St. Joseph's Catholic School

757 West Burnside Rd. - Victoria, BC V8Z 1M9

Newsletter
April 17th, 2026

St. Joseph's School acknowledges with gratitude that we work, play and pray on the territory and traditional lands of the Lekwungen Speaking Peoples of the Songhees and Esquimalt First Nations whose historical relationship with the land continues today.

Phone: (250) 479-1232 - Fax: (250) 479-1907
Email: sjv@cisdv.bc.ca
www.stjosephschool.ca

Out of School Care, Daycare & Preschool
Phone: (250) 479-1237
Email: sjvelc@cisdv.bc.ca

https://www.facebook.com/groups/272859616539977 (SJV Parent Support Group Page)

PRINCIPAL'S MESSAGE:

Dear Families of St. Joseph,

This past week has been a truly inspiring celebration of the performing arts across our school community.

We began with an incredible showing at the ICS Showcase at UVic, where our talented students from our three Victoria schools took to the stage with confidence and joy. Our choir and show choir, under the direction of Ms. Miranda, delivered powerful performances of *"This is Me"* and *"Revolting Children,"* capturing both the spirit and message of these pieces beautifully. Our Grade 7 band, led by Mr. Qu, also performed with focus and joy. Many of these same students are continuing to share their gifts this week and next at the music festival, including our Irish Dancers; we wish them every success.

The immersion of "the arts" continued Thursday morning as our entire school gathered in the gym for a special performance by students from St. Ann's Academy in Kamloops. Their high school performers presented an engaging and energetic medley of songs, instrumental pieces, and show choir numbers that had our students clapping, singing along, and fully enthralled in the experience. It was a wonderful reminder of the joy that live performance brings and the way music connects us.

We are grateful for opportunities like these—not only for our students to perform, but also to witness and appreciate the talents of others. It is especially meaningful to share these experiences with fellow Catholic schools from across the province, celebrating the gifts that unite us as a faith community.

Thank you to all our students, staff, and visiting performers for making this week one to remember. And thank you for all your continued support in forming our kids to shine their artistic gifts for the common good.

In Gratitude,

Glen Palahicky

Principal, St. Joseph's Elementary

PRO-D DAY

Friday, April 24th

GREATER VICTORIA PERFORMING ARTS FESTIVAL

Good luck to our talented performers! Please see Ms. Higgin's note for dancers below and this friendly reminder for families:

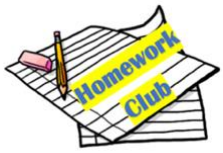
Tuesday, April 21st Dancers, Lion King Performers and Show Choir please come to the gym at 8am. The bus will be leaving at 8:10am sharp!

CHRISTIAN MEDITATION/JESUS PRAYER

Are you desiring deeper peace and wanting some inner quiet? Interested in learning more about Christian Meditation and/or the Jesus Prayer? **Come out to St. Joseph's School Library for 20 minutes every Wednesday from 5:00 pm - 5:20 pm** All are welcome. Please email Glen Palahicky if you are interested: **gpalahicky@cisdv.bc.ca**

LOCAL SCHOOL COUNCIL NOMINATIONS OPEN

The Local School Council is looking to fill two open positions. If you are interested, please contact Cristina Campbell at **ccris100@yahoo.com** for more information, no later than April 22nd.



HOMEWORK CLUB

Grades 4-7
Tuesdays & Thursdays
After school in the primary learning support room 2:40-3:10

STOP AND SMELL THE FLOWERS

Grade 2 enjoyed a trip to Butchart Gardens this week to learn about its history.

Important Dance Festival News!

Dear Dance Parents,

Next week is a very exciting week for our dancers as they will be performing in the Greater Victoria Performing Arts Festival at UVIC. On Tuesday, April 21st, 2026 the Primary Irish Dancers will be performing along with the Jazz dancers, the Show Choir, and a group from the Lion King.

All dancers will need to meet me in the gym at 7:30 a.m. to change into their costumes prior to getting on the bus by 8:10 a.m. to ride to UVIC. The Primary girls will need to come in their gym strip wearing their white ankle (**NOT** short athletic) socks and black dance shorts underneath. Their hair will need to be in a half up/half down ponytail. Vincent will come wearing his black dress pants, black ankle socks, black vest, and his long-sleeved white dress shirt. The Jazz girls will wear their beige tights and beige bodysuit under their gym strips. Their hair should be in a ponytail in the middle of the back of their head. Liam will come in black dance pants, black ankle (**NOT** short athletic) socks and his gym shirt.

On Wednesday, April 22nd, 2026 the Junior and Senior Irish Dancers will go to UVIC to perform. **All dancers need to meet me in the gym at 7:30 a.m. to change into their costumes prior to getting on the bus by 8:10 a.m. ride to UVIC.** All of the girls need to come wearing their black tights and black dance shorts under their gym strip. Their hair needs to be in a half up/half down ponytail. The boys need to come in their black dress pants, black ankle (**NOT** short athletic) socks, long-sleeved white shirt, and black vest. I have vests for George and Thomas.

It is crucial that all dancers are on time as one of our groups is the first to perform each day. We can not hold up the festival by being late.

All dancers MUST remember to bring along their dance shoes.

