St. Joseph's Catholic School

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

Newsletter
May 1st, 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,

What a beautiful week we have shared together as a school community!

Today, we gathered in a special way to celebrate the feast of St. Joseph the Worker, the patron of our school and parish. Our assembly was filled with prayer, reflection, and gratitude as we remembered St. Joseph's quiet strength, his deep love for Jesus and Mary, and his faithful commitment to his work and family.

Students were reminded of the many ways St. Joseph continues to inspire us—through his example of hard work, humility, and protection. We also explored the rich symbols associated with him, especially bread, representing provision and care for others, and lilies, symbolizing purity and trust in God.

It was heartening to see our students so engaged and reverent during our time together. Moments like these truly reflect the spirit of our Catholic Christian identity and the values we strive to live each day.

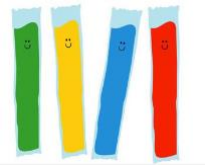
To conclude our celebration, we enjoyed a joyful whole-school picnic. Laughter, sunshine, and shared joy made for a perfect ending—complete with ice cream! One might even imagine that St. Joseph himself, a man of simple joys and honest work, would have smiled upon such a moment.

Thank you for your continued support in nurturing a faith-filled, caring community. May St. Joseph continue to guide and protect our school and all our families.

In Gratitude,

Glen Palahicky

Principal, St. Joseph's Elementary



FREEZIE SALE

Thursday, May 7th

Bring your toonies and see the poster below for all the dates. Thanks for supporting the grade 7's.

SAVE THE DATE: PARENT EDUCATION NIGHT

Wed May 27, 7-8 pm (Online Meeting Link to follow soon!)

Session on Picky Eating and School Lunch Ideas

Join us for a session on navigating picky eating and packing school lunches. We'll cover how to support kids without pressure, simple strategies for common mealtime challenges, and easy lunch ideas. You'll leave the session equipped with practical tools, helpful resources, and new ideas you can use right away.

Speaker Info: Erica Camfferman is a Public Health Dietitian at Island Health. She is passionate about supporting families and caregivers to nurture healthy relationships with food. She seeks to blend evidence-based recommendations with practical approaches that consider everyone's unique circumstances and experiences. Outside of work, she loves to bike with her husband and three active sons.

We plan to keep the session very interactive, with plenty of time for Q/A.
Watch this space for more information.

Thanks,
Anvita Pauranik
(on behalf of School Nutrition Committee)

CATECHESIS OF THE GOOD SHEPHERD (CGS)

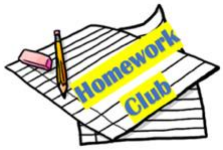
CGS is coming to our parish community in Fall 2026! As it is based on the Montessori principles, many of the materials need to be handmade! We are therefore reaching out to Parishioners and School Families with carpentry skills, woodwork skills, painting etc! If you are interested in helping, please have a look at the file folders that are in the church office. All instructions are included. Some of the projects are small, and some are larger. Completed projects are due back by mid-July. For more information please contact Debbie at dclarke@cisdv.bc.ca or Brenda at bbella@cisdv.bc.ca. Thank you for considering sharing your talents and skills so that our young children can experience the Good Shepherd in our new Atrium! Mr. Palahicky has confirmed that you may claim your volunteer hours by completing a CGS project!

WELL DONE!

Congratulations to all of the students who performed at GVPAF at UVIC. We are so proud of you and your hard work and accomplishments! Our entry from Lion King Jr - He Lives In You has been chosen to perform at the Highlights Concert on Monday at UVIC - way to go!

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**



HOMEWORK CLUB

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

IMPORTANT: 2026/2027 FAMILY PAYMENT SCHEDULES

The 2026/2027 Family Payment Schedules are now ready for signing. Due to recent changes in our standard procedures, all schedules must be signed in person at our office.

Office Visit Details

- When: Tuesday – Friday
- Hours: 8:00 AM – 4:00 PM
- What to Bring: Updated banking information (even if it has not changed since last year).

Note on Banking Info: Please provide a void cheque or a pre-authorized debit form. For security and verification, the document must show all names associated with the account.

Requirements at Signing

1. Review the Attached Letter: Please read the attached letter from Head Office for specific completion details.
2. Parent Involvement Payment: This must be paid at the time of signing.
   We accept the following methods:
   - Post-dated cheque
   - Debit or Credit
   - E-transfer

Special Considerations

- Extended Hours: If you cannot visit during regular business hours (8–4), please contact me directly. I am happy to accommodate later appointments upon request.
- High School Families: If you also have a child enrolled at the High School, you will only need to sign there.

