ST. THOMAS AQUINAS
Regional Secondary School

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IMPORTANT DATES IN MARCH

4	Advisory Schedule
5	Weekly Mass
6	Grade 10 Retreat
11	Advisory Schedule
12-14	School Play: "WENDY'
12	Weekly Mass
12	Movie/Games Night
13	Spirit Day
15-27	Spring Break School Closed
30	School Re-opens Day 2

LENT

STA students and staff participated in School Mass on Ash Wednesday, February 26. Ashes were distributed by Principal Campbell, the Sisters of La Salette from Holy Trinity parish, Deacon Richard Podgurski, Father Cannio and Monsignor Smith. We are grateful for their time and dedication to our school. As we were given our ashes we were reminded to "*repent and turn to the Gospel*".

The Senior Girls basketball team battled long and hard at the Langley Event Centre this past week, placing 4th in the Provincial "AA" Championship. We are proud of their hard work, commitment and dedication to their team and their sport.

The number of teaching days will be shortened due to our two week Spring break. This will allow some students to rest, others to catch up on overdue assignments and for our grade 12 students to continue their planning for life after STA.

Lastly, registration information for 2020-21 school year has been mailed home to all families currently enrolled at the school. Please make every effort to complete your on-line registration prior to April 4, this allows us to plan better for the coming school year.

STA ATHLETICS

STA GYMNASTICS

Congratulations to the STA Gymnastics team! In the girls team school standings and the combined boys and girls team standings STA placed third! We are sending 11 of the 17 team members to provincials. This is amazing as BC school sports changed the zones. The North Shore is now included in Vancouver Sea to Sky, which means there are now way more schools and athletes in our zone.

There are 5 levels with level 5 being the highest. The girls compete in 4 events (vault, uneven bars, beam, and floor) and are awarded ribbons in each event up to 8th place, their scores are then added up for an overall score. The top 10 overall in each level qualify for provincials.

Special thanks to our head coach *Pam Mutsaerts*, assistant coaches *Pilar Encinas*, *Matt McCourt* and *Brianna Weston*.

Provincials are in Victoria in early March.
Team members are: *Chelsea Kim, Rachel Li, Myla Villanueva, Kelsey Brick, Ivana Pavlovic, Georgia Gilmour, Rosemary Diab, Brooklynn Delainey, Estefania Santos, Rachel Chong, Grace Haines, Vanessa Sapanta, Nina Bremsak, Cara Bauermeister, Haley McLean, Isabella Dy, Stephanie Yi*
Zones Championship Results: STA School Placing: Overall Third Place

The following gymnasts will be representing STA at Provincials:

Haley McLean, Isabella Dy, Stephanie Yi, Grace Haines, Rachel Li, Cara Bauermeister, Georgia Gilmour, Ivana Pavlovic, Nina Bremsak, Vanessa Sapanta and *Myla Villanueva.*

Congratulations gymnasts on an excellent season and good luck at Provincials!

SENIOR GIRLS BASKETBALL TEAM CAPTURES THE NORTH SHORE PREMIER LEAGUE CHAMPIONSHIP BANNER

The Senior Girls Basketball team took to the court against the Argyle Pipers to determine who was the top team on the North Shore in 2020. Two weeks earlier the girls captured the North Shore AA title, but the Premier League Championship includes all schools. The Fighting Saints were led by *Gemma Cutler* pouring in over 30 points, *Jessica Clarke* ripping down close to 20 rebounds, *Caleigh O'Flaherty* laying in huge baskets, and *Caelan Prescott* hitting timely 3 pointers. The final score was STA 76 and Argyle 64.