The festival begins at **9:00 a.m.** I highly recommend that you purchase your tickets in advance as there are many schools taking part this year and it will be very difficult to purchase tickets on the day of the festival. Please use the information below to purchase your tickets online. I also recommend that you pick them up prior to the day of the festival.

Tickets are on sale at Farquhar:

https://tickets.uvic.ca/TheatreManager/1/online?event=0

$8.50 adults, $6.50 students/child, free for children 2 and under

The students have worked very hard and I am excited to see them perform in the festival.
It is my hope that many of you will be able to attend to support your wonderful children.

Mrs. Higgins

P.S. The Junior Irish dancers will NOT have a practice on April 21st, and the Primary Irish dancers will NOT have a practice on April 22nd.

TRACK & FIELD PRACTICES

TRACK PRACTICES BEGIN THURSDAY, APRIL 9TH

Schedule	Mon	Tues	Wed	Thurs
8:00-8:30am		Shot Put	Long Distance	
11:55-12:40pm		Discus 5-7 Long Jump	Triple Jump 6-7 High Jump	4-5 High Jump 3-4 Long Jump Ball Toss
2:45-3:30pm	Sprint Training			Sprint Training

THE WOLF DEN

GO TIMEBERWOLVES

Our Grade 6 and 7 badminton team has had a fantastic season so far! The players are filled with energy, effort, and plenty of laughter. Whether practicing skills or competing against other schools, our team consistently shows great sportsmanship and represents our school with pride and respect. What stands out most is their positive attitude—they encourage one another, try their very best in every game, and never forget to have fun along the way. It's been wonderful to see their teamwork and enthusiasm! Way to go Timberwolves!

UPCOMING EVENTS 2026

APR 8 — BADMINTON GAMES @ ROYAL OAK MS

APR 9 — TRACK & FIELD PRACTICES BEGIN!

APR 15 — BADMINTON GAMES @ CEDAR HILL MS

APR 21 — BADMINTON GAMES @ ROCKHEIGHTS MS

THE WOLF DEN

FAMILY PAYMENT SCHEDULE – UPDATE!

Please see this letter from the head office.

CATHOLIC INDEPENDENT SCHOOLS OF THE DIOCESE OF VICTORIA

4044 Nelthorpe Street
Victoria, BC V8X 2A1
Phone: (250) 727-6893
Fax: (250) 479-5423

March 23, 2026

Dear Families,

It will soon be time for you to stop by the St. Joseph's School office to sign your 2026-2027 Family Payment Schedule (FPS) and Pre-Authorized Debit (PAD) form. You will receive an email when the documents are ready for you.

We wanted to let you know of important updates to payment terms, PAD requirements and tax receipt policies. We ask you to please review the information below and come prepared

Key updates:

- All families enrolled in PAD must submit updated banking information each year, including a new void cheque or bank-approved PAD form, **even if there are no changes**.
- The name(s) on the bank account **must** match your school account records.
- Tax receipts will be issued according to the account used: joint accounts will receive receipts in both names; single-name accounts will receive receipts in that individual's name only, in accordance with CRA guidelines.

Please ensure **all** sections of the FPS and PAD forms are completed and returned with the required documentation.

If you have any questions, please contact the school office prior to signing.

Thank you for your attention to these updates.

Sincerely,

Roberta Frank
Accounting Assistant
Island Catholic Schools
rfrank@cisdv.bc.ca

St. Andrew's Parent Support Group

Thank you for helping us help our school!

sarhs-psg@cisdv.bc.ca

Used Uniform Sale

Saturday, May 9, 2026
10:00am – 1:00pm
St. Andrew's Commons

Price List

Golf Shirts, Athletic Wear, Vests	$10
White Dress Shirts and Shorts	$5
Sweaters	$20
Hoodies	$15
Girls Kilts	$40
Boys Grey Pants	$20
School Blazer	$45

Send donation or sale questions to **sarhs-psg@cisdv.bc.ca**


MAY 9 | 10AM - 3PM
$100
10 MINUTES
10 PHOTOS
RESERVE YOUR SPOT HERE!
SPRING
MINI SESEIONS
FUNDRAISER!

BC FOODS FUNDRAISER!

Order Deadline: May 8th

Pick-Up: Thursday, May 28 after school

Please note: Orders must be picked up that day or arranged to go home with another family, as there is no fridge or freezer available for storage.

All orders should be sent to the PSG email, and payment is requested via e-transfer.

Thank you for your support! **sjv-psg@cisdv.bc.ca**

B&C Food SOLUTIONS

PRODUCT INFORMATION

FUNDRAISER

MINI CHEESE PIZZA 6" – 79105

Ooey, Gooey Goodness

A classic favourite made with melty cheese and a deliciously crisp crust. This small frozen pizza is perfect for quick meals, and snacks.

Case Size: 18 pizzas 3.1kg

Ingredients: Pizza shell (wheat flour, water, whole wheat flour, canola oil, salt, yeast, sugar, granulated garlic, seasonings, calcium propionate, spice), Pizza sauce (water, tomatoes, soy oil, salt, herbs, garlic, spice, olive oil), Mozzarella, parmesan cheeses (pasteurized milk, modified milk ingredients, salt, microbial enzymes, bacterial culture, pasteurized partly skimmed milk, calcium chloride, sorbic acid, cellulose, potassium sorbate).

