



# ST. THOMAS AQUINAS Regional Secondary School

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STA Alumni Activities - on [Facebook](#) and [Instagram](#) STA School

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## HELP EVANGELIZE 1500 TEENAGERS IN VANCOUVER ARCHDIOCESE

### IMPORTANT DATES IN OCTOBER

12	Thanksgiving Day School Closed
20	School Photo Retake Day
23	Pro-D Day No Classes for Students



Many young people leave their Catholic faith by the time they graduate from High School. National Evangelization Team (NET) Canada is a Catholic not-for-profit missionary organization that sends teams of missionary young adults into schools and parishes so that teenagers can have the opportunity to hear about, respond to and live for Christ.

NET Canada is bringing ten Catholic missionaries to share the Gospel with 1500 high school students from the North Shore, Coquitlam, Abbotsford and Chilliwack areas. Their purpose is to support parents, teachers and ministry leaders alleviate the stress that many teenagers are experiencing at this time. This is done by giving these teenagers the opportunity to hear about, respond to, and live for Christ.

To make this a reality, NET has partnered with CISVA and three high schools - where the missionaries will be doing the majority of their ministry. However, we also need your help in two essential ways:

The NET missionaries need a place to stay. Because of COVID, and safety precautions, they need empty basement suites, apartments, rectories or retreat centers that can house the NET Missionaries from October 16, 2020 – May, 30, 2021.

The NET missionaries need food: Provide a meal or two, or financially contribute towards a meal budget.

If you can assist in either way, email Cecilia at: [bcschedule@netcanada.ca](mailto:bcschedule@netcanada.ca).

## THE ANGELUS

*Designed to commemorate the mystery of the Incarnation and pay homage to Mary's role in salvation history, it has long been part of Catholic life. Around the world, three times every day, the faithful stop whatever they are doing and with the words "The Angel of the Lord declared unto Mary" begin this simple yet beautiful prayer. But why do we say the Angelus at all, much less three times a day (morning, midday, and evening)?*

*By the end of the 16th century, the Angelus had become the prayer*

*that we know today: three Hail Marys, with short verses in between (called versicles), ending with a prayer. It was first published in modern form in a catechism around 1560 in Venice. This devotion reminds us of the Angel Gabriel's annunciation to Mary, Mary's fiat, the Incarnation and Our Lord's passion and resurrection. It is repeated as a holy invitation, calling us to prayer and meditation.*

*Like a heavenly messenger, the Angelus calls man to interrupt his*

*daily, earthly routines and turn to thoughts of God, of the Blessed Mother, and of eternity. As Pope Benedict XVI taught last year on the feast of the Annunciation: "The Angel's proclamation was addressed to her; she accepted it, and when she responded from the depths of her heart ... at that moment the eternal Word began to exist as a human being in time. From generation to generation the wonder evoked by this ineffable mystery never ceases."*

### *The Angelus*

V. The Angel of the Lord declared to Mary:

R. And she conceived of the Holy Spirit

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V Behold the handmaid of the Lord:

R. Be it done unto me according to Thy work.

Hail Mary...

V. (bow) And the Word was made Flesh:

R. And dwelt among us.

Hail Mary...

V. Pray for us, O Holy Mother of God,

R. That we may be made worthy of the promises of Christ.

Let us pray:

(All together) Pour forth, we beseech You, O Lord, Your grace into our hearts; that we, to whom the incarnation of Christ, Your Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord, Amen.



# Campus Ministry

*Do you know where the \$2 you bring on Spirit Days goes?*

STA is responsible for a meal at the Door Is Open every month. Typically staff and student volunteers physically go to the Door Is Open to make and serve a meal. The \$2 from spirit days goes directly towards buying all of the ingredients to make chili, salad, fruit salad, and hot chocolate.

This year it will look a little different, but the \$2 still goes directly to feeding those living on the downtown eastside via the Door Is Open. Your canned food donations go to the St. Vincent de Paul Society to also feed those less fortunate.



