

# **PANTHERS' POST**

**NOVEMBER 2024** 

Hello PAA Community,

This time of year always stirs fond memories for me. As a child, I couldn't wait to run outside and jump into freshly raked piles of leaves. My siblings and I would toss them in the air, roll around, and bury ourselves, creating memories that have lasted a lifetime. Now, I get to experience that same joy through my own children. Watching them play reminds me that every season brings moments to cherish—whether they are familiar memories we hold close or new ones waiting to unfold. These moments of connection strengthened my relationships with my siblings, and I see the same bonds forming between my children.

As we move into November, we are reminded of the importance of both connection and reflection through Remembrance Day. This day is about honouring those who made profound sacrifices so that we might experience the freedoms we enjoy today. It's also a time to reflect on the importance of staying connected—not just to the past, but to each other and to the values that bind us together. Just as soldiers fought for a better future, it's in our daily acts of connection and care that we nurture peace and build stronger relationships.

I know many of you already make time to connect meaningfully with your families—whether through shared meals, conversations at the end of the day, or time spent outdoors. These moments are sacred, and they strengthen both our relationships and our faith. God created us to thrive in relationship with others and with Him, and even in seasons of change, He offers us opportunities to grow closer. Meaningful connections cultivate gratitude, renew joy, and allow us to experience God's love more fully.

This past month, we discussed how connection is essential for mental well-being. Technology has brought many benefits, but it can also pull us away from personal interactions. When we make time for face-to-face conversations, eye contact, and time in nature, we restore the joy that comes from truly being present with others.

As we reflect this Remembrance Day, I encourage you to take time to connect—with your loved ones, your community, and with God. Keep doing the things that already bring you closer, whether it's family walks, meaningful conversations, or worship. If you feel inspired, try something new: begin your day with prayer, spend a little more time outside, or take a moment to remember those who came before us. Every act of connection, no matter how small, helps create the peace and joy we all long for.

Thank you for the care and connection you already cultivate within our school community. As we reflect on the meaning of Remembrance Day and embrace the opportunities this season offers, may we be filled with peace, gratitude, and the joy of being fully present with one another.

**Blessings!** 

Mr. Dani Desjardins - PAA Principal

### Chaplain's Corner

#### NOVEMBER

ISSUE 3

# PASTOR DEE'S DEBRIEF



#### **NOVEMBER DATES**

November 1 Vespers

November 4 Chapel

November 8 PD Day

November 11 Remembrance Day

> November 12 Chapel

November 16 PAA Choir Lacombe SDA

November 18 Chapel

November 22 Bible Study

November 23 Red Deer Church Visit

> November 25 Chapel

#### EPHESIANS 1:19-23

I <u>also</u> pray that you will understand the incredible greatness of God's power for us who <u>believe</u> him. This is the same mighty power that raised Christ from the dead and seated him in the <u>place of honour</u> at God's right hand in the heavenly realms.

Now he is <u>far above</u> any ruler or authority or power or leader or anything else—not only in this world but also in the world to come.

God has put all things under the authority of Christ and has made him head over all things for the <u>benefit</u> of the church.

And the church is his <u>body</u>; it is made full and complete by Christ, who fills all things everywhere with himself.

#### **PAUL KEEPS PRAYING**

Since the beginning of the school year, we have been sitting in the book of Ephesians. We have made it to the end of chapter one and I believe it is important to share what we have learned.

Paul is writing a letter to a group of believers in Ephesus, describing the spiritual blessings that we have as believers in Christ. During a recent classroom visit, we did a memorization activity for the verse above.

Verse 19 says that he **also** prays, which truly stands out because it shows that he has been praying for them in many regards. He is affirming them by saying that he is also praying that they will understand the power of God. Yes, we have access to these amazing spiritual blessings, but Paul also wants us to **understand** the great power of God for those of us who choose to believe in Him. This isn't just any power; this is the **same** power that raised Christ from the dead.

How often do we marvel at this amazing, yet simple fact, that we have access to the same power that raised up a dead Jesus? How often do with pray with that understanding? How often do we study to find out more about this power?

The One who has all of this power has placed us under the body of Christ. We are united with Christ in life, in rest, in death, and in His resurrection. We are a part of His story and it is not just history, but something we live in and through today.

I invite you to enter into relationship with the One who has all power. He is quite amazing!

#### WEBSITE: PAA.CA INSTAGRAM: @\_PAACM

# Mental Health Corner

I've had the privilege of meeting with each class since the beginning of the year and have really appreciated the discussions we've had so far about mental health and well-being!

So far, in Grade 10 we've focused on feeling lonely and how we can foster supportive connections with others.

In Grade 11, we've focused on how we can face hard things and make intentional choices that support our wellbeing.

