



# ST. THOMAS AQUINAS

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VOLUME 27, ISSUE 8

April 2020

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## IMPORTANT DATES IN MAY

15	Pro-D Day No classes for students School closed
18	Victoria Day No classes for students School closed



## COVID 19—WE MISS YOU!

The halls and classrooms are empty, no morning prayer, no angelus, no lunch time announcements, no late slips, no early dismissals or lunch time detentions.

An eerie quiet at the school. Everything is spotless, the lost and found is empty.

We look forward to the day that we can welcome you all back.

Should you need anything from the administration office, we are open Monday to Friday from 8 am to 4 pm.

Take care, be safe,

*Principal Campbell, Mr. C, Mr. Horton, Ms. Sibau, Mrs. Dougan & Mrs. Brickell*

# Virtual Classroom

## RELIGION 10 CLASS UPDATE

In my religion classes we are continuing our small-group Faith Discovery program, for those students interested in continuing what we started. NET team members are joining my students from Ontario (3 hour time difference) every week for lively discussions. *Photo at right.*

**Growing  
Together  
in Faith**

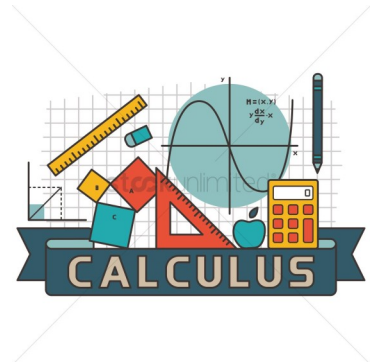
Mr. E. O'Toole,  
Teacher  
Christian Education,  
Mathematics,  
Business Education



## MATHEMATICS DEPARTMENT

"I'm really excited to be back in the classroom, albeit virtually! It's not how I thought my first year of teaching would go; I was told to "expect the unexpected" though, so I guess I just have to roll with the punches. Besides, who says that students are the only ones who learn new things at school? I've learned how to Youtube livestream, how to use Google Meet, and how to use Kahoot! I've also amassed a treasure trove of math jokes from my students. As a piece of advice, send your kids to extra help; their teachers miss them!"

Cheers,  
- Mr. J. P. Flores, Teacher  
Mathematics 11 & 12, Calculus



Not to be outdone by the other Departments, the Math teachers send you this:

<https://www.youtube.com/watch?v=s7Y9RWidkxg>



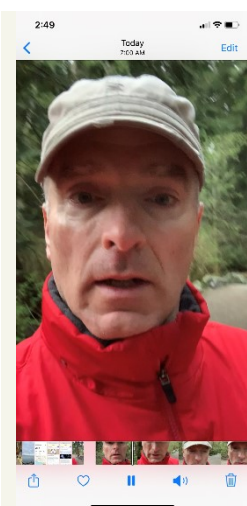
## PHYSICAL AND HEALTH EDUCATION



**A**t the grade 8 level for Physical and Health Education, teachers are asking students to participate in a full body workout (designed by *Mr. Vachon*), that includes a dynamic warm-up, core strength, agility and power, full body strength, and cardio components. Students have been provided with written cues and instructions, along with YouTube videos, demonstrating proper technique and form for all exercises. Each week we ask students to record themselves performing 5 specific exercises from the workout and post their videos to Google Classroom for evaluation.

*Mr. Vachon, Mr. Appleton, Ms. Savino, Teachers*

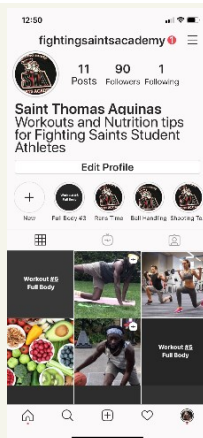
## FIGHTING SAINTS ACADEMY STUDENTS ARE CHAMPS!!



WARM UP  
WORK OUT  
STRETCH  
COOL DOWN  
REPEAT

**T**here is no holding back the STA Fighting Saints Academy students. They're all connected to the *fightingsaintsacademy* Instagram where they are receiving morning pep talks from *Mr. Prescott*, Full Body Work-outs and more from *Ms. Paxton*, Fitness and Basketball Skill training from *Rans Brempong* and *Ms. Botteselle*, work-out planning guidance from *Mr. Vachon*, nutrition advice, and so much more. These student athletes are true champions.

