



# PANTHERS' POST

APRIL 2024

Welcome back, everyone! I trust you all had a fantastic break filled with cherished moments with family. Mine was no exception—snowball fights, splashing in puddles, swimming adventures, visits with relatives, and quality time together made it truly special. It's a true blessing to have this time to recharge before diving into the final stretch of the school year.

Beyond the joy of family time, I've also been focusing more deeply on my spiritual journey. Currently, I'm engrossed in "95 Theses on Righteousness by Faith" by Morris L. Venden. Each thesis I've delved into has sparked profound reflection, particularly when paired with the accompanying one-page essays. It's a reaffirmation of the boundless goodness of God, who tirelessly seeks to restore our relationship with Him through acceptance, truth, and love. His ultimate desire is our transformation, a journey I'm eagerly embracing. If you're interested in exploring this enlightening read, feel free to email me directly at [principal@paa.ca](mailto:principal@paa.ca) for a complimentary PDF copy.

As we gear up for the next three months, there's a whirlwind of events on the horizon at PAA—Sr. CASA Flag Football Tournament, our Open House, the Grade 12 Class Trip, and Graduation, just to name a few. Amidst the excitement, let's remember to strike a balance between enjoying these opportunities, prioritizing our well-being, and staying focused on academic success.

Let's keep our spirits high and our hopes for April showers and May flowers alive through prayer. Here's to a fulfilling month ahead!

**Blessings!**

**Mr. Dani Desjardins - PAA Principal**

# FEATURED STAFF MEMBER

Hi everyone!

My name is Jacqui McCarty and I'm working at PAA as an Educational Assistant this year. I'm grateful to be here again, since I had such a wonderful, albeit short, time working as an EA for the last 4 months of the 2021-2022 school year. (Oh, I also graduated from here in 2011!) I love working at PAA because there are so many great people here. I've really enjoyed getting to know and work with so many amazing students.

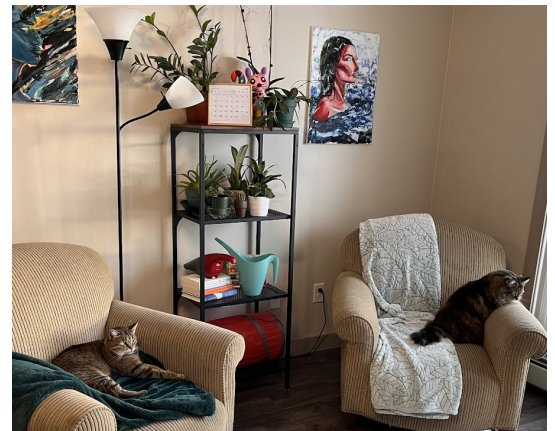
I was once asked what my advice for my younger self would be, and my immediate thought was "don't let the social clock dictate what you do with your life." That has been a lesson I've been learning over the last two decades. There is so much pressure to know exactly what you want to do with your life as early as 16 years old, and when you aren't sure yet, like I wasn't, that pressure is immense and overwhelming. I didn't really figure out "what I want to be when I grow up" until a couple of years ago. After several years of working in the education system as a teacher, EA, and tutor, my passion for working with young people and the importance of mental health led me on a path towards art therapy. In the fall, I'll be returning to Vancouver to complete my Masters of Counselling in Art Therapy—I can't wait to see what doors open up for healing and growth through this program.

In addition to that, I have a deep love for cats, the colour teal, my friends and family, and my brand-new nieces, Aoife and Breagha. I am also managing to keep a total of 12 plants alive right now, which is pretty huge for me. Well, I think that's all for now!



Love you, bye!

Ms. Jacqui



Photos:

mission trip - on the 2022 mission trip to Saskatoon  
staff ice cream - end-of-the-year celebration with the staff in 2022  
cats - my cats, Rhaella and Khaleesi, and my plants  
family - my family at a reunion in Radium last year

# Chaplain's Corner

Hi, Family!

Happy Spring! Welcome to the season of new beginnings! As things start to change outside, let it be a reminder of the change that can happen within us when we devote our lives to experiencing Jesus.

## Chapels

We are having a blast discovering a clearer picture of Jesus and ourselves through Scripture. This past month we explored chapters 2 and 3 of the Book of James during our weekly chapels. Themes like favouritism and inequality, the relationship between faith and works, and the power of tongue to speak life or death are just a few of the subjects James charges us to sit with. We've learnt that Jesus' devotion to us should impact our devotion to others in our practice of justice, impartiality, active faith and kind speech. None of this is possible without the power of the Holy Spirit. So, as you aim to nurture these practices in your own lives, pray for the infilling of the Holy Spirit.

