



# PANTHERS' POST

MAY 2024

Our students at PAA are incredibly precious and hold so much value. Daily, we get to experience glimpses of who they really are; daily, we have incredible encounters with them, and daily, we have the opportunity to grow our relationships with them. I am extremely grateful that God and our parent community trusts these precious youth to our staff. We take this responsibility seriously and we are honoured to be able to share this space with them.

A quote from the book *True Education* that I really appreciate is:

“True education means more than the pursuit of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious development of the physical, the mental, and the spiritual powers. It prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come.”

(p.9.1)

This is the opportunity that we behold as staff and faculty working in the school environment. It is not a light calling that we have accepted, but we are doing our best to cultivate in our students a sense of care, hope, and love. We are delighted to partner with God as He leads this school in the direction that He established.

The first part of Proverbs 16:4 is very encouraging to me. It says, “The LORD works out everything to its proper end [...]”. Our students, our school, and our community have a purpose in which God seeks to fulfill. As a school community, He is calling all of us to partner and participate with Him in order to bring about His plan. I believe that we are on the right track! God’s plans are unfolding before our eyes through the people that make up this school community.

We have two months remaining in the 23-24 school year. We are excited to see how God will work in the lives of our students and in the lives of those closely connected to them. We look forward to cultivating deeper and more meaningful relationships with all of our stakeholders! Have a great month everyone!

**Blessings!**

**Mr. Dani Desjardins - PAA Principal**

# FEATURED STAFF MEMBER

## Hello!

My name is Michelle Mitchell and I am the new teacher on the block! I am working at PAA as the new Art and Religious Studies teacher. After completing my second and final practicum at PAA in the first semester of the 2023-2024 school year, I was blessed to begin working here, at my dream school, in the second semester.

Despite my dream of being a teacher, it does feel really strange to finally be teaching. I've been studying and working towards graduation and starting my career, and now that I finally have, the transition has been crazy! I still feel like a student, but the responsibilities and work have gotten a lot more intense. Honestly, this change has been difficult. I transitioned from a student to a teacher, a Torontonian to an Albertan, and from wondering when an assignment was due to wondering if I graded the assignment. Change can be a tough adjustment. But luckily, I have a strong team of people who support me through these tough times and changes.

I am so glad that I am beginning my career as an educator here at PAA. Working at this school is truly a blessing; I've been able to slowly get more and more comfortable in my own classroom with the support of amazing staff and students. I'm learning so many new things every day: about my students, the staff, teaching practices, and even myself. This school really does feel like the best place for me right now and I thank God that He made a way for me to teach here.

Just some fun facts about me, I love anything DC or Marvel, anime, basketball (GO RAPTORS!), building Legos, playing video games, dogs, cooking, reading, and anything related to music or art.



My mom and I after watching The Lion King on Broadway.

## Miss Mitchell

My support staff, AKA, my boyfriend, Kelon.



My best friends and I at the Canadian National Exhibition (CNE) in Toronto.

My first day as an official teacher at PAA!



# Chaplain's Corner

Hi, Family!

It's May already! Unfortunately, this means that this is my penultimate Chaplain's Corner. As the year speedily nears its end, I am increasingly grateful for the privilege it is to be a part of the PAA family.

**Week of Prayer:** The highlight of this month was our student-led Spring Week of Prayer. We had 8 courageous students share their testimony of God's devotion to them under the theme: A Sermon to My Younger Self. We want to thank them for the way they allowed the Holy Spirit to use them. It was such a deeply moving, inspiring, and edifying experience. Our students are carrying a lot, but they are viscerally aware that God is the source of their strength and is unwaveringly devoted to them.



You might be wondering how we fit 8 sermons into one week. Well, we didn't. We initially had 5 speakers, but they did such a great job at inspiring their peers, that we had to extend our week of prayer to the following week in order to accommodate more speakers. We are so grateful to all our speakers, campus ministries team, and all other participants. God is very much at work in the lives of our students, and we ask that you pray for them intentionally.