And in Grade 12, we've focused on the stress of the unknown, particularly surrounding the unknowns that come after leaving high school. If you're a Grade 12 parent wanting some guidance with how to support your child with this, here are a couple of links that have been shared out with students to help with some of the planning and preparation for what's to come:

Grade 12 Checklist - Month by Month planning for your future: <u>https://alis.alberta.ca/explore-education-and-training/plan-your-edu</u> <u>cation/planning-for-post-secondary-high-school-checklists/#grade-12</u>

See specifically the "Plan Your Career" and "Explore Education and Training" tabs. <u>https://alis.alberta.ca/</u>

Pay for Your Education (info regarding scholarships, awards, bursaries, grants) <u>https://alis.alberta.ca/explore-education-and-training/pay-forr-your-education/apply-for-free-money-to-pay-for-school/</u>

Alberta Student Aid --> Scholarships https://studentaid.alberta.ca/scholarships/

We're approaching the midpoint of our semester, so it's a good time to reflect and check-in with yourself and with your student to assess what habits have been supporting us thus far, and where we may have gotten off track. Every new day is a great day for a reset!

And if there are specific topics you'd like support with as a parent, the <u>parent login</u> on Open Parachute is a great tool! I'm a fan of the support it lends in questions provided and giving helpful language for talking about hard things.

Till next month!

Kayla Whitworth Learning Support Teacher





# 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.

The next meeting is Monday, November 25 from 6:30-7:30pm. Come visit with parents and share your ideas.

> Contact the Home and School Assoc. secretary today at <u>hsleader@gmail.com</u> to see how you can get involved!

# Communication Week Nov. 12-15

Parents, meet with your child's teachers to discuss how they're doing at school. Watch your email for more information!

# REMINDER....

PAA's classrooms are zones free of cell phones, tablets, smartwatches, headphones, and other smart devices.

The PAA Cell Phone Policy is available on our website for regular referencing.

Please familiarize yourself with it by clicking <u>here</u>.





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 beavenly 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, Nov. 17 at 7pm <u>via ZOOM</u>. Passcode: 1234567

"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

If you wish to meet or connect with a teacher at any time throughout the year, please email them to make an appointment or communicate your needs.

### Name

Mr. Dani Desjardins Mr. Karel Blankenfeldt Ms Sharline Fernandez Miss Dennalia Fray Mr. Scott MacDonald Miss Skyla McCreery Miss Michelle Mitchell Mr. Bruce Ruzindana Mrs. Kayla Whitworth

### Email

principal@paa.ca karel.blankefeldt@paa.ca sfernand@paa.ca dfray@paa.ca smacdonald@paa.ca skyla.mccreery@paa.ca michelle.mitchell@paa.ca bruzindana@paa.ca kwhitworth@paa.ca

# Home & School Purdys Fundraiser



Hello PAA families and supporters!

The PAA Home & School Association is raising funds for programming and initiatives we support each year such as the Class Parent program, Open House, Information Night, and the year-end BBQ. We also host several events for all PAA families - 3 or 4 potlucks over the year and our annual Christmas party. The H&S team is run by parent volunteers and it is our goal to help build community within our student body as well as student families so that together, we can support and encourage our kids during this important time in their lives. We hope to see you at some of these events!

One way you can support the Home & School Association is through our annual Purdy's Christmas campaign. :)

Purdy's chocolates make great stocking stuffers or hostess gifts over the Christmas season and 25% of the profit goes to H&S!

Order: https://fundraising.purdys.com/2009805-122945

Catalogue:

https://www.purdys.com/media/wysiwyg/GnF/Xmas2024/SFR-Xmas-2024-Digital-Catalogue.pdf The deadline to order is November 26, 2024.

If Purdy's is not your thing, no problem! If you simply want to contribute funds to support Home & School programs, you can send that directly through e-transfer to etransfer@paa.ca.<u>Please put "H&S Fund" in the comments so it goes to the right place!</u> Thank you very much for your support and God bless!

The PAA Home & School Team

### You are invited to our annual

# H&S Christmas Party

# **DECEMBER 7, 2024**

5:30 PM at PAA TO BRING: YOUR FAVOURITE CHRISTMAS FOOD TO SHARE

Join us for games, crafts, good food, and community.

Prizes for the best dressed Christmas Movie/Character.

Toy Drive - Welcome to bring a new and unwrapped toy.

A PAA Home and School Event. All PAA families welcome.





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 the offic<u>e: office@poo.co</u>





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Vespers at PAA, 6:00p	First PAA Potluck, 1pm
$\bigcirc$ 3		5	6	7	8	9
Daylight Savings	Chapel				No School PD Day	
				UExperience,	Burman Univers	ity, Nov.
10	11 No School Remembrance Day	12 Remembrance Day Chapel Board Mtg,	13	14	7-10 15	PAA Choir at Lac. Com. SDA
UExp.	Day	6:30pm	Communication Week, Nov. 12-15			Church
17 Pause & Pray, 7pm <u>via Zoom</u>	18 Chapel	19	20	21	22	23 PAA at Red Deer SDA Church SA Class Chal. Gym Night, 6-9pm
24	Chapel	26 Purdys	27	28	29	30

Order

Deadline

H&S Mtg,

6:30pm