



PANTHERS' POST

May 2023

I love this time of the year as the melt is mostly over, the trees start to bud, and the grass shows more life as it begins to green. Spring and summer remind me so much of the miracle found in all seeds and forms of life. I am reminded that God is creative, loves diversity, and was and is so intention about showcasing each creature as unique.

Humanity is also just as diverse as is nature! We all have unique qualities, whether physical, spiritual, or mental - we are all unique. As of late, I have been reflecting on the word "identity". Google defines this word as: *the fact of being who or what a person or thing is*. As I have contemplated this definition, I have deduced that although we may all identify in our own way, which speaks truth to Jesus as creative, we all were spoken into existence and knit together by the same Creator. Likewise, as much as we can identify a Monet or Picasso by their painters' strokes, I have concluded that we too can be identified by the strokes of our Maker and find our identity in Jesus. Let us praise our Maker for his infinite creativity. Let us rejoice in who we are because of who He is.

Here is a Psalm that was shared with me this week, regarding praise and how all creatures, from the tiniest to the largest, praise the Lord.

Psalm 148:7-13

*Praise the Lord from the earth, you great creatures and all ocean depths,
Lightning and hail, snow and clouds, stormy winds that do his bidding,
You mountains and all hills, fruits trees and all cedars,
Wild animals and all cattle, small creatures and flying birds,
Kings of the earth and all nations, you princes and all rulers on earth,
Young men and women, old men and children.
Let them praise the name of the Lord, for his name alone is exalted;
His splendor is above the earth and the heavens.*

Therefore, along with all nature and created things, take the time to praise your Maker the next time that you're outside in the beauty of His creation. Teach your children of His goodness towards all the buds and blades, and remind them of how much they too are loved by Jesus.

Blessings!

Mr. Dani Desjardins - PAA Principal



FEATURED STAFF MEMBER

Hello,

My name is Melanie Beaulieu and I am the new Business Manager at PAA as of mid-April. I'm enjoying learning the details of my new role and am finding that PAA is a great place to work!

My husband Stephane and I live on an acreage and enjoy our four-legged furry family: two dogs, two cats, chickens, and alpacas. Some of my favourite things to do are reading and walking our dogs.

I look forward to getting to know everyone better.

Mrs. Melanie Beaulieu



What's up PAA?

PAA Lacombe Community SDA Church Visit

A PAA praise band will be visiting the Lacombe Community SDA Church this Sabbath, May 6. Please come show your support.



AB Conference 52nd Constituency Session

This is a reminder that the AB SDA Conference will host their constituency visit Sunday, May 7 at the College Heights SDA Church.

All are welcome to attend.



Happy Mothers' Day! *Mother's Day is May 14.*

The mother's work often seems to her an unimportant service. It is a work that is rarely appreciated. Others know little of her many cares and burdens. Her days are occupied with a round of little duties, all calling for patient effort, for self-control, for tact, wisdom, and self-sacrificing love; yet she cannot boast of what she has done as any great achievement. She has only kept things in the home running smoothly; often weary and perplexed, she has tried to speak kindly to the children, to keep them busy and happy, and to guide the little feet in the right path. She feels that she has accomplished nothing. But it is not so. Heavenly angels watch the care-worn mother, noting the burdens she carries day by day. Her name may not have been heard in the world, but it is written in the Lamb's book of life. (Adventist Home 244.1)

To all mothers,
"Happy Mothers' Day!"

HAPPY
*Mother's
Day* ♥

What's up PAA?

May Break

*PAA will be closed from May 15-22
for the May break.*

Enjoy the week off!

School resumes on Tuesday, May 23.



Visit to Royal Oak Village May 26

A group of students will be going to the Royal Oak Village on May 26 from 1:30-2:30pm to share their musical talents with the residents.

What's up PAA?

Online Registration is Now Open



We are excited to announce that our 2023-24 online registration is now open for new and returning students! Space is limited, so we suggest that you register your child as soon as possible. Once you have submitted your registration we will be in touch with you regarding admissions and tuition information.

**Thank you for selecting Parkview Adventist Academy
as your school of choice!**

[Apply Now >](#)

Home and School Association

Home and School will be providing lunch during the Open House May 5. Please contact the Home and School secretary at hsleader@gmail.com to see how you can help out and get involved!



Our next monthly
Home and School Meeting
for all parents is
***Thursday, May 25, 2023
at 7:00pm.***

What's up PAA?

