



ST. THOMAS AQUINAS Regional Secondary School

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IMPORTANT DATES IN NOVEMBER

1	School Mass
3	Craft Fair Door Is Open
4	Early Dismissal/Staff Meeting
6	Advisory Schedule Gr 9 Take Our Kids to Work Day
7	Parent Association Meeting Remembrance Day Assembly
8	Pro-D Day/No School
11	Remembrance Day/No School
13	Advisory Schedule
14	Weekly Mass
15	Gr 8 Retreat
19	Report Cards Home
20	Advisory Schedule Spirit Day
21	Weekly Mass School Dance
22	Pro-D Day/No School
23	New School Open House
26	School Blessing Mass
27	Career Fair
28	Parent/Teacher Interviews
29	No School Parent/Teacher Interviews



As you can tell from the smiling faces in the picture above, the Senior Boys Soccer Team won their second consecutive Provincial Catholic Championship. The team qualified for the BC Provincial Championships to be held next week. The girls volleyball program is alive and well with the Grade 8 girls, Grade 9 girls and the junior girls all qualifying for the North Shore Semifinals. The grade 8's finished 1st with the Junior Girls finishing 2nd. The Grade 8's have qualified for the provincial championships. This week our Senior Girls are hosting the Lower Mainland tournament hoping to qualify for the Provincials.

The Walkathon was a success again raising over \$50,000. The students had a great day walking and at the same time raising money to furnish the cafeteria in the new school with china dishes, metal cutlery and trays. When we open...very soon...we will be able to serve healthy meals at a reasonable cost.

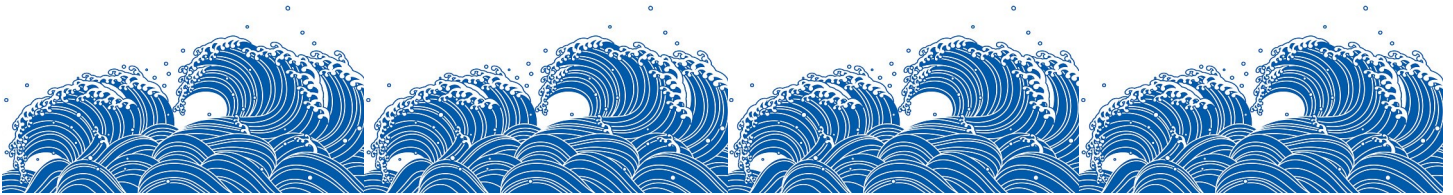
Modern technology is one thing, but remembering our past is another. The Sisters of the Child Jesus, founders of our school, commissioned a Welcoming Pole which will be blessed in a traditional First Nations ceremony on November 14th. It will be placed at the office entrance of the new building. The new school Open House will take place on Saturday November 23rd from 11:00 am – 4:00 pm. Bring family and friends to see the new building. Archbishop Miller will be blessing the school on Tuesday November 26th. The project has been a labour of love for so many and will benefit the North Shore Catholic community for years to come. November will be a busy month, but one we will cherish for years to come.

Have a great November!



School News

KURUME SHINAI CULTURAL EXCHANGE



On October 18, 2019, STA was very excited to welcome over 80 staff and students from our sister school, Kurume Shinai Catholic School, in Japan. These students and teachers had a 5-day stay in Canada and spent a full day touring STA. During their visit, STA staff and students greeted Kurume Shinai with a warm Saints welcome and an assembly featuring a fantastic performance from our band, under the direction of *Mr. Horton*, and a video on STA life made by Student Council.

The band worked hard to prepare the Canadian and Japanese national anthems. To highlight our Aboriginal Culture, the band played “Wolf Song” and “For All The Saints” to highlight our Catholic Faith. Lastly, the band performed “Part Of Your World” from the movie *The Little Mermaid*.

Kurume Shinai and STA worked together to create a cultural sharing exhibit where students and staff experienced many wonderful facets of the Japanese culture, including a tea ceremony, calligraphy, and traditional kimonos.

The STA students were excellent ambassadors and represented the spirit of STA with warm hearts. We would like to thank staff, students, and the entire STA community for making our Japanese friends feel at home and are looking forward to our visit again next year!

