



# ST. THOMAS AQUINAS Regional Secondary School

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## IMPORTANT DATES IN DECEMBER

5	Grade 10 Retreat
7	Penitential Service
11	Christmas Concert
12	School Mass
18	Fine Arts Evening
20	Spirit Day
21	Speech Arts Last Day of Classes
22	STA Staff Retreat- School Closed
25	Christmas Day

As we enter into this season of Advent, let us take the time to think about what the birth of Jesus means in our lives. I was recently sent an email from a colleague who shared an Advent reflection by French Jesuit, author, and paleontologist *Pierre Teilhard de Chardin*. It is a passage urging us to be patient. "Above all," it begins, "trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay." The prayer suggests patience in all things, especially patience with yourself.

Advent, is a season centered on patience. The central image of Advent, after all, is an expectant mother: Mary carrying Jesus. But this is not simply a dull wait, as you might wait for the traffic light to turn green at an intersection. It's a hopeful waiting, confident that God is about to do something exciting and that whatever God brings will be more than you imagine. Still, waiting can be hard. And perhaps the most difficult thing is waiting for yourself to change. We all have an image of who we hope to become one day: perhaps kinder, freer, more generous.

And we don't seem to get there. Or, rather, we don't seem to get there fast enough. Let this Advent season be a time where we take the time to think of where we want to go and figure out how to get there.

Have a great December!  
John Campbell

# CONSTRUCTION UPDATE

## CONSTRUCTION UPDATE DROP OFF PROTOCOLS FOR STUDENTS/PARENTS

The current date for completion of the City of North Vancouver's Bikeway project on West Keith Road is December 8. The new sidewalk and bikeway are now paved and supplemental landscaping is currently underway. New signage has been installed, and a new bus stop in front of the present school will soon be installed. Our permanent drop-off/pick-up zone on West Keith Road was re-opened on Friday December 1. Parents are reminded that this is for immediate drop-off and pick-up only and is not a parking zone. We also request that parents exercise due caution when pulling in and out of this zone, and that you pull ahead when dropping off to create room for other parents behind you. There is to be no drop-off or pick-up in front of the bus stop; this is now a travel lane.

Our school construction project is now well underway with excavation and forms for the first footings now in progress. The first concrete for the footings was poured on Monday, December 3. Our students are now able to use the new sidewalk on West Keith Road in order to get to and from the convent, and the pathway through the convent garden has been taken out of service and removed.



## THE NET TEAM

The NET team has been at STA since October 2017. They consist of 3 male and 4 female youth missionaries who evangelize through student interaction and giving living witness to the gospel values of our faith. They are at STA on Thursdays and Fridays.

Here are a few comments from our teachers regarding the impact they have:

*The Net Team is wonderful! They come into classrooms and either sit with the class and participate in group activities, or they lead the class and have the students participate in fun, team building games. They also do question/answer sessions and students can ask them all sorts of questions about religion. The students love having the Net Team in class, even if they are just sitting in.*

*The net team has been a part of my English, IT, and homeroom class. They have been fantastic at connecting with the kids and they set a great example of what a personal relationship with Christ looks like. Their joy and enthusiasm is contagious!*

And what does the Net Team have to say about us:

*My name is Teresa, and I am part of the NET team who work at Saint Thomas Aquinas high school for two days every week. We hope that with our presence in the school, the students will be able to connect what they learn about religion in school to their everyday lives. We have been so blessed with the opportunity to be here in the school along with staying with families of some of the students. We have this amazing privilege to experience so many different ways of life and we can't wait for what is come in the future.*

*God bless,  
Teresa*



# Science Department News

## GRADE 8 SCIENCE FAIR

Grade 8 Parents, please note the following:

Our Sixteenth Annual Grade 8 Science Fair will take place in our school gym on Monday, January 29. The students' Science Fair Reports are due in Science class on Monday, December 18 (day 1) and Tuesday, December 19 (day 2). The students' science fair boards will be distributed in December and are due in the gym at 8:00 am on the day of the Science Fair. The students' schedule for the day will run as follows:

8:00 to 9:00: Students set up their Science Fair boards in the gymnasium. (This will likely take only a few minutes, but boards **MUST** be set up no later than 9:00 am.)