Nutrition Facts / Valeur nutritive

Per 1 pizza (155 g) / pour 1 pizza (155 g)

Calories 340	% Daily Value* / % valeur quotidienne*
Fat / Lipides 10 g	13 %
Saturated / saturés 5 g + Trans / trans 0.1 g	26 %
Carbohydrate / Glucides 46 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 15 mg	
Sodium 830 mg	36 %
Potassium 300 mg	9 %
Calcium 350 mg	27 %
Iron / Fer 3 mg	17 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

MAPLE PORK SAUSAGE - 56544

Savoury & Satisfying

Crafted from 100% Canadian pork and infused with rich maple flavour, these sausages are a delicious twist on a breakfast classic. Perfect for weekend brunches or hearty dinners.

Case Size: 4kg

Ingredients: Pork, B&C Sausage Binder(Rice Flour, Salt, Spices, Sugar, Vegetable Oil (Canola &/or Sunflower, Spice Extractives)), Maple Flavour Rev Natural (Dextrose, Maple Syrup, Flavour, Silicon Dioxide (MFG AID)), Brown Sugar, Water, No Gluten Added.

Nutrition Facts / Valeur nutritive

Per 100 g / Per 100 g

Amount / Teneur	% Daily Value / % Valeur Quotidienne
Calories / Calories 300	
Fat / Lipides 28 g	43 %
Saturated / Saturés 13 g + Trans / Trans 0 g	50 %
Cholesterol / Cholestérol 60 mg	
Sodium / Sodium 700 mg	29 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

BACON WRAPPED SCALLOPS – 73154

Elegant, Easy & Irresistible

Premium sea scallops wrapped in savoury bacon for a perfect bite every time. These 16/20 frozen scallops are ideal for entertaining or treating yourself to something special.

Case Size: 4x1kg

Ingredients: Bacon (Pork, Water, Salt, Sodium Phosphate, Sugar, Sodium Erytorbate, Sodium Nitrite, Spices, Maple Flavour, Smoke), Scallops.

Nutrition per 100g	
Calories	270
Fat	22g
Saturated	8g
Trans	0g
Cholesterol	50mg
Sodium	510mg
Carbohydrates	5g
Fibre	0g
Sugar	4g
Protein	13g
Vitamin A	0g
Vitamin C	2g
Calcium	2g
Iron	0g

5oz BEEF BURGER – 53287

Bold, Juicy & Unforgettable

Juicy, succulent, and packed with bold flavour, the Original Wild Dave's Burger is made with premium ingredients that deliver a satisfying bite every time. It's a top pick for backyard BBQs, family dinners, or quick meals.

Case Size: 36 5oz burgers 5.1kg

Ingredients: Beef, Water, Salt, Onion Powder, Mustard, Yeast Extract, Dextrose, Hydrolyzed Corn Protein, Flavour

Nutrition Per 100g	
Calories	260
Fat/Lipides (g)	21
Saturated/Saturés (g)	8
Trans/Trans (g)	1
Cholesterol/cholesterol (mg)	65
Sodium/Sodium (mg)	550
Carbohydrate/Glucides (g)	1
Fiber/Fibres (g)	0
Sugar/Sucres (g)	0
Protein/Proteines (g)	14
Vitamin A/Vitamine A (RE)	0
Vitamin C/Vitamine C (mg)	0
Calcium/Calcium (mg)	2
Iron/Fer (mg)	20

PORK CUTLET BREADED – 54636

Battered, Tender Ready to go

Made from quality pork and coated in a golden, seasoned breading, these frozen cutlets are perfect for quick dinners, sandwiches, or schnitzel-style meals.

Case Size: 40 x115g cutlets 4.54kg

Ingredients: Pork loin, Water, Breading (wheat flour, yeast, sugar, sea salt, yellow corn flour, extractives of turmeric, paprika and annatto), Batter (modified corn starch, yellow corn flour, wheat flour, salt, guar gum, dextrose, extractive of paprika, extractives of turmeric), Salt.

Nutrition Information / Information Nutritionnelle

Per (100 g) / pour (100 g)

Calories 130	
Fat / Lipides 3.8 g	3 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 9 g	
Fibre / Fibres 1 g	3 %
Sugars / Sucre 1 g	3 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 40 mg	
Sodium 240 mg	10 %
Potassium 300 mg	6 %
Calcium 10 mg	1 %
Iron / Fer 1.75 mg	10 %

1oz MEATBALLS, SEASON – 51282

Small on Size, BIG on Flavour

These fully cooked, frozen 1oz meatballs are perfectly seasoned and ready to heat and serve. Great for pasta dishes, appetizers, or quick meals, they're a versatile favourite made for busy families.

Case Size: 160 meatballs 4.54kg

Ingredients: Beef, Water, Textured Soy Protein, Breadcrumbs, Seasoning (Salt, Sugar, Dehydrated Onion, Spices, Garlic Powder, Parsley Flakes, Autolyzed Yeast, Canola Oil), Soy Protein Concentrate, Seasoning (Sodium Phosphates, Dextrose, Salt, Beef Stock, Spice Extracts).