*True Fighting Saints!*



EAT  
HEALTHY  
FEED  
YOUR  
BRAIN

## LIT TALKS USING TIK TOKS!

Typically, the buzz at this time of year for our grade 10s and 11s is course selection. What are you going to take? What do I need to get into ...? The English Department has always done the rounds of English classrooms to talk about department electives and the route to Honours English 11 and 12. No longer able to run around the school trying to hit multiple classes in one block, we were left to devise alternate plans.



English 10 and 11 classroom teachers kindly welcomed *Ms. Mattia* in as a guest speaker via Google meet to speak to students about the two elective course offerings - Creative Writing 12 and Literary Studies 12. After explaining that they aren't alternatives to the regular mandatory English class, but rather companions, we talked about the advantages of taking more liberal arts courses.



Universities nowadays are looking at breadth of courses taken in addition to the prerequisites required by particular faculties. So, in looking at a student applying to Arts with the intent of working in public relations, the fact that they have courses outside their specialty area, such as the sciences, speaks well of them. Similarly, an application to UBC Engineering with the inclusion of a course such as Literary Studies 12 is also looked upon favourably as it speaks to the breadth of the student's courses and willingness to take strong, university preparatory classes. Harvard University itself has said that there is "no more valuable a possession to bring to college than a mind well stocked from reading."



Reading the greatest of the great writers of the English language in Literary Studies 12 has us questioning, challenging, opining, debating and deciding for ourselves our take on universal themes such as heroism, love, death, faith, suffering and the power of nature. We read all of the works together, and come up with clever ways to

make each piece relevant today.

These great works, from Chaucer to Donne, Tennyson to Thomas are our playlist. Something for our every mood, reflecting our every sentiment. We share them, unpack them and will carry little pieces of them forever with us as we grow into even more enlightened, and cultured citizens.



Our Google class meets information session ended with a viewing of current Lit Studies 12 students' Tik Toks, uniquely designed to show their appreciation for the course through the amazingly creative melding of old with new, wit with pep. A special thank you to *Daela Dalzell*, *Isabella Galat*, *Danet Spadavecchia*, and *Meg Winter* for their creative output, and *Caitlin Lowe* who really took the cleverness to a new level! As I mentioned in the classes visited, these are strange and different times, and *Ms Mattia's* participation in a Tik Tok is truly a sign of that!

*Ms. Mattia*, Teacher  
Library, English

## ENGLISH DEPARTMENT NEWS

The English department prepared a stirring video, "*Silver Linings*" to demonstrate what's meaningful to them during these unusual times. Check it out:

<https://www.youtube.com/watch?v=gHFfM0xNSfE>



## INSIGHT FROM THE OTHER SIDE OF THE SCREEN: HOW ARE TEACHERS ADJUSTING TO VIRTUAL TEACHING

I am used to having to learn new things as a teacher, but the past two weeks would be at the top of my list for times when I have had to be very creative as I learned at max capacity!

As a teacher I depend on students facial expressions or movement to gauge where to go with the lesson I've planned. For instance if everyone looks like this:



or like this:



then, I know everything is okay. But, if I see students looking like this:



or like this:



it's time to do something a bit more active or with a slightly different twist, so as to re-awaken their learning potential! When teaching virtual classes, though, all the visual cues are lost.

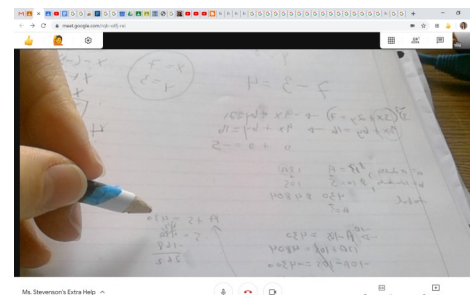
Good thing other teachers have been even more creative than me and have been developing extensions for Google Meet or suggesting other adaptations we can make. Two features which I am really glad I learned while using Google Meet are the nod reactions and the camera settings. In virtual classes, if I can't see or hear the students because they are politely muted, then they can at least give me a:



to show that they agree or that things are going fine, or if not, they can at least let me know by raising a virtual hand!