North Shore AA Championships

Photo above

Premier League Championships

Photo at right

Two of our STA girls basketball players made the list of top 5 AA PLAYERS in the province.
Click the link to follow the news:

https://varsityletters.ca/b-c-s-poys-for-2019-20-from-quad-to-triple-from-double-to-single-heres-our-fab-five-girls-hoops-picks-from-every-tier/

FEBRUARY HONOUR ROLL

GRADE 8

Rhone, Ava	**4.0**	Diab, Rosemary	Mulhall, Justin
Ghezzi Fagyas, Kyara	**3.85**	Fitzgerald, Emma	O'Flaherty Wills, Bronwyn
Yupangco, Tyler	**3.85**	Frith, Caterina	O'Neill, Mia
Altamirano, Sara	**3.83**	Gelo, Tia	Panzetta, Alessandra
Concepcion, Pauline	**3.83**	Gilmour, Georgia	Pelletier, Jacqueline
Yang, Jiyeon Clara	**3.83**	Hagedorn, Sienna	Pestes, Alessa
Ahn, Solbi	**3.81**	Hall, Michael	Poori, Sriniketh
Sayyad, Melissa	**3.81**	Hare, Teagan	Ryznar, Justin
Sikich, Dante	**3.81**	Henley, Rhiannon	Sanoria, Andee
Tuey, Oliver	**3.81**	Hisole, David	Santiago, Etienne
Jones, Lydia	**3.8**	Jaffe, Alexander	Sawhney, Neil
Lara, Eva	**3.8**	Kalanchey, Chase	Schmidt, Jonathan
McDaniel, Anthony	**3.8**	Kelly, Joshua	Schuss, Sofia
Purkiss, Elizabeth	**3.8**	Kero, Helena	Sharp, Zakary
Arcilla, Gabrielle		Kirkham, Bridget	She, Kai-Yu
Benedet, Elle		Kuss, Addyson	Stockwell, Eton
Calimoso, Ella		Lee, Hae In	Sutcliffe, Michael
Chen, Jason		Lipnitskiy, Mikhail	Taylor, Harrison
Cheung, Bowen		Lum, Taylor	Tigas, Francis Ryan
Coley, Nathan		Mahmoodian, Sarina	Torrillo, Jervin
Corcoran, Avery		Malekzadeh, Zhina	Walker, Nyah
Cratchley, Lauren		Marcano, Fabiola	Wong, Cherrie
Cruz, Abigail		Martinez Gutierrez De Velazco, Alondra	Yao, Jessica
Delainey, Brooklynn		McLaughlin-Arasteh, Orla	Yupangco, Tyler Josef
Delgado, Nicolas		McLean, Haley	
Di Rosa, Marianna		McMillan, Madeline	

Names in bold denote First Class Honours (GPA = 3.80).
Honour roll students are listed alphabetically and have achieved a GPA of 3.202 or greater and/or have achieved Excellent or Good work habits in all subjects.

FEBRUARY HONOUR ROLL

GRADE 9

Asoudehkhaljani, Seyedehailin	4.0	**Urbani, Elizabeth**	3.8	Hunter, Anthony
Cutler, Declan	4.0	Ahn, Yosebi		Kelly, Norah
Del Monte, Athessa	4.0	Arai, Ethan		Kennedy, Christina
Genova, Rumina	4.0	Baker, Roland		Kramer, Julia
Hamilton, Meara	4.0	Baptista, Alexandre		Kwon, Yohan
Islas, Diego	4.0	Bernardez-Lai, Diego		Martinez Gutierrez De Velazco, Jorge
Kim, Vin	4.0	Bremsak, Nina		McLeary, Ashely
Matinrad, Mehrsa	4.0	Caffaro, Luca		Merrin, Laura
Montoya, Dana	4.0	Chong, Jae Ha		Oko, Caiden
Vaseghi, Anita	4.0	Clarke, Madeline		Panicker, Alexandre
Woodworth, Eliana	4.0	Coo, Mark		Riddall, Mia
Larson, Sierra	3.9	Cox, Sophie		Santos, Estefania
Fraser, Raine	3.9	Ducut, Brendan		Scherk, Michael
Hinze, Lauren	3.9	Dwyer, Matthew		Sharghi Yazdi, Setareh
Factor, Deanna	3.9	Dy, Isabella		Simmons, Matias
Lee-Cayetano, Madelyn	3.8	Estropia, Harrison		Themens, Kelsey
Villanueva, Myla	3.8	Fediw, Isaac		Ventura, Aubrey Ann
Kostamo, Stephanie	3.8	Forguson, Lucy		Villanueva, Shayne
Fernandes, Daniel	3.8	Glowacki, Benjamin		Wong, Kara
Hinze, Sean	3.8	Hamilton, Michael		Yi, Jioh
Kischer, Evan	3.8	Howard Jovanovic, Zoi		
Soroka, Alexander	3.8	Howse, Noah		