## Constituency Church Visits

On March 9, we led the worship experience at the Wetaskiwin 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 Wetaskiwin 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 Sylvan Lake SDA Church on April 13, 2024. Please join us!

## Mission Trip

Months of planning and collaboration resulted in an unforgettable mission trip. Some of the descriptors that came to mind when students were asked to share a word that sums up the trip for them were: *life-changing, eye-opening, humbling, transformational, fun, exciting, unforgettable, worth it, etc.* We had the joy of collaborating with humanitarian organisations like Siloam Mission, Agape Table, Extencicare, Youth for Christ & Adventist Community Services that opened our eyes to the many ways the vitality and vigour of youth are needed to address the many needs of the communities around us. We also served local church communities in Winnipeg. Our nightly Matthew 25 Series was fun, engaging and deeply edifying. We also enjoyed a youth rally and the opportunities it provided for us to build relationships with other Adventist youth.

I am deeply grateful to Jacqui McCarty, Colton Greenlaw, Sharline Fernandez, Mary-Jane Tuburan without whom this trip would have been too overwhelming to plan and execute. A special thank you is necessary for the work of Pastor Ralph Magsalin, Assistant Youth Director of the ManSask Conference, in making this trip possible.

Lastly, thank you to all the parents who entrusted these 22 students to our care for 10 days. Your children are phenomenal. In the hands of their Creator, they are powerful agents for sharing the Gospel. Keep investing in them. Keep empowering them. Keep modelling what the Gospel in practice looks like.

Blessings,  
Pastor Romando  
Chaplain, PAA



# Athletics' Corner

Basketball season is officially over. Four of our students played at RDP on March 20th for the annual 1A/2A All-Star game. Keani, Kim, Thamu, and Boss represented our school very well. I am biased, however in my opinion, they were some of the best players on the court.

Football practices have started and we are looking forward to practicing outside in April. The Sr. CASA Flag Football tournament is April 26-28. We are planning on taking two teams this year. I am excited that so many of our students will get the opportunity to play in this tournament and network with students from other SDA schools.

We have a few excellent badminton players this year who will be representing our school in a tournament on April 17th.

Soccer is also just around the corner with our season running from May 1st to June 9th. The plan is to run both a boy's and girls' soccer team. Each team will play eight games in a round-robin format as there are nine teams in each division.

As you can see there are lots of athletic opportunities happening these next few months. Thank you for supporting our programming. I would not be able to offer these opportunities without the support of our amazing coaches and volunteers.

Health Challenge: Be healthy! Find time to pray, exercise, and eat right.

Mr. Devon McAfee  
Athletic Director  
Parkview Adventist Academy



# Mental Health Corner

While spending time in classrooms and discussing mental health this month, we've focused on the ways that our brains tend to focus on the negative, which can cause us to doubt ourselves as we approach new situations and challenges. We've identified that a lot of the messages that we tell ourselves and internalize from others can also be quite negative, and we've talked about the physiological changes that occur in our brain as a result of stress and trauma. These are all a part of the normal human experience! And while we can acknowledge that, we can have a hard time deeply understanding what this might look like and how it might show up for the teenagers in our own lives.

An excerpt from Open Parachute's Caregiver Lesson on Building Self-Esteem provides some insight as to how we can work through some of the negativity we face:

## TIPS FOR BOOSTING YOUR CHILD'S SELF-ESTEEM:

### 1. SOOTHE EMOTIONS

The best thing you can do as a parent is help your teenager relate to their feelings in a healthy way, so they know what is happening in them and when they need extra support. So when they are overwhelmed or in pain, encourage them to stop, feel their emotions, and let them pass. Validate and normalize what they are feeling by saying things like: "I'm so sorry you feel that way, it's really normal to feel sad when you're facing something hard."

### 2. CHANGE THOUGHTS

You can also help them notice any negative thoughts they have about themselves when they are experiencing strong feelings (for example they might be thinking they are 'worthless' because they feel sad). Remind them that our thoughts naturally become negative and irrational when we are in a strong difficult emotion and that once the feeling passes, so will these thoughts.

