

**Activities and
Leadership Guide**

**2018
2019**

Junior School

**Activities and
Leadership
Guide**



St. Michael's
University School



St. Michaels University School

Outstanding preparation for higher learning and for life.

**JUNIOR SCHOOL
ACTIVITIES AND
LEADERSHIP
GUIDE
2018–2019**

*To learn, to lead, to serve;
discovering the promise in our selves and the world.*

JUNIOR SCHOOL EXTRACURRICULAR PHILOSOPHY

The St. Michaels University School Junior School is delighted to offer extracurricular programs to all of our students throughout the year. Our goal is to provide a wide range of opportunities that introduce our students to different sports and activities that are enriching, fun and inclusive.

In our sports programs, we recognize the value in balancing healthy athletic competition with participation and play. The development of athletic skills and character are considered to be important components of these programs. Students are encouraged to develop their personal potential both on the playing field and in leadership and service.

In our clubs and activity programs, we present wonderful opportunities for the children to pursue their interests in art, music, science, culture, service and other areas. We ask that you encourage your son/daughter to embrace these opportunities as we believe they will help the children to develop their skills and form strong bonds of friendship with their peers.

The staff of the Junior School are very much looking forward to working with your children this year.

Becky Anderson
Director of Junior School

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If you have any questions about the clubs program, please contact:

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SECTION A: JUNIOR SCHOOL SPORTS

SPORTS PROGRAM PRINCIPLES

- Each child is valued for their contributions.
- Each child will have a meaningful amount of playing time.
- Students will receive quality coaching to promote age-appropriate skill development.
- Each child will be required to set goals that take hard work.
- The athletic environment will provide each child access to positive social interactions.
- Capable young athletes will be enriched by their experiences.
- Children with different learning styles, emotional needs and physical challenges will be supported.
- Where selection is required, alternative opportunities will be created so that all children can enjoy a competitive experience.
- Opportunities will be provided to both genders.

JUNIOR SCHOOL SPORTS PHILOSOPHY

The philosophy for all of our sports programs is articulated through the school's mission statement:

*Our school seeks the excellence in all of us, with passion and compassion.
We are a community shaped by the pursuit of truth and goodness,
providing outstanding preparation for higher learning and for life.*

Excellence: In sporting competitions, we provide opportunities for all students to develop their skills and compete at a level in keeping with their personal athletic potential. All students will be challenged to work toward an athletic goal.

Passion: We foster an environment that motivates all students to be enthusiastic participants in our programs.

Compassion: Our students are commended for their sportsmanship, self-discipline and emotional control. Our programs provide all students leadership opportunities that utilize virtues and enhance compassion.

Truth and Goodness: Our students are encouraged to participate in athletics with the understanding that there is more to sports than winning. The programs are designed to promote the benefits of healthy living and the development of personal potential, not just in athletics but also in life.

COMPETITION AND PARENT INVOLVEMENT

Competition

Our school is a member of two organizations that provide the majority of our sports competitions:

- The Victoria Independent Schools Sports Association (VISSA) organizes events in cross-country running, soccer, basketball, swimming and track and field.
- The Independent Schools Elementary Association (ISEA) is a large organization of schools from Vancouver Island and the Lower Mainland. In consultation with the Director, the coaches decide which ISEA events students participate in.

Competitions with local public schools in various sports enhance our season.

Parent Involvement

There are a number of events throughout the school year where parents are invited to volunteer and support our programs. For example, we host a cross-country race every year and over 500 athletes participate. Many Junior School staff members and parent volunteers are needed to help run this event. When parents can assist, coaches will send out a request in their correspondence.

SIGN-UP AND COMMITMENT

Sign-Up

If your child wishes to join a school sports team, they need to sign up. The coach leading this program will send out a letter informing you of the details of each sport, dates for practices and competitions, equipment needed, etc. Other copies of the letter will be left with the school front office.

There will be a tear-off sheet at the bottom of the letter that your child will return to the coach, indicating your child's intention to join the team.