**Chapels:** We are coming close to the end of the Book of James. This month, we spent some time in chapter 4. We explored what it means to be wise. We highlighted the difference between worldly and heavenly wisdom, and we spent time in prayer seeking the wisdom that God wishes to impart to us.

**Constituency Church Visits:** On April 13, we had the joy of leading the worship experience at the Sylvan Lake SDA Church. Our students did a phenomenal job at using their talents for God's glory as we celebrated God's devotion to us and pledged to be devoted to Him even in difficult times. Thank you to the Sylvan Lake church family for hosting us. You are a very important part of our family, and we enjoy being a part of yours. The next stop on our constituency tour is the Lacombe SDA Church on June 1, 2024. Please join us!



**Praise Teams:** I really want to celebrate the 21 students who make up our praise teams. They faithfully lead us in worship every Monday at Chapel, monthly at constituent churches, and sometimes they even lead worship at College Heights Church as a part of the church's praise team rotations. On May 18, one of our teams will be doing the latter. Please join us if you are able.

Our most senior praise team have also been recording music at the Burman Ministry Centre, and we cannot wait to share their music with you. Our students are very talented and just need to be given the opportunity to hone those skills. There is so much that they can do to spread the Gospel. So, please pray that they will commit their gifts to the glory of God.



**Bible Study:** Lastly, our monthly Bible Study continued on April 13. We had bubble tea together and then we dove into the Word. It was a riveting study of Mark, chapter 10:46-52. Students were challenged to answer the following question from Jesus to a blind man (Bartimeus) with utmost vulnerability, "What do you want Me to do for you?" and journey with Jesus, knowing that He hears and will answer them.

Keep praying for our staff and students as we seek to belong, believe, and become.

Blessings,  
Pastor Romando  
Chaplain, PAA



# What's up PAA?

**Welcome, Miss Dennalia Fray!**

**We are happy to announce the new chaplain for PAA!  
Miss Dennalia Fray will be starting at PAA May 20th.**

**We are excited to have her join our PAA family and  
look forward to getting to know her better.**



# Athletics' Corner

Hi! I'm Thembie. I'm the president of the Grade 12 class here at PAA and I have the privilege of writing the Athletics' Corner this month. I've never been an athletic person, so I've never been on any sort of sports trip, but this year I had the honour of being the manager of the PAA football team and going on the weekend trip to Fraser Valley Adventist Academy. While with the team, I was able to ask them questions on their experiences and I will share their answers with you now.

The first question I asked was, "How did you feel about playing football before the trip and how do you feel about it now?" The responses were pretty mixed, but overall, they found the experience rewarding and found a different love for football than they had before. Keani, one of the players I had asked, stated that she wasn't very confident in her abilities as she was trying a new position with different requirements than what she was used to, but after the trip, she felt more confident and comfortable, ready to enjoy the game for what it was.

Another question I asked was, "What game did you enjoy playing the most and what made it so enjoyable?" The answer was very clear on this one. The games the players enjoyed the most were ones involving challenge. The games where it was neck and neck and every touchdown was a make or break. Angeline especially enjoyed the final game against Deer Lake where DLS got a touchdown in the last 20 seconds, winning them the game by just that one touchdown. She said the suspense and difficulty of the game made it fun and interesting to play in.

And last, but certainly not least, I asked them if they felt a connection to God on this trip. If they did, in what way? Their responses were very thought out and meaningful, but my personal favorite was from Joelle. She said that she felt the love of God in the way that all the players treated each other on and off the field. From taking a knee when another player got injured to being able to smile and compliment the playing skill of the other team at the end of each game. The respect that the players always had for each other showed God's love like no other. Lisa added that the church experience is where she felt a strong connection to God. Even though the church was very different than what we were used to, she felt like the sermon was really speaking about things that had an impact on youth right at that time instead of something that they wouldn't understand quite yet, so the message really moved her.

This trip really did make a difference in the interest and skill of the team with football. Something I heard from each player was the wish for a longer football season, which really showed how much they enjoyed this. I'm incredibly thankful that we can have these experiences with other Adventist schools in Canada through our very own. I can't wait to see what the future holds!

