



# STA At-a-Glance

Week 25: February 24 -  
March 3, 2026

MARK YOUR CALENDAR!

Join us for **STA's Wild West Hoedown: Denim, Dinner & Dancing** on **Friday, April 17**. The evening promises to be more fun than a barn dance when Grandma ain't watching!

Grab your favourite guy or gal and register before March 16 to take advantage of our early-bird pricing. Click [here](#) for more information and to register.

See you there.

**ST. THOMAS AQUINAS**  
DIRIGE ME IN VERITATE TUA

**WANTED BY SHERIFF KROL!**

REGISTER TODAY FOR OUR WILD WEST HOEDOWN: DENIM, DINNER & DANCING

**FRIDAY, APRIL 17** | **7:00 PM**  
AQUINAS RANCH (AKA STA GYM)

**\$50/PERSON**  
INCLUDES ONE COMPLIMENTARY DRINK

**DINNER**  
LIVE BAND & DJ  
MECHANICAL BULL CONTEST  
SILENT AUCTION  
WHISKEY MARTINI ICE LUGE  
TEXAS HOLD'EM

**REGISTER BY MAR 16 FOR EARLY-BIRD PRICING**

KUDOS



### Surrey Schools International Jazz Festival 2026

The STA Jr. & Sr. Jazz Bands were at the Bell Centre in Surrey for western Canada's premiere Jazz festival on February 20. Both groups performed with swing and groove!

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**Congratulations** to Massimo L and Josh W who placed in the top **25 runners** at the **Sea to Sky Zone** Championships. Massimo placed 20th and Josh placed 24th in the Junior Boys category. The race was held last October but the ribbons arrived last week. Both Massimo and Josh will be leading STA's senior team in the fall.

## STA COMMUNITY DIRECTORY



We're happy to share a new business who has joined the STA Community Directory. If you have a business you would like to add, please complete the form [here](#).

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## Remedios & Company

For over 37 years, Remedios & Company has delivered the sophisticated expertise of a global powerhouse with the dedicated attention of a boutique, law practice. They provide comprehensive legal solutions to a diverse clientele: from local entrepreneurs to multinational corporations across Canada and the Asia-Pacific region. Reach out to [Matthew Remedios](#) today to learn more.



## OFFICE UPDATES



### **Pink Shirt Day at STA: February 25, 2026**

STA will join the global community to celebrate **Pink Shirt Day**. This annual event is dedicated to raising awareness, promoting kindness, and standing against bullying. By participating in Pink Shirt Day, STA reinforces our commitment to student mental wellbeing and the values of compassion and empathy.

### **The Hearts Behind the Mission: STA Helping Hearts**

Much of this week's energy is driven by our

school counsellors and our student-led club, **STA Helping Hearts**. Their ongoing mission is to spread kindness through our halls year-round.

### **Planned Activities**

- **Spirit Day:** Students and staff are encouraged to wear pink to show their support. We will follow our standard Dress Down protocol: **\$2 or a food donation** for The Door is Open.
- **The "Kindness Sprinkle":** At the end of the first block, students will be given Post-it notes to write anonymous messages of kindness. During the break, they will "sprinkle" these across the school by placing them on lockers - aiming to reach peers they may not know well so that everyone starts their day with a positive message.
- **Kindness Booth at Lunch:** Organized by the Helping Hearts Club, students participating in Pink Shirt Day are invited to the cafeteria during lunch for a sweet treat at our Kindness Booth.

### **How You Can Help**

**Wear Pink:** Please remind your child to wear pink on February 25. This could be: a t-shirt, sweatpants, sweatshirt, scarf, etc. Please avoid items such as socks which are not highly visible.

**Start the Conversation:** Consider asking your child what message they wrote during the "Kindness Sprinkle" or about the work of the STA Helping Hearts Club.

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## **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.

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### **Course Selection Information Night - at 7:00pm Gymnasium**

- **For current Grade 11** (going into Grade 12 - September 2026) **Monday, March 2**
- **For current Grade 10** (going into Grade 11 - September 2026) **Tuesday, March 3**

The purpose of the parent sessions is to review the process for students to request their courses for the 2026-2027 school year and to provide an overview to parents/guardians on factors to consider when assisting your student(s) with their course request decisions.

