



# STA At-a-Glance

**Week 12: November 12  
- November 18, 2025**

## IT'S JUST AROUND THE CORNER... STA GIVING & GRATITUDE ANNUAL FUND



### It's just around the corner... the STA Giving & Gratitude Annual Fund

This is your mission - should you choose to accept it: help us turn the impossible into possible. Every mission needs a hero. Today that hero is you. Join us for this year's Giving & Gratitude Annual Fund and let's make this mission possible. Student priorities for 2025-26 are:

- Indoor/outdoor seating
- New Chromebooks
- Additional TV monitors throughout the school
- Hudl - a multipurpose video camera to capture athlete data, and to stream STA games, masses, concerts and more

Check your mailbox for more information and how to donate the **week of November 24**.

**REMEMBRANCE DAY 2025**



## A SEASON TO CELEBRATE!

### Bantam Girls Black Volleyball: A Season to Celebrate!

Congratulations to our Bantam Girls Volleyball team on a tremendous season! Throughout every match and practice, these young athletes embodied what it truly means to be a Fighting Saint - showing **perseverance** in the face of challenges, **respect and love** for the game, and a strong sense of **community** as they supported and uplifted one another.



Their **responsibility** and **faith** shone brightly as they arrived each day with positive energy and shared their many gifts on and off the court. We are so proud of their hard work, dedication, and spirit this season - well done, Saints!

Many thanks to **Sienna B** (Gr. 12) for her hard work and dedication supporting the team on and off the court. Her experience and knowledge of the game kept the team engaged and interested in improving all throughout the season.

From Coach **Bianca Rojo**



**Congratulations to the Bantam Volleyball Red Team.** Their growth in skill, teamwork, and character was truly inspiring. From the first serve to the final point, these athletes embodied what it means to be a Fighting Saint. Congratulations on a season full of heart, hustle, and pride. The entire STA community couldn't be prouder of the way you represented our school! Thank you for helping during the season Ms. Meghan Dahl, Mr. Leo Lemos and Ms. Kate Arkiletian.

From Coach **Colleen Stevenson**

### **Kudos to our Junior Girls**

**Volleyball** team! It delighted us to support the Junior girls' volleyball team this season. They put up a valiant effort, securing fourth at BC Catholics and third on the North Shore. The girls showed excellent commitment. They approached every game and practice with a willingness to learn, positivity, and kindness towards one another. Our season goal was to improve 1% every day. We can say with the utmost confidence that this goal was smashed. These girls are looking towards a promising future and successful volleyball careers.



From Coaches **Meghan Dahl, Laura Pickard and Sophia Kostamo**

## OFFICE UPDATES



### **Grade 8 Retreat - Thursday, November 13**

The Grade 8 retreat is quickly approaching. Permission forms have gone home with students. They need to be signed and returned back to school. 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 (warm clothing, rainwear, running shoes or rain boots)

**Lost and Found Collection - November 13-14**

The Parent Association will display lost and found items on the second floor in front of the trophy cases.

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**Purdys Christmas Chocolate Sale - until November 20**

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 for more [information](#).



**St Pius X Elementary School Christmas Craft Fair Volunteers Needed**

St Pius X Elementary School needs student volunteers for their Christmas Craft Fair - setup, during, and take down - on November 22 and 23. The sign up sheet is at the office. Service hours can be earned.

Zoom presentation from [Dr. Kaitlynn Mendes](#) about [online safety](#).







**JOIN US – OPEN HOUSE**  
December 2 | 6:00 pm  
Applications now open  
until December 5, 2025  
[aquinas.org](http://aquinas.org)



Do you have friends or neighbours who are considering a new school for September 2026? STA will be hosting its Open House on **Tuesday, December 2.**

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, band performances, 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.

## UPCOMING EVENTS

### November:

**13, 20 and 28** - Men's Hostel Ministry - Baked Goods or Sandwich Drop Off at 8:00 - 9:00am

**13** - Grade 8 Retreat trip (during school hours)

**13** - Parent Teacher Interviews at 3:30pm - 7:30pm

**14** - NO CLASSES IN SESSION - Parent Teacher Interviews at 10:00am - 5:00pm

**19** - Spirit Day

**19** - School Dance at 6:00-9:00pm

**21** - SCHOOL CLOSED - CISVA Networking Day

### December

**2** - STA Annual Open House

VANCOUVER  
*Orpheus*  
MALE CHOIR

*with the*

*St. Thomas Aquinas  
Secondary School Choir  
the Work of Christmas  
a Choral Concert*

Friday, Dec 12, 2025  
at 7:30 pm

Mount Seymour United Church  
1200 Parkgate Ave, North Vancouver

Tickets \$30    Students \$20  
under 12 free



available at the door or on line, at  
[www.vancouverorpheus.org](http://www.vancouverorpheus.org)



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MESSAGE FROM ATHLETIC DIRECTOR



### Juvenile Girls Volleyball

Redemption achieved! The Juvenile Girls **avenged their early-season loss to Collingwood** with a dominant **3:0 win in the North Shore semifinals**, securing their spot at the **BC Championships!** They now face Handsworth tonight for the **North Shore title**, good luck, Saints!

### Senior Girls Volleyball

The Senior Girls continued their unstoppable run, **capturing the North Shore Championship** last week **without dropping a single set!** They swept past Whistler in the semifinals and took down Collingwood in the finals to claim the crown. This week, they're competing in the **Sea to Sky Zone Championships**, hosted here at **STA today and tomorrow** (catch all the action live on our [STA Athletics HUDL](#) page, you won't want to miss it!) with the **finals Friday at Vancouver Christian School**. The **top three teams** will advance to the **Provincial Championships**, let's go, girls!



