



STA At-a-Glance

Week 13: November 18 - November 25, 2025

STA GIVING & GRATITUDE ANNUAL FUND



Next week, we'll be launching the **2025-26 STA Giving & Gratitude Annual Fund** which plays a vital role in enhancing our students' educational and extracurricular experiences. The Fund supports programs and initiatives that tuition and government funding alone cannot cover. These priorities are identified directly by our students and teachers, ensuring that every gift addresses a real need within the school.

This year's theme is Mission Possible, where we can all be superheroes and give for student enhancements. The priorities 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

We know you have many options when it comes to giving. Please consider how the STA Annual Fund can be part of your family's philanthropy. Tax receipts are issued for all gifts.

Together, we can reach our goals.

Click [here](#) to donate today.

THE STA ANNUAL POINSETTIA SALE

The STA Annual Poinsettia Sale - Last Chance

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 tomorrow, **November 19** and pick-ups will take place on **December 4** and **December 5**.

We thank you in advance for your support

ST. THOMAS AQUINAS
PROGRESS THROUGH FAITH

Poinsettia Sale

Order online by November 19th
STA Pick up December 4 and 5

aquinas.growingsmilesfundraising.com

A SEASON TO CELEBRATE!

Ivan L
50m Backstroke Boys B 30.31
STA TEAM RECORD

Katie J
100m Backstroke Girls Open 1:08.91
STA TEAM RECORD

Owen H
Personal Best Time
50m Freestyle Boys Para 1:14.51
BC SCHOOL SPORTS PROVINCIALS

Ryan L
50m Freestyle Boys Para 1:01.06 (heats)
50m Freestyle Boys Para 0:59.62 (finals)
STA TEAM RECORD

The STA swim team wrapped up the season at Provincials over the weekend. Four swimmers advanced to Provincials with the results below.

Highlights

- The team placed 26th out of 69 teams, with the men's team placing 5th in AA schools
- Owen H dropped 13.84 seconds in his 50 free Para from Zones to Provincials. He finished 6th overall
- Ryan L dropped an incredible amount of time from Zones to Provincials and from heats to finals in the 50m free Para. He finished 5th overall
- Ivan L bettered his last team record that he set at Zones in the 50m back and finished 12th overall
- Katie J broke her own record that she set at Zones and finished 14th overall in 100m back.

A special shout-out goes to our incredible coaches, **Ms. Krajicek** and **Ms. Atkinson**, for their leadership and dedication in guiding our swimmers to such impressive results.

OFFICE UPDATES

Lost and Found Collection - until November 20

The Parent Association displayed lost and found items on the second floor in front of the trophy cases. All labeled items were returned to individual students. We encourage labeling all students' items, especially uniforms. We still have a collection of lost and found jewelry in the office. Please come to collect them.

After November 20 all unclaimed items will be donated to the Salvation Army.



Spirit Day - BBQ Dads and Soccer Moms – November 19

Students can come dressed as BBQ Dads and Soccer Moms in exchange for a canned good or \$2+. Collections will take place in first block and all proceeds go to the STA Campus Ministry. For those students who do not participate, full school uniform is required.



Purdys Christmas Chocolate Sale - Last Chance 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](#).

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



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 - Lost and Found collection displays (the 2nd floor beside the gym doors)
- 19 - Spirit Day - BBQ Dads and Soccer Moms
- 19 - School Dance - CANCELLED due to lack of interest from students
- 20 and 28 - Men's Hostel Ministry - Baked Goods or Sandwich Drop Off at 8:00 - 9:00am
- 21 - SCHOOL CLOSED - CISVA Networking Day
- 25 - Monthly School Mass at 11:00am. Families are welcome to attend

December

- 2 - STA Annual Open House
- 7 - The Door Is Open
- 9 - Christmas Concert - Art Exhibition
- 12 - STA Concert Choir with Orpheus Men's Choir at Mount Seymour United Church
- 19 - Pro - D Day - SCHOOL CLOSED

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 \$50 · Students \$20
under 12 free

available at the door or on line at
www.vancouverorpheus.org

BRITISH COLUMBIA
Department of Education

WINTER ART SALE

Saturday, Nov. 22rd 10am-5pm
St. Thomas Aquinas Secondary
541 W. Keith Road, North Vancouver

A Masterpiece Collection - Over 500 Paintings!
From bold abstracts to delicate landscapes -
there's something for everyone!

See you at the show!

Congratulations to the **Juvenile Girls Volleyball** team for winning the **North Shore banner** last week! This earns them a two-peat as they won the banner in their grade 8 year as well. This is also **Coach Tamara's fifth consecutive banner** with the juvenile girls! The Grade 9 girls played with an electrifying energy while simultaneously maintaining calm and poise on the court. It was an incredible portrayal of team chemistry, skill, and persistence.



Special shoutout to co-captain Zoie S for serving 14 in a row during the third set, most of which being aces!