Commitment

Commitment is an important feature of our programs. As most sports require a certain number of players to make practices and competitions authentic, we ask that your child honours his or her commitment to their teammates, coaches and the school. The season for each sport is not particularly long and full participation at each practice is expected.

If it is not possible for your child to attend a practice or competition, please have them speak with the coach, which will demonstrate courtesy and respect.

WEEKEND SPORTS OPPORTUNITIES Kindergarten–Grade 6

Starting in mid-September and continuing throughout the school year, we offer a variety of sports opportunities for all of our students in Kindergarten to Grade 6. Students that participate will receive developmentally appropriate coaching in sports such as squash, soccer, basketball and volleyball. All students are encouraged to participate. Practices typically last 45 minutes and can be scheduled on either day of the weekend. Parents may stay and watch the practices or leave, then collect their child at the designated time.

There are no charges for these programs.

Equipment: Students wear their SMUS gym strip and appropriate footwear

Competitions: These programs are primarily designed to be fun and develop student skills. Fun in-school competitions will be held to showcase student progress.

Weekend Sports – Term 1

Term 2 and 3 information is emailed to parents at the beginning of the term.

Soccer

Dates: Every Saturday from Sept. 15 to Oct. 27 (except Oct. 6)

Location: Richmond Road campus – Main Fields

Grades 1-2 – 10:00 to 11:00 am

Grades 3-4 – 11:00 am to 12:00 pm

Grades 5-6 – 12:00 to 1:00 pm

Fundamentals of Sport

Dates: Every Sunday from Sept. 16 to Oct. 28 (except Oct. 7)

Location: Richmond Road campus – Main Fields

Kindergarten – 9:15 to 10 a.m.

Grades 1-2 – 10:00 to 11:00 am

Grades 3-4 – 11:00 am to 12:00 pm

Grades 5-6 – 12:00 to 1:00 pm

Basketball

Grades 1-6 only

Dates: Every Saturday from Nov. 3 to Dec. 8 (except Nov. 10)

Location: Richmond Road campus – Double Gym

Grades 1-2 – 10:00 to 11:00 am

Grades 3-4 – 11:00 am to 12:00 pm

Grades 5-6 – 12:00 to 1:00 pm

Field Hockey

Grades 1-6

Dates: Every Sunday from Nov. 4 to Dec. 9 (except Nov. 11)

Location: Richmond Road campus – Double Gym

Grades 1-2 – 10:00 to 11:00 am

Grades 3-4 – 11:00 am to 12:00 pm

Grades 5-6 – 12:00 to 1:00 pm

CROSS-COUNTRY RUNNING

TERM 1

Grades: 3, 4 and 5; boys and girls

Practices: Wednesdays and Fridays, 7:45–8:15 am, beginning on Sept. 12.

Competitions:

- Monday, Sept. 24, 2018 at Windsor Park at 3:45 pm
- Monday, Oct. 1, 2018 at St. Margaret's School at 3:45 pm
- Wednesday, Oct. 10, 2018 at Beacon Hill Park at 3:45 pm
- Monday Oct. 15, 2018 at Clover Point at 3:45 pm
- Monday, Oct. 22, 2018 – VISSA Country Championship at Beaver Lake at 1:15 pm

Equipment: School gym strip, running shoes, several pairs of white socks, water bottle

Coach: Mr. Barber

Notes: Our practices will be held on the school field and the students will be working toward achieving The 100 Lap Club. The ground does get very damp and students will likely have wet feet at the end of training, so it is important that students bring the extra pairs of socks to change into.

SPORTS CLUB

TERMS 1, 2 & 3

We offer a Sports Club for each gender in Grades 4 and 5. The club mirrors the PE program in that it allows the students to practice the skills they have learned in class. This program starts in late October/early November and runs all three terms.

The following practice days and times are applicable for Terms 1 and 2. There may be some adjustments in Term 3 as we design the practices around the track and field season.