### Basketball Season Tips Off

It's basketball madness in the gym as **tryouts and practices are in full swing!** Teams are finalizing rosters and gearing up for an exciting season ahead. Be sure to check the **daily announcements** for the full tryout schedule. Lace up, bring the energy, and get ready to represent the Saints on the court!

### Swim Team Splashing into Provincials

The **STA Swim Team** is heading to the **Provincial Championships this weekend!** Best of luck to our four swimmers who will proudly represent Aquinas — we're behind you all the way!

### Calling All Skiers and Snowboarders

Are you a **competitive ski or snowboard racer?** Mr. Allen wants to hear from you to see if we have the possibility of entering a team into the North Shore Secondary Schools Athletic Association league. Email him at [nallen@aquinas.org](mailto:nallen@aquinas.org) for more details.

### Go Saints Go!

From the court to the pool, our Fighting Saints continue to shine proving that effort, teamwork, and passion never go out of season.

**KAIZEN ATHLETES ON THE MOVE**



## Joy of Effort - in Action

Each month, our KAIZEN athlete class takes learning beyond the classroom and into the wider world of sport. This fall, our athletes have been *embracing the joy of effort* through **gymnastics, skating, and ice hockey** - building new skills, confidence, and friendships along the way.

With expert guidance from the **Flicka Gymnastics** coaches and the dedicated **Harry Jerome skating and power skating instructors**, students are discovering that athletic development can be both *fun and foundational*.

**Gymnastics** challenges every muscle and mindset - developing strength, flexibility, coordination, balance, and spatial awareness. From rolls and handstands to cartwheels and creative exploration on the apparatus, athletes are learning the movement fundamentals that transfer to *every sport*.

**Skating and Power Skating** sessions are sharpening balance, coordination, and proprioception (body awareness in space), while building strong legs, stable cores, and cardiovascular endurance. Add a dash of ice hockey, and you've got a total-body workout that builds strength, agility, and teamwork - all at high speed!

Through these community experiences, KAIZEN athletes are not only training their bodies but also **strengthening the habits of excellence** - *joy in effort, friendship through sport, and respect for the learning process.*

**Give Your Best - With and For Each Other**  
That's the KAIZEN way

## CAMPUS MINISTRY

**Kudos** to all of our **STA students**, and our **elementary schools: St. Edmund's, Holy Trinity, and St. Anthony's** students for donating candy to support **Good Shepherd Ministry!** Together we are caring for our neighbours in need, reminding them that they are seen and cared for!

Thank you to everyone for their generosity!



### Month of Holy Souls - Praying for the souls of Loved Ones

The Catholic Church dedicates the entire month of November to the Holy Souls in Purgatory. During the entire 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](#). Remembering them, praying for them, and giving thanks for them, pleases God, who makes use of our prayers to help purify these souls in Purgatory that He loves.

## PARENT ASSOCIATION / PARENT PARTICIPATION PROGRAM

### Help Needed

- We are looking for a full time volunteer to help wash/clean the school bus a few times per month. There would be two of you, and we are preferably looking for a male helper. If interested in finding out more please contact [Carmen](#)
- The landscaping team is looking for a part-time volunteer (min 3hrs/month) to ensure that the gardening equipment, fuel and supplies are in good working order. Commitment is from February-November each year. All



associated costs are reimbursed. Please contact [Kathleen Jessop](#) for more information.

- Cafeteria - full time shifts available: Tue, Wed and Friday (11:30pm - 2:00pm). Please contact [Claudia Montagut](#) if interested.
- Traffic duty volunteers - full time shifts: mornings: Mon (8:45am - 9:30am) and Tue-Fri (8:00am - 8:45am) and afternoons: Mon-Fri (2:45pm - 3:30pm). If you are interested please contact [Karen Lo](#).
- Parent Judges for the Grade 8 Science Fair - January 26, 2026 (your child doesn't need to be in grade 8 in order for you to volunteer)

Click [here](#) to sign-up and review the current opportunities in the portal.

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### **STA Parent Association Needs YOU! Monthly Meeting - Thursday, November 13 at 9:30am at Boardroom**

We welcome and encourage all parents to get involved and volunteer at our school. The primary focus of the STA Parent Association is to strengthen our school community by supporting annual events and activities at STA. We achieve this by involving ourselves with activities that connect students, parents and families. Monies raised by these activities are used for the improvement of our school or the enhancement of student extracurricular activities. Through these activities, the Parent Association also provides parents with opportunities to volunteer within our school community. Further details on the Parent Association can be found on the [website](#). Please [email](#) if you are interested in becoming an active member of the Parent Association.

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A promotional graphic for a Poinsettia Sale. At the top center is the St. Thomas Aquinas school crest, which features a cross and the motto 'VERITAS LIBERABIT VOS'. Below the crest, the words 'Poinsettia Sale' are written in a large, elegant, red cursive font. The background is a soft-focus image of warm, glowing bokeh lights. In the foreground, there are vibrant red poinsettia flowers. At the bottom left, there is a QR code. To the right of the QR code, the text reads: 'Order online by November 19th', 'STA Pick up December 4 and 5', and the website 'aquinas.growingsmilesfundraising.com'.

### **The STA Annual Poinsettia Sale is here!**

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.

Please [visit](#) and place your order today.

The order deadline is **November 19** and pick-ups will take place on **December 4** and **December 5**.

We thank you in advance for your support.

