



STA At-a-Glance

Week 35: May 20 -

May 27, 2025

UPCOMING EVENTS

STA INTERNATIONAL NIGHT 2025



STA Campus Ministry's Annual International Night - Friday, May 30 at 6:00-9:00pm

International Night is coming up. We invite everyone to join as we celebrate as a school community! The STA junior, senior, and alumni jazz bands will be performing, and you will find food from 18 different countries hosted by our STA families! Bring your family and friends to enjoy an evening of delicious food, culture, and community, with all proceeds being donated to local and global charities!

The 18 countries are: Chile, Peru, Venezuela, Mexico, Brazil, Italy, Germany, Czech Republic, Croatia, Great Britain, Philippines, China, South Korea, Armenia, Egypt, Iran, USA and Quebec. If you would like to help with any of those countries, [email](#) Ms. Elizabeth Hughes. See you there!

COMMUNITY NEWS

Looking to do a special photo shoot, a gift for an upcoming Grad or advice for a 2026 Grad? Check out these businesses in our Community Directory Feature #4 and visit the Directory page [here](#).



Kevin Pilar '09 – [Kevin Pilar Photography](#)

Let your brand shine through the lens of alumnus, Kevin Pilar, a North Van-based commercial photographer and proud STA alum. From corporate shoots to creative campaigns, Kevin's work captures more than just images - it tells your story.



Trey Wagner - STA Supporter

Experience Heaven in the everyday with [West Coast Catholic](#). Founder Trey Wagner invites you to live your faith boldly with modern, thoughtfully designed lifestyle and prayer tools. From apparel to accessories, every item draws you closer to what matters most.

Options Solutions - STA Supporter

Empowering students to reach their full potential, [Options Solutions](#) is a leading educational consultancy supporting families across Canada, the US, and UK. The team guides students and parents through the post-secondary maze.



KUDOS



Congratulations!

Congratulations to the Mountain Biking team for their stellar performance at the league finals in Whistler. The **Grade 8 boys** are the **league champions in the Bantam boys division!** Way to go Landon B, Luke E, John S, Xavier Z, Lucas R, Mattias M, and Maksimas V. The Grade 10 boys finished in 3rd place, congrats to Charles S, Carden T, Jack W, Ethan R, Jackson P, William E, Shae O, and Keaton O.

STA individual results are: in the top 10 spots for Grade 8 we had John S in 5th with Xavier

Z right behind him in 6th place, Elliott O was 9th.

Top 10 spots for Grade 10 are Charles S in 7th and Carden T in 10th.

Sophia E finished 5th in the Junior girls division and Genevieve J in 11th place in the Juvenile girls.

Twelve riders are heading to provincials this week in Powell River, BC.

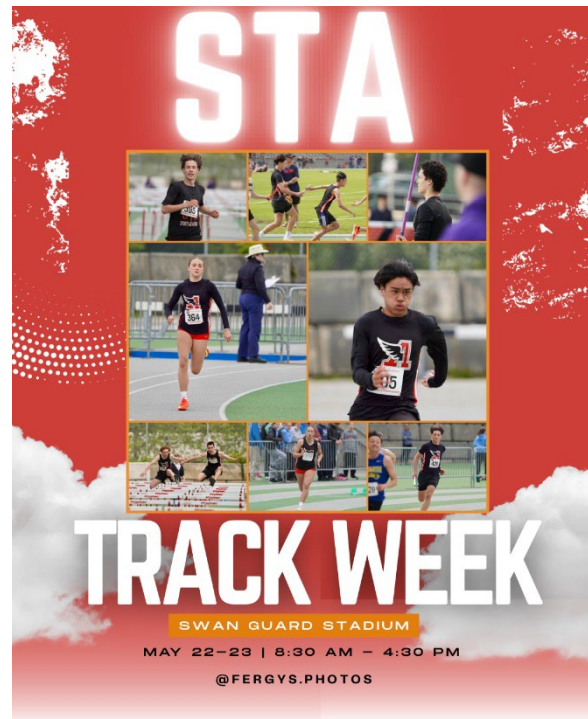
Thank you to the coaches: Guy Elliott, Dave Suda, Andrew Watkins and team sponsor Ms. Marianne Hughes.

Kudos!

The STA Track and Field family came together in competition for the last two Thursdays in Burnaby for the **North Shore Championships**. With more than 80 athletes competing over the two days, the moments of not seeing something great were few and far between. Many athletes timed and measured personal best performances after 11 weeks of training that stretched back to February.

A high percentage of STA athletes have now set their sights on this week and the much more competitive **Sea to Sky Zone Championships**. One can feel the excitement for this next step of serving and cheering for one another towards more great results as we set our sights on the Provincial Championships in June.

Thanks to Coach Vachon and Coach Savage for their massive leadership, along with the student leadership on the team.