Thembie Dlodlo  
President, Class of 2024  
Parkview Adventist Academy



# Mental Health Corner

In our Open Parachute lessons this month we've explored what our reactions to stressful situations might look like as we exhibit fight, flight, or freeze responses. While these responses are meant to protect us, they may be triggered unnecessarily and do not allow us to bring our best problem-solving skills to the situations we face.

A large part of what produces these responses is our response to trauma. The following is the definition of trauma we have used in our conversations. "Trauma is any experience that leaves a lasting impact because we don't have the appropriate resources (practically or emotionally) to respond to it effectively." Trauma then is measured not by the severity of an event but by the way it impacts the thoughts and feelings of those who have experienced it.

There are many situations and scenarios which our teenagers come across that are beyond what they are equipped to understand or handle, especially on their own. So what can we do?

The attached resource from Open Parachute highlights how caregivers can support their children in adversity and trauma. The "Quick Tips" highlight some key ideas to get started. In best supporting our children, it's important to notice and acknowledge the impact of trauma in our own lives as well. The full Open Parachute lesson includes informational videos and discussion/reflection questions for caregivers, as well as more specifics on supporting your children through the challenges they face. This can be accessed by using the [parent login](#).

Let's commit to working through the hard things together!

I'm here  
for you 

Kayla Whitworth  
Learning Support Teacher



# Mental Health Corner

## OVERCOMING ADVERSITY: OVERVIEW FOR PARENTS & CAREGIVERS

### WHAT IS TRAUMA AND HOW COMMON IS IT?

Trauma is any experience that leaves a lasting impact because we don't have the appropriate resources (practically or emotionally) to respond to it effectively. Most people experience some form of trauma at some point in their lives. There are many different types of trauma, such as losing someone you care about, witnessing violence, experiencing prejudice, or being excluded from a peer or social group. We measure trauma not by the severity of the event, but by the way the person experiencing it thinks and feels. Something like moving homes - that might seem like no big deal to one person, could have devastating consequences for another. Many children will have found the pandemic and self-isolation difficult, and this will impact them all in different ways.

### HOW ARE YOUTH IMPACTED BY DIFFICULT EXPERIENCES?

The way trauma impacts youth can be quite extreme. The reason for this is because the childhood brain has no perspective. When something hard happens, they have no way of contextualizing it or understanding it. Their survival instinct kicks in to try to keep them safe by looking for what might have caused this difficult experience, and because their perspective is so limited, their minds generally settle on the idea that THEY must be the problem. This is why no matter how irrational it is, most kids unconsciously or consciously think that what happens to them is their fault. This is why trauma is so devastating - It's not the event that causes lasting problems, it is the fact that the childhood mind internalizes the experience and can't put it into perspective. Their mind becomes fixated on the event and it repeats over and over again in their minds. This clouds their judgment and acts like a lens over everything they experience and every interaction they have. For example, many children are currently nervous about being around people, or are spending lots of time on their devices as a result of the stress of self-isolation and the pandemic. These are examples of ways that their minds are trying to cope with and understand their own feelings of fear, loss, and loneliness.

### HOW WILL I KNOW IF MY CHILD IS STRUGGLING?

If you see your child acting in ways that hurt themselves – like hanging around people who are being cruel to them, disengaging from friends and family, becoming more worried than usual, or physically harming themselves, this is signaling that they have been through something hard. At the same time, if you see your child hurting others – like bullying or leaving people out, this is also a sign that they are struggling with their own thoughts, feelings, and experiences.

## TIPS FOR HELPING YOUR CHILD OVERCOME ADVERSITY:

- Help your child understand that what they have been through is NOT their fault
- Encourage open sharing about difficult experiences in your home
- Establish a daily or a weekly check-in where each person in the family shares one struggle and one joy in their day
- Help your child tell the story of their difficult experience, focussing on how they got PAST it and reminding them of their own resourcefulness and strength
- If your child is acting up, focus on their EMOTION not their ACTIONS (eg. "I noticed you being unkind, I wonder what you're feeling that would make you act that way?")