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FEBRUARY HONOUR ROLL

GRADE 10

Wang, Abraham	**96**	Dalisay, Channah	MacDonald, Ava
Altamirano, Isabel	**95**	De Paz, Aliah	Marusak, Dominik
Battisti, Trent	**95**	Edwards, Ella	McLennan, Alexander
Rodriguez, Tamara	**94**	Erdman, Talia	Moore, Mckenzie
Wishart, Daniel	**94**	Flynn, Matthew	Nedergard, Markus
Popa, Adelina	**94**	Freckelton, Jasmine	Oliveira, Rafaela
Dick, Dylan	**93**	Gawronski, Anna	Ong, Grace
Dijak, Dominik	**93**	Gui, Mingze	Purkiss, Michael
Concepcion, Janelle	**92**	Gustafson. Anja	Purvica, Daniela
Frith, Luke	**92**	Kam, Marcus	Riccio Palmieri, Manuela
Lazaro, Kandie	**92**	Kang, Yebin	Savage, Sophie
Rangel, Jose	**92**	Kasabashian, Elizabeth	Sikich, Eva
Ahn, Regina		Khanansho, Andrew	Silberstein Sestini, Juliana
Bita, Tudor		Kim, Jinho	Villa Soto, Danilo
Bizzotto, Caroline		La Pica, Fiorella	Villagracia, Michael Francis
Buno, Jayron		Lam Po Yuen, Alexis	Voulakis, Joseph
Calindas, Kevin		Laudencia, Jericho Myles	Wein, Maia
Chen, Yvonne		Lee, Hailey	Wimberley, Rory
Claro, Julianna		Lee, Kai	Yu, Kylie
Coppin, Samantha		Liu, Yuhan	Zadeiks, Jordan
Cruz, Brandon		Lum, Ayden	Zarowny, Monika

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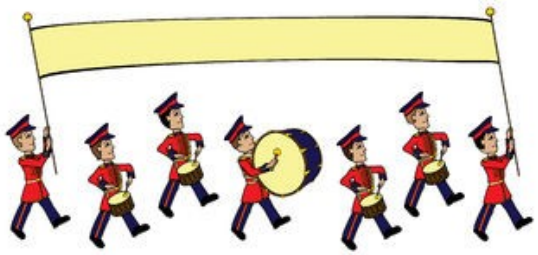
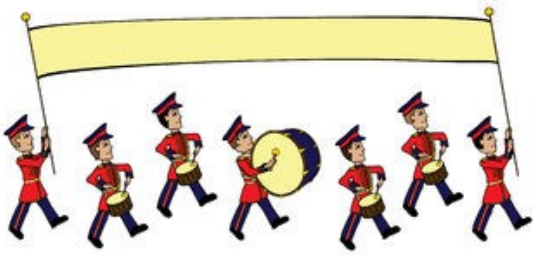
FEBRUARY HONOUR ROLL

