



# PANTHERS' POST

NOVEMBER 2023

For the past 5 years I have not used an alarm clock to wake me up in the morning, but have relied on God to wake me morning by morning (Isaiah 50:4). Every night when I go to bed, I ask God to wake me up whenever He wants, so that Him and I can spend uninterrupted time together. I've heard of some calling this T.A.G. time - Time Alone with God.

Every morning, God has been faithful to wake me up! Usually it is around 3:00 or 4:00am and sometimes it is around 5:00am. He has been faithful 100% of the time. Unfortunately, (with all transparency) I cannot say the same about my part. The comfort of my bed and pillow, and the warmth of my blankets, have a very powerful draw. However, when I do get up and spend time with Him, I am blessed and He provides the additional energy I need throughout the day.

Two weeks ago, I was experiencing some difficulties, and early Friday morning, God woke me up as he usually does - this time it was different! I rolled over in the warmth and comfort of my bed and started to pray. As I was dozing off (which happens every now and then), God spoke directly to my heart and mind, and said in an inaudible voice "Dani, ask me what my dream is for PAA." Immediately, I rose out of bed, grabbed my Bible, turned on a lamp in my living room, and found a comfortable place to sit. Then I said, "Lord, what is your dream for PAA?" I opened my Bible to 1 Samuel, as that was where I had been a few days before, and He had me re-read 1 Samuel 2:18 which reads, "*Now Samuel was ministering before the Lord, as a boy ....*" Then He had me go to Acts. 2:17-18 which says,

*"And it shall be in the last days,' God says, 'That I will pour out My Spirit on all mankind ; And your sons and your daughters will prophesy, And your young men will see visions, And your old men will have dreams."*

God showed me a glimpse into His dream for PAA and I want to say that part of His dream became clear to me after reading these two verses. He wants PAA to be a centre for the Holy Spirit to abide and move over our students and staff to prepare and train them to "go out into all the world..."

As we set our clocks back physically, by way of adjusting the dials of our clocks by an hour this month, God's clock keeps ticking forward and God's plans will come to fruition in His time. Therefore, I implore you to connect with Him daily and begin asking Him every night to wake you up and spend that special T.A.G. time with Him!

Blessings!

Mr. Dani Desjardins - PAA Principal

# FEATURED STAFF MEMBER

Hello,

The sun outside of the office window is turning the whole world into a soft pink as I write this. I can look out the window and see farm lands on the other side of Lacombe. It is a different view from my previous school; however, at the same time it is still beautiful and shows the beauty of God's creation. It has been a busy few months as I start out here at PAA; learning everyone's names; studying the new curriculum; and getting to know all of the new routines of a new school.

This is supposed to be a little bit so that you can get to know me. So, here is some information and stories for you. I grew up in a little tiny cabin: seven metres by three metres. It was on the landing and all of the logging trucks came there and would get loaded up to drive to the sawmill in town. Logging played a large role in my life until I was thirteen and the mill shut down. As a result of the shut down, people moved away, changed jobs and industries, and life continued.

My favourite view in the world is Stekyoden, the mountain that is just south of my parents' place in northern British Columbia. I have climbed up almost to the top once and that was enough for me. The hike is described as being 'steep and steeper'. But, the view from the top is wonderful.

I have been blessed with a loving family through all of life's changes and surprises. In the same way, I am looking forward to becoming a part of the PAA family.

Ms Skyla McCreery



With my brothers,  
Adam and Dale.



With my  
sister-in-law, Kim,  
and my mom.

The view from my  
parents' home,  
showing Stekyoden.



The tiny cabin,  
my childhood home.



# Chaplain's Corner

Hello PAA Family!

This past month has been quite the whirlwind! We continued our study of the Book of James during our weekly Chapels and we explored our theme, *Devoted*, by providing more opportunities for our students to engage in Bible study, spiritual programming, worship leading, and community service.

Our Fall Week of Prayer with Pastor Liz was a phenomenal experience. All week long, we gleaned lessons from Romans 12:10-12, which reads, "Be devoted to one another in love. Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer."

Following our Week of Prayer, we continued that spiritual high with our visit to Epic SDA Church. The entire service was led by our students with our speaker being a grade 11 student: Bryan Tuburan. Thank you to the Epic family for being such gracious hosts. We enjoyed worshipping and fellowshiping with you.

We also launched our biweekly Bible study, *The Road*, last month. We are journeying through the narrative of scripture and teaching, along the way, the 28 fundamental beliefs of the Seventh-day Adventist Church. Over 30 students joined us on this journey and we praise God for how he is moving in the hearts of our students.