The **Juvenile Girls Volleyball** team is going to **BC Provincial Championships** at Semiahmoo Secondary **on November 21-22!**

They open pool play with matchups at:

- 9:00am vs Tupper
- 11:15am vs McNair
- 1:45pm vs Burnaby North

Their results will determine seeding for Saturday's championship bracket. Best of luck to our athletes and coaches — STA is behind you all the way! We're incredibly proud of your hard work and dedication.



Kudos to Senior Girls Volleyball

Last week the **Senior Girls Volleyball** team beat West Point grey in the **Vancouver Sea to Sky** finals, **winning their first ever VS2S banner** in this division. With this win the team and Coach Chris will now travel to Kelowna for the provincial championships on **November 26 - 29**. They are currently ranked 2 in British Columbia, let's go, girls!

CAMPUS MINISTRY

Grade 8 Retreat

The grade 8s spent a day out of the ordinary, finding God in the ordinary and the beautiful, in Squamish last week! The day, designed by our senior student leaders, was an opportunity for them to connect with God in simple and meaningful ways. A reminder that we don't have to look far to find God, that He is always with us, and we can find Him anywhere! They connected with God through nature, scripture, community, adoration, and all that is good and beautiful! They were encouraged by testimonies from the senior students so they know they are never alone in their faith and in our community!





them in to the STA community!

Kudos to the 34 grade 10, 11, and 12 students who led the grade 8 retreat! They spent many meetings planning the activities to help the grade 8s find God in the ordinary and shared their faith as they led the groups of grade 8s through the day! They were excellent examples for the grade 8 students, sharing God's love and faithfulness, and welcoming

Youth Alpha - Wednesday, November 19 at 3:15pm

The Alpha Youth Series is all about creating a space where you can explore your biggest questions about life and faith in a way that feels open, real, and respectful. It's a place where real conversations happen, and friendships can grow in an inclusive, welcoming environment. We will go through the series together as a team, discussing and learning about ourselves and our faith. Starting this Wednesday, come join us in the alumni room. Fr. Lucio from Holy Trinity parish and various other STA leaders will be there to support you! See Gabby R, Gaby M, Ephraim C, Paige K or Ms. Hughes if you have any other questions.

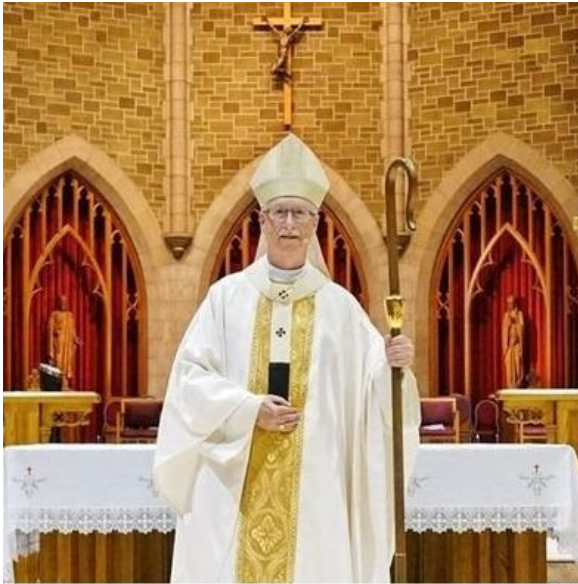


STA Men's Hostel Ministry - Thursday, November 20 at 8:00 - 9:00am

Thursday morning we will begin our food collections for the Archdiocese of Vancouver's shelter. This is your opportunity to feed the hungry and help those in need by making sandwiches or baked goods at home. Then bring the food you make at home to the **STA Campus Ministry office** before school starts on Thursday. You can make as many as you like, 12 sandwiches or 12 baked goods equals 1 service hour. Please individually wrap each sandwich or baked good, and they **MUST** be home made to receive service hours. Thank you for your generosity in feeding the hungry!

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.



Monthly School Mass - Tuesday, November 25 at 11:00am

On November 25, we are fortunate to have his Grace, Archbishop Smith, celebrating our monthly school Mass. Most of our North Shore priests will also join for the occasion. **Parents are welcome to join us for Mass in the gym at 11:00am.**

The theme for this month's feast day celebrations is martyrs, with a special focus on the Korean and Vietnamese martyrs. Students will receive prayer cards in first block and the cafeteria will have a special lunch to celebrate (Vietnamese spring rolls, bulgogi dumplings, Korean noodle Japchae and Korean corn dog)!

The Door Is Open - Sunday, December 7

The **Door Is Open** is a Catholic Charities outreach service that provides meals and services to residents and transients in the Vancouver's eastside. Students prepare and serve a meal to those living on the downtown eastside while earning service hours. The school bus will depart from STA on **Sunday, December 7 at 9:00am** and return at approximately 1:30pm. Uniforms are not required. Students must register and submit a permission form with the Campus Ministry office. Spots are limited.



PARENT PARTICIPATION PROGRAM



WOULD YOU
MIND
HELPING US?

Help Needed

- North Shore Artist Event Concession Volunteers on Nov 21 & 22
- 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.