Mr. P. Lamasan & Mr. S. Barber, Teacher Sponsors

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COMPOSITION 10 FIELD TRIP

At the end of September, *Ms. Thorpe's* Composition 10 classes visited the Museum of Vancouver in Kitsilano as part of an MLA research paper project. Students had a blast discovering the history of Vancouver through artifacts at the museum.

Pictured: *Owen Burdett* climbs the climbing wall that is part of the *Wild Things: The Power of Nature in our Lives* local nature exhibit, *Marcela Rojas Gonzalez* and *Eva Sikich* climb into an early 20th century street car, and *Channah Dalisay* sits in a hair dresser's chair from the 1930's.



SOCIAL STUDIES 10 FIELD TRIP



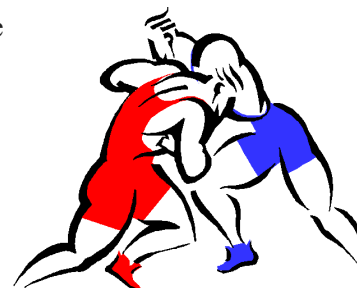
On October 28 and 29, the Social Studies 10 classes travelled to Victoria, BC the seat of our provincial government. The students had the opportunity to tour the Legislature building and watch the MLAs debate during question period and a finance committee meeting. Our students also had the opportunity to meet with MLA *Mike Bernier* (Peace River South) and STA alumnus, who graciously answered their questions about the legislative process.

ARE YOU READY TO RUMBLE

The grade 8 PE classes were introduced to the sport of Wrestling these past few weeks. The Wrestling season will be starting Tuesday, November 5th in the Multipurpose room from 3:00-4:30 PM. The first few sessions are tryouts and will give new wrestlers a chance to see if wrestling might be a sport that they would enjoy. Once the season gets underway practices will be Tuesdays, Wednesdays and Thursdays from 3:00-4:30 pm. Many fall sports are still underway so if your child would like to join later in the season please have them tell *Mr. Galat*.

STA has a long history of wrestling and has produced athletes that have competed provincially, nationally and on the world stage. Several wrestlers have earned scholarships to SFU. 4 out of the past 5 years STA has won North Shore Champions titles for both boys and girls.

Permission forms for tryouts are available in room 406 and must be completed to tryout. Any questions feel free to contact *Mr. Galat* at jgalat@aquinas.org



Science Department News

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 at one of 19 university campuses across Canada. 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. It is also a very fun program, with lots of social activities.

Online applications are due November 18th. 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.

SCIENCE FAIR JUDGES NEEDED – WE WANT YOU!

We are looking for judges for our Eighteenth Annual Grade 8 Science Fair. This event will take place from 8:00 until 4:00 on Monday, January 27th. 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. Please note that time spent judging our science fair may be used toward Parent Participation. All interested parents or STA alumni should email *Ms. Treacy* at:

treacy@aquinas.org.



STEM CLUB



STA’s STEM (Science, Technology, Engineering and Math) Club is up and running! Interested students should meet *Mr. Jones* and the rest of the club in room 204 after school on Wednesdays.

ENGINEERING FOR GIRLS AT UBC



Engineering Explorations allows girls in grades 8-12 to explore engineering as a career and participate in a full-day of hands-on engineering workshops. On-line registration is required.

Grade 12: October 19th

Grade 11: February 1st

Grade 10: February 22nd

Grade 9: November 30th

Grade 8: March 14th

The **Women in Engineering Lunch**, part of UBC Engineering and Architecture Open House on November 2nd, invites girls in grades 10, 11 and 12 to hear from a panel of women about their student and professional experience in engineering. Girls will also be able to network with current UBC Engineering women students. On-line registration is required.

Please email *Ms. Treacy* for more information.

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 applications and admissions, 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

NOVEMBER POST-SECONDARY VISITS AT STA

STA is excited to be hosting information sessions from the following post-secondary institutions in November. All sessions are open to all students in grades 11 and 12. This is a great opportunity to meet one on one with recruitment officers and gain first hand knowledge of admission requirements, program offerings and campus life. Interested students must register at the academic advisor's office for each session.