- Mondays: Grade 4 boys, 3:15–4:15 pm
- Tuesdays: Grade 4 girls, 3:15–4:15 pm
- Thursdays: Grade 5 boys, 3:15–4:15 pm
- Fridays: Grade 5 girls, 3:15–4:15 pm

Coaches: Mr. Kitengie and Ms. Forrest

BOYS SOCCER

TERM 1

Grades: 4 and 5, boys (combined)

Practices: Tuesdays and Thursdays from 3:15–4:15 pm. The season starts in September and concludes in late October/early November.

Competitions:

- Friday, September 28, 2018 – VISSA World Cup Soccer Jamboree at Carnarvon Park (Grade 4 boys from 9:30–11:30 am and Grade 5 boys from 12:30–2:30 pm)

Games with other schools to be arranged.

Equipment: Soccer boots, socks, water bottle, shin guards

Coaches: Mr. Barber and Mr. Kitengie

Notes: Competition dates will be sent out once we receive confirmation from other schools and teams. If we have a large number of students from Grades 4 and 5 sign up, we will create one team for each grade.

GIRLS SOCCER

TERM 1

Grades: 4 and 5, girls (combined)

Practices: Wednesdays and Fridays from 3:15–4:15 pm. The season starts in September and concludes in early November.

Competitions:

- Friday, September 28, 2018 – VISSA World Cup Soccer Jamboree at Carnarvon Park (Grade 4 girls from 9:30–11:30 am and Grade 5 girls from 12:30–2:30 pm)

Games with other schools to be arranged.

Equipment: Soccer boots, socks, water bottle, shin guards

Coach: Mr. Kitengie

Notes: Competition dates will be sent out once we receive confirmation from other schools and teams. If we have a large number of students from Grades 4 and 5 sign up, we will create one team for each grade.

SQUASH

TERM 1

Grade: 5, girls and boys

Practices: Wednesdays from 4:00–4:45 pm starting after Thanksgiving.

Equipment: Gym strip, non-marking shoes

Racquets, goggles and squash balls will be provided by the school. Students must wear non-marking squash court shoes. These can be purchased from Courtside Sports on Hillside Avenue (mention your connection to the school and you will receive a discount on this purchase).

Coach: A professional coach will be hired

Notes: This program will be held on the SMUS Senior School squash courts. As there are a limited number of spots available, the program will run in six- or seven-week sessions. After practices, students will return to the Junior School on a SMUS school bus. If there is sufficient interest, students will be allowed to sign up for a second session.

BASKETBALL

TERM 2

Grades: 4 and 5, girls and boys

Practices: Held twice per week. Further details and schedule will be sent out in early December.

Competitions:

- VISSA tournament at SMUS Senior School (date TBD)
 - Grade 5 boys, Grade 4 boys, Grade 4 girls
- VISSA tournament at St. Margaret's School (date TBD)
 - Grade 5 girls

Additional games to be scheduled.

Equipment: Gym strip, school basketball jerseys (provided), water bottle

Coach: Mr. Barber (Grade 5 boys, Grade 4 boys);
Mr. Kitengie (Grade 5 girls, Grade 4 girls)

BASKETBALL (NIGHT LEAGUE)

The Junior School participates in the Victoria Night League basketball program, which starts in late October and concludes in March. Numerous teams, for boys and girls in Grades 4 and 5, are entered depending on how many students sign up. Practice dates, venues, and competitions are confirmed once registration is complete.

Mr. Kitengie is the coordinator of this program. He will send out registration information in early September. All students in Grades 4 and 5 are welcome to join these teams.

RUGBY

TERM 3

Grades: 4 and 5, boys and girls (combined)

Practices: Days and Times are TBD and will begin at the end of Term 2 and the start of Term 3.

Competitions: The rugby team will participate in jamborees and in exhibition games with other schools

Equipment: Soccer/rugby boots, red socks, water bottle, mouth guards

Coaches: Mr. Kitengie

Note: No previous experience with rugby is needed.

SWIMMING

TERM 2

Grades: 3, 4 and 5

Practices: Thursdays from 3:45–4:30 pm, and Fridays from 3:15–4:00 pm starting in January at Oak Bay Recreation Centre.