GRADE 11

Taylor, Chloe	**99**	**Wattier, Siena**	**93**	Gilson, Abigail	McLachlan, Owen
Nock, Hudson	**99**	**Rhone, Gabriel**	**93**	Haaf, Georgina	Mills, Owen
Woo, Sean	**97**	**Nikkhah, Parham**	**92**	Hamagami-Postill, Kamryn	Miranda, Angelica
Haines, Grace	**97**	**Ong, Gabriel**	**92**	Hamilton, Calleigh	Parente, Sofia
Heuchert, Joshua	**97**	**Black, Ryan**	**92**	Hoh, Yein	Pedrero Pastrana, Maria
Ye, Yiwen	**97**	Arai, Brandon		Hunt, Amelia	Repard-Denniston, Arabella
Themens, Mackenzie	**97**	Arcilla, Raphael		Kalanchey, Jack	Rogers, Liam
Cunningham, Laura	**96**	Babcock, Grace		Kero, Anthony	Ryznar, Sophia
Eng, Allyssa	**96**	Baker, Graydon		Kim, Andrew	Sapanta, Vanessa
Gao, Yang	**96**	Barrera, Nicolas		Kim, Minjin	Schumann, Luke
Poori, Saketh	**96**	Blake, Jack		Kim, Minseo	Sikich, Luca
Crane, Amanda	**95**	Borges McDiarmid, Catarina		Kim, Taeyoon	Steverding, Anna
Kennedy, Ella	**95**	Canvin, Ella		Kirkham, Aodhan	Teather, Destynee
Serrano, Sofia	**95**	Cox, Paige		Kischer, Thomas	Thordarson, Erik
Bauermeister, Cara	**95**	Cromack, Henry		Koeppen, Christopher	Tiernay, Anna
Costales, Ericka	**95**	Dahl, Meghan		Krohman, Justin	Torres, Maria
Ma, Hanshu	**94**	Day, Jazz		La Breche, Noah	Wang, Boya
Yan, Duo	**94**	Dear, Carmel		Lalanne, Jordyn	Wang, Junyi
Jones, Sonya	**94**	Del Monte, Geraldine		Lew, Derek	Watts, Tristan
Saffar, Bahar	**93**	Dong, Ethan		Li, Mingqi	Woodworth, Frank
Jasionowska, Olivia	**93**	Dupouy Pardo, Maria		Lyu, Gengda	Yellowley, Marcus





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FEBRUARY HONOUR ROLL

GRADE 12

Weiss, Christine	**97**	**Cune, Maria**	**92**	Heffring, Madison	Panopio. Guia Bianca
Bowen, Dayton	**97**	**Chen, Zhiying**	**92**	Jozsa, Petra	Parente, Isabella
Altamirano, Diego	**96**	**Zhang, Jiacheng**	**92**	Kim, Munho	Parkinson, Hunter
Mo, JingXiang	**96**	Abbott, Leah		King, Lili	Parrotta, Julia
Scalabrino, Samantha	**96**	Achadinha, Justin		Kramer, Anna	Pizzolon, Adam
Sanoria, Erik	**96**	Ayat, Jules Heian		Lee, Jun Soo	Prescott, Caelan
Leblanc-Pratt, Felix	**95**	Bagheri, Amirahmad		Li, Runhao	Rodrigues, Olivia
Galat, Isabella	**95**	Baker, Jerome		Lowe, Caitlin	Saffar, Sara
Kostamo, Sophia	**95**	Bosa, Ava		Lyall, Rachel	Sarad, Gabriel
Tancredi, Evan	**94**	Bracken, Emily		Macababbad, Pamela	Sarvas, Emma
Yao, Yikun	**94**	Burran, Michael		Maglieri, Olivia	Schmidt, Catherine
Kero, Ava	**94**	Butt, Aron		Maguire, Fiona	Shin, Sa Young
Mastrangelo, Sophia	**94**	Campbell, Lauren		Marcano, Eloisa	Soberano, Darren
Kischer, Rudolf	**94**	Castellon, Elena		Marilley-Bodner, Benjamin	Spadavecchia, Elio
Cutler, Gemma	**94**	Cesareo, Isabella		Markwick, Zoe	Stockwell, Katharina
Hennig, Helene	**94**	Chen, Zhiying		Martin, Julia	Tidman, Jakob
Spadavecchia, Danet	**94**	Conejar, Allison		Matoulek, Natalie	Tomas, Nicolas
Alnuweiri, Evyndira	**94**	Coyle, Mika		McAndrew, Boston	Urbani, Madeline
Zoleta, Veronica	**93**	Cusano, Santana		McGeough, Matthew	Winter, Meg
Xia, Simon	**93**	Dalzell, Daela		Milla, Anikka Mae	Winter, Sam
Li, Rachel	**93**	Damery, Edward		Minni, Joseph	Wouters, Julia
Almerling, Alyssa	**92**	Endler, Laura		Neal, Stephanie	Zadeiks, Mia
Zhang, Luman	**92**	Gerber, Jack		O'Flaherty, Caleigh	Zejer, Daniel
Shin, Sa Eun	**92**	Han, Ronnie		O'Flynn, Michael	

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NEWS FROM THE ACADEMIC ADVISOR