The course programming process is multi-faceted and requires careful consideration and planning. After we have provided initial information to parents and students, we request that you continue to discuss various course options, consider student strengths and interest, talk to STA teachers about their courses offerings (content, topics, etc.), and review post-secondary institutions for admission requirements if necessary, prior to completing student course request forms.

**Please NOTE:** if a student has not re-registered for the upcoming year, the course selection options will not be available to them until re-registration is complete.

We look forward to working with you and your child(ren) to plan for a successful 2026-2027 school year

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### **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**

**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

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 at 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

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**Grandparents Tea - Wednesday, May 6**

We are starting to organize our Grandparents Tea. We are looking for donations of large teapots only. Please drop your teapot off at the 3rd Floor foyer and place it in a black tote marked "Grandparents Tea".

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## 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 Eucharistic 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)

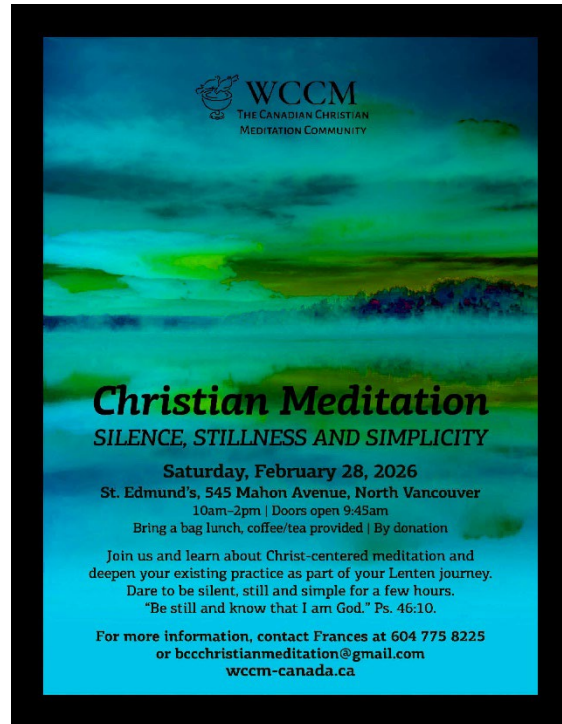
All are welcome. To register for attendance in person or online, please contact [adriana.landberg@gmail.com](mailto:adriana.landberg@gmail.com).

For more information, please contact [jessicachoo@mac.com](mailto: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.*



WCCM  
THE CANADIAN CHRISTIAN  
MEDITATION COMMUNITY

## Christian Meditation

SILENCE, STILLNESS AND SIMPLICITY

Saturday, February 28, 2026  
St. Edmund's, 545 Mahon Avenue, North Vancouver  
10am-2pm | Doors open 9:45am  
Bring a bag lunch, coffee/tea provided | By donation

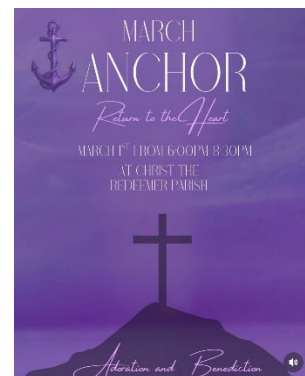
Join us and learn about Christ-centered meditation and deepen your existing practice as part of your Lenten journey. Dare to be silent, still and simple for a few hours.  
"Be still and know that I am God." Ps. 46:10.

For more information, contact Frances at 604 775 8225 or [bcchristianmeditation@gmail.com](mailto:bcchristianmeditation@gmail.com)  
[wccm-canada.ca](http://wccm-canada.ca)

## CAMPUS MINISTRY

### Christ The Redeemer Youth Ministry - Sunday, March 1

All students and their friends are invited to join Christ The Redeemer Youth Ministry after the 5:00pm mass for our monthly **Anchor**. It begins with dinner and then parents are welcome to join us for Adoration and Benediction from 8:00 - 8:30pm. Please **RSVP**.



MARCH  
**ANCHOR**  
*Return to the Heart*  
MARCH 1<sup>st</sup> FROM 6:00PM-8:30PM  
AT CHRIST THE REDEEMER PARISH

Adoration and Benediction



**The Door Is Open - Sunday, March 1**  
 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 in need while earning service hours. The school bus will depart from STA on Sunday, March 1 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.