9:00 to 12:00: *Students return home to prepare for their interviews in the afternoon. Other students will be writing exams and we will not have supervision for the grade 8s during this window of time.*

12:00 pm to 2:00pm: Students stand by their Science Fair boards in the gymnasium for judges' interviews. **It is essential that students are on time for their interviews – 12:00 pm sharp!**

5:00 pm to 6:00 pm: Students and their families attend the awards ceremony. (Awards will be presented at 5:30 pm.)



We are still in need of judges for our Science Fair! Judges are required from 8:00 am until 4:00 pm on Monday, January 29. Training for judges will be provided on the day of the event, as will lunch! While **YOU DO NOT NEED TO HAVE A BACKGROUND IN SCIENCE TO BE A WONDERFUL SCIENCE FAIR JUDGE**, this is certainly an asset. All interested parents and STA alumni should please email Ms. Treacy at [treacy@aquinas.org](mailto:treacy@aquinas.org).

Those who have already volunteered to judge (thank you!) were sent a confirmation email at the end of November. Please let Ms. Treacy know if you have volunteered to judge the science fair but did NOT receive this email!

## KWANTLEN SCIENCE CHALLENGE

On Saturday, November 25, Mr. Flores accompanied grade 12 students Zora Brough, John Choi, Ann Joby, Jacob Nieckarz, Michael O'Keefe, David Onak and Joshua Yellowley to the Kwantlen Science Challenge at Kwantlen Polytechnic University. The students represented STA well, holding on to their first-place lead in the Jeopardy event right up until the last two questions (which landed them in fourth place). They figured out the

required pedigree analysis with great skill for the Biology event, designed a thermometer using their knowledge of water's critical points for the Chemistry event, studied the motion of an oscillating system for the Physics event, and built a solar-powered boat that did not move (but it didn't sink either!) for the Design event. We are proud of the work they did to prepare for the day, and appreciate all of the fast-paced thinking they did while at the KSC.





# STA ATHLETICS

## SENIOR BOYS SOCCER “AA” PROVINCIAL BRONZE MEDALISTS



The 2017-18 STA senior boys' soccer season was a fantastic success story from start to finish. The boys kicked off the season with clutch performances in some tight league games, clinching second place in the league standings heading into the North Shore/Burnaby zone playoffs. The Fighting Saints began their playoff campaign with victories over Sutherland in a 3-0 shootout and Alpha of Burnaby by a 4-1 score, securing a berth in the 'AA' provincial

championships. Heading into the provincials the boys opened with two wins and a tie, advancing all the way to the semifinals with a shootout victory over North Delta. The boys fell just short in their semi final game against the defending provincial champions from St. Michael's University School, giving up a late goal in extra time in a 1-0 loss. Despite the semi final loss, the Fighting Saints bounced back in the consolation finals against Archbishop Carney, winning

their final game of the season, 2-1, to claim the provincial bronze medal. Special recognition goes out to team captain *Sam Boppart* who received the **Commissioner's Sixteen** award along with the **Clive Hughes** award for the most outstanding goal keeper at the provincial championships. Congratulations to all the boys and coaching staff on a truly remarkable season.



## JUNIOR BOYS SOCCER

Congratulations to the Jr. Boys Soccer team for their championship game on Wednesday, November 8. The Saints defeated Burnaby Mountain by a score of 4-0 to win the Vancouver and District Championship for the first time ever. STA goals were scored by *Henry Cromack*, *Lucas MacLennan* and *Michael Burran*. A shout out to captain *Michael O'Flynn* and a special thank you to coach *Diego Grossling*.

## BANTAM GIRLS VOLLEYBALL

Congratulations to the Bantam Girls Volleyball Team who won the Vancouver & District Championship this year! We entered the tournament on November 15 as a third place finisher on the North Shore, but the girls fought hard to overcome the Burnaby Champion, Burnaby Central, 2-1 in the Quarter-final, and then overpower the much larger Handsworth team 2-0 in the Semi-final match. In the Final game, we faced off against the current North Shore champion, West Vancouver, and soundly defeated them 2-0 in an incredibly well played match. We are very proud of this group of girls!  
*M. Purkiss & A. Vesco*



## STA FIELD HOCKEY



Congratulations to STA's senior girls field hockey team who brought home the Consolation Championship trophy November 10 after their successful, first-ever participation in the 'AA' Provincials. Their four wins and two losses had them finishing ninth overall after entering the tourney ranked at 13th. Highlights included a shootout quarter-final victory in the rain versus GW Graham, dying seconds 2-1 winning goal in the final and being presented with gold medals at the closing ceremony. The girls showed tremendous grit and ran miles in games against higher ranked elite opposition earning compliments from opposing coaches and umpires for their worth ethic. Each victory was motivation and affirmation of both their depth of character and talent.