As application deadlines approach for post secondary admissions, we encourage and welcome all senior students and parents to arrange to meet with *Mr. Salituro* to discuss any academic needs including university application and admission requirements, obtaining transcripts, scholarship opportunities and a wide variety of other academic concerns. Follow our 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 and posted on the academic advisor link of the STA website shown below.

http://www.aquinas.org/index.php/academics/advising

Follow us @staacademics www.facebook.com/staacademics

2020-2021 STA COURSE INFORMATION EVENINGS

Parents and students are strongly encouraged to attend STA's course selection information evenings which will take place in the auxiliary gym on April 7th and 8th at 7:00 pm. The April 7th session will be the grade 11 course selection presentation for all current grade 10 parents and students, followed by the grade 12 course selection presentation for all current grade 11 parents and students on April 8th. With the recent introduction of the new curriculum at the grade 11 and 12 level, both parent and student attendance at these sessions would be most beneficial.

YOUTH CENTENNIAL SCHOLARSHIP

The City of North Vancouver Youth Centennial Scholarship administered by the North Shore Community Foundation is awarding five $1,000 scholarships to deserving grade 12 students who have demonstrated outstanding community service both within the City of North Vancouver and elsewhere. The deadline for application submissions is **March 13th**.
Application packages are available at the website below:

https://www.cnv.org/city-services/planning-and-policies/youth/be-recognized/youth-centennial-scholarship

EXPLORE CAPILANO INFO NIGHT

Senior students considering to begin their post-secondary studies at Capilano University are strongly encouraged to attend the Explore Capilano Info Night on Wednesday, March 11th from 5:30-8:00 PM in the Birch Building atrium. Explore information on how to apply for admission, opportunities for financial aid and awards, study abroad opportunities, and connect with Cap U instructors. Students can RSVP online at the following site:

https://www.capilanou.ca/programs--courses/get-started/visit-capu/explore-capu-info-night/

DOGWOOD DISTRICT/AUTHORITY SCHOLARSHIPS

There are 5500 District/Authority Scholarships distributed across school districts and independent school authorities that recognize graduating B.C. students for excellence in their chosen area of interest or strength. Winners will receive a $1250 scholarship voucher to use towards their post-secondary tuition. These award acknowledge academics but also recognize a student's accomplishments in a number of fields:

Indigenous Languages and Culture, demonstrated at school or in the community

Fine Arts such as Visual Arts, Dance, Drama, Music

Applied Skills such as Business Ed, Technology Ed, Home Economics

Physical Activity such as Athletics, Dance, Gymnastics, not limited to Physical Education

International Languages with Integrated Resource Packages (IRPs) or External Assessments, including A.P. and I.B. courses

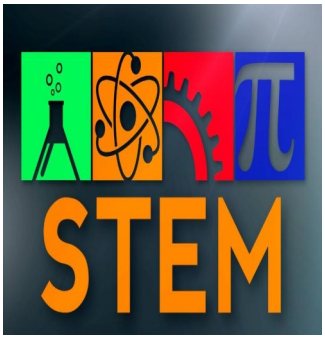
Community Service (Volunteer Activity), which includes demonstration of local and global issues and cultural awareness

Technical and Trades Training such as Carpentry, Automotive, Mechanics, Cook Training

Students can apply for this scholarship through the academic advisor's office or download a copy of the application package at the website below. Completed packages must be submitted to the academic advisor's office no later than **March 12th.**

https://fisabc.ca/scholarships-awards/

Science Department



Four of our Grade 11 students, *Chloe Taylor, Laura Cunningham, Grace Haines* and *Saketh Poori* were accepted into SHAD for this summer. 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 were 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.

Mr. Jones, (our Science 10, Earth Science 11 and Anatomy & Physiology 12 teacher) hosted grade 6 and 7 students from St. Plus, St. Anthony's, St. Edmund's and Holy Trinity Schools during the month of February for a lesson in computer coding! This was the third and final STEM-related lesson from STA's Developing STEMs program that is offered to our feeder elementary schools on the North Shore.