**Right 4 Life Expo - Friday, March 6**

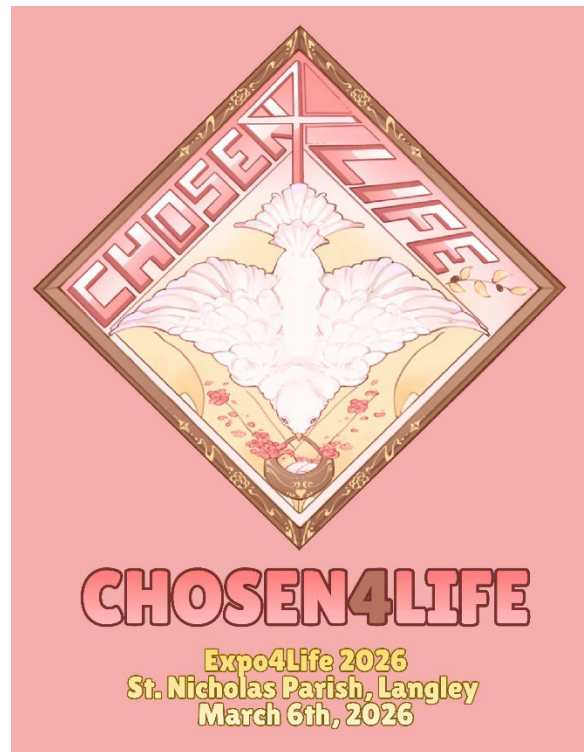
The Right 4 Life (R4L) is an annual conference for all Catholic high schools in CISVA.

- Friday, March 6, 2026, STA bus will departure at 8:00am, returning time around 3:00-4:00pm
- St. Nicholas parish, Langley
- Learn about issues relating to dignity of human life

Students who attend the Expo will meet students from other Catholic high schools, partake in engaging activities and icebreakers, and attend main session and break-out session events, on topics relating to the dignity of human life. Keynote speaker this year is Elizabeth Sutcliffe, pro-life speaker who shares her post-abortion testimony and speaks on the dignity of human life, healing, and hope in a culture shaped by confusion about identity and freedom.

Some of the break-out session events include:

- Providence Health care on MAiD
- Sentinel Youth Services on Substance Prevention
- Rick Hansen Foundation
- Fr. Jan Kunes - Dating and relationships - the Church's stand Pregnancy Options, Surrey - foster care and adoption



# 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 CEN NEWS ABS CEN NEWS

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 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

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

### How to Serve in Healthcare as a Catholic - Saturday, March 7 9:00am-12:00pm

Are you a student considering a career or vocation in healthcare? Join us for a morning of guidance, connection, and formation as practicing Catholic healthcare professionals share their experiences navigating school application, coursework, professional formation, and faithful practice in today's complex healthcare landscape. You will also meet and connect with other students and healthcare professionals as you explore the integration of faith and professional vocation in clinical settings.

Our panel includes:

- Christopher Ryan, MD – Family Medicine (*Co-organizer/Moderator*)
- Jonathan Yang, MD – Family Medicine
- Simone Cowan, MD – Cardiology
- Luke McLaughlin, MD - Infectious Disease

### Are you a student considering a career/vocation in healthcare?

Come participate in our

## PANEL DISCUSSION

How to serve in healthcare as a Catholic

### Event Highlights

- Get advice in navigating school applications and coursework from our faculty: practicing RC doctors, nurses, pharmacist, and other professionals.
- Meet and connect with medical students, other students, and working healthcare professionals.
- Learn how to serve in healthcare as a practicing Catholic.



Sat March 7 from 9:00AM -12:00PM

Event begins with Mass @9AM  
Holy Name of Jesus Parish  
4925 Cambie St, Vancouver



For information & registration, scan the QR Code

- Cristina Alarcon, BPharm – Pharmacist
- Daphne Tanikawa-Young – Nurse Practitioner
- Isabella Keong – Medical Student
- Additional panelists – (MD - OB/GY, Nurse)

The event will begin with Mass at 9 a.m. All students in university, college, and high school are welcome. Others are also welcome to attend!

**Registration deadline:** Friday, March 6

## PARENT VOLUNTEER OPPORTUNITIES

### 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.

Thank you for your involvement!