These terrific athletes made us proud!

## SWIMMING

Congratulations to *Isabella Cesareo* for placing 15th in the Girls 100 Meter Back Event in the Provincial swim meet.



## STA WRESTLING

The team is off to a great start with many new participants that are showing real promise. We are practicing Monday to Thursday in the cafeteria from 3:00-4:30 pm each day. The team has been very fortunate in having alumni wrestler help coach this year. Among those who have come out have been *Kai Sackville – Hi* (Silver Medialist in Canadian Nationals and repeat North Shore Champion) and *Karah Bulaqui* (2<sup>nd</sup> in Pan Am Games, 3 time National Champion, 2 time Provincial Champion and repeat North Shore Champion). We even had a visit from *Oscar Bulaqui* (3 time National Champion, 3 time Provincial Champion, North Shore Most Outstanding Wrestler), fresh off the set of *Riverdale* where he and the SFU Wrestling team acted as technical advisors and extras for an upcoming episode.



If you missed tryouts it is not too late to earn a spot on the team, just talk to *Mr. Galat*, *Mrs. Pilar* or *Mr. Vesco* as soon as possible.

# Student News

## STUDENT COUNCIL PRESENTS THE 4 DAYS OF CHRISTMAS

During the week of December 18 –21, Student Council has the following activities planned:

CANDY GRAMS



CHRISTMAS  
COOKIE AND HOT  
CHOCOLATE



CHEERLEADER  
FUNDRAISER



PHOTOS WITH  
SANTA



UGLY CHRISTMAS  
SWEATER DAY



*Students, come out and enjoy the holiday festivities.*

## S.T.A. MUSIC DEPARTMENT

**Our** Music Department was busy in the month of November with several performances. The Concert & Chamber Choirs and the Senior Concert Band performed at the school's annual Remembrance Day Ceremony. A special commendation to trumpeter *Justin Li* who did a superb job playing **The Last Post**.

Our Grade 9 Concert Band travelled to Holy Cross Regional Secondary School to participate in the annual CISVA Junior Concert band Festival under the direction of *Mr. Guy*.



We are now busy preparing for our 32<sup>nd</sup> annual Christmas Concert and our upcoming Fine Arts Evening. The Christmas Concert is on Monday, December 11 at 7:00 P.M. and admission is free. Refreshments will be served and there will be an exhibition of work by our Art students. This evening features performances by our four Concert Bands and our two Jazz Ensembles under the direction of *Mr. Guy* and *Mr. Horton*. Students participating in the concert will need to arrive at 6:00 P.M. This evening will constitute a significant portion of their mark in Band for the first term with a participation mark for the concert and a written listening assignment. Parents are advised to arrive early due to limited parking at present.

*Mr. Horton*

**The** STA Junior Jazz band will be performing another jazz concert in the West Vancouver Community Centre on Wednesday, December 20 at noon for Seniors. This is our second concert of the year at WVCC and we are proud to show the flag and how involved STA is with the community. The students especially enjoy performing for the Seniors as we play many of the big band tunes from the 40's, 50's and 60's that they recognize and tap their feet to!



## 13TH ANNUAL FINE ARTS EVENING WILL BE MAGICAL!

**When:** Monday, December 18, Doors open at 6:00 pm, Shows start at 6:30 pm ends about 9:00pm.

**Who:** ALL First Term Drama, Art, and Choir students are performing, singing, or have work to exhibit

**Why:** Because Christmas is worth celebrating and the Arts do it well!

Monetary Donations at the door for entrance. All proceeds go to Senior Acting Scholarships. Please plan accordingly for transport and parking as it is difficult to park near the school at this time. Service hours are available during set-up at 11:00am Sunday, December 17th in our gym, and after the event at 9:00 pm. See Mrs. McAllister to sign up!

We hope to see you there to begin a festive and beautiful Christmas week! God bless!



## THE ANONYMOUS ART SHOW

Our senior Art students are currently exhibiting their artwork in the Anonymous Art Show at :

CityScape Community Art Space  
335 Lonsdale Avenue  
North Vancouver.



