STA At-a-Glance

Week 11: November 10 - November 17, 2026

MARK YOUR CALENDAR!

Do you have friends or neighbours who are considering a new school for September 2026? STA will be hosting its Open House on **Thursday, November 26.**
Visitors will have the chance to visit with teachers and interact with students to experience the STA Advantage. Highlights of the evening include: clubs tables in the gym and opportunities to speak with our Academic Advisor, Athletics Director and PHE/Academies/Kaizen Department Head.

Registration is not required.

- 5:30 pm - Doors open
- 6:00 pm - Principal's Remarks by Mr. Krol
- 6:15 - 8:00 pm - School tours/meet the teachers

JOIN US – OPEN HOUSE

NOVEMBER 26 | 6:00 pm



Applications now open until November 30, 2026

OPEN HOUSE	**Thursday, November 26, 2026**
5:30 pm	**Doors open**
6:00 pm	**Principal's Welcome, Main Gym**
6:15 - 8:00 pm	**School tours / Meet the teachers**



St. Thomas Aquinas Regional High School
541 West Keith Road, North Vancouver
cdonovan@aquinas.org | aquinas.org | 604 987 4431



The STA Annual Poinsettia sale is here until December 17

Once again the STA Parent Association is proudly selling beautiful **Christmas poinsettias**, wreaths and seasonal arrangements. The funds raised will be used to improve and enhance STA student extra-curricular activities.

The order deadline is November 17 and plant pickups will take place on Wednesday, December 3. Pick-ups will be located at the back of the school, east end of the parking lot by the makers lab metal garage door.

We thank you in advance for your support.

REMEMBRANCE DAY 2026






We Will Remember


We Will Remember




LEST WE FORGET
THE STUDENTS OF SAINT THOMAS ARUNDEL REMEMBER





KUDOS







Congratulations to the STA X-Country Provincial Athletes who competed in the BC Championships in Abbotsford on Saturday, November 8.

The Junior Boys Team (comprising Ben M, Oliver F, Rory S, Ben A, Jake B, Kyle W and Johannes W) competed against the best in the province and finished 12th out of 32 teams. Special mention to Ben M who placed 29th and to Oliver F who placed 34th out of a field of 279 runners.
The Junior Girls were represented by Audrey S and Taylor M who raced well in a field of 265 runners.
In the Senior Boys category, STA was represented by Josh W who ran an excellent race.
Well done X-Country Team!
Thank you to coaches Mr. Chris Campbell, Mrs. Mattia and Mr. Domina for the fabulous season.



Highlights from the Sea to Sky Zone Meet at Watermania

- 57 Entries into Zones
- 21 swimmers and 1 Team Manager represented STA at Zones + 2 parent volunteers (Official and timer)
- 6 new STA Fighting Saints Swim Team Records made at this meet and best times all over the place!
- **New Record Holders:** Kaite J - 50 Free and 100 Back breaking her own records from last year; Oliver L - 50 Free breaking a 2024 record; Marcus R - 50 Breaststroke breaking a record from 2024 and THEN 6 heats later, Harry S broke Marcus' record!
- Katie J, Harry S, Oliver L, Darya A - 200 Mixed Medley Relay breaking a record from 2023
- Oliver L, Joshua W, Harry S, John Boys 400 Free Relay breaking a record from 2023
- 9 swims placed in the top 10
- 5 qualifying swims for Provincials (top 7)
- 5 Swimmers qualify to go to Provincials
- 3rd place Girls Team NSSSAA "AA" school, 5th place Boys Team NSSSAA "AA" school, Overall "AA" NSSSAA Results not published yet
- 13 hours school to pool and back
- 1 atmospheric river!

Next up: Provincials! Several swimmers have qualified for the Provincials in Richmond on November 20-21, 2026.



Congratulations to STA Sr. Boys Soccer Team

The STA Senior Boys Soccer team finished off the 2026 soccer season on a winning note in their final league game. Trailing Bodwell 4-2 late in the second half, the Fighting Saints battled back to equalize the game 4-4 before the final whistle. STA was clinical in the deciding penalty kick shootout, scoring on all five of their shots to win the shootout 5-4. Special mention to all of our Grade 12 (Rene MH, Adrian P, Matthew C, Luka HJ, Austin H, Euan H, Donovan M) boys for their years of service and commitment to the boys soccer program at STA.
Thank you to coaches Mr. Loui Salituro and Mr. Fernando Grossling for their mentorship.



Take Our Kids to Work Day – November 4

On November 4, our Grade 9 students participated in "Take Our Kids to Work Day", an exciting opportunity to explore the world of work and gain firsthand exposure to a wide variety of careers and professions.

Throughout the day, students spent time with their hosts, learned about different career pathways, observed workplace environments, and had the opportunity to interview their hosts about their roles, responsibilities, and career

journeys. This experience provided valuable insight into the many possibilities available to them as they begin thinking about their own futures.

As a follow-up, students are now completing a summative reflection assignment in their Career Education class, where they will reflect on their experiences, consider what they learned, and make connections between their observations and their own career interests.

A big thank-you to all the hosts, families, and workplaces who helped make this valuable learning experience possible for our Grade 9 students!