THANK YOU!

A huge shout-out to **Marta Dumas** for her amazing work with our youngest learners! Marta helped our Kindergarten classes enrich their garden boxes with homemade compost (worms galore!) and plant a variety of seedlings. We can't wait to tend the garden and watch it grow over these final months of school. **Thank you, Marta!**

EVENTS 2026

UPCOMING

MAY 7 — MIDDLE SCHOOL TRACK MEET @ UVIC

MAY 14 — MIDDLE SCHOOL TRACK MEET @ UVIC

MAY 25 — MIDDLE SCHOOL TRACK MEET @ UVIC

MAY 27 — MIDDLE SCHOOL TRACK MEET @ UVIC

THE WOLF DEN

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

TC10K

A big congratulations to all of our students, staff, and families who took part in the TC 10K and Family Fun Run this past weekend! Whether you ran, jogged, or cheered from the sidelines, we are so proud of your energy, commitment, and school spirit. It was wonderful to see our community come together to support such a positive and active event—well done to everyone who participated!

FIRESTATION FIELD TRIP

Both Grade One classrooms enjoyed a visit to Saanich Fire Station #1. We were hosted by Fire Captain Mike and Captain Dom. The students learned about fire safety. They really enjoyed firing the hose at a building and putting out a pretend fire. It was a great experience!

Dear St. Joseph's community,

It is with a heavy heart that I share the news that I will be leaving St. Joseph's at the end of this school year. To say that I have enjoyed starting my career here is an understatement - this has been the best possible start to my teaching career than I could have ever imagined - while initially nervous to have moved from Surrey to Victoria and to a brand new school that I had never seen before, over the course of the past two years, this school has felt more like home to me than Victoria itself.

The reason for this move has nothing to do with this incredible school or its warm, welcoming families and students - it has to do with the struggle of living completely on my own and trying to afford life here while all of my family and friends are on the mainland, so I will be moving back to Surrey. As another reason on a more positive note, I was recently accepted to a music education masters program at Acadia University and I am looking forward to improving my practice as a new music educator!

My heart is heavy knowing that my departure from this wonderful school community is approaching - I have felt so emotionally attached to this program, and have enjoyed making music together for the past 2 years. This school has an incredible, warm, welcoming community of families and students, and I will so miss working with all of you. I will never ever forget the joy that this first job of my career has brought me, and all of the love that we shared together for the arts and for our students' musical success.

For the next two months, I promise to do everything in my power to ensure that the momentum of this music program continues - I want nothing more than for the joy of music at this school to continue.

From the bottom of my heart, thank you, to each and every one of you, for *everything*. For every kind message or passing compliment, for every rehearsal you've woken up early to bring a student to, for every encouragement you give to your children to continue to love and pursue performance and music, for every gift and recognition of all of the passion and love that I have put into this program. I will never ever ever forget this job, any of you, any of your students and families, this wonderful school, and the beautiful music we all got to share in together. This experience will inspire me for the rest of my life. Thank you forever.

With endless gratitude,

DMiranda

Ms. Miranda

BEACON HILL WILDFLOWER MINI SESSIONS FUNRAISER

Date: May 9 Time: 10:00 AM – 3:00 PM (10min sessions)

Each spring, the Garry Oak meadow above the Children's Farm at Beacon Hill Park comes into bloom with purple camas flowers. It's a brief and beautiful season, and a lovely setting for simple family portraits. These mini sessions are offered as a fundraiser in support of St. Joseph's Catholic School and are designed to be efficient, relaxed, and clearly structured.

Click the link to book a session and for more information:
https://andreacollinsphotography.pixieset.com/booking/beacon-hill-wildflower-minis-fundraiser

FREEZIE

support the grade 7's

DATES

Thurs Apr 30

Thurs May 7

Thurs May 14

Fri May 22

Thurs May 28

Thurs June 11

Fri June 5

$2

After school


join us at the
ISABC
Art Show
Saturday May 9, 2026
10:00am - 3:00pm
Selkirk Montessori School
Gymnasium
2970 Jutland Road

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**

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 (165 g) / pour 1 pizza (165 g)

	% Daily Value* / % valeur quotidienne*
Calories 340	
Fat / Lipides 10 g	13 %
Saturated / saturés 5 g + Trans / trans 0.1 g	28 %
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

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 2.9 g	3 %
Saturated / saturés 1 g + Trans / trans 0 g	6 %
Carbohydrate / Glucides 9 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucre 0 g	0 %
Protein / Protéines 17 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 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 5.6 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 0.6 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 with the exception of June 29th- July 3rd which is a 4 day week and will cost $236.