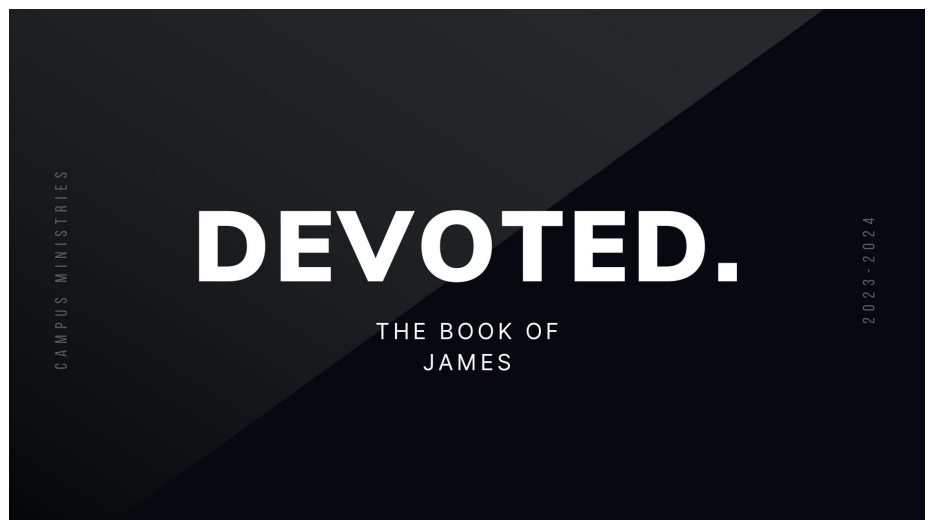
We ended off the month with two community service opportunities. First, we partnered with the Lacombe Food Bank to deliver bags to houses in Lacombe for their annual food drive. We were met with snow and brisk winds, but we had a great time nonetheless. Then on October 31, our PAA Campus Ministries team and other student volunteers put on a Fall Carnival for our sister school: CHCS. All 14 stations were managed by our PAA students. This event would not have been the success it was without our PAA volunteers. Thank you for encouraging our students to take advantage of opportunities to serve selflessly.

This Sabbath, November 4, we continue our Constituency Tour by visiting the Red Deer SDA Church. This time, we will be joined by our PAA Choir. There is also a potluck after the service.

We will end the evening with Bible study at 6:00pm at PAA.

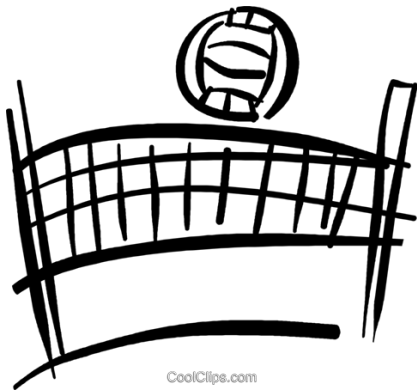
Please continue to pray for our school.

Blessings,  
Pastor Romando  
Chaplain, PAA



# Athletics' Corner

Fall Classic down at Walla Walla University was great fun. Both our teams were successful and had an excellent time. Thank you to those who sponsored this trip and gave our students a memorable weekend. We filled the church both Friday night and Saturday; it was amazing to see so many young people in one place worshipping God.



Volleyball Playoff games start November 1st. These will be home games for both our Girls' and Boys' teams. Girls play at 6 pm and Boys play afterwards, which will be around 7:30 pm. Please come out and support our teams! The last girls' game was an excellent game, with our girls coming back from being down two sets to win the match. I look forward to the same level of play during our playoff rounds.

Basketball is just around the corner; get your kicks ready. I am looking forward to a great season!

Health Challenge: Try to introduce cold exposure into your weekly routine and see if you can experience the benefits of an ice bath. :)

Mr. Devon McAfee  
Athletic Director  
Parkview Adventist Academy



# Mental Health Corner

*In the classroom....*

As we've continued our conversations about mental health and wellness in the classroom, we've been discussing some of the aspects of building relationships and a community where we can safely share our struggles. Much of that involves taking time to build trust, and practicing empathy for ourselves and others.

*God calls us to build loving community...*

Pastor Liz shared in our Week of Prayer, Romans 12:10 which says "Be devoted to one another in love. Honor one another above yourselves." This highlights the call we have to establish loving and safe communities. We all need someone to express care and concern for our wellbeing, and to remind us that we're not alone in our struggle. God does a beautiful work in us and when we surrender our self-interest and listen to His voice, He guides us in how to show up to support those around us.

*At home...*

As we work on building our capacity for supportive relationships at school, I encourage you to do the same in your own life. When it comes to becoming better equipped to support your child(ren) with their mental health, Open Parachute has some great information you can access. I'd encourage you to get set up with a [parent login](#); all you'll need is an email address to register. There are resources for a variety of mental health related topics. With winter setting in and the extra stress that comes with midterms, I've included the *Anxiety & Depression: Overview for Parents & Caregivers* on the next page to give you a sense of what some of it is like.

