



PANTHERS' POST

April 2023

Welcome back! I hope that you all had a restful, relaxing, and rejuvenating Spring Break! For me it was time to be intentional with my family. We played in the puddles, walked the dog, completed puzzles, played board games, and were blessed by each other's company!

One word that stood out to me over Spring Break was the word "Intentional". The "Google" defines being intentional as "a means of making deliberate choices to reflect what is most important to us." As I paused and reflected on this word, Christ came to mind and I thought about how intentional He was, is, and will always be. His love for humankind was deliberate at creation, amplified at the cross, and will be magnified throughout eternity.

Jesus set before us an example of what it means to be intentional toward others. His commission for us is that we love each other intentionally. What does that mean? Well, we can demonstrate it in so many ways, but here are some thoughts that crossed my mind during Spring Break:

- Offer to make a meal for your spouse or a friend;
- Schedule to help someone run their errands;
- Go out of your way to wish someone a good day by visiting or calling them;
- Bake something and bring them to a neighbour;
- Clean the house unexpectedly;
- Visit and pray with someone in the hospital or not as mobile;
- Extend grace to someone through forgiveness by the power of the Holy Spirit.

These ideas are but a few of the many out there. I hope that as we reflect on Christ's intentional love for us this Easter season, we too would behold the commission to love one another as He has loved us!

Blessings!

Mr. Dani Desjardins - PAA Principal

FEATURED STAFF MEMBER

Hey there!

My name is Emile Ndekezi and I teach Religious Studies 20, Social Studies 10/20/30, Philosophy and Physical Education. I joined PAA in the fall of 2017 after teaching in Medicine Hat at Higher Ground Christian School for one year. Before that, I lived in Edmonton and got my Degree from the University of Alberta.

These last 6 years at PAA have been some of the best years of my life as I have got to meet the most amazing students, families, and work with what I truly believe are the best co-workers and educators out there. Outside of teaching, I am a fitness enthusiast and a lover of soccer, or football for my purists friends. A little known fact about me is that Emile is actually not my first name (something that you will have to ask me about if you are curious 😊).

My family is based in Edmonton and I am the middle child and have an older and younger brother. As some of you may be aware, this is going to be my last year at PAA and I truly am going to miss this amazing place and the people that make this hilltop special and the countless others who support and pray for us each day.



Forever a Panther,

Emile Ndekezi

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 is a unique partnership between parents and the school. This community has the purpose of advancing the cause of Adventist Education in the home and the school.

All parents can be involved in some capacity.

Please contact the Home and School secretary at hsleader@gmail.com to see how you can get involved.



Our next monthly
Home and School Meeting
for all parents is
***Thursday, April 20, 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 - 12:00PM

VISIT OUR WEBSITE:
WWW.PAA.CA

PARENT INFORMATION MEETING TO FOLLOW AFTER LUNCH

Chaplain's Corner

Jambo, PAA Family!

Mission Trip 2023

After fundraising over \$100K, twenty PAA students, accompanied by 5 adult sponsors, journeyed to Kenya for the experience of a lifetime! I am happy to report that our 2023 Mission Trip was an undeniable success. I am so impressed with our students. They were very intentional about mindfully connecting with everyone they met on our visits to all 10 schools, the patients at the clinic and the residents and staff at the orphanage, etc. They were challenged to see the image of God reflected in every face, acknowledge their judgements and let them go, see the good in everyone, treat themselves and others with dignity, always look at the wider perspective, and seek out ways to connect.

It was a transformative experience to see and participate in all the A Better World projects and observe how their work has transformed the lives of so many people through education and healthcare. Because of your support and the hard work of our students, we were able to contribute to the invaluable work of ABW by building a classroom at the Mau Summit Primary School. We also enjoyed teaching classes in English, Music, Physical Education and Mathematics at many of the schools we visited.

Then there was exploring the culture and country of Kenya. Chief among all our excursions were our safari tours in the Maasai Mara and spending an afternoon in a Maasai village observing and participating in their way of life. While we cannot fully walk in the shoes of these very formidable humans, it was an honour to walk alongside them and attempt experiencing the world through their lenses.

This trip was educational, fun, transformative and spiritually uplifting. We were drawn closer to each other and to Jesus by serving others and Him by extension. Thank you for supporting our students in their efforts to serve God and mankind.



Campus Ministries and Constituent Church Visits

Last month we visited the Wetaskiwin SDA Church and enjoyed fellowshiping with our family there. We look forward to visiting the Sylvan Lake SDA Church on April 15. You are more than welcomed to attend and support our students and hear more about their mission trip experiences.

Spring Week of Prayer

This past month, our students have been speaking for our chapel on the theme, "Come & See" and this will culminate with an apologetics themed Week of Prayer with Walter Rogers who will be focusing on scientific evidence and probability for the existence of God. Please keep our students, staff and Walter in prayer as we embark on this journey together.

Asante sana!

Pastor Romando

What's up PAA?