# What's up PAA?

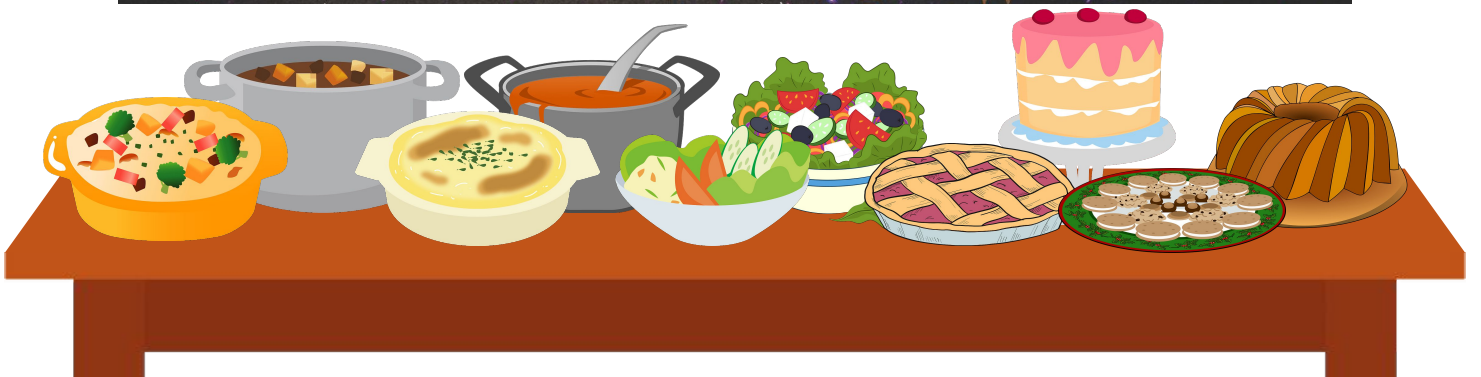
GOOD FOOD. GOOD COMPANY.

## MAY THE FORKS BE WITH YOU

Cheesy? Probably. But so is the  
Pasta.

**Bring your favourite food to  
share. Sabbath, May 4 at  
1:30p.m. at PAA.**

**A Home&School Event. Everyone Welcome!**





What's up PAA?



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

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# PAA OPEN HOUSE

## FRIDAY, MAY 10, 2024

### 8:50AM - 12:30PM

PARENT INFO SESSION AT 10:30AM

All are invited! Sign up here!



VISIT OUR WEBSITE TO LEARN MORE ABOUT OUR SCHOOL.

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## Belong - Believe - Become

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www.paa.ca | office@paa.ca | 587-815-8800  
5102 College Ave. Lacombe, AB

# Semester 2 Diploma/Exam Schedule

**Exam week starts on June 17. Please examine the schedule and only attend school when you have an exam scheduled. Arrange for pickup after exams accordingly.**

## Diploma Exam Schedule

**Tuesday, June 11**

9:00am - 12:00pm

**Diploma Exam**

English Language Arts 30-1; 30-2 Part A

**All other classes as usual.**

**Monday, June 17**

9:00am - 12:00pm

**Diploma Exam**

Math 30-1; 30-2

**Tuesday, June 18**

9:00am - 12:00pm

**Diploma Exam**

English Language Arts 30-1; 30-2 Part B

**Thursday, June 20**

9:00am - 12:00pm

**Diploma Exam**

Biology 30

## Final Exam Schedule

**Monday, June 17**

9:00am - 12:00pm

**Final Exams**

Social Studies 10-1; 10-2

English 10-1; 10-2

Physics 20

Math 20-2

**Tuesday, June 18**

9:00am - 12:00pm

**Final Exams**

Science 10

Math 10C

Biology 20

Social Studies 20-1; 20-2

**Thursday, June 20**

9:00am - 12:00pm

**Final Exams**

CALM 10

English 20-1; 20-2

Chemistry 20

Math 31

# What's up PAA?

## Important Dates

- May 3 - PD Day, No School
- May 4 - May the Forks be with You Potluck, 1:30pm
- May 10 - Open House, 8:50am-12:30pm
- May 20-24 - May Break, No School

## PAA CAFE

*PAA's Hot Lunch Program*

The weekly order deadline is every Thursday at 11:59pm.