*What next?*

We love, because He first loved us. What steps can we take to build deeper and more trust-filled relationships? How can we express empathy and show up with love for the hurting people and communities around us?

Kayla Whitworth  
Learning Support Teacher



# Open Parachute Parent Resource

## ANXIETY & DEPRESSION: OVERVIEW FOR PARENTS & CAREGIVERS

### WHAT IS ANXIETY?

Anxiety is a survival response, and in general it is normal and helpful – anxiety is what tells us to look both ways before crossing the street, or to leave situations that aren't good for us. When anxiety becomes a problem, our minds start to think that our feelings are dangerous and we react to them as if they were a life threatening emergency that we need to avoid. So when we feel something uncomfortable – if we're nervous or disappointed or sad – our mind focuses on finding a way to make those feelings go away. This is why when we're anxious, we become fixated or worried about something that needs to happen, or we start dwelling on what we could have done differently.

### WHAT IS DEPRESSION?

Depression is closely linked to anxiety, and often the two go together, but it is also separate and can be experienced on its own. Depression also comes from experiencing overwhelming emotions, but with depression our mind goes numb to avoid the emotion. This leads to apathy, not caring about things, not enjoying things we used to, thinking the future is hopeless.

### HOW CAN I SUPPORT MY CHILD IF THEY ARE ANXIOUS OR DEPRESSED?

We want to help them see that anxiety and depression fall on a spectrum, that most people experience it to various degrees throughout their lives, and that they can help themselves by soothing their own emotions in the moment. We want to focus on being their coach, not their rescuer. If we fix the "problem" for them, they won't learn this skill of responding supportively to their own feelings. When we help them soothe their emotion and do things for themselves that boost their mood, they become more empowered with their experiences, and this will help them cope with any future hurdles they may face.

## TIPS FOR SUPPORTING YOUR CHILD WITH ANXIETY:

- "I'm so sorry you're struggling. What you're feeling is normal, and I'm here to support you"
- "What can you do right now to help you feel a bit more calm – then it will be much easier for us to think this through"
- "Try taking 10 breaths, counting in five counts and out five counts"
- "Why don't you write in your journal for a few minutes about what you're feeling"

## TIPS FOR SUPPORTING YOUR CHILD WITH DEPRESSION:

- "I'm so sorry you're struggling. What you're feeling is normal, and I'm here to support you"
- "I can see you're a bit low today, I wonder what you're thinking about?"
- "It's normal to have negative thoughts – even about ourselves!"
- "I'm so sorry you're thinking that. I know how hard it is to have those kind of thoughts!"
- "Can we look for evidence why that thought might not be 100% TRUE?"
- "Can you come up with a new more helpful thought that gives you a different perspective?" (eg. 'Things might be difficult but I am cared for and I am going to get through this')
- "What can you do to boost your mood right now? (eg. Going outside, doing something creative, talking to a good friend, cooking, playing a game"

# What's up PAA?

## Remembrance Day Ceremony

NOVEMBER 6, 2023

8:25AM



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## PAUSE AND PRAY

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The busyness of life often keeps us from using an incredible tool that connects us with Christ our Lord and Saviour. I implore you to read or re-read Ch. 11 in Steps to Christ - The Privilege of Prayer, specifically p. 94.1. *“Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little!...”*

Come Pause and Pray at PAA on Sunday, Nov. 5, at 10:00am.

*“Prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence”* Steps to Christ, pp. 94, 95. 1892

# Important Dates

- Nov. 3 - No School, PD Day
- Nov. 5 - Pause & Pray, 10:00am
- Nov. 6-8 - Communication Week
- Nov. 9-10 - No School, Fall Break
- Nov. 13 - Gr. 10-11 Picture Day
- Nov. 14-15 - Gr. 12 Picture Day

## Home and School Association

PAA's Home and School Association is a parent led association that assists at PAA as needed. Joining the leadership team, becoming a class parent, supporting financially, and providing snacks and assistance for events are just some of the ways parents can play a part in the Home and School Association.



Contact the Home and School secretary today at [hsleader@gmail.com](mailto:hsleader@gmail.com) to see how you can get involved!