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.

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

CONVERSATIONS IN THE SPIRIT (ONLINE SESSION)

All are invited to take part in an online "Conversation in the Spirit" synodal session on Saturday, May 9 from 10:30am-Noon. These sessions are part of the Diocese of Victoria's journey of becoming a more deeply listening Church. This safe, respectful, and non-judgmental session will be exploring questions about **how** to bring the Good News to our communities.

Here is what one participant had to say about their experience: "I feel like I belong. Brings me to my heart in a group/social setting. Love this, even if it is hard – it is such a true practice, allowing grace and spirit in."
To join the session, please use the following Zoom link:

https://us02web.zoom.us/j/81881926381?pwd=K8hfpytrbBlv18YHYjbIa0Tmotzcub.1
Meeting ID: 818 8192 6381
Passcode: 921735

KAIROS BLANKET EXERCISE AT SACRED HEART PARISH

In the spirit of Truth and Reconciliation, the Catholic Women's League of Sacred Heart Parish is pleased to announce the KAIROS Blanket Exercise in the Parish Hall on Saturday, May 23rd from 9:30-12noon. The blanket exercise is a powerful interactive and experiential activity that walks people through 500 years of historic and current relationships between indigenous and non-indigenous peoples in Canada. This educational exercise guided by trained facilitators is great for members of parish councils and finance councils to deepen their learning. After a coffee and goodies break, the session will conclude with a debriefing, conducted as a "talking circle". If you have any questions and to register, contact Margie Noonan at margielnoonan@gmail.com

Our Lady Queen of Peace Parish in Esquimalt is now accepting applications for a part-time Administrative Assistant. Resumes must be received by Friday, May 8. The full job posting is available online at https://www.rcdvictoria.org/employment.

FAMILY AND LIFE WEEK 2026

National Family and Life Week (NFLW) takes places this year from May 10-17, centring on the theme "**I am with you always**" (cf. Matthew 28:20), which reminds the domestic church that Christ remains with us in our joys, struggles, across generations, and in all of life's experiences. Families and communities are encouraged to take time during the week to celebrate their own families, express gratitude, and share meaningful moments with loved ones across generations. The Canadian Conference of Catholic Bishops has prepared a number of resources for families and groups to use, see them at: https://www.cccb.ca/faith-moral-issues/family-and-life/national-family-and-life-week/

FR. IAN STUART FUNERAL MASS

Beloved Fr. Ian Charles Stuart passed away on April 9, 2026 in Victoria. Father Ian, born on May 27, 1952 in St. Boniface, Manitoba was ordained in the Archdiocese of Vancouver in 1987, where he served many parishes before moving to Victoria. He served as a hospital chaplain in the Victoria Diocese and was known for his kindness and pastoral approach to his ministry. A funeral mass will be held on May 8 at 1:00pm at St. Patrick's Parish.

CNEWA CANADA WEBINAR ON THE MIDDLE EAST CRISIS

CNEWA Canada Wednesday, May 6 from 12:00–1:00 PM for a timely and important webinar on the ongoing conflict and the immense challenges facing communities in the Middle East. With deep, on-the-ground experience, they will offer firsthand insights into the realities unfolding in their regions and the urgent needs of those they serve. Register at: https://cnewa.org/ca/events/hope-in-action-the-middle-east-needs-you/

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

Roman Catholic Diocese of Victoria
1 – 4044 Nelthorpe Street, Victoria BC V8X 2A1 – Tel: (250) 479-1331 – Fax: (250) 479-5423 – Web: rcdvictoria.org

MEMO

DATE: **April 29, 2026**

TO: **Clergy, Pastoral Administrators, Executive Committee Members, Religious, Parish and Pastoral Centre staff, and CISDV Administrators**

FROM: **Bishop Gary Gordon and Teresa Kellendonk, Chancellor**

RE: **Pastoral Appointment Announcements**

After prayerful discernment, and in collaboration with the Diocesan Personnel Committee, we wish to make the following pastoral appointment announcements:

Rev. Thomas Chinnappa, currently Pastor of Church of the Ascension Parish in Parksville, will be returning to his home diocese of Mysore, India, as his assignment from his Bishop has ended. Fr. Thomas' last day in the Diocese of Victoria will be May 13, 2026. We are grateful for Fr. Thomas' nine years of service in our Diocese; now is the opportune time for him to return so that he may reconnect with his own Diocese and his Bishop. We ask you to join us in prayer that his new assignment may be a source of spiritual growth and renewal.