*Thank you for helping us serve those in our greater Vancouver community!*

## NATIONAL EVAGELIZATION TEAM

The National Evangelization Team (NET) will be returning to STA again this year. We are so excited to have 5 young men and women joining our community to provide more opportunities for students to dive deeper with their faith.

Typically the team would be hosted by families, as their ministry relies on the generosity of the communities they serve.

This year we are reaching out to you to see if you have a basement suite in your home suitable for 2 men or 3 women. The dates for the team are not yet confirmed, but they could be here as early as October 19th.

If you have somewhere they could stay as we welcome them in to our community, for the whole time, or a portion of the time; or are willing to host the team in your home for a period of time please email:

[chughes@aquinas.org](mailto:chughes@aquinas.org)

\*Note: They will have been in an isolation bubble before they arrive at STA, and they will only be at STA during their time here (not rotating between schools).

**H**alloween 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. The 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.

On Monday, November 2nd students can drop off candy donations at bins placed by the doors where they enter the school.



## DOOR IS OPEN UPDATE

The Door Is Open is unable to have us cook a meal in their kitchen right now, and are also unable to accept pre-made sandwiches.

However, they are in great need of donations of ingredients to make sandwiches - bread, cold cuts, cheese, condiments, vegetables, etc., as they are still serving meals to 300 people a day.

More details about when these will be collected will be coming soon.



# Academic Advisor

Students are welcome to drop in to meet with **Mr. Salituro** to discuss their post-secondary options, scholarship opportunities, transcript requests 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.



Follow us @staacademics

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



## POST-SECONDARY BC VIRTUAL INFORMATION FAIR – OCTOBER 21<sup>ST</sup>



POST-SECONDARY BC

In place of the regular fall visits to high schools across the province, Post-Secondary BC will host a series of virtual fairs with 29 post-secondary institutions participating in each fair event. The first virtual fair will take place on October 21<sup>st</sup> from 3:00-7:00 pm. Visitors can login at any time during the 4 hour fairs; those institutions doing live presentations will start them at 15 minutes after the hour. After each live fair event, registered participants can come back into the online Fair platform to view pre-recorded presentations and download resources posted by participating institutions. Once you complete the registration form and set your own password, it will be good for the rest of the year while the Virtual Fair platform is online. There will be another Fair open to everyone on November 14 and December 2. All grade 11 and 12 students are encouraged to register at the following link: [www.postsecondarybc.ca](http://www.postsecondarybc.ca)

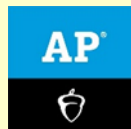
## EDUCATION PLANNER BC

Education Planner BC is an excellent online resource that helps learners make well informed decisions about their education and career options. Post-secondary planning can be daunting but there are many resources to help make this an easier process for you. Choose the post-secondary opportunities that fit your skills and interests. Open up more doors in your future. The more you know about the different opportunities out there, the more likely you are to find the right fit. Learn more at

[www.educationplannerbc.ca](http://www.educationplannerbc.ca)



## ADVANCED PLACEMENT EXAMS

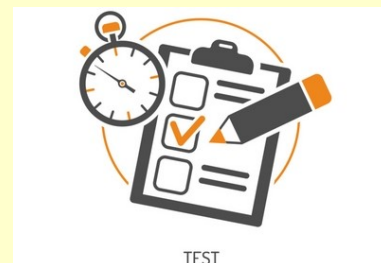


Students interested in writing Advanced Placement exams for AP courses not offered at STA have the opportunity to do so. Registration for exams must take place prior to Friday, **October 16<sup>th</sup>**. Cost of exams are \$155 each and payment must be received to secure your registration. AP exams will be administered at STA from May 3 -14<sup>th</sup>. Please see **Mr. Salituro** in the academic advisor's office for registration details.



