



STA At-a-Glance

**Week 24: February 17 -
February 24, 2026**

PRINCIPAL'S MESSAGE

Dear STA Community,

With deep sorrow, we acknowledge the tragic school shooting that occurred in Tumbler Ridge last week. News like this can leave us feeling shaken, sad, angry, fearful, or simply at a loss for words. We recognize the grief and concern that many students, staff, and families may be carrying, even from far away, and we want you to know you are not alone.

In a special way, we hold in prayer the lives lost, those who were injured, and all who are suffering in the aftermath. When violence touches a school, it strikes at a place that should always be safe, and it can unsettle our sense of security. May the peace of Christ bring comfort to those who mourn and strengthen all who are working toward healing.

If this tragedy has affected you or your child, please reach out. Our counsellors and staff are here to listen and to support students with care and compassion. Additional support is also available through the Hope for Wellness Helpline (24/7) at 1-855-242-3310 or through online chat.

At STA, the safety, well-being, and spiritual development of every student remain our highest priorities. We take our responsibility to safeguard your children, physically, emotionally, mentally, and digitally, with profound seriousness. Our commitment is rooted not only in best practices for school safety, but also in our Catholic mission to nurture the whole person: mind, body, and spirit.

In faith and solidarity, we entrust both school communities to God's mercy and ask Our Lady of Sorrows to pray for us.

MARK YOUR CALENDAR!

We want **YOU** for crimes of fun and good times at **STA's Wild West Night on Friday, April 17**. Dust off your dancing shoes and pull on your favourite shoes and boots and prepare to dance the night away. You'll also enjoy a variety of silent auction prizes and dinner. Test your talents on the mechanical bull or at the Texas Hold'em tables. Don't miss out on the fun; register [here](#) for early-bird pricing by March 16 with your favourite guy or gal. If you have a product, service or accommodation you would like to donate to the silent auction, please contact us [here](#).



KUDOS



Kudos to STA Concert Choir

Last week, the STA Concert Choir performed at the Catholic High Schools Choral Festival. Thank you to Ms. Rebane for your hard work with the choir and the amazing efforts of the soloists and choir members overall.

A SEASON TO CELEBRATE!

The **Grade 8 Girls Basketball** team finished their regular season with a tough final loss to Handsworth Secondary School, but not without an incredible fight. Down by 12, the girls battled back and tied the game with less than a minute to play. Their effort and determination right to the final buzzer made us extremely proud. They finish the year in **2nd place** as we head into Provincials.



A big thank you to Coach Paige and team sponsor Deanna Sherrill for their outstanding leadership and commitment all season. The growth and resilience this team showed are a direct reflection of her work.

The team is also grateful to Mr. Lemos, Mr. Prescott, and Mr. Allen for cheering throughout the season. Your support meant a lot to the girls.

It was a hard way to end, but a season we're truly proud of.

The **Grade 8 Boys Basketball** team recently wrapped up their season, spanning four months and 43 games split between two rosters! The goal of the season was to provide an opportunity for as many students as possible (26 in total) to experience high school basketball. The teams competed in a combined six tournaments, with the Red Team winning the Carney Classic and reaching the final of two others. In total, the red team won twenty games (20-11) and reached the North Shore semifinals, falling just one game short of the Grade 8 Provincial Championships. The White team focused heavily on development, improving over the course of the season. The team ended up winning multiple games vs other schools' "A teams".

All in all, it was a very successful season, and we look forward to seeing the boys develop further next year! Thanks to all the coaches Mark Dotto, Jon Vendargon, Aidan J and players, and a big thank you to the parents for driving and for navigating a very busy and chaotic schedule. See you next year!



OFFICE UPDATES

Re-Registration 2026-2027 School Year

At this time, all families should have received an email from Christina Donovan in regards to re-registration.

Category 1 & 2 families: the Pastor Authorization forms are now overdue. If you have not already

done so, please submit them to your parish immediately. Catholic families will be advised of confirmed categories once received from parishes.