Nutrition Facts / Valeur nutritive

Serving Size 3 Meatballs (85 g) / Portion 3 boulettes (85 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 230	
Fat / Lipides 17 g	26 %
Saturated / saturés 7 g + Trans / trans 1 g	40 %
Cholesterol / Cholestérol 40 mg	13 %
Sodium / Sodium 600 mg	25 %
Carbohydrate / Glucides 6 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 2 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

CHICKEN CORDON BLEU 200g - 011093

Classic Comfort, Gourmet Touch

This breaded chicken breast is stuffed with savoury Swiss cheese and ham, offering a rich, satisfying flavour in every bite. Frozen and easy to prepare, it's perfect for family dinners or special occasions.

Case Size: 12 pieces 2.4kg

Ingredients: Chicken, Ham (Water, Honey, Salt, Sodium Phosphate, Dextrose, Brown Sugar, Sodium Acetate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Mustard, Smoke), Swiss Cheese, Panko Breadcrumbs, Flour, Egg, Milk, Garlic, Pepper

Nutritional Facts / Valeur Nutritive

Per 100 g/ Per 100 g

Amount / Teneur	% Daily Value / % Valeur Quotidienne
Calories / Calories 180	
Fat / Lipides 11 g	%
Saturated / Saturés 5g + Trans / Trans 0g	%
Cholesterol / Cholestérol 50 mg	
Sodium / Sodium 335 mg	%
Carbohydrate / Glucides 9 g	%
Fibre / Fibres 0 g	%
Sugars / Sucres 1 g	
Protein / Protéines 20 g	
Calcium / Calcium 19 g	%
Iron / Fer 0 g	%
Potassium / Potassium 0 g	%
	%

STRIPLOIN170g COVx2 – 14498

Bring the Steakhouse to Your Home

Savour the rich, buttery taste of premium striploin steak. At 170g, it's the ideal size for dinner - whether pan-seared to perfection or grilled for that irresistible char. A true steakhouse experience at home!

Case Size: 24 steaks x170g ea 4.08kg

Ingredients: 2x170g Beef Striploin steak

Nutrition Facts

Serving Size 100 grams

Amount Per Serving	
Calories 199	Calories from Fat 0
	% Daily Value*
Total Fat 13g	20 %
Saturated Fat 6g	29 %
Cholesterol 46 mg	15 %
Sodium 60mg	2 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 20g	40 %
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

*Percent Daily Values (%DV) are based on a 2,000 calorie reference diet. Your daily values may be higher or lower depending on your individual needs.

CHICKEN BREAST STRIPS BRD – 011013

Golden, Crispy and Always a Hit

These fully cooked breaded chicken breast strips are a family favourite—perfect for wraps, salads, or dipping into your favourite sauce. Just heat and serve for a quick, delicious meal any day of the week.

Case Size: 4kg

Ingredients: Chicken breast, water, wheat flour, toasted wheat crumbs, modified corn starch, salt, egg white powder, spice, sodium phosphate, canola oil, wheat gluten, sodium aluminum phosphate, sodium bicarbonate, onion powder, garlic powder. Browned in canola oil.

	Amount/Teneur
Calories/Calories	190
Fat/Lipides	8g
Saturated/saturés	1 g
+ Trans/trans	0 g
Cholesterol/Cholesterol	35 mg
Sodium/Sodium	450 mg
Carbohydrate / Glucides	16 g
Fibre/Fibres	1 g
Sugar/Sucres	1 g
Protein/Protéines	14 g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	
Calcium/Calcium	
Iron / Fer	

CHICKEN BREAST B/S IQF – 60409

Lean, Versatile & Ready to Cook

Individually Quick Frozen (IQF) for freshness and convenience, these boneless, skinless chicken breasts are perfect for grilling, baking, or slicing into your favourite recipes. Made from high-quality poultry, they're a freezer essential.

Case Size: 4kg

Ingredients: Raw Boneless Chicken Breast

Nutrition Facts
Valeur nutritive
Per 1 breast (106 g)
pour 1 poitrine (106 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 1 g	2 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2%
Cholesterol / Cholestérol 65 mg	
Sodium / Sodium 460 mg	19%
Carbohydrate / Glucides 2 g	1%
Fibre / Fibres 1 g	3%
Sugars / Sucres 0 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %

CHICKEN CORDON BLEU 200g - 011093

Classic Comfort, Gourmet Touch

This breaded chicken breast is stuffed with savoury Swiss cheese and ham, offering a rich, satisfying flavour in every bite. Frozen and easy to prepare, it's perfect for family dinners or special occasions.

Case Size: 12 pieces 2.4kg

Ingredients: Chicken, Ham (Water, Honey, Salt, Sodium Phosphate, Dextrose, Brown Sugar, Sodium Acetate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate, Mustard, Smoke), Swiss Cheese, Panko Breadcrumbs, Flour, Egg, Milk, Garlic, Pepper

Nutritional Facts
Valeur Nutritive
Per 100 g/ Par 100 g

Amount / Teneur	% Daily Value / % Valeur Quotidienne
Calories / Calories 180	
Fat / Lipides 11 g	%
Saturated / Saturés 5.8 g + Trans / Trans 0 g	%
Cholesterol / Cholestérol 58 mg	
Sodium / Sodium 335 mg	%
Carbohydrate / Glucides 9 g	%
Fibre / Fibres 0 g	%
Sugars / Sucres 1 g	
Protein / Protéines 20 g	
Calcium / Calcium 13 g	%
Iron / Fer 0 g	%
Potassium / Potassium 0 g	%
	%

LEAN GROUND BEEF – 51581

Perfect for EVERY meal

Lean and delicious, this ground beef is ideal for burgers, tacos, meatballs, or hearty pasta dishes. Packed with protein and versatility, it's a freezer staple for quick family dinners or weekend favourites.

