



# PANTHERS' POST

FEBRUARY 2025

Hello everyone,

Just like that, Semester 1 is behind us! Final exams, diplomas, report cards—done. And now, we're kicking off Semester 2. It's been a big shift, but I have to say, our students, parents, and teachers have handled it so well. Through it all, God has been with us, guiding and sustaining us.

## A Fresh Start

One of the cool things about high school is the way our year is split into two semesters. You start a set of courses, work through them for about 20 weeks, finish your finals, rinse, and repeat. It can be a big adjustment for those used to year-long schedules. If you're still finding your rhythm, don't worry—you're not alone, and you'll get the hang of it!

For our Grade 12s, this is the home stretch. Five semesters down, and now your final one. Graduation is in sight—we're so proud of you! June will be here before you know it, so stay focused and finish strong!

## A Few Things to Keep in Mind

- **Attendance Matters** – Be on time and be present. If absences become an issue, there will be a truancy plan that parents will need to agree to. Alberta Education tracks attendance, and ongoing unexcused absences can lead to further action—let's avoid that! Let's make the effort to show up and stay engaged.
- **Stay Connected** – This semester we are bolstering and prioritizing our communication with families. If you haven't received a welcome letter or course outlines from your child's teachers yet, reach out, and they'll make sure you're on their list. Parents, you're always welcome to email or call teachers anytime to check in on your child's progress. Let's work together to support our students.
- **Mindset is Everything** – February brings new opportunities. Let's focus on the positive, encourage each other, and continue building a strong, supportive school community. Keep PAA in your prayers and stay connected with one another.

Looking forward to a great second semester—let's make it count!

“Love each other with genuine affection, and take delight in honouring each other. Never be lazy, but work hard and serve the Lord enthusiastically. Rejoice in our confident hope. Be patient in trouble, and keep on praying. When God's people are in need, be ready to help them. Always be eager to practice hospitality.”  
(Romans 12:10-13)

**Blessings!**

**Mr. Dani Desjardins - PAA Principal**



## What's up PAA?

# PAUSE + PRAY

Please join us **Monday evening at 8pm** to pause and pray for our students, staff, parents and other members of our learning community. It is 2025 and God has incredible plans for our school and to know those plans is to sit with Him, listen to Him, and to allow Him the space to unfold His plans before us! We are so fortunate to have the knowledge of prayer and in 2025, let us commit to weekly **30 minute prayer** time as a community.

Please use the following link to connect with this community of prayer:

<https://shorturl.at/W4qjF>

Or use the following meeting ID and Password

**Meeting ID: 993 2864 5014**

**Passcode: 1234567**

**PRAYER** unites us with one another and with God. **PRAYER** brings Jesus to our side, and gives new strength and fresh grace to the fainting, perplexed soul to overcome the world, the flesh, and the devil. **PRAYER** turns aside the attacks of Satan.

*Our High Calling, p. 177*



**Please pray for:**

Our students as they prepare for their exams and diplomas;  
Our teachers who will be grading and finalizing the semester;  
Strong bond between home and school;  
Protection over students and staff and their families;  
Parents as they raise their children in The Way;  
Clear direction for the future of God's school.

# Mental Health Corner

It's been some time since I've been in classrooms to look at Open Parachute resources with students, but with the start of the new semester, what better time to take a closer look at one of students' most common challenges - procrastination!

Daybreak Health has an article on "[How To Help Your Teen Overcome Procrastination](#)" with some helpful insight referenced below. Be sure to check out the article itself for links to other tools.