## DELTA LANGUAGE CHALLENGE EXAMS

Students who have a first language other than English or have studied in a language other than English up to grade 8, might be interested in obtaining credit for their language by taking the Delta School District Language Challenge Exam. All universities in Canada accept the Language Challenge exam marks. It is highly recommended that you check with your intended university for their admissions requirements. The deadline for applications to the 2020/2021 Language Challenge Exams is **October 30th, 2020**. Exams will be held at Delta Secondary school on January 23 & 24<sup>th</sup>. Please see *Mr. Salituro* in the academic advisor's office for a Language Challenge Exam application form.



## GRADE 12 PARENTS : GRAD ALERT

### GRAD ALERT: YEAR BOOK 2020/21 GRADUATE MEMORIES FOR GRADE 12 PARENTS ONLY!



Would you like to write a special letter to your graduate in the 2020/21 yearbook?

The Media Arts class will soon be working on the senior section of the yearbook and would like you to leave baby photo, write-up and payment at the office by Friday, October 09, 2020 for pickup by *Carmel Dear*.

Mark the envelope: *Carmel Dear*, PERSONAL & CONFIDENTIAL

Please enclose:

1. Photo with the **student's name on the back**. This photo must be a baby picture of your son or daughter. They will be returned at the end of the school year with the yearbook, **provided they are labeled with the student's name**. A good colour copy is fine. If you would like to send the picture electronically, the resolution needs to be **at least 300 dpi**.
2. Your write-up may be submitted on paper or via email. This message must be **no longer** than 100 words, please. It would be greatly appreciated if you could email the write-up to: [dearcarm@aquinas.org](mailto:dearcarm@aquinas.org) or [sawdon@aquinas.org](mailto:sawdon@aquinas.org)
3. Cash/ cheque made payable to STA for \$25.00.

All families of graduates are encouraged to submit a memory!

Space is limited and submissions are due no later than October 09, 2020 but you may hand it in early. If there are any concerns, please feel free to contact the school at **(604) 987-4431** weekdays until 3:30pm. The yearbook staff cannot guarantee inclusion in the yearbook if pictures and write-ups are handed in late either by parents or students. Thank you for your support!

*Yearbook Staff*

# Student News

## STUDENT COUNCIL ELECTIONS

**STA** student council elections were held on Tuesday, September 29. All voting was done on-line. Candidates had the opportunity to campaign the week prior. Final speeches were presented on-line to capture the “last minute” voters who were on the fence. The grades 8-11 students watched in their classrooms while the grade 12 students watched the YouTube presentations in the gym.

The 2020-2021 elected members of our student council are:

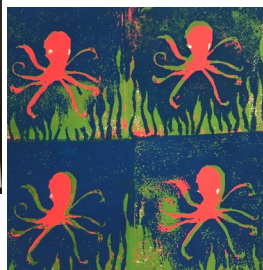
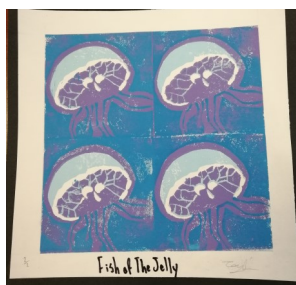
POSITION	ELECTED COUNCIL MEMBERS	
PRESIDENTS	<i>Sophie Ryznar</i>	<i>Ethan Dong</i>
TREASURERS	<i>Gabriel Rhone</i>	<i>Luke Schumann</i>
SECRETARIES	<i>Erik Thordarson</i>	<i>Ryan Black</i>
INTERNATIONAL STUDENT REPRESENTATIVES	<i>Chloe Kim</i>	<i>Mike Kwak</i>
<b>BY ACCLAMATION</b>		
VICE-PRESIDENTS	<i>Michael Sutherland</i>	<i>Gabriel Sutherland</i>
COMMUNICATIONS	<i>Clyde Asencio</i>	<i>Kamryn Postill</i>



We are excited to what the year has in store.