Later, during my virtual extra help sessions, besides learning to use additional software, in desperation, I've also resorted to using the old fashioned pencil and paper on the fly, just to help students with math problems or other

assignments. The video settings in Google Meet, have allowed me to switch between the camera at the front and back of my screen so I can show students what I'm doing, like this:



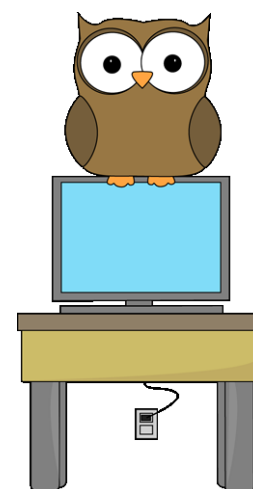
All in all, during this period of social distancing and semi-quarantine, teachers, too, not just students are still working hard to learn!

Ms. Stevenson  
Teacher

Religion

&

LRC





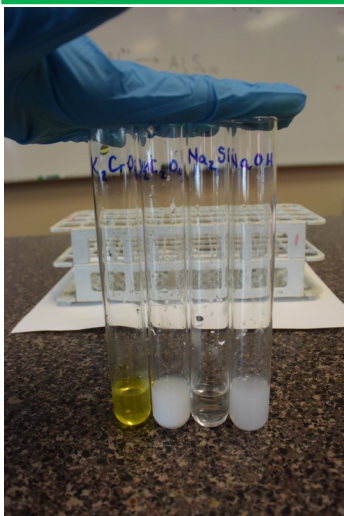
# Science Department

It IS possible to run chemistry class, even from very far away!  
All you need is a good camera and access to the internet!

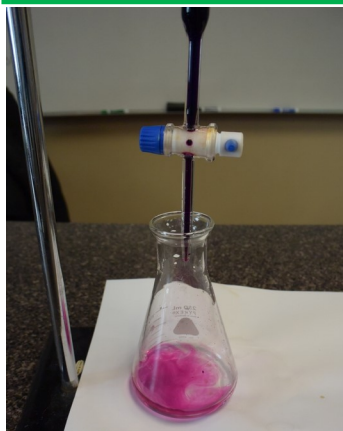
In the last couple of weeks, Chemistry 11 students did a solubility lab where they had to identify two unknown ions in mixtures. Chemistry 12 students did a redox titration lab where they first identified the conditions that are necessary for a permanganate titration and then determined the concentrations of  $\text{Fe}^{2+}$  and  $\text{H}_2\text{O}_2$  solutions.

This week, Chemistry 11 students will be starting their Organic Chemistry unit. Here's a little POE (Predict, Observe, Explain) to keep you occupied during these days of physical distancing. When the jar is placed back over the LIT candles (made of wax ( $\text{C}_{25}\text{H}_{52}$ ) – an ORGANIC compound!), which candle will extinguish first (the short one or the tall one) and WHY???

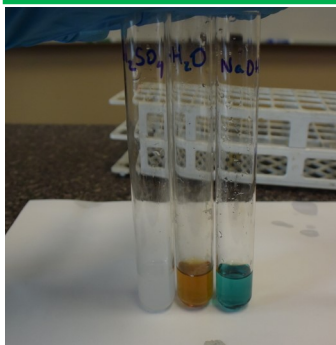
## CHEMISTRY 11 LAB



## CHEMISTRY 12 REDOX TITRATION



## CHEMISTRY 12 LAB



PREDICT  
OBSERVE  
EXPLAIN  
→



## UBC MICHAEL SMITH SCIENCE CHALLENGE

The *Michael Smith Science Challenge* is a bilingual national competition written by students in Grade 10 Science or lower. It emphasizes logical thinking and covers material in the science curriculum common to all provinces. It is named in honour of UBC's Nobel Prize Winner *Dr. Michael Smith* and is sponsored by the UBC Faculty of Science. Prizes are awarded to the top students (and their teachers) in each province, territory, and nationally. Results are just in and the top STA student was *Marcus Nedergard*.