Case Size: 10x500g 5kg

Ingredients: Ground beef 85/15 ratio of meat to fat

Nutritional Facts
Valeur Nutritive
Per 100/ Par 100

Amount / Teneur	% Daily Value / % Valeur Quotidienne
Calories / Calories 212	
Fat / Lipides 14 g	%
Saturated / Saturés 9.2 g + Trans / Trans 1 g	%
Cholesterol / Cholestérol 92 mg	
Sodium / Sodium 81 mg	%
Carbohydrate / Glucides 0 g	%
Fibre / Fibres 0 g	%
Sugars / Sucres 0 g	
Protein / Protéines 17 g	
Calcium / Calcium 11 g	%
Iron / Fer 3 g	%
Potassium / Potassium 0 g	%
	%

TURKEY FARMER SAUSAGE 6CT – 013184

Savour the Flavour

Lean, flavourful and perfectly seasoned. Made from premium turkey, this is a lighter option without sacrificing taste. Great for grilling, a meal, or adding to any recipe!

Case Size: 52/cs 4kg

Ingredients: Turkey, Water, Salt, Potassium chloride, Spices, Sodium phosphate, Sodium acetate & Diacetate, Dehydrated garlic, Ascorbic acid, Sodium nitrite. Natural pork casing. Naturally smoked.

Nutritional Facts
Valeur Nutritive
Per 100 g/ Par 100 g

Amount / Teneur	% Daily Value / % Valeur Quotidienne
Calories / Calories 198	
Fat / Lipides 10 g	%
Saturated / Saturés 3 g + Trans / Trans 0 g	%
Cholesterol / Cholestérol 75 mg	
Sodium / Sodium 566 mg	%
Carbohydrate / Glucides 3 g	%
Fibre / Fibres 0 g	%
Sugars / Sucres 1 g	
Protein / Protéines 23 g	
Calcium / Calcium 0 g	%
Iron / Fer 0 g	%
Potassium / Potassium 246 g	%
	%

5oz BONELESS PORK CHOP - 49851

Classic Comfort Food, Cooked Your Way

Lean, tender, and full of flavour, these 5oz boneless pork chops are a mealtime classic. Easy to cook and endlessly versatile—try them baked, grilled, or pan-fried for a delicious dish everyone will love.

Case Size: 4kg

Ingredients: 5oz Boneless Pork Chop

Nutrition Facts

Calories 179

	% Daily Value *
Total Fat 7 g	9%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 60mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 25.8g	54%
Vitamin C 0mg	0%
Vitamin D 0mcg	0%
Iron 0.48mg	4%
Calcium 16mg	1%
Potassium 0mg	0%
Phosphorus 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

26/30 RAW BLK TIGER SHRIMP – 74168

Superior Quality - From Ocean to Plate

These individually quick frozen (IQF) raw black tiger shrimp from Vietnam are perfect for grilling, sautéing, or adding to your favourite recipes. Known for their firm texture and rich flavour, they're a versatile seafood option.

Case Size: 5x2lb 4.54kg

Ingredients: Shrimp (Penaeus monodon, Aquaculture, VN), water, salt, stabilizers (triphosphates [E451(i)], polyphosphates [E452(i)]).

Amount per 100 g	
Calories	**60 kcal**
Energy	**251 kJ**
Total Fat	**0.3 g**
Saturated Fat	0.1 g
Trans Fat	0 g
Total Carbohydrate	**0 g**
Dietary Fibre	0 g
Total Sugars	0 g
Includes 0 g Added Sugars	
Protein	**14.3 g**
Cholesterol	**182 mg**
Sodium	**920 mg**
Potassium	113 mg
Calcium	26 mg

FUNDRAISER
ORDER FORM

Proudly supported by

B&C Food SOLUTIONS

PURCHASER NAME: _____

FUNDRAISER DATE:

PICK-UP: DATE FEB 28TH

EMAIL ORDER FORMS TO SJV-PSG@CISDV.BC.CA

PAYMENT BY E-TRANSFER TO SJV-PSG@CISDV.BC.CA

ITEM DESCRIPTION	COST	QTY	TOTAL
6OZ SIRLOIN STEAKS 24PC/CS	$ 170.00		$
5oz LIL CHEF BEEF BURGERS 36/CS	$ 75.00		$
BEEF MEATBALLS 1OZ -10LB	$ 85.00		$
MAPLE BREAKFAST SAUSAGE 4KG	$ 65.00		$
BREADED PORK CUTLETS 40/CS	$ 90.00		$
CHICKEN CORDON BLUE 12PC/CS	$ 80.00		$
TURKEY SAUSAGE 4KG	$ 75.00		$
BACON WRAPPED SCALLOPS 1KG	$ 40.00		$
21/25 WHITE PRAWNS P&D 2LB	$ 25.00		$
CHICKEN BREAST B/S 4KG	$ 65.00		$
GROUND BEEF 10X500G	$ 65.00		$
CHICKEN SOUVLAKI SKEWERS 60X75G	$ 110.00		$
	TOTALS		

ST. ANDREW'S REGIONAL HIGHSCHOOL

PRESENTS

Annie JR.

