



ST THERESA OF LISIEUX CHS

The Little Flower

FALL/WINTER NEWSLETTER 2025-26

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ADMINISTRATOR'S REPORT

As we reflect on the first semester of the 2025–2026 school year at St. Theresa of Lisieux Catholic High School, we are filled with deep gratitude and pride for all that our community has accomplished. Each day in our halls has been a reminder of the extraordinary talent, compassion, and spirit our students bring to STL. Semester 1 has been marked by meaningful learning, vibrant school life, and the continued living out of “The Little Way.”

Our academic achievements this semester continue to shine, as reflected in the Simon Fraser Report, with St. Theresa once again ranked #1 in the province. Students across all grades have embraced challenge and discovery, whether in the classroom, co-curriculars, or through experiential activities provided by our dedicated staff. The commitment of our teachers who consistently inspire curiosity, creativity, and resilience remains the foundation of our school's success. We extend heartfelt thanks to them for their unwavering efforts to student success.

This semester was also filled with remarkable creativity and artistic growth. Our Arts community demonstrated once again that STL's spirit is expressed beautifully through performance, design, and imagination. The arts continue to flourish at STL, thanks to the expressive work of our visual artists and the incredible commitment shown by our vocalists, instrumentalists, and drama students. Our drama class delivered a wonderful production of *A Night Under the Stars*, and our Christmas Concert Bells and Ballads was nothing short of spectacular. In each of these events our visual arts students brought the Great Hall to life with their beautiful drawings, paintings and sculptures. The work of our Arts department brought our community together, giving us an opportunity to celebrate and shine light on our students' many artistic talents. To our educators and student-artists: thank you for sharing your gifts and enriching the culture of our school.

Our Business Studies department also had an inspiring semester, with students applying entrepreneurial thinking in ways that supported both learning and charity. The Grade 12 Business Leadership class once again ran an incredible business luncheon, raising nearly \$6,000 for HopeSpring, which supports cancer research and patient care. Their work not only enriched their own learning experiences, but also reflected our Catholic values of service, generosity, and leadership.

In Athletics, our Lions continued to exemplify sportsmanship, discipline, and excellence. From practices at sunrise to competitions filled with determination and heart, our athletes have represented STL with pride and integrity. Our Junior Girls basketball team won a YRAA Tier 1 Championship for the second year in a row, and our swim team captured both Varsity Boys and Girls YRAA team championships as well as the YRAA Overall Team Swimming banner, giving us hope that we can follow up last year's unprecedented banner year with eight championship banners. We celebrate not only the victories but also the dedication, camaraderie, and growth shown across all teams. Our coaches, who give countless hours to mentorship and skill development, deserve special thanks for cultivating programs rooted in teamwork and perseverance.

Our clubs and councils have also had a vibrant, meaningful, and service-oriented first half of the year. Student Government brought energy, creativity, and leadership to STL through school-wide initiatives that strengthened community and school spirit. Events such as seasonal activities, charitable drives, and campaigns championed compassion, collaboration, and inclusivity. Thank you to every student leader and every staff advisor who continues to make STL a place where every student feels welcomed and engaged.

As always, our school thrives because of the strength of our partnerships with our families, staff, School Council, parish community, and YCDSB leadership. Your support, encouragement, and collaboration uplift our students in ways that shape not only their achievement, but also their character. Thank you for journeying with us, for your trust, and for the many ways you contribute to the life of STL.

To our students: thank you for your enthusiasm, kindness, and spirit. You bring joy, energy, and meaning to everything we do. It is a privilege to watch you grow academically, artistically, athletically, spiritually and to witness how you live out our mission through the little acts of love and service that define our community.

As we look ahead to Semester 2, we are excited for all that awaits: new learning, new events, new memories, and continued opportunities to grow in faith and fellowship. May we carry forward the momentum, unity, and hope that this semester has brought, continuing to do even the small things with extraordinary love.

With gratitude and blessings,
STL Admin Team



STL ARTS

Embraces the Power of Artistic Expression

Visual Arts! Music! Drama! No matter what artform STL Arts students participated in, their artistic expression was nurtured throughout our first semester of 2025.



Both our instrumental and vocal students wowed the STL community and got everyone into the Christmas spirit with their remarkable work and presentation for our Bells & Ballads concert on the evening of December 15th, 2025. Playing a mix of Christmas classics and unexpectedly Christmasy pieces, the STL Music program was truly exceptional that night. We would like to thank Ms. Buffa and Mr. DiGiralamo for their outstanding efforts in planning and executing the evening. Their hard work and dedication is so far reaching and greatly appreciated by all.

