



STA At-a-Glance

**Week 26: March 3 -
March 10, 2026**

MARK YOUR CALENDAR!



STA Spring Plant Sale

Get ready to turn your thumb a deeper shade of green at our upcoming **STA Spring Plant Sale!** Whether you're looking to refresh your windowsill with low-maintenance succulents or planning a full-scale garden takeover with vibrant perennials and organic heirlooms, we've got the perfect leafy companion waiting for you.

Beyond the rows of terra cotta and foliage, you'll find:

- Garden supplies: soil and fertilizer
- Assorted herbs and veggies
- Ferns, flowers and more

It's the perfect excuse to embrace your inner "plant parent" and bring a little more oxygen (and aesthetic) into your home.

STA Hoedown - Friday, April 17

Join your fellow STA Parents for a night out at our STA Hoedown: Denim, Dining & Dancing.

Please register ASAP so we have an estimate of the number of attendees before March Break. Pricing increases after March 16.

Click [here](#) to register and learn more.



KUDOS



Congratulations to Grade 8 Girls Basketball Team

After an amazing league season that saw the team finish in 2nd place, the girls earned an invitation to the **Provincial Championships** held this past weekend in Chilliwack.

Although we faced a tough loss in our opening game, the team responded with determination and heart, securing an exciting overtime victory in Game 2. Heading into Game 3, the stakes were high as the girls played for a spot

in the provincial top ten. They rose to the challenge with one of their strongest performances of the season, earning a decisive win through excellent teamwork, focus, and effort.

This achievement is especially meaningful as this group became the first Grade 8 girls basketball team from STA to qualify for Provincials in 10 years. Not only did they make history by attending, but they also broke the top-ten barrier, finishing 9th overall in the entire province - an incredible accomplishment!

We would like to congratulate our athletes for their dedication, sportsmanship, and commitment throughout the season. Thank you as well to our amazing families for your continued encouragement and support. This success truly reflects the strength of our school community.

Sincerely Ms. Sherrill and Coach Paige

Math Challengers Competition at SFU

On Saturday, February 21, 26 STA students travelled to the Simon Fraser University (Burnaby campus) to compete in the annual **Math Challengers** competition. Students tested their skills both individually and in teams, tackling challenging contest-level problems alongside peers from schools across the Lower Mainland.

We are especially proud of Sienna H, Claire Y, and Harry S, who each earned a medal by placing in the Top 10 in their individual rounds - an outstanding achievement!

Beyond the competition itself, the day was filled with memorable moments, including the fast-paced lightning round, a well-earned pizza lunch, and the bus trip up to the SFU campus. It was a fantastic day of learning, teamwork, and mathematical excellence.





Kudos to the 30 Grade 10, 11, and 12 students who served as leaders for our Grade 9 retreat last week!

Thank you for generously sharing your own faith journeys, for praying over each student in your small groups, and for helping create a day that was both meaningful and fun. Because of you, our Grade 9s experienced a retreat filled with laughter, reflection, and connection - learning to find God in the ordinary moments and in the beauty of nature.

We are so proud of your leadership, courage,

and witness!

Congratulations to the STA wrestling team for an amazing season!

On Friday, February 19, Kate F and Matteo D represented STA at the **BC School Sports Wrestling Provincials**. Both Kate and Matteo left their all on the mats, ending their 2025/2026 wrestling season on a positive note.

Thank you to coaches Ian McDonald, Sandy Milne, Walter Taylor, Mike Miller and teacher sponsor Sonya Essex.



Huge congratulations to Zion H!



Zion earned **1st place** in the **Junior Boys Poomsae (Taegeuk 6)** division at the **British Columbia Taekwondo Championship** - an outstanding accomplishment!

Poomsae requires precision, focus, balance, and strong technique, and placing first at a provincial championship reflects tremendous hard work and dedication. Taegeuk 6 is no small feat, and Zion represented himself with excellence.

Well done, Zion - keep up the amazing work!



Congratulations to Spencer B!



Competing at the **British Columbia Winter Games** is a huge achievement on its own, and earning **silver** in the **biathlon sprint** is something to be really proud of. Representing **Zone 5** (Vancouver Coastal region) and placing 2nd shows incredible dedication, endurance, and marksmanship - biathlon is no easy sport!



Well done, Spencer!



OFFICE UPDATES

Parking Restrictions on West Keith Road



From **March 4 at 7:00pm** to **March 11 at 3:00am**, student drop-off and pick-up access will be limited due to parking restrictions. Please review the attached map, plan your route accordingly, and follow all traffic and parking regulations.

Course Selection Information Night (for current Grade 10) - Tonight at 7:00pm Gymnasium

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

Attention Gr. 8 and 9 students only - Trimester 3 Starts on March 6 and 9

Trimester 2 for Grade 8 and 9 students will conclude: on Wednesday, March 4 for Day 1 electives and Thursday, March 5 for Day 2 electives.

Students will begin their **new elective** (Career Education, Art, Drama, or ADST) on:

- Friday, March 6 for Day 1 classes
- Monday, March 9 for Day 2 classes

Please note that these dates do not apply to those students in Band, which is a full year course. Student schedules are available on MyEd. A printed copy showing their new T3 course elective will be given to each student this week.

Final marks and comments for these courses will be published on myEd BC parent and student portal on Friday, March 13.

UPCOMING EVENTS

Check out the school **calendar** for these and other events:

March

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

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".



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.



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

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
- 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

CAMPUS MINISTRY

Right 4 Life Expo - Friday, March 6

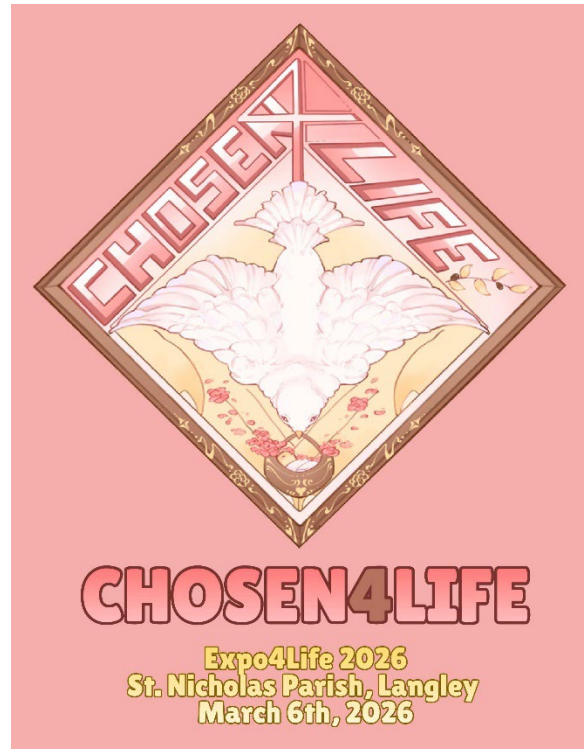
The Right 4 Life (R4L) is an annual conference for all Catholic high schools in CISVA.

- 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 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!

PARENT VOLUNTEER OPPORTUNITES

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!