*Congratulations Marcus on your achievement*

Ms. Treacy  
Science Department Head

# LRC

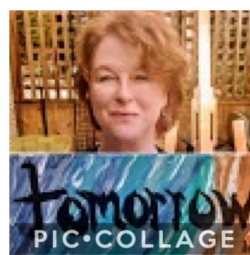
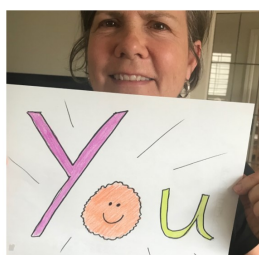
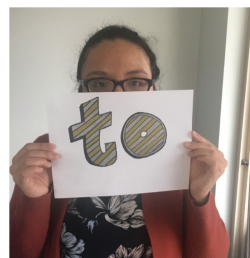
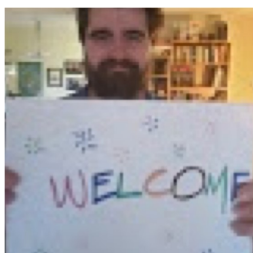
WE

ARE

HERE

FOR

YOU



STAY

SAFE

AND

HEALTHY

*Dear Parents,*

Thank you for all your support in helping us transition to a new school delivery model that still manages to meet student needs. When school started, each of our Educational Assistants found ways to connect with the students on their caseload and determine their needs in these new circumstances. I give particular credit to our students for articulating their needs so well and adapting to online instruction so quickly.

I felt fortunate to be able to meet with our families within two weeks of our start-up, and already have discussions about student learning. We kept our focus on maintaining routines and relationships for LRC students. By re-creating as much of the learning structure as we could, that provided a framework for our students to work with adults they knew and trusted. In a world that is so much different than before Spring Break, we wanted to at least provide that anchor in our students' lives. I am so proud of our team for being able to do that.

I want to especially acknowledge the Lifeskills team, who essentially had to re-create their program virtually. I am still astonished by how quickly our students on the Evergreen program were in class and participating in lessons. From what I understand, STA might have been the first school to have their virtual Lifeskills program up and running in BC!

However, none of those timelines would have been possible without the backing of our families. Thank you to all the parents who supported their students so that 'coming back to school' was so natural for them. As well, thank you to the parents that made time to meet with me over the last two weeks. In the next month, I will be sending out invitations for the final IEP meetings of the year.

Stay safe and healthy!

*Mr. M. Field*, Learning Assistance Coordinator

# Band & Choir Classes

In our online music classes, we are entertaining various platforms of delivery. For the most part the students have been responding well and seem to be up for the challenge.

Tools being employed in facilitating the continuum of student learning are the use of the Google Platforms: *Classroom, Meets, Drive, YouTube, Calendar*.

*Mr. Woitowitsch* is creating MIDI files, with samples of each players instrument sound, and turning them into audio files stored on a shared Google Drive. Students can listen to their own part in isolation and coupled with one or two other parts. They can play along with their own part or somebody else's part as well.

We are sharing YouTube links of professional performances in the student's repertoire. This allows the students to hear the full sound and can, in most cases, play along with that as well. Students can become recording artists! They have a wide array of assortments to choose from. There is the "free" download of *Audacity* which is very simple and easy to use. The students have links to the download and how-to tutorials on *Google Classroom*. Students are also encouraged to try *GarageBand* if they have an Apple device. As well they can record to their phone or other electronic device.

This can expand into students playing together by sharing audio files. Specific to the Grade 8 method book *Tradition of Excellence* is IPS interactive component. Here they have access to recordings, accompaniments and tutorial videos all pertaining to

their instrument and repertoire in their book. They can also record themselves and share. *Mr. W.* encourages parents to ask their budding musician to take them for a tour!

*Mr. Horton's* classes have been working through a Music Study Guide for their piece *The Pines of Rome* which includes online reference material, performances, and slide shows of the actual locations depicted in the music. Recordings of the various pieces currently in our repertoire have been uploaded to *Google Classroom* for students to practice to. The Senior Jazz Ensemble is attempting an audio recording of a piece which will be compiled from individual submissions from band members.