OFFICE UPDATES

Grade 8 Retreat - Friday, November 13



The Grade 8 retreat is quickly approaching. All grade 8s will be going to Squamish for the day to grow in community and explore their faith outside of the classroom. Permission forms have gone home with students. They need to be signed and returned back to school to religion classes on Thursday and Friday. Students report to their first block as usual for attendance and then head to the buses.

- They do not need to wear their uniform
- Pizza lunch, snacks, and drinks will be provided
- Students are encouraged to bring a water bottle
- They will be spending time outside, rain or shine, please come prepared
- Students will return for 3:00pm



myEducation BC Parent Portal Login
Term 1 Learning updates (ie report cards) will be released on-line on **Wednesday, December 9**. STA parents will be able to access their child's Learning updates through myEducation BC's parent portal.
In order to access this information, please ensure your myEducation BC parent account is active. Please click on this **link** and complete the login information with your Login ID and password. Step by step instructions are **here**.
Any questions, please send an email to the **office**.

Purdys Christmas Chocolate Sale until November 30



Grade 12 students are selling Purdys chocolates as fundraising towards their Dinner Dance event in June. Yummy chocolate, gift giving and supporting a grad - it doesn't get any sweeter than that!

Click **here** to link to the 2026 Purdys Christmas Chocolate Sale. Pick up is **December, 9**.

Instructions for ordering Purdys Christmas Chocolates online



Graduation Photos by Custodio Photographers
All **Grade 12s** need to book an appointment to have their photo taken. Click here for more **information**. If you need to schedule your appointment, please contact Custodio Photographers at 604-291-6344 or e-mail at custodio@telus.net.



Attention, Grade 10 French students!

Exciting news! Our **STA Europe 2027 trip to London, Paris, and Barcelona** is now welcoming interested **Grade 10 students taking French!**
This is a wonderful opportunity to explore three amazing European cities, experience new cultures, and create unforgettable memories!
Spaces are limited and will be offered on a first-come, first-served basis.
Interested students are encouraged to **see Mr. Domina or Ms. Stagnitta as soon as possible** for more information.

STA Olympic Weightlifting Club (The Team)

Unleash Your Power. Step On the Platform. Join SAINT STRONG.



How strong are you now - and how much *more powerful* do you want to be?

Whether you need explosive speed and strength to dominate in your favorite sport, or you are curious about competing in the challenging and technical sport of Olympic Weightlifting itself, **STA Olympic Weightlifting Club (The Team)** is where you start.

- **Explosive Power FOR Your Sport:** Build the speed, stability, and total-body power that separates the good athletes from the elite players. Perfect for pre-season and in-season athletic development.
- **Master the Lifts AS Your Sport:** Learn the specific techniques of the snatch, clean, and jerk and train to become a true Olympic Weightlifter.
- **All Are Welcome:** Boys and girls, completely new to the weight room or experienced lifters looking to hone technique, are invited to become SAINT STRONG. We build strength, skill, and community.

Not sure what Olympic Weightlifting is all about? Don't stress - come check out a practice, meet the team, and find out how good it feels to get stronger.

WEEKLY PRACTICE SCHEDULE

Every Monday & Thursday 3:10pm – 4:30pm STA School Weightroom

Take the First Step: find your Preseason/Open Gym permission form **here** and start your **SAINT STRONG** journey this week!

UPCOMING EVENTS

November
11 - SCHOOL CLOSED - Remembrance Day - No classes in session
12 and **19** - Food and Winter Wear Collection Drop Off at 8:00 - 9:00am
13 - Grade 8 Retreat
16 - Grade 12 - Career Exploration Day at 7:45am
20 - SCHOOL CLOSED - Pro-D Day - No classes in session
26 - Open House 5:45 - 8:45pm
27 - Men's Hostel Ministry - Baked Goods or Sandwich Drop Off at 8:00 - 9:00am
December
2 - Special Schedule - 1:00pm Dismissal
6 - The Door Is Open
8 - Art Exhibition and Christmas Concert (Bands only)
9 - Learning Updates published to myEd BC
10 - STA Choral Concert and Drama Showcase
17 - Parent Teacher Student Interviews at 3:30pm
18 - Parent Teacher Interviews at 10:00am - 3:00pm - NO CLASSES IN SESSION
December 19 - **January 3** - Christmas Break - SCHOOL CLOSED

CAMPUS MINISTRY



All students are invited to Alpha! Alpha is hosted by students in grade 11 and 12, with a desire to create a space for all students to explore their faith! Come for Jesus and junk food in room 409 every **Monday**.

Food and Winter Wear Collection - Thursday, November 12 at 8:00 - 9:00am

On our upcoming food collection dates (November 12 and 19), we are also collecting new and gently used men's and women's jackets and shoes. These donations will assist individuals served by the Archdiocese of Vancouver's Ministries, including the Catholic Men's Shelter, The Door Is Open, the Migrant Farm Worker Ministry, and the ministry supporting those released from prison.

Thank you for your generosity!





All Soul's Month - November
All Souls' Day is also known as The Commemoration of All the Faithful Departed, which is celebrated on November 2. This is a day of prayer for those who have died. Catholics are encouraged to pray for the faithful departed, to remember them, and to give thanks.

During the month of November, we will be offering our weekly school masses for the deceased loved ones of our community. We invite you to include the names of your loved ones at this **link**.