The show runs from November 16 to December 23, giving you a chance to purchase original art in time for Christmas. Don't miss this opportunity to support STA's budding young artists in the community!

## LIBRARY NEWS

Along with gusty winds, some rain and even gorgeous sunshine, November brought with it time to reflect and to remember. This month, in honour of Remembrance Day, the STA library showcased a generous selection of books on both World Wars. We also featured a "Just Read" display with titles such as "*Are Books Becoming Extinct*", "*Weird Things Customers Say in Bookstores*," and "*The Book that Changed my Life*."

Just in time for Remembrance Day, Mr. Campbell's Social Studies 11 students researched North Vancouver veterans of war for their Virtual Cenotaph assignments. They made use of both print materials and websites such as the online Virtual War Memorial and Veterans Affairs Canada site.

Ms. Treacy's Chemistry 11 students made use of library resources in their classrooms to research atomic theorists and Ms. Hughes' SS 8 classes used our vast collection of print materials on Ancient China for their unit of study.

The library is a very busy place at lunch hour, before and after school as students use the space to work, research and play board games. Mr. Friesen's popular chess club has been meeting regularly on Friday's after school.

### A NEW TITLE

The Amazing *Mazie Baker*.  
The Squamish Nation's  
Warrior Elder  
by Kay Johnston

Moses and Sarah Antone named their daughter "*Velma Doreen*" when she was born in 1931 at St. Paul's Hospital in Vancouver, but everyone called her '*Mazie*.' A strong advocate for First Nations people, *Mazie* spent her early childhood on the Capilano Reserve in North Vancouver. Her family was part of the Squamish Nation and their shoreline home was on land where the Lion's Gate Bridge and Park Royal Shopping Mall stand today. *Mazie* was an elder when she agreed to share her remarkable life story to author Kay Johnston. The result is an important and revealing biography of an aboriginal woman's life and fight for justice—made more powerful and intimate by several paragraphs throughout the account in *Mazie's* own words.

D. Mattia  
Teacher Librarian



## SPORTS ACADEMY

The Academy Programs are off to a great start! The boys and girls classes participated in some outdoor adventuring paddling past Quarry Rock through the Indian Arm led by the Deep Cove Kayak Company. Students learned about the history of the area and how challenging paddling in open water can be. More recently both classes spent time learning how to box at Griffins Boxing. The students are being exposed to many different styles of training and are learning what it takes to be an elite athlete. Our next focus is learning how to calm the mind, relax, stretch and take care of our bodies as we learn the Art of Yoga.



## News from the Academic Advisor

With university early admissions now open and entrance scholarship applications now being accepted, the academic advisor's office has been a tremendously busy place. Students are welcome to drop in to meet with **Mr. Salituro** or **Mrs. Paruzzolo** to discuss post-secondary applications and admissions, scholarship opportunities and a wide variety of other academic needs or concerns. Senior students are encouraged follow our new social media accounts on both Instagram and Facebook to keep up to date with new scholarship and bursary applications along with news on post-secondary info sessions and open houses. This information will also be published in STA's daily announcements.



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[www.facebook.com/staacademics](https://www.facebook.com/staacademics)



## DECEMBER POST-SECONDARY VISIT AT STA

STA is proud to host an information session from the following post-secondary institution in December. This session will take place in the library and is open to all students in grades 11 and 12. Interested students must register at the academic advisor's office.



University  
of Victoria

UNIVERSITY OF  
VICTORIA  
GUSTAVSON SCHOOL  
OF BUSINESS

January 17  
11:45 AM

## PREVIEW NIGHT AT CORPUS CHRISTI COLLEGE



Corpus Christi College is hosting a Preview Night for prospective students and their families. You can meet with faculty, staff and current students, and learn more about their programs. All are encouraged to bring questions for their panel.

Preview Night details are:

Date: Wednesday, December 6, 2016

Time: Starting at 7:00 pm

Location: UBC Campus, 5935 Iona Drive, Vancouver

RSVP: <https://www.eventbrite.ca/e/preview-nights-at-corpus-christi-college-tickets-38348585652>

## UBC PRESIDENTS' DAY 2018

**T**he UBC Presidents' Day event is a terrific occasion to visit UBC and connect with staff, students, and advisors. Whether you've already received an admissions offer, are still waiting for a decision, or are graduating high school in the coming years, students and their families are invited to learn more about life at UBC.