In Choir classes students have been finishing up their singing tests. Last week the students worked on music theory mini lessons and vocal coaching lessons via YouTube. This

week the choirs are watching and critiquing the opera *Carmen* an HD production by the Metropolitan Opera. Next week they will be starting new songs that hopefully can be made into a virtual choir piece.

*Mr. Horton*

Vice-Principal and Fine Arts Department Head



*Jr. Jazz Ensemble at Kiwanis Jazz Festival*



*Sr. Jazz Ensemble at Kiwanis Jazz Festival*



## BAND TRIPS

Refund letters for the California and Whistler band trips have been sent to students via Google Classroom and students have been asked to print or forward those for parents to read. Refunds are now in progress and will be sent home along with uncashed final payments.

## NEWS FROM THE ACADEMIC ADVISOR

Although the academic advisor's office is currently closed until further notice, we encourage and welcome all senior students and parents to email Mr. Salituro at [salituro@aquinas.org](mailto:salituro@aquinas.org) to address any academic needs including university applications and admission requirements, obtaining transcripts, scholarship opportunities and a wide variety of other academic concerns. We continue to encourage both students and parents to follow our social media accounts on both Instagram and Facebook to keep up to date with new scholarship and bursary information along with news on post-secondary admission updates. Students are also reminded to check their email regularly as these updates will be sent out by email as well.



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### 2020-2021 STA COURSE SELECTION

Thank you to all our grade 10 and 11 students and parents who joined the virtual course information evening sessions last month. All grade 8 through 11 students should now have completed their course selection



for the 2020-21 school year through Power School. Should you have any questions or wish to make any changes to your course selection please forward your requests by email to Mr. Salituro at

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

Parents and students are still encouraged to check out the academic advisor's link on the STA webpage for course information details and graduation requirements.

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

### ONE-STOP ACCESS TO COVID-19 UPDATES FROM PSBC MEMBER

To assist you with more easily finding the latest information about the status of operations at the 30 member institutions, Post Secondary BC has now established links to updates from all of the institutions profile pages. From this one page, you can select any member institution and find the link to their updates. In some cases, there is just a link to their institutional information, but some institutions have already posted additional update information on their PSBC profile page. PSBC website:

<https://www.postsecondarybc.ca/institutions/>

### MAY SCHOLARSHIP OPPORTUNITIES

With the school year quickly coming to an end, [ScholarTree.ca](http://ScholarTree.ca) has made a concerted effort to add as many scholarships to its platform. May is the end of peak scholarship season so there are a lot of awards with upcoming deadlines. There are currently 45 scholarships that equate to 358 awards and a total of \$690,750 application period ending this month. So there is still time for students who have put off applying to scholarships throughout the school year.

## ALUMNI NEWS

### STA GRAD BECOMES A TIKTOK QUARANTINE STAR IN ITALY

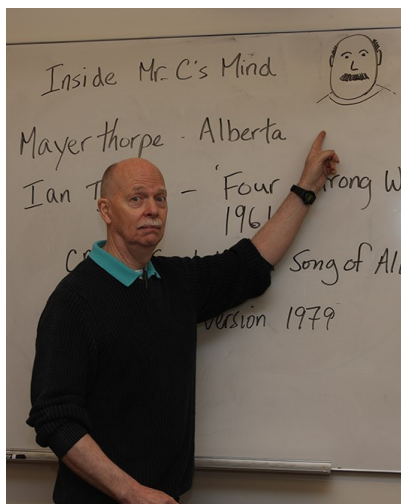
STA grad of 2018 *Natasha Nock*, has become a TikTok phenomenon with her handle: kncokknockwhosthere has over 400,000 followers with her Italian studies on-line.

*Natasha* is at UBC, working towards her marketing degree. The idea took off for her because of her two terms of Italian studies at UBC combined with her love of video production, filming her homework and posting on-line....

*una meraviglia!*



### COFFEE WITH MR. C



On Saturday, May 2, Mr. C. hosted the first “Coffee with Mr. C.” Alumni were invited to attend a virtual coffee chat to get caught up on Mr. C.'s Aloha fund, and events at the school.

The first session engaged 20+ alumni as far away from Malaysia and Spain.

The next virtual call will be in June.

