



# STA At-a-Glance

**Week 27: March 10 -  
March 17, 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

Dust off your boots and sharpen your poker face - we're bringing the Wild West to town! Get ready for a night of high stakes and high spirits at our upcoming **Wild West Hoedown** extravaganza on **April 17**. Whether you're a rhinestone cowboy, bull riding jockey or card shark, there's a seat (or a saddle) waiting for you. Sign up today and don't miss out on the fun! Click [here](#) to register and learn more. This events is for adults only.



**KUDOS**



### North Shore Choral Festival


Our choir attended the North Shore Choral Festival last week at the Gordon Smith Art Gallery. The students delivered a wonderful performance and represented our school with pride. Thank you to the parents who came out to support the students during their performance.

Congratulations to Ms. Rebane and all of the choir members for their hard work and dedication!

---





### Kiwanis Music Festival

**Success!** 

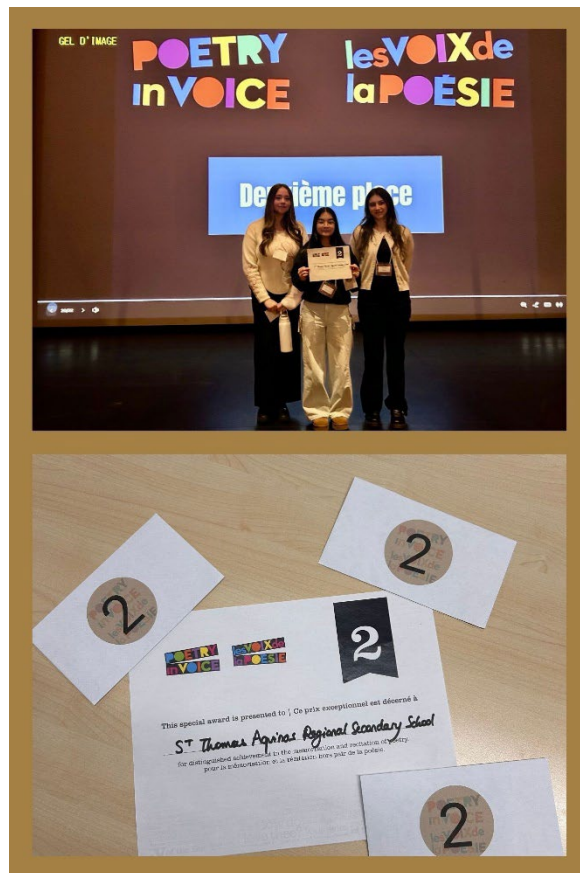
On March 5 & 6, our Concert Bands (Grades 8-12) performed at the Kiwanis Music Festival. All of the bands earned a **Silver standing**, and we are incredibly proud of their hard work and dedication.

Congratulations to all of our talented musicians for a successful festival and thank you to Mr. Robert Weitowitsch for his hard

work to prepare students!  

---

**Congratulations** to STA first-ever **senior French poetry team!** At the **2026 Poetry in Voice Vancouver** team Regionals held at Jules-Verne the STA team placed **2nd**. Emily P, Clara S-G, and Kenisha G each recited a poem in French to other competitors, guests, and for the judging panel. Well done, and see you next year.



## MESSAGE FROM ATHLETIC DIRECTOR



Winter Season Wrap-Up: A Slam Dunk for the Saints!

What a season it's been! The winter chill didn't stand a chance against the heat our athletes brought to the court and the mats. With over **120 student-athletes** competing across our basketball and wrestling programs, Aquinas Athletics has never felt more alive.

## The Spirit of STA

From the electric atmosphere at Collingwood to the heartfelt tributes of Senior's Nights, our community showed up in a big way. Nothing beats the roar of the crowd during our "school day" home games - that energy is exactly what fuels our athletes to push harder. To every student and staff member who lost their voice cheering: thank you. You are our "sixth man" on the court.

**To Our Coaches & Parents:** Success doesn't happen by accident.

- **To our Coaches:** Thank you for your tireless dedication. Your passion for the game is contagious, and the growth we've seen in our athletes this year is a testament to your hard work.
- **To our Parents:** You are the ultimate MVPs. From the 6:00 AM practice drop-offs to the late-night treks across the Lower Mainland, none of this happens without your support.

## We Want to Hear from You!

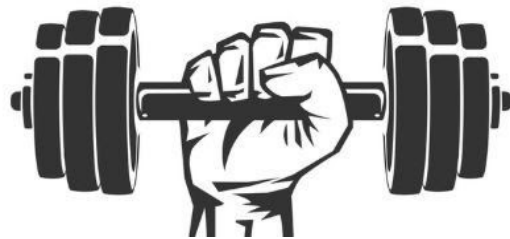
As we transition into the spring season, we want to keep the momentum going. Your feedback is vital to making the athletic experience at STA even better.

Click [here](#) to complete the Winter Athletics Survey.