The program includes:



Campus tour led by current UBC undergraduate students.  
Lunch with UBC students, staff, and advisors who can answer questions about student life and your programs of interest.  
Opportunity for students who have applied to UBC to meet with an advisor from their faculty of choice and plan ahead for first year.  
Student panel with current UBC undergraduate students who can provide you with the "real life" students' perspective of UBC.

Introduction to UBC's innovative facilities, vibrant campus life, and supportive student services and resources.

### WHERE AND WHEN

**Monday, February 19, 2018** at UBC's Vancouver campus.

### HOW TO REGISTER

Registration for Presidents' Day 2018 will open mid-December 2017.

Register online at:

## SCHOLARSHIP OPPORTUNITIES

**S**tudents are encouraged to search for scholarship opportunities in their intended field of study or at the post-secondary institution they intend to apply. The following sites contain information on numerous scholarship opportunities from a wide variety of institutions in various fields of study.

[www.studentawards.com](http://www.studentawards.com)

[www.academicinvest.com](http://www.academicinvest.com)

[www.scholarshipscanada.com](http://www.scholarshipscanada.com)



Scholarship opportunities are posted in the daily announcements and on our social media accounts and published in the monthly newsletter. Please see these new scholarship opportunities below:

### CAPILANO UNIVERSITY EXCELLENCE SCHOLARSHIP

These full ride scholarships support domestic tuition and tuition surcharges for one academic year (2 terms, and are renewable for up to three additional years -6 terms). Application deadline, March 31. Applications are now open at:

<http://capilanou.ca/entrance-awards/>

### SFU UNDERGRADUATE SCHOLARS ENTRANCE SCHOLARSHIP

Valued from \$10,000 and up, to an amount sufficient to cover tuition and fees. Available to both domestic and international students admitted for the fall term to any undergraduate degree. Application deadline, January 15. Applications now open at:

<http://www.sfu.ca/students/admission/scholarships.html>

### CORPUS CHRISTI JUNIOR FELLOW SCHOLARSHIP

Entitles the recipient to \$25,000 over two years.

Application deadline, January 15.

More info at:

<http://corpuschristi.ca/our-programs/circle-of-fellows/>

## Daily Physical Activity Logs for 2017-18

Students in grades 10-12 should remember that starting in September, daily physical activity must be reported to their HACE teacher. A minimum of 150 minutes per week are required in each of grades 10, 11 and 12.

Grade 12 students must include their final report in their Graduation Transition Portfolio.



# Alumni News

**C**ongratulations to the following STA grads of 2017 who received a BC Achievement Award distributed by the Ministry of Education. This award is presented to the top 8000 graduating students in BC based on their grade 10, 11 and 12 marks.

*Saul Barrales*

*Himali Bergeron-Vitez*

*Thomas Buhler*

*Danielle Factor*

*Petra Feigl-Schmidt*

*Samuel Fujisawa*

*Chad Godinho*

*Dana Harlos*

*Luke Harris*

*Don Kekulthotuwage*

*Phillip Kosy*

*Madeline Labreche*

*Celine Liu*

*Mary Müller*

*Samantha Ong*



*Alexia Orozco Morales*

*Matthew Purkiss*

*Jordan Schneider*

*Dominique Slowey*

*Dominique St Arnaud*

*Matthew Weiss*

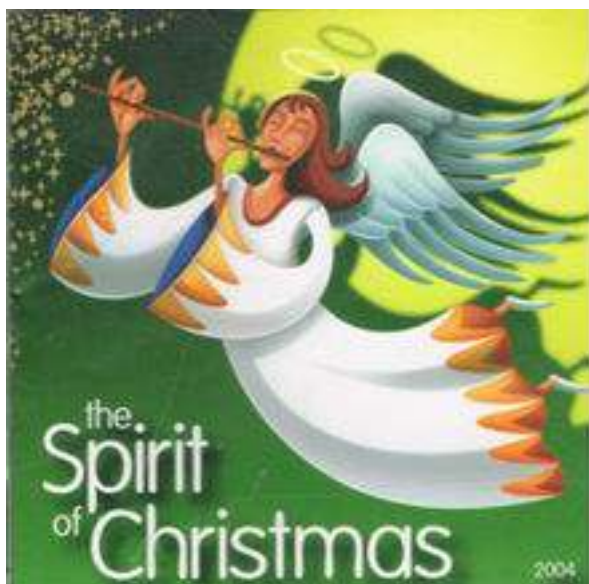
*Aoife Whelehan*

*Nicole Zoleta*

*Amanda Cunningham* and *Tae Won Yi*, grade 2006, were both admitted to the UBC Nephrology fellowship program. There were 19 candidates competing for 3 spots in Vancouver. Tae Won and Amanda both followed very similar paths since leaving STA and are currently doing internal medicine residencies. They will be classmates again as they come back to Vancouver next year to continue with their studies.