ANNIE JR. IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH [illegible] AND ALL AUTHORIZED MATERIALS ARE SUPPLIED BY MUSIC THEATRE INTERNATIONAL, NEW YORK, NY (212) 541-4684 MTISHOWS.COM

DIRECTORS
KATE GAUTHIER – RIGGS
MARISA TINSAY

CHOREOGRAPHER
CLAIRE DEVENPORT
SARAH KATZ

MUSIC DIRECTOR
PHILIP O'REILLY

THURSDAY, MAY 7: 7:00PM

FRIDAY, MAY 8: 7:00PM

SATURDAY, MAY 9: 2:00PM AND 7:00PM

"ALL SHOWS AT SPECTRUM SCHOOL THEATER"

GO TO HTTPS://CISDV.SCHOOLCASHONLINE.COM FOR TICKETS

EARLY BIRD TICKETS $15
REGULAR $20

BOOK BY

MUSIC BY

LYRICS BY

St Joseph's Early Learning Centre
Pro D Day Care
Registration for **Friday, May 8th**, 2026
Deadline to register is Thursday May 7th , 2026

During Pro D Days, St. Joseph's Child care offers a supervised program of activities operating from 7:30am – 5:00pm. Please pack two snacks, a full lunch and a refillable water bottle. Super Days are civies days and we will all meet in the multi-purpose room above the gym to start the day.

Program Details:

- We will spend lots of time outside, playing organized games, doing art activities and crafts, and watching a movie.

All students attending Pro- D Day care must be registered with St. Joseph's Before and/or After School Care programs

Cost: $55 per child- **to be paid through School Cash Online.**

Pro D Day on Friday, May 8th , 2026.

Registration Date:_____

Name(s): and Grades_____

WAIVER: "Accidents can be result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child."

Parent Signature: _____

St Joseph's Early Learning Centre

Pro D Day Care

Registration for **Friday, May 15th**, 2026

Deadline to register is Thursday May 14th , 2026

During Pro D Days, St. Joseph's Child care offers a supervised program of activities operating from 7:30am – 5:00pm. Please pack two snacks, a full lunch and a refillable water bottle. Super Days are civies days and we will all meet in the multi-purpose room above the gym to start the day.

Program Details:

- We will spend lots of time outside, playing organized games, doing art activities and crafts, and watching a movie.

All students attending Pro- D Day care must be registered with St. Joseph's Before and/or After School Care programs

Cost: $55 per child- **to be paid through School Cash Online.**
Pro D Day on Friday, May 15th, 2026.

Registration Date:_____

Name(s): and Grades_____

WAIVER: "Accidents can be result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child."

Parent Signature: _____

St. Joseph's After School Care

Summer Camp

Monday, June 22nd -Friday, July 31st, 2026

Dear Before and After School Care families,

We are pleased to offer a summer camp program this year which will run from

Monday, July 22nd-Friday, July 31st, 2026.

Please register as soon as possible as we have limited spaces but the latest by Friday, May 29th, 2026.

Program Dates:

Monday, June 22nd – Friday, July 31st, 2026

It runs Monday -Friday from 7:30am – 5:00pm

Program Activities:

- A finalized calendar will be sent home with registered families. This year we will again be offering themed days, organized activities, and plenty of arts and crafts!
- **We have 20 spots available each week.**
- **Please sign up via School Cash Online.**

Cost: $295.00 per child per week

If you have any questions, please email Susan and Debbie at sjvelc@cisdv.bc.ca or call the centre at 250-479-1237.

Children must be registered in the Before/After School Care Program to attend Summer Camp. We can open up space to other St. Joseph's children if there is space available.

SPECTRUM COMMUNITY SCHOOL

957 Burnside Road Victoria, BC V8Z 6E9
250-479-8271 spectrum@sd61.bc.ca
https://spectrum.sd61.bc.ca/

April 17th, 2026

Update #14 – Turf Construction at Spectrum

Our turf field construction is continuing to progress well. Excavation and gravel work are underway, and we expect this phase to be finished by the end of the day on Monday. After that, crews will spend a few days smoothing and levelling the surface to get it ready for the next stage of the project, including the upcoming lighting installation.

Ongoing site safety measures will remain in place, including maintenance of silt fencing for sediment control and snow fencing to define the work zone. Tree protection fencing will continue to be monitored and maintained as required. A traffic control person will also be present as there will be an increase in construction traffic accessing the site at the Marigold/West Burnside Road intersection.

If you have any questions, please reach out to any of the Admin Team.

Aaron Norris, Michelle Darling, and Phil Ohl

DARE TO Hope

Illuminate 2026

Join us for an exciting one-day youth retreat!