University of Calgary
November 6th at 8:45 AM

McGill University
November 19th at 10:15 AM

University of Victoria
Gustavson School of Business
November 20th at 10:00 AM

University of Alberta
November 25th at 8:45 AM



McGill



**UNIVERSITY
EARLY
ADMISSION
APPLICATIONS
OPENING
SOON!**

Grade 12 students interested in applying for early admission offers from Canadian universities can soon begin applying for the Fall 2020 term. Students are encouraged to check for early admission deadline dates as these vary among post-secondary institutions.

UBC Early Admission and Presidential Scholars Entrance Awards application for the Fall 2020 term deadline: December 1st

SFU Early Admission and Undergraduate Scholars Entrance Scholarship application for the Fall 2020 term deadline: December 15th

Campus Ministry

Students involved with Campus Ministry worked hard for 3 Thursday's afterschool to cut and staple over 1200 paper lunch bags for students of STA, St. Edmund's, St. Anthony's, and Holy Trinity. These bags were handed out in homerooms on October 31st. Students were asked to bring it back on Friday, November 1st filled with candy for *Good Shepherd Ministry*. *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.

Good Shepherd needs small chocolate bars and hard candies only. **Please no gum, chips, or licorice.**



HALLOWTIDE

All Hallow's Eve (Halloween), All Saints' Day (November 1), and All Souls' Day (November 2) make up what is traditionally called Hallowtide. The spooky skeletons and ghosts and death imagery of Halloween celebrations are part of the Catholic tradition of Memento Mori or "Remember you will die," popular in the Medieval Era, but also found in the Bible. The idea is that it is important that we remember our own mortality, and that of those we love, so that we can live each day preparing our souls to meet God and face our particular judgement, and helping those around us be ready to face theirs.

On Halloween, we think of the Church Militant: all of us here on earth, struggling against temptation and our fallen natures, loving God and our neighbor, and hoping, through God's grace, to one day die a happy death and be welcomed into heaven. We dress up in spooky

and/or funny costumes. We carve jack-o-lanterns. We go trick-or-treating and eat too much candy. We read spooky stories and watch spooky movies and read or recite spooky poems about death.

On All Saint's Day we focus on the Church Triumphant: all the saints who have died and are in heaven, beholding the face of Our Lord, and inspiring us and interceding for us. We go to Mass, and sometimes we dress up again for All Saints' Day, this time as a favorite saint.

On All Souls' Day (and for the whole month of November) we focus on the Church Suffering: the Holy Souls in Purgatory, who are guaranteed to one day be in heaven, but who are now suffering and need our prayers. We know that after our deaths, we will be judged according to our love for God and our fellow man, and our actions on earth, and end up in heaven or hell. But since the

early days of the Church, theologians have recognized a third possible destination for the souls of the dead. Those who loved God, but died with an attachment to sin, must be purified in some way to achieve the holiness necessary to enter heaven. We call that process of purification: purgatory. The souls in purgatory can no longer pray for themselves, or make sacrifices, or do good works, so they need us, the living, to do these things for them. Especially on the Feast of All Souls, and in the month of November, Catholics pray for and make sacrifices for our beloved dead, and for the other souls in purgatory who need our prayers.



ALL SAINTS' DAY

THE ANGELUS

*Among our many Catholic devotions,
few are more beautiful or have been contemplated more often than 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 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 Angel of the Lord declared to Mary:

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.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy 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.

'Hail, full of grace, the Lord is with you' (Lk 1: 28)

*'Blessed are you among women,
and blessed is the fruit of your womb'
(Lk 1: 42).*



LIVING ROSARY

Our bi annual tradition of praying a Living Rosary together as a school happened on Thursday October 24th. We prayed through the Luminous Mysteries, with each grade leading a decade. The Rosary was prayed in many of the different languages that make up our STA community. Since October is the month for life, we offered up intentions, written by students, for the life of babies and elderly, those with mental illnesses, those with disabilities, the poor, and teenagers and their struggles.