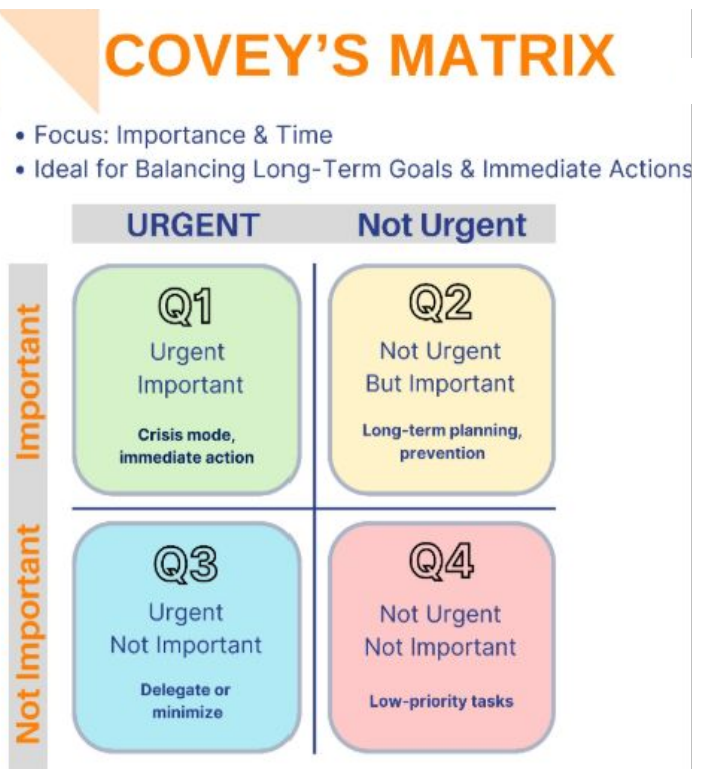
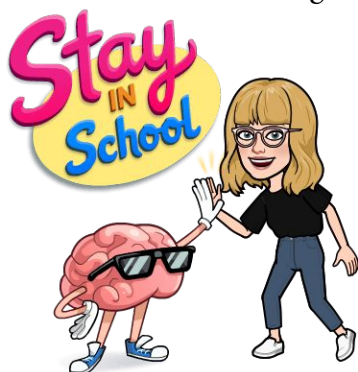
Firstly, it helps to keep in mind that procrastination is a method of avoidance rather than laziness. This may be due to a struggle with perfectionism, distractions, or feeling overwhelmed. And while we're all familiar with the costs associated with procrastination it can be challenging to know how to do things differently.

Consider the following list and chat with your teen about which aspect might benefit them most when it comes to improving their work habits. Be willing to consider what might be most helpful for you too!

1. **Minimize distractions** - Finding a comfortable place to study, having a neat workspace, turning off notifications or putting devices on airplane mode, using noise cancelling headphones, and having materials needed to work on only one task at a time may help.
2. **Break Down Large Assignments Into Smaller, More Manageable Pieces** - Sometimes we need help or support with this (and as teachers we'd be happy to help with this step), and sometimes we need to give ourselves permission to do something in part, rather than all at once.
3. **Develop a Schedule Together** - Having a schedule that's balanced with focused work time, as well as time to take breaks and relax, is important. And having accountability can help us stick to the schedule we have set or make adjustments where needed.
4. **Prioritize Tasks** - This is a skill that takes lots of practice. I find Covey's 4 Quadrants of Time Management helps to gain some perspective.
5. **Practice Time Management Techniques** - Utilizing timers to help focus for intervals of time with built in breaks has been proven to reduce procrastination.
6. **Celebrate the Wins** - Reward completed work, but also reward and celebrate the proactive steps taken to avoid procrastination.
7. **Encourage Self-Compassion** - Encourage your teen to focus on their qualities, rather than their grades.

Let's start this second semester strong, and continue to build habits that support our mental health and wellbeing!

Kayla Whitworth  
Learning Support Teacher



## What's up PAA?

# Important Dates

- Feb 12 - Last day to add/drop classes
- Feb 14 - No School, Teacher's Convention
- Feb 18 - No School, Teacher's Convention

## 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, Feb 24 from 6:30-7:30pm.

Come visit with parents and share your ideas.



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

# What's up PAA?

# BASKETBALL TOURNAMENT

## Class vs Class

Make teams of 6+ from your class.

- 4 players
- Min. 2 subs
- Min. 1 girl on the court at all times

This is for points

First 100

Second 75

Third 50

Give Misha and Keani your teams by Tue Feb 4

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## 3 vs 3

Show up and join a team of 3! Players can only play for one team. 3v3, half court games.