- Grades 4 - 7
- Saturday, May 2, 2026
- St. Joseph's Elementary School
  757 Burnside Rd. West, Victoria, BC
- Presented by NET Ministries
- Cost: $75
- Register by April 17

REGISTER ON EVENTBRITE

bitly

NET CANADA

Illuminate
Let His Light Shine

DARE TO Hope

DYR 2026

Join us for a weekend of faith, fun and friendship!

- Grades 7 - 12
- May 8 - 10, 2026
- Camp Imadene
  9175 S Shore Rd, Mesachie Lake, BC
- Presented by NET Ministries
- Cost: $199

Youth must provide their own adult chaperones, through an RCDV Youth Group or otherwise.

REGISTER ON EVENTBRITE
by April 17

bitly

NET CANADA

DYR Diocesan Youth Retreat
Diocese of Victoria

Thank You Thank You Thank You

Thanks to you, 1000X5 has been sending books to families with babies and preschoolers for 15 years reaching a total of 390,000!!!!

St. Joseph's School has donated 2437 books (and counting).

Take your extra baby and preschooler books to the pink bin in front of the library.

Help change a child's future.

Find hope and healing at **Rachel's Vineyard**:
A safe, confidential retreat for women & men seeking peace after abortion.

Find out more:
www.rachelsvineyardvanisland.org
rachelsvineyardvancouverisland@gmail.com

NEWS FROM THE CHANCERY

The Canadian Conference of Catholic Bishops has issued a reflection on Pope Leo's call for peace, human dignity, and moral responsibility in public life. The reflection may be read online at: https://www.cccb.ca/media-release/reflection-on-the-holy-fathers-call-for-peace-human-dignity-and-moral-responsibility-in-public-life/
The faithful in Canada are encouraged to continue praying for the Holy Father, for peace among nations, and for all who suffer because of war.

The Laudato Si' Animators Program is a free, online formation offered by the Laudato Si' Movement that invites parishioners to deepen their faith and respond to Pope Francis' call to care for our common home. Through spiritual reflection and practical learning, this free online training offers a rich experience that will empower participants to bring his Laudato Si' encyclical to life in their communities through faith-based action, ecological education, and community engagement. A new course is starting April 15, 2026. For more information go to: https://laudatosianimators.org/

Catholic Women's Leadership Foundation is hosting a leadership program in partnership with Saint Paul University starting May 1. In this eight-week online program Catholic women are invited to grow as confident, faith-centered leaders in a synodal Church. Through prayerful reflection, dialogue, and skill-building, participants are provided with a transformative learning opportunity to acquire deeper self-awareness, knowledge and skills that will foster agency as mature Christian disciples in and for the world. For more info visit: https://www.cwlfcanada.ca/st-paul-university

Bishop Gary Gordon will celebrate a special Mass at 11:00 am on Sunday, April 19 in honour of the dedication of those who work or volunteer in health care. Everyone is invited to participate, either in person at St. Patrick's Parish in Victoria (2060 Haultain St, Victoria BC), or via livestream at https://www.youtube.com/live/BcHDjhHItMc. A Knights of Columbus Pancake Breakfast will take place before and after Mass in the Lourdes Hall

ST. JOSEPH'S PARISH

WEEKDAY MASS SCHEDULE:
Monday: 6:30am
Tuesday: 6:30am and 6:00pm
Wednesday: 6:30am and 6:00pm
Thursday: 6:30am and 9:00am
Friday: 6:30am and 9:00am

WEEKEND MASS SCHEDULE:
Saturday: 6:30am
Saturday: 5:00pm (Livestream)
Sunday: 10:00am
Sunday: 6:00pm

ST. JOSEPH'S PARISH YOUTH GROUP
Youth Group All Youth Grades 6 - 12 are invited to join us on Saturday evenings following! For more information, please contact: SJTWYouthGroup@gmail.com

SAVE THE GARRY OAKS

Join us in revitalizing an important Garry Oak ecosystem on Christmas Hill by removing invasive species like English ivy, Scotch broom, and Himalayan blackberry!

Our efforts will help prepare the land for a native flower meadow.

- Every 2nd & 4th Sunday from 1-4 pm
- Pruners and shovels will be provided
- Please bring gloves, safety glasses, and water

Learn more here

1-4 pm | Every 2nd & 4th Sunday

Sacred Heart Parking Lot | 4040 Nelthorpe Street

https://garry-oak-ecosystem-restoration-2026.eventbrite.ca

Roman Catholic Diocese of Victoria

PARENT COMMUNITY

BUSINESS DIRECTORY

*Please note that any manner of association, inclusion, and participation of any Businesses within this Directory, is not an indication of endorsement by St. Joseph's Elementary School or Church Parish or any of its affiliates.

Support Local Parent Owned Businesses!

Our Business Directory is a service provided by the Parents Support Group to help fundraise for our school children and also support our local parent businesses!