# What's up PAA?

## Communication Week

Nov. 6-8

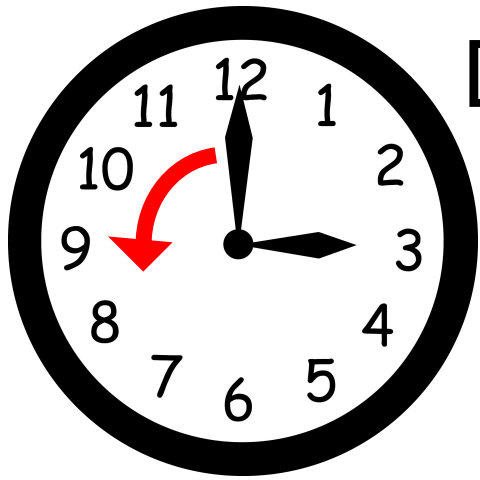


Parents, meet with your child's teachers in the evening to discuss how they're doing at school. Watch your email for a link to sign up for appointments.

If at any time you wish to meet with a teacher, you can contact them at the email address below to make an appointment.

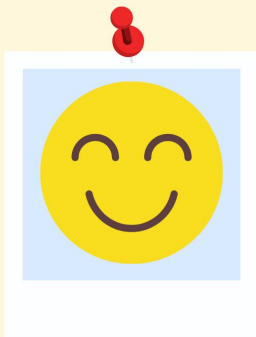
Name	Email
Mr. Dani Desjardins	<a href="mailto:principal@paa.ca">principal@paa.ca</a>
Mr. Karel Blankenfeldt	<a href="mailto:karel.blankefeldt@paa.ca">karel.blankefeldt@paa.ca</a>
Mr. Colton Greenlaw	<a href="mailto:cgreenlaw@paa.ca">cgreenlaw@paa.ca</a>
Ms Sharline Fernandez	<a href="mailto:sfernand@paa.ca">sfernand@paa.ca</a>
Mr. Scott MacDonald	<a href="mailto:smacdonald@paa.ca">smacdonald@paa.ca</a>
Ms Skyla McCreery	<a href="mailto:skyla.mccreery@paa.ca">skyla.mccreery@paa.ca</a>
Mr. Bruce Ruzindana	<a href="mailto:bruzindana@paa.ca">bruzindana@paa.ca</a>
Mrs. Kayla Whitworth	<a href="mailto:kwhitworth@paa.ca">kwhitworth@paa.ca</a>

# What's up PAA?



Daylight savings time  
ends Nov. 5, 2023.  
Turn clocks  
back one hour.

*Grade 10-11*  
**PICTURE DAY**  
**NOV. 13**



BRING YOUR BEST SMILE.

*Grade 12*  
**GRAD PHOTOS**  
**NOV. 14-15**



BRING:

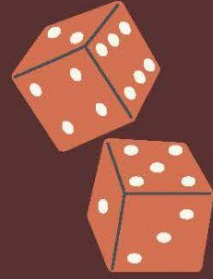
- YOUR BEST SMILE
- A PROP IF YOU WISH (INSTRUMENT, SPORTS ITEMS, ETC)

WATCH YOUR EMAIL FOR MORE DETAILS.

What's up PAA?

# PIZZA

AND BOARD  
GAMES



**NOVEMBER 18TH**  
**AT PAA BUILDING**

*SIGN-UP SHEETS ARE REQUIRED! GO TO NEVE  
HOLTOM FOR INQUIRIES!*

**6 PM**

TO

**9 PM**



@PARKVIEW.STUDENT.ASSOCIATION

# What's up PAA?



## Supporting a Cause Never Tasted So Good!

Buy your favourite chocolates to support our fundraising campaign.



Go to [fundraising.purdys.com](https://fundraising.purdys.com) or Scan QR  
Click "Join a Campaign".



Enter customer #  to shop & support.

Place your order by

Contact  at

for more details.

## What's up PAA?

# PowerSchool Parent Access

## Paying School Tuition, Fees, and Hot Lunches

Parent access to PowerSchool is set up and you'll be able to view your child's grades and attendance. You'll also have access to pay tuition, school fees, and buy hot lunches online using the following link.




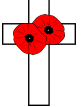










<https://albertasdaedu.powerschool.com/public/home.html>

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](mailto:office@paa.ca).

# November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 No School PD Day	4  PAA at Red Deer Church
UExperience, Burman University, Nov. 2-5						
5  - Daylight Savings - Pause & Pray, 10am  UExp.	6  Remembrance Day Chapel	7	8	9 No School Fall Break	10 No School Fall Break	11 Remembrance Day 
Communication Week, Nov. 6-8						
12	13  - Chapel  - Gr. 10-11 Picture Day	14  Gr. 12 Picture Day	15  Gr. 12 Picture Day	16	17	18 SA Night: Pizza & Board Games,  6-9pm
19	20  - Chapel  - Home & School Mtg, 7pm	21	22	23	24	25
Northern Classic, Burman University,  Nov. 23-55						
26	27  Chapel	28	29	30	Dec. 1 No School PD Day	Dec. 2  Purdys order deadline