Competitions:

- ISEA Swimming Jamboree at Saanich Commonwealth Place (date TBD)
- VISSA Swimming Championship at Saanich Commonwealth Place (date TBD)

Equipment: Swimwear, goggles (if your child is used to wearing them), towel, 25-cent coins for the lockers

Coach: Mr. Barber

TRACK AND FIELD

TERM 3

Grades: 3, 4 and 5

Practices: Mondays and Fridays from 3:15–4:15 pm (for sprints and field events), and Fridays from 7:45–8:15 am (distance running)

Competitions

- April and May: SMUS fun track meets for students in Grades 3–5
- May/June 2019: VISSA Track and Field Championship at Centennial Stadium (date TBD)

Equipment: Water bottle, sunscreen. Some students purchase track spikes, but this is optional.

Coaches: Mr. Barber and Mrs. McLeish

SECTION B: JUNIOR SCHOOL CLUBS

JUNIOR SCHOOL CLUBS PHILOSOPHY

While children are encouraged to play freely during recess break times, there are also a number of clubs offered to the students during their free time and after school. Teachers provide many interesting experiences that are meant to teach new skills and to enrich the overall learning for the children. It is hoped that students will engage in some of the activities offered during the year and benefit from the expertise of the teachers who are leading these clubs. There is a brief description of each club listed in this handbook. At the beginning of each term, parents will receive a note from the Assistant Director to outline the clubs for the term. Students will be given more information during assemblies and will be instructed about how to join the clubs.

All clubs held after school will be communicated by a sign-up letter emailed to parents of grades involved. Sign up for clubs is done through the Junior School Office. It is hoped that the clubs program will enrich the lives of our students.

AFTER-SCHOOL FRENCH CLUB

TERM 1

Grades: 4 and 5

Meetings: Mondays from 3:30–4:30 pm

Location: TBD

Staff Sponsor: Mlle. Deslaurier

Description of Club: Mlle. Deslaurier and the Alliance Française are joining together to provide this extracurricular club that will provide more time to experience and practice the French language. All levels of learners are welcome to join this new club that will focus on practicing and developing vocabulary and improve their listening and speaking skills. The club will be interactive with varied activities. The cost to join is \$120 per student.

ART CLUB

TERM 2

Grade: 5

Meetings: Thursdays from 3:15–4:15 pm

Location: Art room

Staff Sponsor: Mrs. Agathoklis

Description of Club: Projects and media vary from year to year but the students are encouraged to take a more self-directed approach towards the projects and work at their own pace on one project over the course of the term.

BUDDY READING CLUB

TERM 1

Grade: 2

Meetings: Mondays from 3:15–4:45 pm

Location: The Snowden Library at the Senior School (via school bus from Junior School)

Staff Sponsor: Mrs. Nason

Description of Club: Buddy Reading is an opportunity for students in Grade 2 to share their interests in reading with a student based at the Senior School. Enrolment is limited in this program. Students are bussed to the Senior School (free of charge) where they meet their Senior School reading buddy. Junior and Senior School students spend time together reading and socializing in the Snowden Library. Students are asked to bring an extra snack. Parents pick up participants at the Snowden Library at 3400 Richmond Road at 4:45 pm.

CRAFTY CLUB

TERM 1

Grades: 1 and 2

Meetings: Wednesdays from 11:45 am to 12:15 pm.

Location: TBD

Staff Sponsor: Mrs. Tripp

Description of Club: Students have an opportunity to make a variety of crafts with creativity as the focus.

FIRST LEGO ROBOTICS CLUB

TERMS 1 & 2

Grade: 5

Meetings: From 11:45 am to 12:15 pm on odd days of the school calendar.

Location: Imagination Lab

Staff Sponsor: Ms. Hann, Mr. Chan and Mr. Keil

Description of Club: The First Lego Robotics Club teams will be participating in the Junior First Lego League program. Each fall, First Lego League releases a challenge which involves three parts: the Robot Game, the Project and the FLL Core Values. Please visit: www.firstlegoleague.org/challenge/thechallenge for more information on the 2018–2019 challenge.

Typically, the program runs over an 8–10 week period and students will meet to brainstorm solutions to the problems outlined in the challenge. Students who would like to participate in the Robotics Club will need to commit to regular attendance.

