and dreams. I had no such luck, on the contrary my mind was more awake than ever the suffocating darkness feeding my worries and doubts. My 8 year old mind convinced of monsters lurking right behind the loosely closed closet door just waiting to pop out when I fell asleep. Stress clouded my mind making my legs twitch and palms sticky with sweat. I felt tears forming in my eyes as I

was consumed with the monster in my mind. A soft aroma floated around my face pulling me from my despair and pouring pictures of lavender fields into my mind, a feeling of calm blossomed in my heart chasing away the monster. I focused on this image and feeling as I breathed in the scented air and my body drifted to sleep.

Ever since I can remember whenever I was stressed, anxious or in need of a good night sleep my mom would put lavender on my pillow as her mother did with her

when she was a child. She insisted it was a magical sleep remedy and filled your mind with calm thoughts. She was absolutely right. I always keep the deep purple bottle on my bedside table and use it almost every night. It reminds me to take deep breaths and fuels my imagination to produce calming images of deep green forests, ever stretching lavender fields and swift running rivers to help me drift off to sleep. When I was little I loved to squirt the bottle into the sunlight shining through my blinds and watch the

mist glisten and float around my room as I tried to catch the miniscule droplets in my hands. I will bring my lavender spray wherever I go knowing it will forever provide me feelings of safety and blissful calm.



BariSTA CAFE

The BariSTA Cafe staff were happy to present their Thanksgiving tree.

The month of October reminds us that we have so much to be thankful for even in these difficult times.

Students and staff contributed by saying what they are appreciative for including friends, parents, school administrators, a safe community and fresh air and water.



STA ALUMNI NEWS



2017 STA Grad, *Ysabelle Tumaneng* is in her 4th year of Kinesiology at UBC, and is active in the Catholic community on the North Shore.

Ysabelle was crowned Miss World Vancouver 2020 in the Spring, and is going to Toronto on November 1 to compete for Miss World Canada. Part of the role that the young women commit to in the pageant is to fundraise for the Children's Wish Foundation. The platform that *Ysabelle* has chosen to support individually is food allergy awareness. She is working with BC Children's Hospital to raise awareness for the benefit of oral immunotherapy.

If you would like to support *Ysabelle*, she has started a GoFundMe page for proceeds towards Children's Wish Foundation. She is also selling Allergy Awareness pins on the attached link below. They are very well done and a great gift for any student with allergies or food sensitivities.

Let's get out there and support Ysabelle! Thank you for your consideration.

<https://gf.me/u/ys5gbj> - Link to GoFundMe Page

<https://www.kiligraphy.ca/collections/food-allergy-pins> - Link to Allergy Awareness pins

NEWLY ORDAINED DEACON CONNECTED TO STA

On October 23rd *Raffaele Salvino* will be ordained a Deacon at Holy Rosary Cathedral. While not an STA grad, *Raffaele* is connected to our STA community; it was on the STA Mexico Encounter some years ago that he began to see God working in his life.

"I found myself in the dusty hills outside Mexico City with a handful of STA students I barely knew,

struggling to sling a bag of concrete over my shoulder without bumping into a free-roaming goat and chicken, and all the while climbing a creaking ladder. I wondered often—with envy and resentment—what my friends were up to on the beach just a few hours away. ... This mission trip was never part of my own plans, and yet what a joy it was proving itself to be.... I left that mission trip knowing beyond all doubt that the

plans God had orchestrated for my life were the plans that will always far exceed my own."



Community News

FORMER STA PRINCIPAL RECEIVES 2020 PAPAL HONOURS



Daniel (Dan) Moric has been an important figure in educational leadership for our Catholic schools and has served the Archdiocese in a chief administrative role. After a notable career as a teacher, he became the principal of St. Thomas Aquinas High School, from 1999 to 2007. He was at the school at a time of its growth and transition.

From 2007 to 2011, he served as associate superintendent of the Catholic Independent Schools of Vancouver Archdiocese.

In 2011, he was appointed by the archbishop as the first archbishop's delegate for administration, a new office in the Curia overseeing the work of its pastoral departments and agencies. He was appointed as Superintendent of Catholic Schools in 2015 and served in that role until taking early retirement in 2018 for health reasons.

He has assisted greatly in the work of the Permanent Diaconate office as a member of its advisory committee and currently serves as a member of the board of St. John Paul II Academy.

Photograph and text from The BC Catholic newspaper, October 4, 2020



STA PARENT ASSOCIATION MEETINGS

Next meeting is on

Thursday, November 5

9:15 am
via Zoom



Join Zoom meeting at:

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

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

ANNOUNCING STA Talks!



The STA Parent Association

pleased to bring you STA Talks.

This webinar-based learning is a series of speakers and topics designed to foster conversation, and inspire parents and students.

Details of the webinars include:

- All webinars will take place from 7:00-7:30 pm followed by a Q & A.
- Please log-on at 6:50 pm so the webinar can begin promptly at 7:00 pm
- There is no need to register in advance
- Parents will receive a GoogleMeet invite from STA the morning of each webinar.

The topics and speakers for all webinars until January can be found on the school website at:

<http://www.aquinas.org/application/files/1616/0312/3099/STA-Talks-October-onwards.pdf>

Students will receive one-hour of volunteer time if they participate. Parents can sign their student's volunteer hour form. The form is found on the school website under "Students" here -

<http://www.aquinas.org/index.php/students>

Our next webinar is scheduled for Thursday, 12 November.
Details of the event are contained below:

Topic: How to Stay Motivated During Challenging Times
Presenter: Marco Iannuzzi, Managing Partner Beautiful Game Group <https://www.beautifulgamegroup.com/>

After attending Harvard and MIT, Marco was the 1st round draft pick for the BC Lions and played seven years including a Grey Cup Championship. He has immense passion for community, family and business, focusing on impact-driven projects. Marco will share with us the skills he's learned to stay driven and dedicated to his goals while balancing academics, athletics, family and community.



STA Newsletter Subscriptions

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if you move or change your e-mail address.