**ORDER TODAY!**



# What's up PAA?

## PAUSE AND PRAY

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 for PAA on Sunday, Jun. 2, at 7pm [via ZOOM](#).

*“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

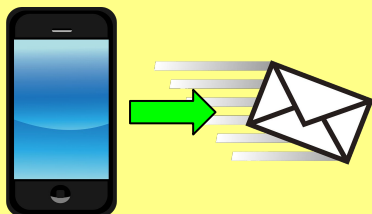
## Contact the Office

*Part of our role at PAA is to ensure the safety of all of our students and knowing where students are throughout the day.*

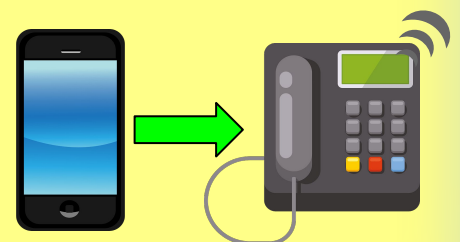
*Please call the school to notify if your child will be away for the day or if they are leaving early.*

*You can do so by emailing or calling the school office.*

*Thank you!*



**587-815-8800**  
[office@paa.ca](mailto:office@paa.ca)



# What's up PAA?

REGISTRATION INFO FOR 2024-2025...

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## RETURNING FAMILY REGISTRATION PROCESS

**WELCOME BACK!**

- 1 Log in to your PowerSchool Parent Portal and click the "School Engage" button
- 2 If you need to add a new student: click the grad cap and "Add New Student"
- 3 Click the graduation cap and select your child
- 4 Fill in and submit all forms associated with each child
- 5 Await your "Acceptance" email and further instructions

\*\*Please contact your school administration if you are unable to log in to your PowerSchool Parent Portal




## NEW FAMILY APPLICATION PROCESS

To complete the form successfully, you'll also need to ensure that you have a copy of the child's citizenship documentation (e.g. Canadian Birth Certificate, Permanent Residence Card, Student Study Permit, etc.). For students who are not Canadian citizens, we are also required to maintain parent documentation on file (e.g. Permanent Residence Card, Work Permit, etc.)

- 1 **CREATE NEW PARENT ACCOUNT**  
Go to: <https://albertaadventist.schoolengage.ca/#/home>  
Click "Create New Account"  
Fill in **PARENT** information and click "Register"  
Click on the link in your email address to confirm your account
- 2 **ADD STUDENTS**  
Log in to your new School Engage Account  
Click "Add Student"  
Fill in their information and submit
- 3 **FILL OUT ASSIGNED FORMS**  
Click on the Graduation Cap  
Select your Newly Added Student  
Click the Form assigned to your student  
Fill in the information

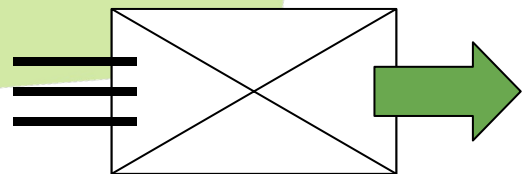
**Next Steps:**  
New Student Applications **might** take a bit longer to process.  
Acceptance letters will be sent to the email you used to create your parent account  
Your PowerSchool Parent Portal Account will be created at that time and your school will reach out with further instructions.



# What's up PAA?

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>



## 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?

# PowerSchool Parent Access

## Paying School Tuition & Fees

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 and school fees 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 submit payments.

Having access issues?  
Contact [office@paa.ca](mailto:office@paa.ca).

# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 PD Day No School	4  May the Forks be with you Potluck @1:30pm
5	6  Chapel	7  Teacher Appreciation Day	8	9	10  PAA Open House, 8:50a-12:30p	11
12  Mother's Day	13  Chapel	14	15	16	17	18
19	20  Victoria Day	21	22	23	24	25
May Break - May 20-24 - No School						
26	27  Chapel	28	29	30	31	June 1  PAA @ Lacombe Comm. Church  (Pause & Pray June 2)
 Amateur Hour - June 2, 6pm						