*Congratulations to all nominees for their willingness to step forward and place their names on the ballot.*

## ART DEPARTMENT



The Art 9 students have been busy with a West Coast Marine Life themed printmaking project. They used a method of printmaking called 'Reduction printing'. It's a complicated process where the students need to think in reverse as they carve away successive areas of the linoleum to lay down each colour. The results are stunning

*Mrs. Arkeletian, Art Teacher*

## ENGLISH COMPOSITION 11

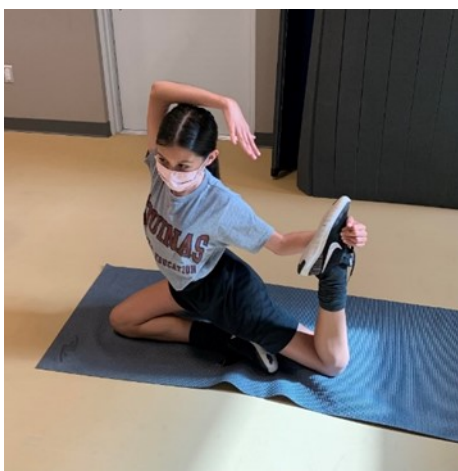
Mr. Mendoza's English Composition 11C students were challenged to take an everyday object and elevate it through detailed description and providing emotional weight to it.

Mr. Setticasì in grade eleven did a commendable job.

My roughed up old baseball jersey, just thinking about it brings back all the old memories I had wearing that jersey. All the dirt stains on the front of my white jersey, that couldn't come out in the wash. Memories of coolers of water being poured on you after winning the provincial championship. Wearing it proudly playing for the team I loved. All the boys lined up on the clay, in their all white uniforms, with grass stains on the pants and dirt on our faces. Never have I ever felt so accomplished before at that young age when the commissioner hung that 1st place medal over my head. The after party, the celebrations, happiness is what filled the air when that jersey was being worn. Still to this day I'm friends with the people on that team and stories still come up on what a remarkable year that was together. Nowadays when I open my closet doors and pull the clothes away from the wall, there lies the undefeated white jersey, sitting in the back never been touched since the last day I wore it. Of course when I see it all those memories flood straight back into my head and I picture them with a smile on my face.



## MR. PRESCOTT'S PHE 8 CLASS LOVING PILATES



STA Alumni *Natasha Boffo* dropped by *Mr. Prescott's* PHE 8 class on Friday, September 25 to introduce the students to the world of Pilates.

The 60 minute session was a challenge the young Fighting Saints charges were up for! *Natasha* is also the proud mother of *Mikayla Boffo* who is new grade 8 student here at STA and a participant in her mom's Pilates class. Nothing like family! The true Fighting Saint way! At the right is *Natasha* in action and at left one of our student demonstrates her Pilates' skills.



## LIFE AND JUSTICE CLUB

**T**he Life and Justice club is a group of STA students dedicated to defending vulnerable groups and persons in our society (including the unborn, the elderly, the poor, the marginalized, the mentally ill, women with unplanned pregnancies, etcetera).

To get the ball rolling this year, L&J students organized a few welcome activities for the grade 8 students, to help make them feel welcome at the school and to also share a positive Christian message of life and hope. The first activity is *Poppin' Saints*, an initiative started last year as a way to foster community, belonging, and to encourage students to disengage from their devices! *Poppin' Saints* offers students a safe place at lunch to relax, play board games, listen to music, --- and of course --- enjoy quality popcorn! This is a place for grade 8's to make new friends, have fun, and connect face-to-face! Junior L&J students will be running this activity every week on Thursdays.

Second, L&J students wanted to extend a warm welcome to the new grade 8's by putting together for them "comfort bags" -- individualized bags filled with items to help students cope with the stress they're facing. L&J students know how stressful high school can be, especially in light of the pandemic, and wanted to make things easier for the grade 8's, while sharing a pro-life message. The bags were filled with a disposable mask, a stress-ball (hand-made by L&J students), a prayer card, some candy, a personalized note of welcome, and a "precious feet" pin representing the size of the feet of a fetus at 10 weeks of development. L&J students also made a little presentation to each grade 8 class, welcoming the new students and extending their solidarity with them.



