



STA At-a-Glance

Week 29: April 7 - April 14, 2026

MARK YOUR CALENDAR!

Last call to register by April 10: STA Wild West Hoedown

This is a final call to join us for a night out at our Wild West Hoedown. Register today and join other STA parents for a fun and casual event as we wind-down the school year. You'll be treated to:

- Dinner
- Square dancing by professional caller, Paul Silveria
- Dancing to the sounds of DJ Kyprios (aka David Coles, Current Parent and Alumni)
- Silent auction items including: Sidney Crosby signed and framed Team Canada jersey, fitness passes, BBQs, various gift baskets, Northlands golf and lounge, art, skin care, mountain bike, garden items and MORE!
- Mechanical bull contest
- Texas Hold'em poker



Click [here](#) to register.



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.

Grandparents/Grandfriends Tea

We are delighted to once again host our complimentary Grandparents/Grandfriends **Tea & Conversation** on May 6 as we honor our beloved grandparents.

Details

- **Date:** Wednesday, May 6
- **Time:** 10:00am – 11:30am
- **Location:** STA Auxiliary Gym, 2nd Floor



Guests will enjoy a selection of fine teas, finger sandwiches, and petit fours while listening to a portion of the STA Choir.

Students can invite and register up to four (4) grandparents **OR** two (2) grandfriends. A grandfriend is someone who is not a direct relative, but plays the role of grandparent in the life of your student(s). Students will greet and say good-bye to their guests, but are not in attendance at the event.

Click [here](#) to register your guests before April 30. Questions? Contact us [here](#).



STA Campus Ministry's Annual International Night - Friday, May 29

Join us as we celebrate and share our many cultures!

We are looking for countries to represent our diverse community and we need your help! We rely entirely on parent/family involvement. As in previous years, we are hoping to host 12 - 15 national tables decorated with cultural artifacts and serving national food. Come together with families from your nation and share your culture with us!

The entire event is a fundraiser, allowing us to support several local and global charities.

Please email [Ms. E. Hughes](#) if you are interested or would like more information.

If you are not able to help, mark the date on the calendar! We hope to see you on May 29 to enjoy the community, culture, food, and entertainment from the STA Jazz Bands!

KUDOS

Kudos

To the students who brought our stations of the cross to life last week! They created a powerful reflection for all of us to prepare for Easter. A big thank you to: Jason H, Emily P, Gaby M, Sienna B, Izzy W, Bernice W, Rehan K, Gui S, James M, Lila R, Charlie G, Kaley R, Rayniel G, Irene K, Ava S, Gabby R, Ephraim C, Andreas A, Spiros A, and Jackson F.



Our New Mural is Here!

If you've walked past the first-floor games area recently, you've likely noticed a massive burst of colour. We are thrilled to announce that the Art Club has officially completed their latest masterpiece!

For the past several weeks, our dedicated student artists have poured their time, energy, and creativity into transforming the space. This project was more than just a paint job - it was a true reflection of the Art Club's mission: to foster community and beauty while supporting personal artistic growth.

A project of this scale is no small feat. From the initial sketches to the final brushstrokes, the Art Club has shown teamwork and perseverance. The result is a vibrant environment that not only beautifies our school but also serves as a daily reminder of what we can achieve when we share the joy of art. A huge congratulations to all involved, and a special thank you to Mrs. Arkiletian for her leadership.



Kudos

To the **Senior Girls Soccer** team opened the 2026 season with a 7-0 victory over Mulgrave in their league opener on March 31, followed by a 2-0 win in an exhibition game versus Carson Graham on April 2. The Fighting Saints continue league play today against Windsor at Fen Burdett, followed by the **BC Catholic Championships** on **April 8 - 10** where they will open play against Little Flower Academy. Good luck ladies!

OFFICE UPDATES

Paris, London and Barcelona Spring Break 2027

Consider signing up for Paris, London and Barcelona Spring Break 2027. Twenty-four students have registered to date. There is a lot of room to grow and a lot of time to join. For more information please contact Mr. Domina at tdomina@aquinas.org



UPCOMING EVENTS

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

April

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

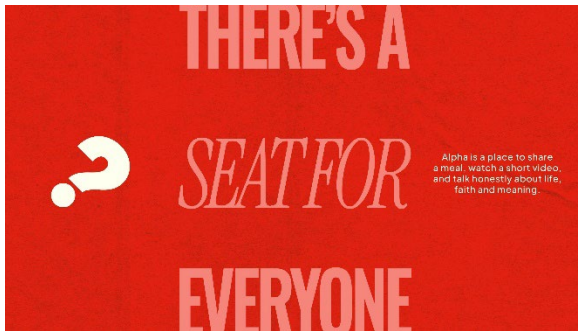
23 - Spirit Day

29 - May 1 Grade 12 Retreat

May

3 - Door Is Open

CAMPUS MINISTRY



All STA students! You're invited to join the **Alpha Youth Series starting April 8!**

Alpha is a place to share a meal, watch a short video, and talk honestly about life, faith, and meaning. It's relaxed, open, and a great space to explore big questions with friends.

If you'd like to finish this school year in a meaningful way, come join us on **Wednesdays at 3:15pm in Room 409.**

Bring a friend - we'd love to see you there!

Arise Youth Retreat - June 29 - July 2 at Camp Jubilee, North Vancouver

Students entering Grades 9 and 10 in September 2026 are invited to the Archdiocese of Vancouver's Arise Youth Retreat with Christ the Redeemer's Youth Ministry. At Arise, they will learn and grow in their faith through engaging activities (including outdoor recreation activities), presentations, games, skits, reflection, sharing, and the opportunity to interact with each other in a faith-filled, safe environment. If interested, please



contact [CTR Youth Ministry](#) by May 25, 2026. The registration form must be submitted to Christ the Redeemer and can be found at this [here](#).



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.

PARENT ASSOCIATION / PARENT VOLUNTEER OPPORTUNITIES

STA Parent Association Needs YOU!

Monthly Meeting - Thursday, April 9 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.

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

Help needed:

Volunteers are needed for:

- Grandparents Tea on May 5 and 6
- New Parent Night on May 12 at 5:00-9:00pm

Click on the **Parent Participation Portal** to register.

Thank you for your involvement!