PAA OPEN HOUSE



ALL INVITED

PAA OPEN HOUSE IS A
GREAT OPPORTUNITY
FOR PROSPECTIVE
STUDENTS AND FAMILIES
TO DISCOVER THE
ACADEMIC, ATHLETIC,
AND SPIRITUAL
COMMUNITY AT PAA
COME AND SEE!

FRIDAY, MAY 5, 2023

9:00AM - 2:00PM

VISIT OUR WEBSITE:
WWW.PAA.CA

PARENT INFORMATION MEETING TO FOLLOW AFTER LUNCH

Open Parachute Parent Resource

SOCIAL MEDIA: OVERVIEW FOR PARENTS & CAREGIVERS

ARE THERE ANY POSITIVES OF SOCIAL MEDIA?

There are some positive aspects of social media, because it helps kids find communities and resources of like-minded people. This is especially important for children that are growing up in a culture where they are different from their peers. It can be easy for them to think there is something wrong with them if they are the only one they are in contact with who looks a certain way or has a certain set of beliefs or values. Online connections are also very useful during periods of isolation such as the pandemic.

WHAT ARE THE NEGATIVES OF SOCIAL MEDIA?

There are also many negatives for kids growing up with social media. It creates an increasing pressure to be liked and validated, because this validation has become such a public affair. Kids often judge themselves and others based on how many 'likes' they get or 'followers' they have, which gives them the impression that other people's opinions should dictate how they feel about themselves. It's also easy to look at social media and think that other people have perfect lives because that is what they are posting. This leads children to feel negatively about themselves, especially as they reach adolescence and begin comparing themselves to others even more. It's also common for kids to feel negatively about the way they look, because it's hard for them to conceptualize that what they see in airbrushed images is not reality. Another negative impact of social media is that it creates a constant source of distraction which makes it harder for children to be know what they feel and what they care about.

TIPS FOR HELPING YOUR CHILD USE SOCIAL MEDIA POSITIVELY:

1. ESTABLISH TIMES AT HOME WHEN NO ONE IS ON A DEVICE

Have a daily check-in where you are giving your child your undivided attention and focusing on their world, thoughts, and interests. For instance, you could play a game that doesn't involve a screen, or do something together outside. This helps them learn to value this personal connection so they are less impacted by the forms of connection and validation they experience on social media.



2. SHOW AN INTEREST IN WHY THEY LIKE SOCIAL MEDIA

Get curious by saying: "Tell me about that game - what do you like about it?" or "What sort of friends do you make on social media?" Even if it doesn't make sense to you why they would want to message people they have never met or talk with friends online instead of in person, showing your curiosity, not your judgement, will help your child feel safe to share their online experiences with you so you that can guide them in these interactions. If your child has a negative experience online, help them brainstorm ways that they would like to respond, so it can become a learning experience in setting boundaries.

3. ASK YOUR CHILD HOW SOCIAL MEDIA IMPACTS THEM

You can say: "When you are on a device for a long time, I notice you can become a bit aggressive. I wonder what you're feeling that makes you act that way? I get how important technology is to you, and I also really care about you and I want to make sure you are OK, so if it is impacting you negatively we need to discuss cutting back or using it differently until it doesn't have that impact any more."



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Chapel	2	3	4	5 - Core Schedule B - PAA Open House	6  PAA at Lacombe Comm. SDA Church
7	8 Chapel	9 Chapel	10	11	12 Core Schedule C	13
14	15	16	17	18	19	20
May Break - May 15-22						
21	22 Victoria Day	23 - School resumes - Chapel	24	25 Home & School Meeting	26 - Core Schedule A - Royal Oak Visit	27
May Break - May 15-22						
28	29 Chapel	30	31	June 1	June 2 - Core Schedule B	June 3 (Pause & Pray June 4) 
					Alumni Weekend, June 2-4	

Paying: School Tuition, Fees, and Hot Lunches

Go to

<https://albertasdaedu.powerschool.com/public/home.html>

to pay tuition, school fees, and buy hot lunches
online.

The office sent an email on or around Oct. 12 with
information on how you can access PowerSchool
and Rycor.

In PowerSchool you can view your child's
grades and attendance.

To pay for school fees, click "Pay School Fees" in your
PowerSchool account (on the bottom left side) and it
will open Rycor, where you can make payments and
order hot lunches.

Having access issues? Contact office@paa.ca.