L&J students are looking forward to a year filled with many activities to serve the marginalized in their community- and to contribute to a more Christian atmosphere at the school.

*Carmel*



# STA Athletics

School sports has always been one of the most valuable co-curricular activities for STA students. During these unprecedented times, STA is following the lead of BC School Sports in safely reintegrating school sport activities during the COVID-19 pandemic. On September 10 BC School Sports announced that it was moving to Stage 2 of the return to school sports plan. In this stage, school sport activities are permitted but limited to students in the same educational learning group/cohort. While this will currently rule out competition with teams from other schools it will still provide the opportunity for reduced physical contact training and friendly competition can take place within the educational cohorts students are placed in at the school for the delivery of the curriculum. Predicting the future during this time is nearly impossible. It is important to note that the stage for the Return to School Sport and even the guidelines within the stages will change in response to the guidance of the Public Health Officials. In the mean time, we remain appreciative of our coaches for their commitment in continuing to train and practice with our student athletes and keeping them active and engaged in school sports during this time.



Mr. L. Salituro,  
Athletic  
Director

Stage 1	Stage 2	Stage 3	Stage 4
No in-person school sport activities	Intra-School activities within educational cohorts	Inter-school activities with modifications and restrictions	Normalized school sport activities

## STA VOLLEYBALL

Even though high school league and tournament play has been cancelled, STA is still offering volleyball training at all grade levels. This group of grade 8 girls are learning new skills and making new friends. These after school sessions are focused on skills and drills and fun games that everyone can participate in. *Go Saints!*

Mrs. Purkiss, Teacher Coach



## STA CROSS COUNTRY TEAM

The STA Cross Country Team has started up!

We will follow all Covid protocols. Although we cannot compete against other schools, there is nothing stopping us from going out and appreciating and enjoying the freedom of the run. All students are welcome to join in this year .... we are not competing, we are enjoying the company of others in our cohort.

We run three days a week (Tuesday, Wednesday, Friday) starting at the school. Runs never last more than 45 minutes (unless you run with Mr. Mac who competes with turtles) so we are always finished by 4:00 PM.

*Come out, get in shape and meet your classmates in a much more happy space.*

Mr. McCaffery & Mr. Domina, Teacher Coaches

# Community News

## THE GRAD LEGACY PROJECT

*Every year the students at STA participate in a walkathon fundraiser. The money raised goes toward enhancing student programs. For example, in the past walkathon monies have helped buy a school bus, equip the school weight room, purchase computers for the IT lab, acquire uniforms for school teams, and contribute to the school library.*

*Twenty percent of the money raised is donated to a charitable organization. In 2007, it was decided that as each grade 8 class entered STA, their 20% charitable portion would be banked and then added to during each year of high school. Upon graduation, the class would decide where they would like to donate this money.*

*The aim of having the graduates use their charitable walkathon monies in a major donation was to create an opportunity for each class to make a difference in the lives of families and children in different parts of the world. A lasting legacy for each class. Usually there is a connection between the charity chosen and one or more students in the grad class or the school. For example, the 2011 Grad Class, the first group to use their five-year total in a major donation, sent money to help build a classroom and furnish a library at an elementary school in Rwanda. This was a school with which our counsellor Ms. Tsevende had a connection. The 2012 class helped build an orphanage for girls in India through the Prishan Foundation, set up by the sister of a student in that class. The 2018 class donated money to Caritas de Venezuela to help feed children. This endeavor was brought to the attention of the class by two students whose families came from Venezuela.*

*This past year, the 2020 Graduation Class donated \$10,000 of their charitable component to Doctors Without Borders and Islamic Relief Canada to help these organizations in their work in war-torn Yemen. The on-going civil war, which began in 2014, has claimed over 100,000 lives, and has displaced thousands. It is estimated that 93% of the children are in need of humanitarian assistance. Another donation, of \$2,300 was made to the Indian Residential School Survivors Society. This society supports B.C. residential school survivors and their families.*

