



# ST. THOMAS AQUINAS REGIONAL SECONDARY SCHOOL

FAITH | COMMUNITY | EXCELLENCE

## STA At-a-Glance

**Week 28: April 2 - April 9**

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

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### Message from the Principal

Dear STA Community,

I warmly welcome all our students, staff, and families back from Easter break. I hope you all had a joyous and restful time celebrating Christ's resurrection.

Easter is a time for renewal, reflection, and growth. It's a time to embrace new beginnings and the promise of hope. As we come back together in our school community, let us carry forward the lessons of Easter - the importance of compassion, kindness, and gratitude.

As we move ahead with the academic year, let us remain dedicated to learning, growth, and inclusivity. I encourage each of you to approach the upcoming weeks with enthusiasm and determination. Let us make the most of every opportunity to learn, connect, and inspire one another.

Thank you for your ongoing dedication and support. Here's to a successful and fulfilling term ahead.

Sincerely,

Mr. Krol, Principal

ST. THOMAS AQUINAS ANNUAL

# Spring Plant Sale

**Order Deadline April 23 | Pickup May 8 & 9**

**Place your order today!**

**[aquinas.growingsmilesfundraising.com](http://aquinas.growingsmilesfundraising.com)**

**Spring Plant Sale**

Spring is here! The STA Parent Association is once again selling a beautiful selection of spring plants, hanging flower baskets, herbs, veggies, succulents and more. Click [here](#) to make your purchase today.

#### **Details**

Deadline: Tuesday, April 23 at midnight

Pick up: Wednesday, May 8 & Thursday, May 9



#### **Door is Open: Service Hours Opportunity**

[The Door Is Open](#) is a Catholic Charity outreach service that provides meals and services to residence and transients in the Vancouver's eastside. Students prepare and serve a meal, while earning service hours.



#### **13 STA Students to SHAD**

The STA Science Department is delighted to share that a record **13** of our Gr. 10 and 11 students have been accepted to SHAD for July 2024. SHAD is a prestigious month-long STEAM and entrepreneurship summer program that is recognized around the world

### Details

When: Sunday, April 7

Depart: Depart STA at 8:30am

Return: approx. 2:00pm to STA

Transportation: STA school bus

Register: [Miss E Hughes](#) in Campus Ministry

*Uniforms are not required*

for its hands-on learning, emphasis on collaboration, access to scientific and entrepreneurial mentors, and focus on changing the world for the better. Congratulations are extended to the following students who have accepted offers to attend the program:

Blake D - online

Blake D - Western University

Antonina H - online

Mikael J - University of Calgary

Jaya K - Toronto Metropolitan University

Matthew K - Memorial University

Joseph K - online

Kiki L - online

Joonseo L - Thompson Rivers University

Cindy L - Ontario Tech University

Ally M - online



### STA Ski & Snowboard Club

When: Thursday, April 4 (last one)

Time: Depart STA at 3:00pm

Where: Grouse Mountain

Pickup: 9:00pm at base of Grouse Mountain



### STA Talks Screenagers Next Chapter

Millions of young people experience high stress, anxiety, and depression.

In **Screenagers Next Chapter: Addressing Mental Health in the Digital**, we follow

physician and filmmaker Delaney Ruston as she discovers solutions for improved adolescent stress, anxiety, and depression in the digital age. Students will receive one-hour of volunteer time for attending.

### Details

Date: Wednesday, April 10

Time: 7:00 - 8:15 pm with post discussion led by Mr. Krol

Where: Auxiliary Gym



### STA's Production of High School Musical



### Parent Volunteers Needed for the Dry Grad Event

Parent chaperones are urgently needed for the 2024 Dry Grad Event. **Grade 11 Parents - this is a great way for you to see what you can**

- Join us for an evening of fun as you tap your feet to the musical performance of Disney's High School Musical.
- Matinee and evening performances run from 17-19 April in the school gym
- Purchase your tickets today to support the cast and crew
- Link is [here](#)

**expect for your children whom are graduating next year, however *this is open for parents at all grade levels.***

June 23 from 10:30 pm - 12:30 am –  
Decorations and setting up Cineplex Park Royal (8 people)  
June 24 from 12:30 - 2:30 am – check in, prize table/casino area, and chaperone (10 people)  
June 24 from 2:30 - 4:30 am Chaperones, prize table/casino area, and check out (10 people)

If you are able to volunteer, contact Mili Delgado at [milagroshaviles@hotmail.com](mailto:milagroshaviles@hotmail.com). Thank you for your help!



### 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. The weekly specials for **April 8 - April 12** are:

Monday ~ pizza

Tuesday ~ soft beef taco; beef potpie & fries

Wednesday ~ bbq chicken & rice

Thursday ~ Sir Thom burger, chicken and vegetable pot stickers

Friday ~ pasta & garlic bread; perogies with bacon and onions, fish & chip, and grilled cheese sandwiches

Cash, debit, credit card and STA gift cards accepted. Menu items subject to availability.