Category 3 families: complete re-registration paperwork emailed to you on February 2.

Early re-registration is now closed.

Please note: St. Edmunds, Holy Trinity and Christ the Redeemer parishioners who have yet to receive category approval will receive an extension on early re-registration.

Parent Teacher Interview Sign Up

The [parent-teacher interview booking site](#) open until Monday, February 23 9:00am. Instructions were provided with the learning updates published on February 11. Please be sure to have your user name (student's last name) and password (PEN number found at the top of the learning update) in order to log in to the program.

Parent/Teacher Interviews will be:

- Thursday, February 26: 3:30pm – 5:00pm and 5:40pm - 7:30pm
- Friday, February 27: 10:30am – 4:30pm

Students are encouraged to attend interviews with their parents. There will be no classes for students on Friday, February 27.

Tuition Tax Receipts

Tuition tax receipts for 2025 (January - June and September - December) were emailed to each family last week. If you did not receive it or have any questions, please contact **office**.

Grade 12 Purdys Chocolates Easter Fundraising Campaign - now and until March 2

Grade 12 students received their Purdys Easter Chocolate Fundraising brochures this week. [Instructions](#) for ordering and an order form are included. Grads earn 25% of their individual sales once the full group has sold at least \$1000 worth of chocolates. Given the success of the Christmas fundraiser, students will likely be able to enjoy the same credit this time around. This is the final fundraising opportunity for grads to chip away at the year-end Dinner and Dance cost. All orders are to be completed online by **Monday, March 2**. Click [here](#) for the Graduation Information on the school website and find the heading Grad Fundraising.



UPCOMING EVENTS

Check out the school [calendar](#) for these and other events:

February

- 18** - Ash Wednesday Monthly School Mass at 10:45am. Families are welcome to attend
- 19** - Men's Hostel Ministry - Baked Goods or Sandwich Drop Off at 8:00 - 9:00am
- 23** - AMENDED DAY for Ski and Snowboard Club
- 24** - Gr. 9 Retreat
- 25** - Pink Shirt Day
- 26** - Parent Teacher Interviews at 3:30pm - 7:30pm
- 27** - NO CLASSES IN SESSION - Parent Teacher Interviews at 10:30am - 4:30pm

March

- 1** - The Door is Open
- 2** - Course Overview for Grade 11 (students entering Grade 12) - 7:00pm
- 3** - Course Overview for Grade 10 (students entering Grade 11) - 7:00pm
- 12** - Men's Hostel Ministry - Baked Goods or Sandwich Drop Off at 8:00 - 9:00am

13 - Ski and Snowboard Club
14 - 29 Spring Break



2027 International Trip to London, Paris, and Barcelona with EF Educational for current Grade 10 and 11 students (Grades 11–12 next year).

Families are invited to a virtual info session to learn about trip highlights, student benefits, safety, and how to enroll.

Info Session Details:

- Tuesday, February 24
- 6:30pm (virtual)
- one parent/guardian must attend

Register [here](#) to receive meeting details and qualify for door prizes:

Can't attend? Register and select "No, but send info." Also, students can access the Google Classroom for future updates.

Mr. Domina

Science and the Supernatural
 Neuroscience, Near-Death Experiences, and Eucharistic Miracles

Join us for four fascinating talks given by Dr. David Neima, which will explore the remarkable intersection between faith and science, highlighting recent discoveries and emerging evidence that resonate with core theological teachings, offering thought-provoking insights into the nature of the soul, near death experiences and medical investigations into Eucharistic miracles.

Near Death Medical Data for Life After Death
 7pm - Thursday, February 26
 St. Thomas Aquinas High School
 541 West Keith Road, North Vancouver

Medical Examination of Eucharist Miracles
 7pm - Thu, March 12 (St. Thomas Aquinas High School)

Big Bang Theory and Cosmological Constants
 7pm - Thu, April 16 (St. Thomas Aquinas High School)

The Fossil Record and Intelligent Design
 7pm - Thu, June 4 (St. Thomas Aquinas High School)

All are welcome. To register for attendance in person or online, please contact adriana.landberg@gmail.com.
 For more information, please contact jessicachoo@mac.com.