*These organizations were appreciative of the donations, with one donor relation officer stating that 'it is truly encouraging that our younger generation, in particular your students, have the spirit of charity and fellowship already instilled at a young age'.*

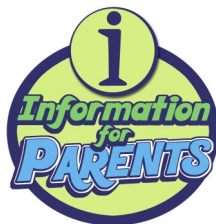
*This year's grad class, through their walkathon pledges, will continue to raise money for student programs and continue in making a difference in this world through the Grad Legacy Program.*

*Mr. C*

## STA PARENT ASSOCIATION

The STA Parent Association meets on the first Thursday of every month  
– the next meeting is Thursday, October 1.

The meeting begins at 9:15 am and is hosted on Zoom, access details below.  
All parents and guardians are invited to attend and participate. This is a volunteer group and new members are always welcome.



Join Zoom Meeting

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

Meeting ID: 239 617 7748

Passcode: **stapa**

## STA ON SOCIAL MEDIA

### STA ON FACEBOOK

@stanorthvan

### STA ON INSTAGRAM

@stthomasaquinas\_northvan



### STA ACADEMICS ON FACEBOOK

@staacademics

### STA ACADEMICS ON INSTAGRAM

@staacademics



### STA SPORTS ON FACEBOOK

@stafightingsaints

### STA SPORTS OF INSTAGRAM

@stafightingsaints

### STA ALUMNI ON FACEBOOK

@stthomasaquinasalumni

### STA ALUMNI ON INSTAGRAM

@sta.alumni



*Thank  
you*

*The STA office staff would like to thank all the kind words and comments passed on from parents and guardians over the past few weeks. We appreciate your connection with the school, your diligence with regards to the health and safety of your/our students and the support you provide every day. We have started on solid footing and look forward to a successful year ahead.*

*A reminder that the office will not accept items dropped off for students as this only diminishes the safe conditions we are trying to maintain for our students and staff. Your cooperation and understanding of this request is not only appreciated but necessary.*

*Angela, Christina & Linda  
STA Office*

# I ♥ TRANSIT

OCTOBER 5-9, 2020

Take learning beyond the classroom with I Love Transit! This is the 11th year with three opportunities for Metro Vancouver kids and teachers to share their creativity and learn about their transit system:

1. K-12 Students ride the bus for free (excluding SkyTrain, SeaBus and West Coast Express) Regular fares apply to adults.
2. Win a visit from a TransLink Bus
3. Win transit passes for your class

Contest closes on October 13, 2020

To enter and for more information, including contest rules and eligibility restriction, visit [translink.ca/ilovetransit](https://translink.ca/ilovetransit)



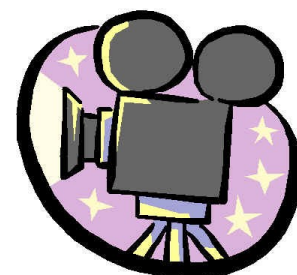
Did you know?

The previous buildings used to house our staff and students has been used frequently over the past year for a variety of movies.

Currently on Netflix: "Julie and the Phantoms".

Watch the trailer and see if you can identify our gym, hallways and main entrance.

<https://www.youtube.com/watch?v=e2e6KmVp2jY>



## HOLY TRINITY PARISH CASH RAFFLE

ALL HOLY TRINITY FAMILIES ARE REMINDED TO CONTINUE SELLING YOUR CASH RAFFLE TICKETS AND BRING THE SOLD BOOKS WITH THE MONEY TO HOLY TRINITY PARISH.

PLEASE RETURN YOUR TICKETS SOLD OR UNSOLD BY OCTOBER 15, 2020.  
THE DRAW HAS BEEN POSTPONED UNTIL DECEMBER 12, 2020.

CONTACT THE PARISH OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS:

[OFFICE@HOLYTRINITYPARISH.CA](mailto:OFFICE@HOLYTRINITYPARISH.CA)

## STA Newsletter Subscriptions

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