FRENCH CLUB

TERMS 1, 2 & 3

Grades: 4 and 5

Meetings: Day 9 at lunchtime.

Location: Library

Staff Sponsor: Mlle. Deslaurier

Description of Club: Students are invited to eat their lunch together, every Day 9, while conversing in French. This is a club attended by invitation and is for Francophone students or students from a French Immersion background. It will be an enriched time of conversation and language learning.

GARDEN CLUB

TERM 3

Grades: Kindergarten, 1, 2, and 3

Meetings: Days and Times TBD.

Location: Outdoors in Junior School Garden

Staff Sponsor: Mrs. O'Donnell and Ms. Hochalter

Description of Club: Students can get their hands dirty by planting a spring garden. Fruit and vegetable seedlings will need students tender loving care to grow into a feast that families can enjoy before summer break.

GREEN TEAM

TERMS 1, 2 & 3

Grade: 4

Meetings: Days and Times TBD.

Location: Library

Staff Sponsors: Mrs. Nason and Ms. Hochalter

Description of Club: Students meet to discuss environmental concerns. A project is decided upon each year. Student activities are planned to support the project and increase knowledge.

HIP HOP CLUB

TERM 2

Grades: Kindergarten, 1 and 2

Meetings: 3:15–4:00 pm. Days TBD.

Location: Gym

Staff Sponsor: Mr. Barber

Instructor: Dance instructor

Description of Club: Students will be introduced to hip hop and will have fun with this unique dance experience.

IMAGINATION LAB CLUB

TERM 1

Grades: 2, 3 and 4

Meetings: 11:45 am to 12:15 pm. Days TBD.

Location: Imagination Lab

Staff Sponsor: Mrs. Galloway

Description of Club: Each term the Imagination Lab will have a number of lunch and after-school clubs to inspire students to make, build, iterate, invent and collaborate. STEAM challenges, tinkering time and drop-in times will be offered. The possibilities are endless. Further details will be sent out to parents.

LEGO CLUB

TERM 2

Grades: 2 and 3

Meetings: Tuesdays from 3:15–4:00 pm starting Jan. 22. Lego Club runs until Feb. 26.

Location: Grade 3K Portable

Staff Sponsor: Mrs. Kingsbury

Description of Club: Students will spend time in building and exploring with Lego in a relaxed and unstructured session. There are 20 spaces in this club.

MAD SCIENCE CLUB

TERM 2

Grades: 1 and 2

Meetings: Wednesdays from 3:30–4:25 pm starting Jan. 16. Mad Science Club runs until Feb. 20.

Location: Grade 1S & Gr 2D classrooms

Staff Sponsors: Mrs. Duffus and Mrs. Smith

Instructors: Mad Science of Vancouver Island

Description of Club: The theme this year is Laughing Matter. The six topics (one per class) are Optical Illusions, Magic in the Kitchen, Science of Magic, Movie Effects, Detective Science and the Science of Toys. Registration is online only on a first come, first served bases, with a limit of 25 students per grade. All funds go to Mad Science of Vancouver Island. Cost includes instruction and a take-home activity each week.

Students have a supervised recess and snack time from 3:15–3:30 pm before club begins.

MANDARIN CLUB

TERM 3

Grades: 1 and 2

Meetings: 3:15–4:00 pm. Days TBD.

Location: TBD

Staff Sponsor: TBD

Description of Club: Students will be introduced to Mandarin in a setting that is suitable for beginners. Students must commit to regular attendance in order to benefit from this club.

Grades: 3, 4 and 5

Meetings: 3:15–4:00 pm. Days and frequency TBD.

Location: TBD

Staff Sponsor: TBD

Parent Sponsor: Li-Shu Huang

Description of Club: Students will be introduced to Mandarin in a setting that is suitable for beginners. Students must commit to regular attendance in order to benefit from this club.

MINDFUL COLOURING CLUB

TERM 2

Grades: Kindergarten, 1 and 2

Meetings: Lunchtime. Days TBD.