STA ATHLETICS

STA BANTAM GIRLS VOLLEYBALL

Congratulations to the Bantam Girls Volleyball Team who captured the BC Catholic Provincial Volleyball Championship held October 18/19 at Saint Thomas More Collegiate. In the semi-final match the girls defeated St. Pats in three exciting

sets. Then in the final match vs Notre Dame, the girls lost the first set 13-25, and were losing 20-24 in the second set when they made a dramatic comeback, winning the second set 26-24 and the final set 16-14. It was their determination and their ability to work together as

a team that enabled them to prevail over a very skilled opponent. North Shore playoffs are next and we wish the girls all the best in the remainder of their season!



BACK TO BACK BC CATHOLIC CHAMPIONS

The STA senior boys soccer team entered the 2019 BC Catholic Championships held in Port Coquitlam on October 2-4th as the reigning tournament champions. The boys opened pool play on day one with two convincing victories over St. Thomas More (5-2) and St. Ann's Academy (5-1). The final pool game on day two of the tournament witnessed a much tougher test as the Fighting Saints battled the Fighting Irish of Vancouver College, last years' 'AAA' provincial champions. After a hard fought game, the score line was a 1-1 draw, which set up STA for a semi final game versus the Jugglers of Notre Dame, a rematch of last years' BC Catholic final in

which the Fighting Saints prevailed 1-0. This year would be no different as the STA offence came alive, finding the back of the net four times to defeat Notre Dame 4-0 and advancing to another BC Catholic championship final. The Fighting Saints would face familiar foe in the finals, the Archbishop Carney Stars of Port Coquitlam. After a scoreless first half, the home team took the lead, scoring mid way through the second half. The Fighting Saints lived up to their name, battling to the very end and equalizing the score in the dying seconds of the game. After two scoreless periods of extra time, the game advanced to the dreaded shootout. STA went four for five from the PK spot, securing a 4-3

win and a second consecutive BC Catholic Championship for the Fighting Saints!

Following the BC Catholics, the STA senior boys have continued their strong play, wrapping up their North Shore league play with an impressive record of six wins, one tie and zero losses, clinching first place in the North Shore 'AA' division. STA will look to punch their ticket to the 'AA' provincial championships as they take on Magee Secondary on November 5th at 1:00 PM at Empire Field in Vancouver in their first zone playoff game. Look for playoff and provincial results in the November newsletter.



Lucas Borejszo and Henry Cromack named 1st team all-star and goalie Matthew O'Flynn named tournament MVP at BC Catholics.



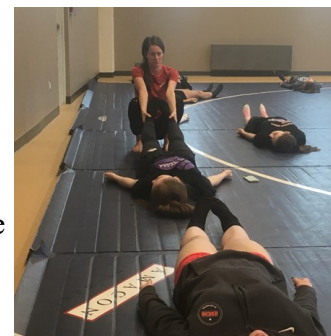
STA SWIMMING TEAM

Congratulations to *Isabella Cesareo* who placed 2nd in the 100 meter backstroke and 5th in the 100 meter freestyle at the Sea to Sky Swim Zone meet on October 29th. *Isabella* will now proceed to the Provincials.



FIGHTING SAINTS BASKETBALL AND SPORTS ACADEMIES

Our student athletes in the Fighting Saints Basketball and Sports Academies continue to train incredibly hard. The volleyball teams are once again competing at championships levels this season and the basketball players are getting primed for the season ahead. Last week special trainer *Carlie Paxton* was brought in for a session on flexibility, relaxation, and release. *Carlie* was a former teacher here at STA and has also worked closely with Hockey Canada over the course of the last few years as well. The athletes were pushed to hold some of the yoga poses and were delighted to partake in the guided relaxation as well. As *Carlie* shared with the student-athletes, “work hard, but recovery and rest are very important as well.”



Go Saints!

STA Alumni News

I just want to share with you an example of an inclusive work experience. Shopper's Drug Mart on Marine Drive in North Vancouver has hired two of our graduates, *Pierce Burns* and *Katie Zhang*. They each work one shift a week for 4 or 6 hours. They are well-liked by all staff and customers.

If you were here when these young adults were students, you will recall that they were welcomed to the store for supported work experience. This means that they had challenges that would have prevented them from securing work when competing against their peers. Our wonderful Education Assistants did an amazing job bringing to light the gifts and talents that these students possess and seeing their abilities as employees. Also huge kudos to the store manager who was willing to give them an opportunity.