---

## STA's Olympic Weightlifting Team

Are you strong? Powerful? Athletic?  
Or would you like to become stronger, more powerful, and more athletic?



All STA boys and girls are invited to explore the universe of strength, power, *and* grace found in each Olympic lift.

Join us to receive **professional coaching** in the exciting sport of Olympic weightlifting while developing the **fundamentals of strength** that can improve performance in all sports.

If you're interested, please **see Mr. Vachon** to learn more about STA's Olympic Weightlifting Team and to **complete a consent form**.

You can start lifting **this week or after the break!**

## 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.



## Join the STA Sun Run Team for 2026

Exciting news, STA Parents, Guardians, Students and Teachers! We are gearing up for the 2026 Sun Run and YOU are invited to be part of our amazing STA Team! Here's your chance to get active, represent our school, and enjoy a fun challenge together. Whether you're a seasoned runner or just starting out, this is a great opportunity for everyone! Click on **Register Today** and then choose a **Team Division - Join a Team** (- Team Division - In Person 10K - YOUTH (18 and Under) and scroll to STA (High school) (Tony Domina) and Access Code: **YNZCFE**. Everyone is welcome! Let's come together as an STA community, have fun, stay active, and show our school spirit on race day!



## STA Grad 2026 Purdys - Pick up Is Available Tomorrow at 3:00pm at Alumni Room (library)

The grade 12 Grad 2026 Purdys Easter chocolate fundraiser was a success. Grads earn 25% of their total sales which will be put towards their Dinner and Dance in June.



Dear Parents,  
Thank you to everyone who attended the parent information session for the **Spring Break 2027 trip to London, Paris, and Barcelona**. I would like to share a quick update. So far, **20 students have registered**, which is about **50% of our goal**. Some parents mentioned they could not attend the meeting on February 24, and others felt the **Early Bird window from February 24-28 was quite short**.

**Good news:** EF Tours has kindly **extended the \$150 Early Bird discount until March 31**.

Please join the London, Paris, and Barcelona Google Classrooms to receive trip updates. Your child can join and invite you.

Google Classroom Code: **j5rx62bw**

Registration details:

Enrollment Number: **2990158KH**

Website: [eftours.ca/enrol/2990158KH](https://eftours.ca/enrol/2990158KH)

Thank you for your support, Mr. Domina



## UPCOMING EVENTS

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

**March**

**12** - Men's Hostel Ministry - Baked Goods or Sandwich Drop Off at 8:00 - 9:00am

**13** - Ski and Snowboard Club

**13** - Spirit Day - Green and Gold - St Patrick's Day theme

**14 - 29** SCHOOL CLOSED - Spring Break

**30** - School Starts with Day 1 Late Start

**April**

**3** - SCHOOL CLOSED - Good Friday

**6** - SCHOOL CLOSED - Easter Monday

**9, 16 and 24** - Men's Hostel Ministry - Baked Goods or Sandwich Drop Off at 8:00 - 9:00am

**29 - May 1** Grade 12 Retreat

---

**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".

---

**CAMPUS MINISTRY**



**STA Men's Hostel Ministry - Thursday, March 12 at 8:00 - 9:00am**

There is a food collection for the shelter this Thursday. If you are looking for a way to complete your service hours by feeding the hungry, bring your homemade, individually wrapped, sandwiches and baked goods to the Campus Ministry office before school on Thursday. You will receive 1 service hour for every 12 items you make and bring in. Thank you for your thoughtfulness in making food and bringing joy to those in need. You will only receive hours for items that are homemade. Store bought items do not count for service

hours.

---

## Right for Life Expo

Last Friday, 18 of our students attended the annual R4L (Right for Life) Expo at St. Nicholas Parish in Langley, joining Catholic high school students from across the CISVA for a day focused on the dignity of human life. The day began with fun icebreakers that helped students meet peers from other schools before gathering for a powerful keynote presentation from pro-life speaker Elizabeth Sutcliffe, who shared her personal testimony and message of healing, hope, and the value of every human life. Throughout the day, students attended engaging breakout sessions on topics such as substance prevention, foster care and adoption, medical ethics, and the Church's teaching on dating and relationships. The event also included lively activities like karaoke, as well as a great meal of burgers and grilled cheese. It was a meaningful and memorable day of learning, community, and faith for all who attended.



## PARENT ASSOCIATION / PARENT VOLUNTEER OPPORTUNITES



### STA Parent Association Needs YOU! Monthly Meeting - Thursday, March 12 at 9:30am Alumni Room

We warmly invite all parents to become part of our vibrant school community through the STA Parent Association. Our mission is simple: to bring students, parents, and families together through a variety of annual events and activities.

In addition to building lasting connections within our community, all funds raised go directly toward enhancing school facilities and supporting extracurricular programs that

benefit our students.

Whether you have a little time or a lot to give, there is a volunteer opportunity for everyone. We would love to have you involved!

Visit our [website](#) to learn more, or [email](#) us today to get started.

---

**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!