STL's visual arts students have been working around the clock in refining their visual arts skills in a wide range of mediums. Students have worked in portraiture, landscape, pencil, watercolour and acrylic, just to name a few. Our Grade 12s have also consistently pushed themselves this semester in medium-pushing works that have been nothing short of thought provoking and exceptional.

STL's Drama Program has had an exciting semester one with much to be proud of! Our Grade 10 Drama students took part in a broadcast for Remembrance Day, "Letters from War". Our Grade 10 students performed heartfelt and meaningful tableaux to accompany the words written by real, Canadian World War I and II soldiers.



Our grade 12 drama production students gave us all the feels with their INCREDIBLE performance of Tracy Wells' *A Night Under the Stars*. The great outdoors...for some this is a place of peace and tranquility and for others it's...well...a little messy. *A Night Under the Stars* is a story about people—people looking to get away from it all, people looking to connect...with nature, with one another, and with the undeniable human spirit that overcomes obstacles, no matter what is thrown our way. And whether it's attempting to make the perfect s'more, telling scary stories around a roaring campfire, gazing up at the stars with the one you love, or trying to find a way to break bad news, there's no better place than under a night sky filled with stars to remind us that no matter what divides us, we as people are always better when we're together. We could not be prouder of this incredibly dynamic bunch, and the gorgeous set and performances they delivered. BRAVO!!

As we look back, we are truly thankful for the talent that our STL staff members and students possess in order to bring these important and meaningful initiatives to life. From learning new skills to sharing in new experiences with peers, and beyond, STL Arts has had a busy and successful first semester.

BUSINESS Market Fair

The grade 10 business classes held an amazing 2 days of selling yummy and innovative foods. Ranging from snacks and desserts to meals and drinks the students worked their hearts out. All involved put a lot of time and energy into making their products sell and really showcasing their learning from the Grade 10 Launching and Leading a Business course. Students were able to put concepts learned in the classroom into action. Collectively our students were able to raise approximately \$4000 to support various Canadian charities of their choice. We are so proud of all the Grade 10 Business Students. BRAVO!





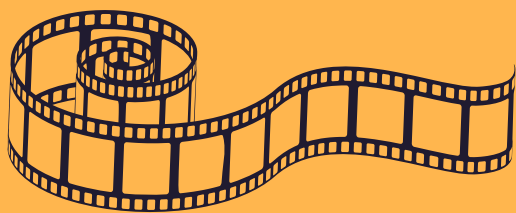
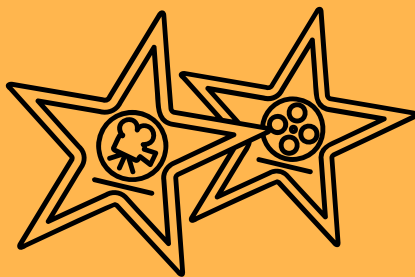
BUSINESS LEADERSHIP LUNCHEON

Grade 12 Business Leadership students organized a successful luncheon on Thursday January 8th. The gymnasium was transformed into a Hollywood movie themed event space, with handmade decor and props. Teachers and administration were able to enjoy a delicious lunch served by the students. The business leadership classes also welcomed two captivating guest speakers: Mr. Antonio Ienco, co-founder of the Vaughan Film Festival, as well as Mr. Shawn Hlowatzki, the president of HopeSpring Cancer Support Centre.

Proceeds of \$5,832.35 raised from ticket sales and our December fundraiser went to HopeSpring Cancer Support Centre. In addition, our students obtained sponsors who donated a total of \$9515.00 directly to HopeSpring.

Congratulations to all the grade 12 business leadership students and to Mr. Deocampo and Mr. Villa Alvarez. This amazing opportunity allowed the students to put into practice all of the leadership qualities and skills that they have learned throughout the semester.





COOPERATIVE EDUCATION

REAL LIFE EXPERIENCES HAPPENING AT THE CO-OP HUB!

This semester's co-op program was a real highlight, giving students the chance to step out of the classroom and into hands-on learning across healthcare, tech, trades, and more. Students built confidence, discovered new strengths, and got a clearer sense of their future pathways.

Our employers consistently praised our students for their maturity and responsibility, and a few students were even offered part-time job opportunities. Along the way, students sharpened essential skills like communication, teamwork, and problem-solving — the kind of abilities that will serve them well no matter what path they choose next.

It's been a semester full of growth, real-world experience, small victories, and plenty of proud moments for everyone involved.