#### Follow us

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



## School Clubs

### GERMAN SPEAKING CLUB

With sponsorship and organization by *Mr. Savage*, the German Speaking Club viewed the movie “*Oben*” (*Up*) during two consecutive Wednesday lunch hours.

This light hearted 2009 Disney/Pixar movie tells the heartwarming story of Carl, an old widower, who goes off on an adventure in his flying house in search of Paradise Falls, his wife's dream destination.

*Viel spaß*

Translation: *have fun, for your amusement*



## CREATIVE WRITING CLUB

Our online creative writing club was established on Friday, March 13, 2020 when it became apparent that we would transition to an online, distant learning platform. Currently we have about 27 members in the Google Classroom platform. Since it is difficult to meet, students can work anytime, anywhere, offering flexibility and freedom to contribute to a creative writing and thinking culture here at the school.

One writing prompt is posted every Friday. While students have been writing for personal fulfillment and goals, students are highly encouraged to submit their work to the BC Teachers of English Language Arts writing contest. It's a prestigious contest, where students writers who make it past the adjudication process have their writing published in a book, and that book is given out for free to all successful

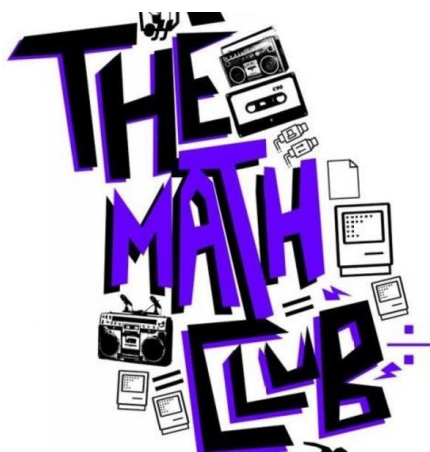
applicants and the teachers of the BC and Yukon. Consequently, the work is exposed to a regional audience, where some teachers even use student exemplars to teach writing. Deadline for that contest is May 31, 2020.

Students are encouraged to share their writing with an audience, and offered for you here is a sample of student creative writing.

-- Mr. J. Mendoza  
English  
Department, Library



## MATH CLUB



The STA Math Club is competing against schools from around the globe online in a tournament with a round every week. The tournament is called "Math Madness", sponsored by Arete Labs. It is international in nature, comprising 100s of teams from all around the world. There are about 30 students overall involved in the club, from every grade level, but done online. The weekly rounds are 30 minutes long and comprise 7 or 8 skill-testing questions which students answer individually.

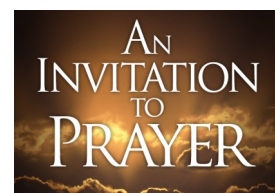
The first round was a challenge, but students had fun with it. There was a Google Meet session afterwards where we discuss answers.

Mr. E. O'Toole  
Math Club Sponsor

## STUDENT-LED MORNING PRAYER

A group of students, under the supervision of Mr. O'Toole, have organized student-led morning prayer which is open to the entire STA community (especially students). It starts every day at 8:15 am, Monday to Friday, and lasts 10-15 minutes. It is full of music, song, reflection and prayer.

This provides an opportunity for students to remain connected to their faith and to the community at STA during these trying times.



The Google Meet link is - [meet.google.com/yns-exes-gfj](https://meet.google.com/yns-exes-gfj)

All students are invited to attend.



## STA REGISTRATION OVERDUE



On-line registration closed on May 5. If you have not yet registered your student for 2020-21 school year, please call the office at 604-987-4431.

All Visa students should register with *Mrs. Dougan* at the STA office.  
She can be reached at:  
[bdougan@aquinas.org](mailto:bdougan@aquinas.org)

# Community News



## STA PARENT ASSOCIATION MEETINGS

*All meetings are cancelled until further notice.*

## DOOR IS OPEN: SUNDAY SANDWICH DROP

Thank you to the generosity of the STA community for their sandwich donations for the Door Is Open. There was a great response and we received even more donations than last time!

There were so many notes attached to sandwiches and other thoughtful gestures, the sentiments were heartwarming and the staff of the Door Is Open were grateful beyond words.



## 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.