STUDENT NEWS

PHE 10 TABLE TENNIS CHAMPION

Congratulations to *Marcus Kam* who is the 2020 *Mr. Prescott* Classroom Table Tennis Champion. *Marcus* fought off heavy competition from the likes of *Michael Purkiss*, and in the end he was celebrated by getting a picture with our Special European Instructor.

STA DRAMA STUDENTS STEAL THE FESTIVAL

February 21 & 22 five grade 10 Drama students were among the 205 students who participated in the British Columbia Provincial Thespian Festival at Lord Tweedsmuir High School. A 12 hour day on Friday followed by a 13 hour day on Saturday, our students made a huge impact at this wonderful event.

Manuela Palmieri scored one of two leading roles in the amazing "all province musical theatre intensive" showpiece directed by *Damon Bradley Jang. Manuela* also performed in the closing ceremony, and it was staggering. *Anna Gawronski* and *Danilo Villa Soto* also were part of that number. *Daniela Purvica* was also featured in the closing ceremony, but in an abstract piece conceived in the style of surrealism, directed by *Susan Bertoia.*

STA entered the one act play category with a piece called **FOUR SEASONS**, and *Anna Gawronski*, *Daniela Purvica, Dylan Dick* and *Danilo Villa Soto* took home the "excellence award" for a beautiful presentation. We entered the single scene category with a 15 minute excerpt from our upcoming production of **WENDY**, and once again, *Anna Gawronski, Daniela Purvica* and *Manuela Palmieri* took a second excellence award for yet another great delivery. *Manuela* performed two songs in the solo voice category, (two selections from **WENDY**), and yes, she too won the "excellence award" for singing like a bird.

Finally, we were all thrilled when *Dylan Dick* won a citizenship/leadership award, and was named a "Provincial Thespian Officer". *Dylan* now sits on a board that can help plan future festivals.

Five students, all grade 10 who received awards in every category they entered. This was great experience and I am so very proud of these amazing kids.

Cos Natola
Drama Department Head

MEET THE CANUCKS

Grade 8 student *Bowen Cheung* had a once in a lifetime opportunity to "**Meet the Canucks**" at a VIP event attended by about 50 people. He sent VP Campbell the following message:

"I just went to meet the Vancouver Canucks and I didn't have anything else to wear after our basketball game so I wore my STA uniform. A bunch of the players were asking me how I liked the school. It was a really fun experience."

Photographed with *Bowen* are:
Brock Boeser, Oscar Fantenberg and *Jordie Benn.*

CATHOLIC SCHOOLS WEEK

STA celebrated Catholic Schools Week during February 9-15. The weekend began with student led Masses at all the North Shore parishes. We thank all students who actively participated by their presence at Mass in their uniforms as well as being greeters, lectors, altar servers, ushers and messengers for the school.

We thank all parish communities for their continued support of our school and their commitment to Catholic Education on the North Shore.

Together we are all STA.

As a continuation of Catholic Schools Week, the Catholic Independent Schools, Vancouver Archdiocese, held it's annual Catholic Educators' Conference on February 13-14 at the Vancouver Trade and Convention Centre.

This was the 40th anniversary of this event, with over 1479 attendees, including teachers, teaching assistants, support staff, priests, sisters and others involved in teaching of our youth.

Faith. Academics. Service.

Catholic Schools

CAMPUS MINISTRY

We are participating in Chalice School Connections again this Lent. We have been connected with Rikiau Primary school in Kenya. They will be praying for us throughout Lent, and we will be praying for them over morning prayer every day in addition to raising money to help them build latrines.

We started with a pancake sale on Shrove Tuesday, played a video they made for us after school mass on Ash Wednesday, and will be making a video to send back to them! It is an excellent way to live out the two pillars of Lent - prayer and almsgiving.

Fundraising continued with popcorn sales on Spirit Day, Thursday, February 27. Look for other opportunities to donate throughout Lent.

Community News

STA SCHOOLBUCKS PROGRAM

Just a reminder that the Schoolbucks program is all year program while school is in session. Please consider using the Schoolbucks program to help you with your families grocery shopping, celebrations or entertainment needs. Its a great way to budget for upcoming purchases.