COOPERATIVE EDUCATION

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THANK YOU TO OUR SEMESTER ONE CO-OP EMPLOYERS

Shoppers Drug Mart - Oxford
Shoppers Drug Mart - Tower Hill
Shoppers Drug Mart - 9501 Young St
St. Marguerite D'Youville Elementary
School
St. Anne's Elementary School
Catholic Education Centre - Brand,
Marketing & Communications Dept
Subaru Richmond Hill
AP Digital Service Richmond Hill
IDA Pharmacy - Bayview & Major
Mackenzie
York Hills Centre for Youth
Shoppers Drug Mart - Store #918
Bayview Seven Animal Hospital
U + Education
Schwartz Reisman Centre
Pure Motivation Centre
Mackenzie Drug Mart
Emark Style
Richmond Hill Board of Trade
Two Brothers and a Shovel
Landscaping
Discovery Land Camp
York Care Medical Pharmacy
Laylas Aesthetics
Vaughan Veterinary Clinic
Tower Hill Medical Centre

Shoppers Drug Mart (Dufferin/Major
Mackenzie)
Shoppers Drug Mart (King Rd/Yonge)
Eagles Nest Golf Club
Mazda of Richmond Hill
Plaza Kia
Baseball Futures Canada
St. Charles Garnier
St. Anne Catholic Elementary School
Ginro Excavating Ltd.
St. Mary Immaculate Catholic
Elementary School
Maple Kidz Clinic
AP Digital
Wycliffe Village Veterinary Clinic
Noolardi Medical Clinic
Physelite
Fr. Henri Nouwen Catholic
Elementary School
U+ Education
Magna Mechatronics, Mirrors &
Lighting
Dufferin Rutherford Veterinary
Hospital
St. Marguerite D'Youville Catholic
Elementary School
D3 Commercial Glazing
Mackenzie Health

Guidance

Dreamer Day Field Trip

On Wednesday, October 22, 2025, a bus of Female Lions attended the annual Dream Day Festival at the Enercare Centre in Toronto. Dreamer Day is an exciting festival dedicated to empowering female students in fields like skilled trades, STEAM, emergency response, entrepreneurship, and leadership. It's a celebration of female students from all walks of life, offering a chance to connect, reflect, and most importantly, DREAM BIG! Attendees explored exhibitor booths packed with interactive activities, career opportunities, and the latest industry insights.



Guidance

University and College Fair

On Thursday, October 23rd, 2025 STL partnered with OLQW to host the University and College Fair. Over 30 post secondary institutions from all across Ontario were on site at St. Theresa. Students and parents were able to meet University and College representatives in person and ask questions about their schools and admission requirements. It was an exciting and informative evening that served to help Grade 12 students make some important connections and decisions regarding their upcoming university applications. A special thank you goes out to Ms. Cooper for all her help planning this event!



LEARNING COMMONS



The STL Library Learning Commons continues to be a vibrant hub of collaboration and curiosity this year. We're proud to support a wide range of student and staff initiatives—such as our National Truth and Reconciliation Docuseries, grade 9 CubFair, Grade 8 transition visits, and a Book Buffet giveaway. We continue to add new print and digital resources that support student learning, creativity and mental health in a way that reflects the diversity of our student voices, interests, and experiences.

As always, we invite everyone to drop in, explore something new, take a break, or make a connection. We're excited for everything still to come in the months ahead.

CALLING ALL BOOK LOVERS

Our student-led book club, **THE BOOKMARK** has selected *Aru Shah and the End of Time* as their common read this year. Whether you love adventure, mythology, or just discovering great stories with friends, everyone is welcome. Come read, chat, and connect with fellow book lovers in a fun and relaxing space.



Tech Studies

On November 7th, our grade 12 Broadcasting class was visited by 97.3 Boom FM DJ Matt Storey. Mr. Storey regaled the class with stories of his career in radio which started at a radio station in Newmarket. Mr. Storey also gave the class a visual tour of the Boom FM studios and demonstrated the equipment that he uses each day. Believe it or not, Mr. Storey is no stranger to teaching as he previously worked as an occasional teacher with the York Catholic District School Board so he already knew his way around the school!



HONOURING A CANADIAN HERO

“Even if I don’t finish, we need others to continue. It’s got to keep going without me.” - Terry Fox

Every year, St. Theresa of Lisieux CHS comes together to participate in the Terry Fox Walk, a celebration of perseverance, courage, and hope. This walk offers our community the opportunity to reflect on the legacy of our hero, Terry Fox, while also contributing funds to the lives of those fighting against cancer.



TERRY’S STORY

Terry Fox was diagnosed with Osteogenic Sarcoma, a type of bone cancer, in 1977 at just 18 years old. He lost his right leg, but he was determined not to give up. Terry was motivated to accomplish something incredible after witnessing the challenges of other cancer patients he saw while undergoing treatment. He started his Marathon of Hope on April 12, 1980, with a goal of running across Canada, one step at a time, in order to raise funds and awareness for cancer research.