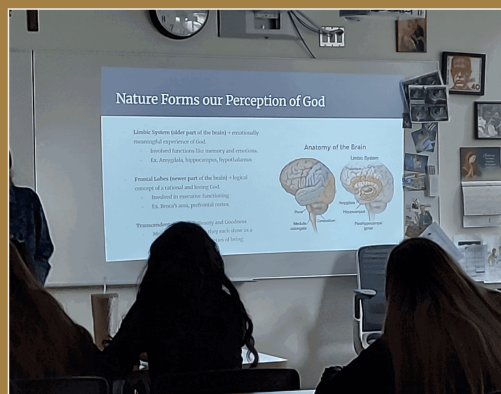
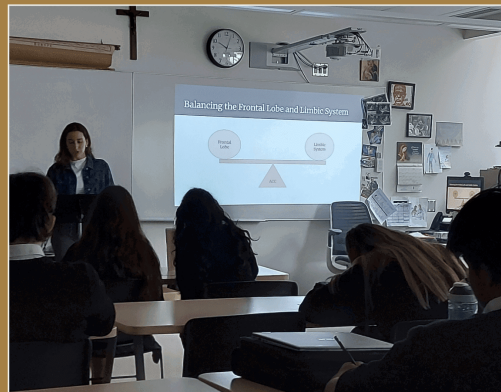
Kudos!

At the North Shore Track and Field meet we had some outstanding athletes compete in the Special O category. Ryan L placed 1st in the shot put with a 4.73 throw, and 1st time competitor, Owen H, coming in 2nd with 3.83. Mateo M ran the 400 meter with the support from the senior track and field team members. Mateo and Ryan competed in the 100 meter dash with Ryan coming in at 21.97 seconds and Mateo following close behind at 23.36

Thanks to Mr. Paul Savage who has been doing Tuesday 7am practices with the shot put contenders.

Congratulations!

Alumni **Nicole Greig '18** came to speak to Mr. Grossling's Religion 12 classes on the fascinating topic of Neurotheology - the effect of prayer and religious practice on the brain. Nicole currently works in the field of neuroscience and is a very active supporter of our school and parish life. Thank you Nicole!



OFFICE UPDATE

June 2025 Exam Schedule - June 9-17

The final exam schedule, including expectations, has been posted on the [website](#). All classes will not be in session during exam week.

Students should contact [Mr. Salituro](#) or the school office, in regards to any exam conflicts.

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

May

23 - Baked Goods or Sandwich Drop Off at 8:00-9:00am (Friday this week)

26 - Spring Choir Night at 7:00pm

27 - Spring Art Exhibition at 6:00pm and Band Concert at 7:00pm

30 - International Night at 6:00-9:00pm

30 - Spirit Day - International theme

June

1 - Door Is Open

2 - Spring Drama Night - an evening of Student Film Presentations at 7:00-8:30pm

6 - Grad Mass at 11:00am

9-17 - Exam week - Schedule & Expectations can be found on the [website](#)

26 - Last day for students



EMOTIONAL REGULATION IN THE
PARENT AND CHILD
RELATIONSHIP



Patricia DeLazzari, Masters of Counselling Psychology and counsellor at St. Thomas More Collegiate, will explain how understanding the nervous system can help parents facilitate healthy communication and emotional balance in children, from toddlers to young adults.

Patricia will be joined by Janina Altoe, a counsellor at St. Thomas Aquinas High School. Janina holds a Masters degree in Counselling Psychology and is a Registered Clinical Counsellor.



FRIDAY, MAY 30, 2025
CHRIST THE REDEEMER, MALLON ROOM
599 KEITH ROAD, WEST VANCOUVER

10:00 AM - Refreshments Served

10:30 AM - Talk Starts

Children are welcome

CONTACT JESSICA:

 604-657-3992



STA CAMPUS MINISTRY



The Door Is Open - Sunday, June 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 living on the downtown eastside while earning service hours. The school bus will depart from STA on **Sunday, June 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 by Thursday, May 29. Spots are limited!

Philippines Encounter 2026

Students currently in grade 10 and 11 who are interested in participating in next year's Philippines Encounter are reminded to complete the application form by **Friday, May 23**. See [this link](#) for the google form and information.

Any questions or for more information, [email](#) or see Ms. E. Hughes.



PARENT PARTICIPATION / VOLUNTEER OPPORTUNITIES

Click on the **Parent Participation Portal** to register for the opportunities below.

Volunteers Opportunities in May-June:

- **Spring Choir and Band** (May 26 and 27 at 5:00 - 9:00 pm; also, baked goods students and parents can earn volunteer hours by providing homemade baked goods. One dozen baked goods = 1 hour volunteer time. Drop the baked goods to the school office during the day or to the cafeteria between 5:00 - 7:00pm. There is no limit to the volunteer hours the students can earn.
- **Drama Night** (Monday, June 2 - 5-9pm)
- **International Night** (Friday, May 30 - 50/50 Raffle tickets sales)
- **Graduation Mass** (it is a tradition that Grade 11 parents help for this event, but not limited; decoration on Thursday, June 5; set up, serve and clean up lunch and refreshers on Friday, June 6).

Your help is appreciated.