THERE WILL BE PRIZES FOR THE WINNER OF 3 V 3

At PAA Gym

FEB 8

From 6-9pm



# What's up PAA?

You are invited!

## Share the Love Potluck Party

**New Date: March 15**

Parkview Adventist Academy

1:00p.m.

Bring your favourite dish to share.

*See you there!*

Cutlery and  
beverages  
are provided.

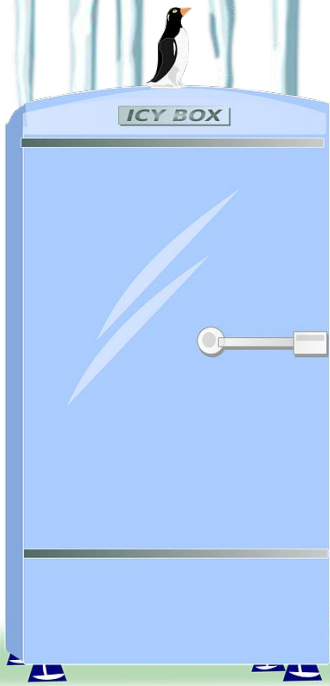


*A Home and School  
Sponsored Event*

# What's up PAA?

**PAA needs a full upright freezer for the kitchen.**

**We are looking for a donation of a full upright freezer or monetary donations towards the purchase of one. If you can help in any way, or know someone who can, please contact the office.**

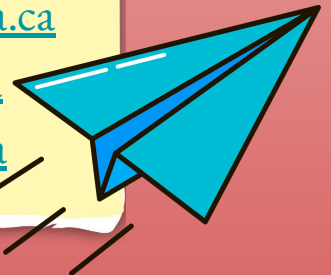


**If you wish to meet or connect with a teacher at any time throughout the year, please email them to make an appointment or communicate your needs.**

## **Name**

## **Email**

Mr. Dani Desjardins	<a href="mailto:principal@paa.ca">principal@paa.ca</a>
Mr. Karel Blankenfeldt	<a href="mailto:karel.blankenfeldt@paa.ca">karel.blankenfeldt@paa.ca</a>
Ms Sharline Fernandez	<a href="mailto:sfernand@paa.ca">sfernand@paa.ca</a>
Miss Dennalia Fray	<a href="mailto:dfray@paa.ca">dfray@paa.ca</a>
Mr. Scott MacDonald	<a href="mailto:smacdonald@paa.ca">smacdonald@paa.ca</a>
Miss Skyla McCreery	<a href="mailto:skyla.mccreery@paa.ca">skyla.mccreery@paa.ca</a>
Miss Michelle Mitchell	<a href="mailto:michelle.mitchell@paa.ca">michelle.mitchell@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?

**PLEASE NOTE:  
IF YOUR CHILD HAS EVER ATTENDED ANY OF OUR  
ALBERTA ADVENTIST SCHOOLS YOU ARE A  
RETURNING STUDENT. PLEASE CONTACT YOUR  
SCHOOL FOR THE RETURNING STUDENT  
INSTRUCTIONS.**

**THANK YOU!!**

## 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.).

### CREATE NEW PARENT ACCOUNT

Go to: <https://albertaadventist.schoolengage.ca>

Click "Create New Account"

Fill in **PARENT** information and click "Register"

Click on the link in your email address to confirm your account

1

### ADD STUDENTS

Log in to your new School Engage Account

Click "Add Student"

Fill in their information and submit

2

### 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

3

### 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?



## 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

# 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 the office: [office@paa.ca](mailto:office@paa.ca)



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	 3 Chapel	4	5	6	7	8
9	 10 Chapel	11 PAA Board Meeting, 6:30p	12 Last day to add/drop classes	13	14 No School Teacher's Convention	15
16	17 No School Family Day	18 No School Teacher's Convention	19	20	21	 22 PAA at Ponoka SDA Church
23	 24 Chapel H&S Meeting 6:30pm	25	26	27	28	Mar 1
Mar 2	 Mar 3 Chapel	Mar 4	Mar 5	Mar 6	Mar 7 No School PD Day	Mar 8