For 143 days, Terry ran 5,373 kilometres, or the equivalent of a marathon, every single day. He unfortunately had to stop his run outside of Thunder Bay, Ontario, as the cancer sadly spread to his lungs. Despite Terry’s death on June 28, 1981, at the age of 22, his goal of finding a cure lives on through the Terry Fox Foundation and millions of Canadians who continue his mission every year.

CARRYING A LEGACY OF HOPE

OUR TERRY FOX WALK: A COMMUNITY RECAP



THE TERRY FOX
FOUNDATION

Here at St. Theresa, all students and staff participated in our annual five-kilometre Terry Fox Walk on September 25th. Students showed their commitment by wearing our school Spirit wear, red or white shirts with athletic bottoms for the walk. There has also been a “Ten For Terry” donation, where students have donated a minimum of \$10 for the walk. Our fundraising goal this year was \$15,000, and although we didn’t quite reach it, our school community still raised an incredible \$11,583! Well done, Lions!

More than forty years later, we are proud to continue on Terry’s legacy and carry his dream forward. Together, we can all make a difference!





REACH FOR THE RIM

On December 5th, St. Theresa's Recreation and Fitness Leadership Class hosted the Reach for the Rim, Student of Differing Abilities (SODA) Basketball event. The festival brought together over 120 students with varying abilities from eight neighbouring high schools for a day focused on inclusion, sport, and community. The event was coordinated by the Fitness Leadership class at STL for the first time ever, who worked to make the day a welcoming and supportive space where student-athletes could participate in basketball, build friendships, and experience the excitement of a high school athletic tournament. The day was filled with energy, encouragement, and school spirit as students, staff, and volunteers cheered on every participant. One of the guest coaches from Unionville Highschool said that the event "built a community moment that made every participant feel valued." Through this initiative, the school community was able to celebrate ability, promote inclusion, and create a meaningful and memorable experience for everyone involved.



Mental Health

BY YOUR SIDE MENTAL HEALTH TOOLKIT

School Mental Health Ontario is a provincial implementation support team that works with school boards to enhance student mental health through evidence-informed strategies and services. Their focus is to help families navigate mental health literacy and support, together.

Resources and supports are made available in multiple formats—including web content, PDFs, videos and webinars to ensure families can easily access information and strategies that promote mental health and well-being at home.



BALANCING THE USE OF TECHNOLOGY

The winter break often provides children and teens with more unstructured time, during which there may be an increase in use of digital technology such as social media or gaming. Technology can be a tool to support learning, connection with others and may provide access to help if/when needed. However, excessive technology can impact mental health and well-being.

Helping Your Child Manage Digital Technology can help you learn more about supporting balanced technology use at home, and what to do if you have concerns about your child's technology use. This resource is available in multiple languages.

Media Smarts has many parent-friendly resources to support your child with balanced digital technology use.

Visit their website



Mental Health

CARING FOR YOURSELF WHILE CARING FOR OTHERS

A new year can provide opportunity to reflect and focus on our goals or intentions for the year ahead. After winter break, a time that can be busy for many parents/caregivers, it is important to check-in with yourself and prioritize your well-being. Practicing self-compassion and self-care has benefits for both your own and your child's mental health. It does not have to be complicated. Make a promise to prioritize yourself by seeking out strategies that work with your lifestyle and schedule.

CLICK HERE to hear from other parents and caregivers about how to care for yourself while caring for others.



**School
Mental Health
Ontario**

**Santé mentale
en milieu scolaire
Ontario**

Parents and caregivers

Understanding mental health

Mental health at home

Mental health at school

Stress and anxiety management

Substance use prevention

Navigating digital technology

Reaching out for help



Student GOVERNMENT



PICTURE PERFECT

ATHLETIC

23



CHAPLAINCY





enjoy
the
process



DIVERSITY & EQUITY



BETTER
TOGETHER

Lead by
example ...

ENVIRONMENTAL

25

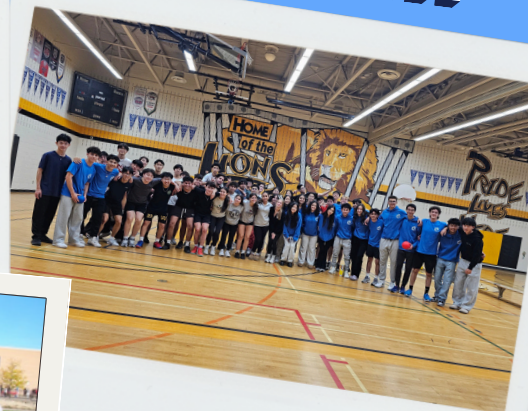


GO GREEN

INTRAMURAL



GO TEAM!



SOCIAL JUSTICE

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SPIRIT



School Spirit



STUDENT

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We can never have too much confidence in the good God...
As we hope in Him so shall we receive.
- St Theresa of Lisieux