Location: Kindergarten classrooms

Staff Sponsor: Mrs. O'Donnell and Ms. Eden

Description of Club: Students will experience relaxing, quiet music while colouring from a variety of interesting designs. Sessions will begin and end with a mindful moment.

This club is a wonderful way to pause in the middle of the day.

NATURE SKETCH CLUB

TERM 1

Grades: 1, 2 and 3

Meetings: Wednesdays from 3:15–4:15 pm. The club runs Oct. 17 to Dec. 5 with no meeting on Oct. 31.

Location: Imagination Lab

Staff Sponsor: Mrs. Lincoln

Description of Club: The Junior Nature Sketch Club is a nature program for children that focuses on sketching and observing plants and animals in the local environment. Guided by a sketch artist/naturalist, this program encourages children to connect with the natural world using a pencil and a sketchbook.

The cost of the program (\$80 per student) includes 7 weeks of sketching instruction, a special Nature Sketch Club book and all sketching materials. The program is facilitated through the Robert Bateman Centre.

PERFORMANCE CLUB

TERMS 1, 2 & 3

Grades: Kindergarten to Grade 5

Meetings: Days and Times TBD.

Location: Music Room

Staff Sponsor: Mr. Smith

Description of Club: With the goal of enhancing the rich culture of performance at SMUS, Mr. Smith invites talented musicians and dancers to perform in the weekly Junior School Chapel and Assembly times. Students of all musical levels may prepare a brief performance between 1–3 minutes to try out. The music or performance (dance, drama etc.) doesn't need to be difficult, but could be anything a student enjoys performing.

Students will receive a private tryout/coaching session along with a second coaching 1 or 2 days before the performance. Students will be supported with the staging in Assembly or Chapel event.

Show the Junior School your greatest talent and have fun and a wonderful experience in sharing your talent for everyone to enjoy.

PUBLIC SPEAKING CLUB

TERM 2

Grades: 4 and 5

Meetings: Wednesdays from 3:30–4:30 pm.

Location: Grade 4N classroom

Staff Sponsor: Mrs. Cook and Ms. Rennie

Description of Club: Students will be introduced to the key elements of public speaking in a fun and encouraging environment. Students will also have the opportunity to present a speech to an audience. Home practice is required. Weekly attendance is expected and enrollment is limited.

RED CEDAR CLUB

TERMS 2 & 3

Grade: 5

Meetings: Once a week at lunchtime. Days TBD.

Location: Library

Staff Sponsor: Mrs. Nason

Description of Club: The Red Cedar Award is a students' choice book award. Grade 5 students meet to read and discuss a minimum of five books nominated for the Red Cedar Award, while drinking cider and eating cookies. Once they have read the books, completed book reports and taken part in discussions, they are eligible to vote for their favourite book. There is a group celebratory event after the voting takes place.

SEWING CLUB

TERM 2

Grades: 1, 2, 3, 4 and 5

Meetings: 3:15–4:15 pm. Days TBD.

Location: Imagination Lab

Staff Sponsor: Ms. Porteous and Mrs. Galloway

Description of Club: Students will be completing a sewing project of an adorable stuffed animal. Students will cut the simple pattern, hand stitch the seams and stuff the stuffy to complete the project. Parent volunteers are welcome.

TINKERING CLUB

TERM 1

Grades: 3, 4 and 5

Meetings: Thursdays from 3:30–4:30 pm.

Location: Imagination Lab

Staff Sponsor: Mrs. Galloway

Description of Club: Students will be provided an opportunity to build, create and tinker with a variety of materials in the Imagination Lab. Space is limited to 18 students.

YOGA CLUB

TERM 2

Grade: 4

Meetings: Day 9. Times TBD.

Location: Grade 4S classroom

Staff Sponsor: Ms. Sandquist

Description of Club: No experience necessary. This club is an opportunity to quiet the mind and body. We will use yoga mats, pillows and blankets to explore relaxation and the connection between our minds and our bodies. Relaxation will be the key to these sessions.

NOTES

NOTES

To Learn. To Lead. To Serve.



St. Michaels
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