*Matthew Irving*, Grad 2017, a member of the Capilano University Singers/Capilano University Festival Chorus, participated in the performance of Bach's Christmas Oratorio on Saturday, December 2, 2017 at 8 pm and Sunday, December 3 at 3 pm. This seasonal favourite included choir, soloists, professional chamber orchestra including the brilliance of three trumpets and Baroque timpani .....and Bach!



*Victor Guy*, of the STA Music Department, was inducted, along with his team, into the Volleyball BC Hall of Fame in the Team Category for his accomplishments with the 1966-67 UBC Men's Volleyball Team. The award recognized the number of highly deserving individuals who exemplify the best of the best in the history of volleyball in the province of British Columbia. The award will be presented in February 2018.

Congratulations  
*Mr. Guy*  
in recognition of your  
accomplishment.



# Community News

## Saint Thomas Aquinas Parent Association

Thank you for the providing volunteer service time for your school! You make a huge difference every time you contribute! Do you need service hours? We need home made baking to host your

Christmas Band Concert on December 11 at 7:00 pm

&

Fine Arts Evening on December 18 at 6:00 pm.

...so get out the mixing bowls and start whipping up a few batches of goodies for your event and we will give you up to 2 service hours. Here is how it works!

24 small cookies = 1 service hour

12 large cookies = 1 service hour

9x9 squares cut = 1 service hour

Loaf of banana bread sliced = 1 service hour

Put it on a paper plate...hand it to a parent association member in the cafeteria on event night (by 6:30 m)...get your STA service ticket...and bingo...you get your hour! A maximum of 2 service hours given per event!

## STA PRISON MINISTRY

All religion classes will be writing their Christmas Cards to inmates this week and we will also be collecting new cards/envelopes as well as 2018 Calendars for inmates to send to their families or friends. Calendars may be wall, desk or appointment calendars. Please ensure donations are of a modest theme, suitable for prison chapels. There will be a collection box in the front office until January. Thank you in advance for your generosity!



Interested in Prison Ministry?  
There are many opportunities during the week and on weekends to visit those in jail or to support those just released from jail. Contact *Karen Magee* at [kmagee@aquinas.org](mailto:kmagee@aquinas.org) for more information.

Please keep these prisoner prayer requests in your prayers this month:

TAL Please pray for guidance and wisdom for my brothers and sisters in addiction, to get help. And pray for my children that they know I love them. And for wisdom and help for me during and after I'm done in prison.

KT For my ex-girlfriend to try to get sober and happy to reconnect with her family to feel loved; for my daughter and her mother to be happy and healthy, and to be forgiving and to let me be part of S's life.

KB I pray for the kids that need food and a safe home to sleep in.

P I pray for all the families I hurt and destroyed things that I shouldn't have done.

RS That when I leave this place that I continue to follow your teachings. Help me to walk on your path. Teach me true love. In Christ's name I pray

B Please pray for my 2 beautiful children and for a business that me and a friend inmate need to succeed in.

## TRUTH AND RECONCILIATION: A New documentary asks; How do you forgive?

In a new documentary called *In the Spirit of Reconciliation*, aboriginal chiefs, small town mayors, and Catholic bishops wrestle with the dark history of residential schools and the hope of healing.

The hour-long movie, coming out December 6, was filmed over a series of visits to northern Canada and reveals testimonies never before shared on film. The film was directed by *Father Larry Lynn* of St. Anthony's parish in West Vancouver. There will be a special screening Friday, December 8 at 6:30 pm in St. Anthony's parish hall, 2347 Inglewood Avenue, West Vancouver. All proceeds go towards a healing workshop in the north given by the film's main protagonist, *Monique Sabourin* from Fort Providence, NWT.



*Happy Holidays,  
from our family to yours*



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