Church of the Ascension Parish, while without a pastor, will be served by an Executive Committee composed of Jack Chambers, Chair of the Parish Pastoral Council, and Jim Lewis, Chair of the Finance Committee.

Fr. Harrison Ayre, currently Pastor of St. Peter's Parish in Nanaimo, assigned to the Archdiocse of Edmonton to serve in the teaching faculty of Newman Theological College and to provide assistance in the parishes of the Archdiocese, effective June 1, 2026.

Fr. Kenneth Uwaoma, currently Associate Priest at St. Peter's Parish in Nanaimo, appointed Pastor of St. Peter's Parish in Nanaimo, effective June 1, 2026.

Fr. Benson Asuming, currently Pastor of St. Patrick's Parish in Victoria, is appointed Pastor of the West Coast Parishes (Holy Family Parish in Ucluelet, St. Francis of Assisi Parish in Tofino, and St. Lawrence Parish in Ahousaht), effective July 1, 2026. Katherine Loiselle, currently Pastoral Administrator of the West Coast Parishes, will continue to serve the community until July 15, 2026 to assist Fr. Benson in transitional continuity.

Fr. Silvichan Dominic CFIC, currently Pastor of Holy Cross Parish in Victoria, is appointed Pastor of St. Patrick's Parish in Victoria and Bishop's Delegate and Chaplain of St. Patrick's School, effective July 1, 2026.

Fr. Erik Oland SJ, new to our Diocese, appointed Pastor of Holy Cross Parish in Victoria effective September 1, 2026. Fr. Erik' focus will be on sacramental ministry and spiritual direction. **Tanya Taft** will continue in her role as Pastoral Assistant, with a focus on ministry coordination and parish governance.

Fr. Michael Tran, currently Pastor of Holy Family Notre Dame Parish in Port Alberni, appointed Pastor of St. Francis Xavier Parish in Mill Bay, Chaplain to the Cowichan District Hospital, and Chaplain to the Vietnamese community living in the Diocese of Victoria, effective August 1, 2026. Liz Summers, currently Pastoral Administrator of St. Francis Xavier Parish, will continue to serve the community until September 1, 2026 to assist Fr. Michael in transitional continuity.

Fr. Dennis Shavanger MSsCc, new to our Diocese, appointed Pastor of Holy Family Notre Dame Parish in Port Alberni and Bishop's Delegate and Chaplain of St. John Paul II School, effective August 1, 2026. Fr. Dennis is a priest of the Missionaries of the Sacred Hearts of Jesus and Mary Congregation. He is joining us from the Diocese of Prince George, where he has served since 2020.

Fr. Shijo George VC is appointed Bishop's Delegate and Chaplain of St. Andrew's Regional High School, effective August 15, 2026 . Fr. Shijo will also continue his roles as Pastor of the Syro-Malabar community of the Diocese of Victoria, and Pastor of Sacred Heart Parish in Victoria.

We are most grateful for the dedicated and faithful people who minister in our Diocese. Your continued support and prayers for the ongoing pastoral needs of the Diocese of Victoria are much appreciated.

MARCH for LIFE & DINNER
WITH GUEST SPEAKER

MAY 14TH, 2026 MARCH & DINNER

MARCH FOR LIFE

12:00 PM:
Catholic Mass
St Andrew's Roman Catholic Cathedral
740 View Street, Victoria, BC

1:45 PM:
March from Centennial Square down
Government Street to BC Legislature
1 Centennial Square, Victoria, BC

2:15 PM to 3:15 PM:
Rally at BC Legislature
BC Legislature
501 Belleville Street, Victoria, BC

m4lvictoria.ca

DINNER

MARCH FOR LIFE DINNER
with Guest Speaker, Elizabeth Sutcliffe
Sponsored by the Knights of Columbus and March for Life

Location:
St. Patrick's Parish
2060 Haultain Street, Victoria BC
Ample Parking + Wheelchair Accessible

Doors Open: 5:00 PM

Ticket Cost: $65.00 each | No host bar

To Purchase Tickets contact: Edward Camilleri,
E-mail egcamilleri@shaw.ca

SUPPORTED BY KNIGHTS OF COLUMBUS

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.