



# STA At-a-Glance

**Week 2: September 2 -  
September 9, 2025**

## PRINCIPAL'S MESSAGE

Dear Students and Parents,

Welcome back to a new school year at STA! As we begin this year together, let us remember the core values guiding us: **faith, community, and excellence**. This year, in a special way, we are called to live out the CISVA theme of *"Proclaiming Our Faith."*

Proclaiming our faith means more than words — it is seen in our actions, our relationships, and our commitment to one another. At STA, this will take shape in the way we gather in prayer, support each other in learning, and serve those in need. I encourage every student and family to look for opportunities to witness to Christ in small but meaningful ways each day.

As we continue to grow in knowledge and in our relationships with open hearts and minds, let us embrace the opportunities ahead with confidence. With Christ at the centre, we can achieve great things together. Remember, we are here to support and guide you on a journey filled with learning, joy, and spiritual growth.

Here is to a year of living our faith boldly, building a strong community, and striving for excellence in all we do.

Sincerely, Mr. Krol

## PARENT PARTICIPATION / VOLUNTEER OPPORTUNITIES



**ST. THOMAS AQUINAS REGIONAL SECONDARY SCHOOL**  
FAITH | COMMUNITY | EXCELLENCE



**Community Spirit**  
Check out the Parent Participation Portal for all of the opportunities!



### STA Parent Participation Program (PPP)

The **PPP** exists for parents to participate in activities and build community with other families. The program also provides a reduction of the monthly parent participation fee. Seasonal and part-time credits are available throughout the year.

#### Help Needed:

- Homecoming - Sep 19: 9 volunteers

- Walkathon - Oct 1: 28 volunteers
- Cafeteria - full time shifts available: Tue (11:30am - 2:00pm), Wed (12:30pm - 3:00pm) and Thu (12:30pm - 3:00pm). Please contact [Claudia Montagu](#) 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](#).

Click [here](#) to sign-up and review the current opportunities in the portal. Check back often as opportunities are regularly added.

## MARK YOUR CALENDAR!



## HOMECOMING FRI SEP 19

3:30 pm - Senior  
Boys Soccer vs.  
ACRSS @ Fen  
Burdett

5:00 pm - Party in  
the Parking Lot  
@STA



Mark your calendars and plan to attend STA's most epic, family-oriented Homecoming yet. Festivities begin on **Friday, September 19 at 3:30pm** with the Senior Boys Soccer battling against Archbishop Carney Secondary at Fen Burdett Stadium. Join us back at **STA at 5:00pm** with live music, beer garden, food trucks, free gelato and more. See you there!

## OFFICE UPDATES

**Accessing STA Information:** the school's yearly [calendar](#) is posted on the school's [website](#). Please ensure the office is informed of any address changes during the summer. Emails may be sent to [office@aquinas.org](mailto:office@aquinas.org).

**PLEASE NOTE:** Administration Office Hours: Monday to Friday 8:00am to 4:00pm.

### **Activity Fee**

If you have not already done so, please send the activity fee payment with your child. We would prefer to minimize the number of homeroom blocks needed to collect this money by asking students to bring it during the first week of school.

### **STA Photo Day**

Tuesday, September 9 - All students are required to be in full uniform, including school sweaters.

### **School Attendance**

#### **Policy and Procedures**

We take our responsibility of knowing the whereabouts of students at all times during the school day very seriously and require your assistance to ensure that we are able to do so.

## UPCOMING EVENTS

### **September:**

**3** - 8 Block Schedule

**4** - Day 1 regular schedule

**5** - Day 2 regular schedule

**8** - Day 1 Late Start at 9:15am

**9** - School Photo Day (in full uniform with sweaters)

**11** - Meet the Teacher - Grade 8 Parents at 6:00pm - 8:00pm

**19** - Spirit Day and Homecoming 2025 at 3:30pm Fen Burdett and 5:00pm at STA Parking Lot

**23** - Grade 12 Parents Night at 7:00pm - 8:30pm. Grade 12 Students are encouraged to attend

**24** - Grade 9 Immunization Clinic hosted by VCH

**30** - SCHOOL CLOSED - National Day for Truth and Reconciliation

## MESSAGE FROM ATHLETIC DIRECTOR

Welcome Back, Saints!

St. Thomas Aquinas Athletics is back in action, and the Fall season is already buzzing with energy! Our student-athletes, coaches, and teachers are ready to kick things off, and the excitement is contagious.

- **Senior Boys Soccer** tryouts are already underway.
- **Senior Girls Volleyball** hits the court tonight for their first round of tryouts.
- **Junior Boys Soccer** (Grades 8–10) will be kicking off next week—dates and times will be confirmed shortly.
- **Grade 8, 9, and Junior Girls Volleyball** starts tomorrow after school.
- **Swim Team** will hold their first meeting on Thursday, September 4th at lunch in Room 311.

- Meetings for **Boys Volleyball, Cross Country, Field Hockey, and Rowing** are coming soon—watch the daily announcements for details!

At STA, athletics is more than competition; it's about building skills, faith, and character that last a lifetime. Whether on the field, in the pool, or on the court, we're shaping Saints who succeed both in and out of the game.

Reach out to **Mr. Nick Allen** if you have any questions.

Go Saints Go!

## PARENT ASSOCIATION

### STA Parent Association Needs YOU!

**Welcome Meeting - Thursday, September 11 at 9:30am**

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.

## STA CAFETERIA



Breakfast and lunch are available at the **STA School Cafeteria** every day!

All food is prepared daily, with a selection of daily menu items and daily specials. Students can purchase items with cash, debit or credit card. STA gift cards can also be purchased at the office and used in the cafeteria.

Breakfast items are bacon or sausage egg sandwiches, hash browns, tater tots and pastries.

Daily menu items include hamburgers, hotdogs, fries, poutine, a variety of salads, a variety of sandwiches and wraps, veggies & dip. Please click [here](#) for weekly updates.