The next Schoolbucks order dates:

* Order Thursday, March 5 / Pickup Thursday, March 12
* Order Thursday, April 2 / Pickup Thursday, April 9
* Order Thursday, April 16 / Pickup Thursday, April 23

Please see the website for a copy of the order form on http://www.aquinas.org/index.php/parents/schoolbucks or text Liz at 778-713-1989 if you have any questions.

Thank you for your continued support!

Liz Tomas
Schoolbucks Coordinator

STA INTERNATIONAL NIGHT

SAVE
THE
DATE

FRIDAY
MAY 29

This year's International Night is just three months away, happening on Friday, May 29th!

International Night is an excellent opportunity to meet STA families, to celebrate the cultural diversity of our school community, and help raise funds for charity. International Night is 100% charitable. The funds go directly to local charities, such as the Door Is Open, where STA provides a meal each month.

It's time to start thinking about organizing tables and if you would like your country to be represented!

If you are able to be responsible for organizing a table of a country, which includes contacting STA families for your nation, providing food, and serving food on the night itself, please contact **Miss Hughes** at

ehughes@aquinas.org.

You will receive PPP Hours for organizing a table.

STA DRAMA DEPARTMENT

Faithful to the original tale by *J. M. Barrie*, St. Thomas Aquinas Theatre Company presents "**Wendy: A Peter Pan Story**". This is a play about a 12-year old orphan who longs to know more about her family. Because she believes so strongly in Peter Pan, when the clock strikes midnight on her 13th birthday, he comes to her and takes her away to Neverland. Written by our very own *Cos Natola,* "**Wendy**" has been newly revised, and sports a brand new musical score.

Don't miss "**Wendy: A Peter Pan Story**", as presented by the STA Theatre Company, at the Kay Meek Centre in West Vancouver. Tickets are first come, first served, and dates/times are:

Thursday, March 12, 7:00 PM
Friday, March 13, 7:00 PM
Saturday, March 14, 12:00 noon
Saturday, March 14, 7:00 PM

Ticket cost: Adults $15 Child/Student/Senior $10

In an effort to be more "green", tickets for "Wendy" are paperless. As with last year, there will be a **limited** number of tickets at the door.
To ensure you get tickets for the show you want, it is better to purchase online.

Here is the link to purchase your e-tickets:

https://www.vtixonline.com/wendy-a-peter-pan-story/1761/

We hope to see you there!

The STA Drama Department

STA PARENT ASSOCIATION MEETINGS

Next meeting: **Thursday, March 5 at 9:15 am, Room 207 of the Convent.**

All parents and guardians are invited to attend.

STA Newsletter Subscriptions

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

ASH WEDNESDAY

THE BEGINNING OF LENT

WHAT IS ASH WEDNESDAY

Ash Wednesday is the **first day of Lent**. Palm branches blessed on Palm Sunday of the previous year are burned to create ashes which will be imposed on the faithful's foreheads.

WHY USE ASHES

Since the Old Testament, **ashes have been a symbol of repentance.** Imposing it upon the faithful's forehead is a reminder and an invitation to repent, and follow God.

WHAT IS LENT

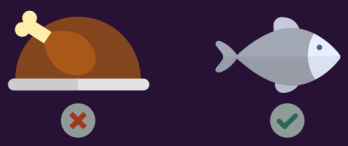
The ***40-day period*** from Ash Wednesday and before Easter Sunday. It is marked by **praying, fasting, abstinence,** and **other acts of penance.**

PRAYING | FASTING | ABSTINENCE

WHAT IS FASTING

One meal a day, and **two smaller meals** which if added together would not exceed one full meal

WHAT IS ABSTINENCE



Abstinence is **refraining from eating meat**. Meat is considered to be the flesh and organs of mammals and fowl.

DAYS OF FAST

- Ash Wednesday
- Good Friday

DAYS OF ABSTINENCE

- Ash Wednesday
- All Fridays of Lent
- Good Friday

WHO ARE REQUIRED

Catholics aged **18 to 59**

The **sick** are **excused from fasting**

WHO ARE REQUIRED

Mandatory for everyone

older than **14** years old

Sources: Code of Canon Law, Roman Missal, Pope Benedict XVI (General Audience, 9 March 2011)

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