May I recommend this store as a wonderful place to shop and do business!!
Mrs. Morris, LRC



NATURE NOW

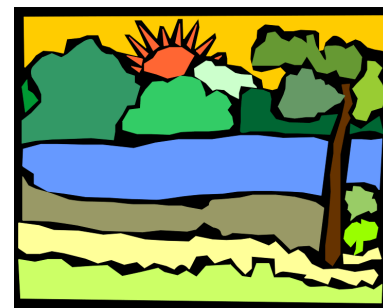
STA Grad *Andrea Walji*, Class of 1994, produced a documentary about Natural Climate Change that was recently shown at the United Nations, featuring *George Monbiot* and *Greta Thunberg*.

Please help us get people talking more about Natural Climate Solutions under #naturenow.

The documentary is free for anyone to take and re-broadcast non-commercially. If you would like to download a copy, do so here. There are versions with Subtitle in English and without, in different aspect ratios for different platforms.

<https://www.dropbox.com/sh/xd7afq2xxprxxvc/AABDvESPd1dRtoZLBR1iz6P8a?dl=0>
Password: wecanstillfixthis

FIND OUT MORE: #naturenow
www.naturalclimate.solutions



Community News

GRADE 9 TAKE OUR KIDS TO WORK DAY



Take Our Kids to Work Day, taking place on **Wednesday, November 6th, 2019**, is an annual event where students step into their future for a day and get a glimpse into the working world. The day involves students in Grade 9, spending the day in the workplace of a parent, relative, friend or volunteer host, where they experience and learn about the world of work. We are looking for parents of the STA community who might be able to take on a Grade 9 +student/mentee for this event, who is not able to find a placement through their own familial networks. If you are able to help, please email Mr. Francis (Career Education Coordinator) at jfrancis@aquinas.org.

STA CAREER DAY

Do you have an interesting career that inspires you? Was the path to your career non-traditional? Are you interested in sharing your experiences with tomorrow's leaders? If you answered "yes" to any of these questions, then we'd love to have you join us as a presenter at this year's STA Career Day! Career Day is a great opportunity to give students a first-hand look into different professions and how the journey to a career is not always a straight line.

The event details are:

Date: Wednesday, 27 November from 9:30 am to 12:30 pm

Location: St. Thomas Aquinas High School
541 West Keith Road, North Vancouver

Format: Each speaker will have 25 minutes for a presentation

A sample template of topics to address in your presentation will be provided and a projector will be available to you. After the presentations, we invite you to join us for lunch in the Alumni Room on the 3rd Floor in the Library. This is an opportunity to network with one another, and for us to thank you for your time and effort. Please let us know if you can participate this year. Thank you.

Jerome Francis –Teacher, Career Day Lead
careerday@aquinas.org



STA PARENT ASSOCIATION MEETINGS

Next meeting: **Thursday,
November 7 at 9:15 am,
Room 207 of the Convent.**



**All parents and guardians are
invited to attend.**

STA POINSETTIA SALE



It is time once again for the STA Poinsettia Sale!

We have a variety of sizes and styles available.
This year, not only do we have the larger 10" poinsettia available, but we also have a new Succulents Bowl.

This link provides the information and ordering form:

<https://stthomasaquinas.growingsmilesfundraising.com/home>

Last day to order and make payment: **Tuesday, November 19!**

Pickup location: The Convent, at Forbes and West 6th Street

Pickup times: Monday, December 2, 2:30 – 4:00 pm
Tuesday, December 3, 2:30 – 4:00 pm

***Print the confirmation form that you will receive after ordering, and attach it to your payment. This will significantly help with administration of the order.**

Anyone interested in volunteering on Friday November 29 (2 volunteers, 2 hours credit each), please follow the link:

<https://portal.onvolunteers.com/Login.aspx?s=stta>

Maureen Lum, Poinsettia Sale Coordinator
MLum40@gmail.com

Learning Resources Centre is in need of a gently used upright vacuum cleaner.

If anyone has one to donate, please contact *Mrs. Morris* at:
morris@aquinas.org



NEW! PARENT INFORMATION SERIES

SESSION #2

COMING IN DECEMBER

SOCIAL MEDIA & DIGITAL CITIZENSHIP

STA Newsletter Subscriptions

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