Dr. David Neima is a medical ophthalmologist who began his career in 1972. His background includes research in neurophysiology and several years as a general practitioner before specializing in ophthalmology. He continues to practice part time and has participated in numerous medical mission trips. Married for 51 years, he and his wife have four children and four grandchildren. Raised in an atheist household, Dr. Neima became an evangelical Christian at university and entered the Catholic Church 32 years ago.

These talks and discussions aim to deepen our understanding of Catholic doctrine. They offer an opportunity to engage with others who are striving to live their faith well in everyday life. The goal is to build intellectual confidence in understanding and defending the faith, with sessions designed to provide instruction in theology and philosophy applicable to ordinary life.

SUMMER LEARN TO SAIL

Set sail this summer and discover the thrill of sailing with West Vancouver Yacht Club's Learn to Sail camps! Whether you're a beginner or looking to build on your skills, our camps are designed for all levels, ages 7 to 17.

Set your course for fun, learning and adventure!

Grade 9 Retreat - Tuesday, February 24

The Grade 9 retreat is quickly approaching. Permission forms have gone home with students. They need to be signed and returned to school. Students report to their first block as usual for attendance and then head to the buses. Details:

- uniform not required
- 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)



ASH WEDNESDAY

LENT BEGINS

WHAT IS LENT?
The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by praying, fasting, abstinence, and other acts of penance.

PRAYING FASTING ABSTINENCE

WHAT IS FASTING?
One meal a day, and two smaller meals which if added together would not exceed one full meal.

WHAT IS ABSTINENCE?
Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

DAYS OF FAST?
Ash Wednesday, Good Friday

DAYS OF ABSTINENCE?
Ash Wednesday, All Fridays of Lent, Good Friday

WHO ARE REQUIRED?
Catholics from age < 18 to 59 >. The sick are excused from fasting.

WHO ARE REQUIRED?
Mandatory for everyone older than 14 years old.

Source: Code of Canon Law
ABS-CBN NEWS
ABS-CBN NEWS
NEWS.ABS-CBN.COM

This Lent, we are going to live it out together! We are going to feast, fast, pray, and give alms as a community!

Each week we have planned a different focus for all of us to live out:

Week 1: February 18 - 20: FASTING - no treats in the vending machine or cafeteria

Week 2: February 23 - 26: PRAYER - each lunch there will be an opportunity for prayer in the chapel

Week 3: March 2 - 6: ALMSGIVING - writing cards to those in care homes, prisons, and the homeless each lunch and donation collections for no service hours

Week 4: March 9 - 13: FASTING - decrease screen time

Tomorrow, we will begin fasting together. On Ash Wednesday, Catholics around the world fast by not eating any meat, and having only one full meal and two smaller meals.

May we all be closer to God at Easter than we are today through an intentional and fruitful Lent!

PARENT ASSOCIATION / PARENT VOLUNTEER OPPORTUNITES

**STA Parent Association Needs YOU!
Monthly Meeting - Thursday, February 19 at
9:30am Alumni Room**

We invite all parents to join our vibrant school community through the STA Parent Association. Our mission is simple: to bring students, parents, and families together through annual events and activities. Beyond building lasting connections, any money raised goes directly toward school improvements and extracurricular programs. Whether you have a little time or a lot, we have a volunteer role for you. Visit our [website](#) for more details, or [email](#) us today to get involved!



Help needed:

- The school store volunteer position for Wednesdays is available from 2:45pm to 4:15pm
- Volunteers needed for New parent night on May 12 at 5:00-9:00pm

Click on the [Parent Participation Portal](#) to register for the opportunities.

Thank you for your involvement!