Seventh-day Adventist Church in Canada

Excellence in Education Awards 2023

Nominate
your Adventist school
principal or teacher

Deadline April 15

Forms can be found at
education.adventist.ca
Resources - Awards and Scholarships -
Excellence in Education
or you may call the
SDACC Office of Education at
905-433-0011

Open Parachute Parent Resource

EMPATHY & ACCOUNTABILITY: OVERVIEW FOR PARENTS & CAREGIVERS

WHAT IS EMPATHY & WHY IS IT IMPORTANT?

Empathy is the ability to understand and share the feelings of another person.

When other people act in ways that are unkind, most kids think it's their fault. This means they internalize negative interactions and can develop low self-esteem as a result, which can lead to acting out, holding themselves back, or being swayed easily by peer pressure. If children can learn to take a perspective of empathy, they realize: When other people act in ways that are hurtful or aggressive it means THEY are struggling and has nothing to do with ME. This way of thinking builds self-esteem, and it also helps children become more accountable for their own actions.

TIPS FOR HELPING YOUR CHILD BUILD EMPATHY & ACCOUNTABILITY:

1. TEACH THEM TO BE OBJECTIVE

Help them understand that our actions always come from our own emotions – and are never anyone else's fault. You can use real life examples and self-reflections from your own family to help with this learning. You can say things like: "When you are hurting, you lash out, when I am hurting, I panic, when your sibling is hurting, they cry". Keep pointing out this link so they understand that they can never be responsible for anyone else's actions, and that they are always responsible for their own.

2. SEPARATE THEIR ACTIONS FROM WHO THEY ARE

When children are acting out or being unkind, their minds are overwhelmed and defensive, so it is very difficult to reason or rationalise with them. Give them space to calm down or encourage them to do a self-soothing activity, and then come back and talk about what happened calmly and compassionately. You can say: "I know you are a kind person, and I know you don't mean to treat me that way. What can we do to help you make different choices?" This is role modelling empathy, which teaches them to respond the same way to others.

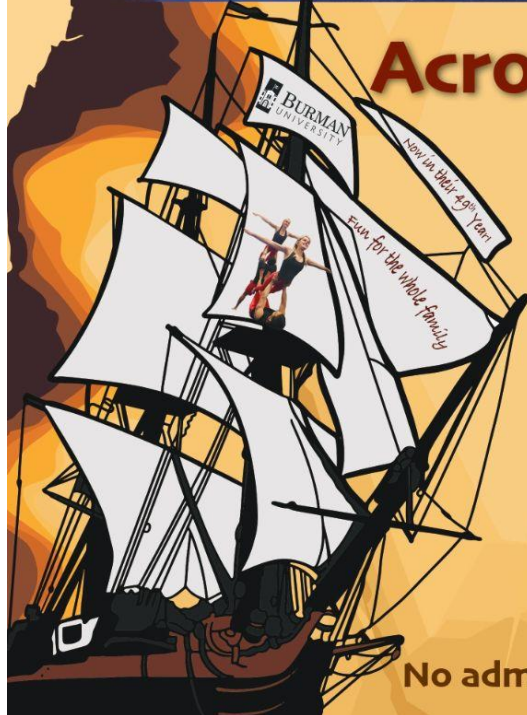
3. HELP THEM SEE THE LINK BETWEEN HOW THEY ARE THINKING, FEELING & REACTING

You can draw it as a diagram for them - write their thought at the top of a page (eg "I'm not good enough") then an arrow to show how the thought causes them to feel a certain way (eg. sad), and then another arrow to show them how that thought and feeling cause them to act a certain way (eg. lash out at their sibling). Doing a similar diagram for yourself and other people in the family also helps to normalize this experience and remind your child that there is nothing wrong with them for having these reactions. This takes the shame out of the situation, which makes it much easier for them to become self-aware and make changes.

4. HELP THEM REFLECT ON THE ACTIONS OF THEIR PEERS

Once they are used to seeing their own actions and those of their family as simply a response to one's own thoughts and feelings, it's easier for them to reflect on where actions come from in others. When someone in their peer group or class is unkind, you can ask them "what could they have been thinking and feeling that made them act that way?" This perspective serves as a buffer to protect them from being impacted by negative interactions with their peers.

What's up PAA?



Acronaires Home Show

**Sunday | April 16
4:00 PM**

**Burman
Physical Education Centre**

6415 University Drive,
Lacombe, AB
403-782-2822

No admission charge | An offering will be taken

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.

Hello April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
 Pause & Pray	Kenya Mission Trip - School resumes - Chapel	PAA Board Meeting			 Good Friday No School	
9	10	11	12	13	14	15
 Easter Sunday	Easter Monday No School	 Chapel			Core Schedule B	 PAA at Sylvan Lake
16	17	18	19	20	21	22
	 Chapel			Home & School Meeting	- Core Schedule C - Royal Oak Singing/Visit	
23	24	25	26	27	28	29
 D2L Driver Training	Spring Week of Prayer				Core Schedule A	
		Constituency Meeting			CASA Flag Football Tournament 	
30	May 1	May 2	May 3	May 4	May 5	May 6
 D2L Driver Training	 Chapel	PAA Board Meeting			- Core Schedule B - PAA Open House	 PAA at Lacombe Com. Church (Pause & Pray May 7)
CASA Flag Football Tourn.						