DIRECTORY:

Financial & Legal Services
- Homeroom Bookkeeping & Income Tax

Food & Beverage
- Kung Pao Wok

Health & Wellness
- Age Freely Fitness and Wellness
- Chatterton Way Dental
- Dr. Kirk Bartlett Orthodontist
- Dr. Maico D. Melo, Inc
- Eye Etiquette Optical Boutique

Photography Services
- Andrea Collins Photography

Real Estate Services
- Bespoke Homes Team
- Kamaretsos Real Estate Team

Technology Services
- Monk Office Supply

Trades & Construction
- End of the Roll
- Lisnabreeny Plumbing Ltd.
- Relm Projects Ltd.
- SSD Sawmill Sales Direct Ltd.

CONTACT SJV-PSG@CISDV.BC.CA WITH QUESTIONS ABOUT SUBSCRIPTIONS

PARENT COMMUNITY

BUSINESS DIRECTORY

Financial & Legal Services

Homeroom Bookkeeping & Income Tax
Teya Jensen
info@homeroombookkeeping.com
Ph: 604-739-9536
www.hrsbs.ca
We provide bookkeeping for all types of small businesses, payroll, GST/PST filings and Personal income tax returns.

Food & Beverage

Kung Pao Wok
Ankie Leung
kungpaowok_victoria@yahoo.ca
Ph: 778-433-8806
Chinese Food (Hillside Shopping Center).

Health & Wellness

Age Freely Fitness and Wellness
Nancy Falconer
nmfalconer11@gmail.com
Ph: 778-679-6288
Agefreelyfitness.com
At Age Freely Fitness and Wellness, I provide the expert guidance and compassionate support you need to lose weight, build a lean body composition, and feel strong, healthy, and empowered through perimenopause, postmenopause and beyond.

Chatterton Way Dental
Dr. Matthew Foulkes
info@chattertonwaydental.ca
Ph: 250-598-5441
chattertonwaydental.ca
At Chatterton Way Dental, your oral health is our priority. Our dedicated team makes every visit comfortable and stress-free. Experience dental care that keeps you smiling with confidence.

PARENT COMMUNITY

BUSINESS DIRECTORY

Health & Wellness Continued

Dr. Kirk Bartlett Orthodontist
Dr. Kirk Bartlett
bracesdoctor@gmail.com
Ph: 250-479-4645
www.bartlettortho.com
Orthodontics for children and adults. Braces, lingual(invisible) braces and Invisalign.

Dr. Maico D. Melo, Inc
Maico (Mike) Melo
drmelo2023@outlook.com
Ph: 250-727-3390
www.victoriaoralsurgery.com
Oral and Maxillofacial Surgeon specializing in dental extractions including wisdom teeth with sedation dental implants.

Eye Etiquette Optical Boutique
Carolin Roussel
carolin.etiquette@shaw.ca
Ph: 250-474-1941 and 778-432-3344
www.eyeetiquetteoptical.ca
Eye Etiquette offers a range of glasses that are sophisticated, fun, minimal to eye-catching. Our customer service award-winning optical team of licensed opticians, optometrists, and optical assistants are here to help. Providing eyewear, contact lenses, safety glasses and full eye health examinations for all ages.

Photography Services

Andrea Collins Photography
Andrea Walker Collins
info@andreacollinsphotography.com
Ph: 778-966-4623
www.andreacollinsphotography.com
Family, Wedding, Event and professional portrait photography services.

PARENT COMMUNITY

BUSINESS DIRECTORY

Real Estate Services

Bespoke Homes Team | Engel & Völkers Vancouver Island
Marlon Murr
marlon.murr@evrealestate.com
Ph: 778-679-7755
www.BespokeHomesTeam.ca
Residential and Commercial Real Estate Services.

Kamaretsos Real Estate Team | Pemberton Holmes
Michelle & Lee Kamaretsos
michelle@myvictoriarealty.com
Ph: 250-686-7590
www.myvictoriarealty.com/st-joes-parents.html
Supporting families with expert guidance in residential, investment, and commercial properties. Explore our exclusive link just for St. Joe's parents!

Technology Services

Monk Office Supply
Adam Taft
adam.taft@monk.ca
Ph: 250-384-0565
monk.ca
Office Products, Furniture, Technology and Copiers/Printers.

Trades & Construction

End of the Roll
Dan Facey
dan.facey@endoftheroll.com
Ph: 250-386-8883
endoftheroll.com/victoria
We supply and install all types of floor coverings including Hardwood, Laminate, Vinyl plank, Sheet Vinyl, Carpet, and Ceramic Tile.

PARENT COMMUNITY

BUSINESS DIRECTORY

Trades & Construction Continued

Lisnabreeny Plumbing Ltd.
Sam Payne
lisnabreenyplumbing@gmail.com
Ph: 250-889-3508
www.Lisnabreenyplumbing.ca
Plumbing repair/service, renovations, gas and cross connection device install/testing.

Relm Projects Ltd.
Gabe Forrester, PMP GSC
gforrester@oppel.ca
Ph: 778-679-6288
Relmprojects.ca
Specializing in Construction and Project Management services for Owners, Developers, and Stakeholders. They manage industrial, municipal, commercial, and multi-family projects across Vancouver Island, focusing on quality, collaboration, and results.

SSD Sawmill Sales Direct Ltd.
Rick St.Denis
sales@sawmillsales.ca
Ph: 250-245-2499
www.sawmillsales.ca
We mill Western Red Cedar, Yellow Cedar and Douglas Fir. We built Fence Panels and Mill Cedar Siding.