### 3. TAKE ACTION TO HELP THEMSELVES

When they are calm, help them reflect on where their feelings might be coming from, and what these feelings might be signaling about their needs. For example, if they are sad because of a difficult situation they are facing, maybe it's time to think about whether they need some extra help or support to get through it.

In the Open Parachute lessons we're working through at school, the starting point is recognizing and noticing our own thoughts, responses, and building an understanding of where some of that comes from. Talking about it together helps us to understand that a lot of what we experience is normal. Building our understanding of our mental health empowers us to be compassionate with ourselves and with each other, and when we have a better idea of what we're up against, we can make intentional choices to better support our mental health.

Open Parachute has an entire lesson on Building Self-Esteem designed for parents to work through with shared experiences and reflection questions, and ideas of how to support your teenager. To find out more, or to explore various other topics related to mental health, check out the [parent login](#) here.



Kayla Whitworth  
Learning Support Teacher

# Important Dates

- Apr 5 - Deadline to order Sem 2/retake photos
- Apr 8 - Home & School Meeting
- Apr 15-19 - Week of Prayer
- Apr 23 - Constituency Meeting
- May 2 - Teacher Appreciation Day
- May 4 - May the Forks Be With You Potluck

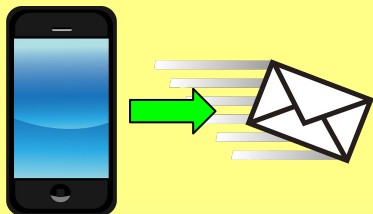
## Contact the Office

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

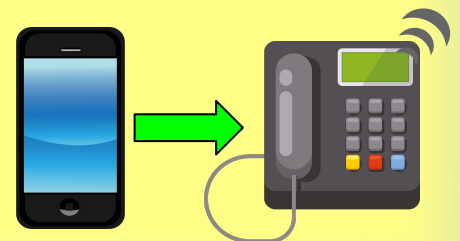
*Please call the school to notify if your child will be away for the day or if they are leaving early.*

*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?

PAA is partnering with D2L Driver Education, Ltd. to provide Driver's Ed. for our students. If you are interested, register your child here: <https://drive2live.ca/reg/>

Dates: **Sundays, April 7 & 14**

Read through the letter below for full details.

Payment can be made through e-transfer to [payment@drive2live.ca](mailto:payment@drive2live.ca) or by credit card at, <https://drive2live.ca/product/driver-training-online-payment/>

For more information, please contact D2L Driver Education Ltd. at 587-877-6730.

D2L Driver Education Ltd.  
23 Elwell Close  
Red Deer, AB T4R 2E2



587-877-6730  
d2lreddeer@gmail.com  
www.drive2live.ca

February 21, 2024

re: Class 5 Driver Training Course

Dear Parents and Guardians of PAA students,

D2L Driver Education Ltd. is excited to, once again, offer class 5 driver training for your children. The course consists of 15 hours of class 5 driving theory, which we will teach PAA, and 10 hours of in-car lessons. When students successfully complete both portions of the course they will receive a course completion certificate that can be used for insurance reduction purposes.

It is most ideal for the in-car lessons to take place in Red Deer. The actual learning that can take place in Lacombe is minimal. Pick up in Lacombe is an option, however, travelling back and forth from Lacombe to Red Deer is not the best use of lesson time. Students will sometimes arrange to double up with another student so that the travel time is shared between the students.

The dates of the upcoming course at PAA will be **Sundays, April 7th and 14th** from 9:00 to 5:00 each day. To register for this course, you can fill out our online registration form found here: [www.drive2live.ca/reg](http://www.drive2live.ca/reg).

The cost of the course is \$699 plus GST. Payment can be made through e-transfer to [payment@drive2live.ca](mailto:payment@drive2live.ca) or by credit card at, <https://drive2live.ca/product/driver-training-online-payment/>

For more information, please feel free to contact our office at 587-877-6730.

Regards,

Carl Fakeley B.Ed, M.R.E.  
Owner/Instructor



# 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, Apr. 14, 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

## Home and School Association

### GENERAL MEETING @ PAA

April 8, 2024, 7:00pm

All parents are invited to attend.



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?

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?

# 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 CHECK US OUT!



## FRIDAY, MAY 10, 2024

VISIT OUR WEBSITE:  
[WWW.PAA.CA](http://WWW.PAA.CA)

MORE DETAILS TO COME.

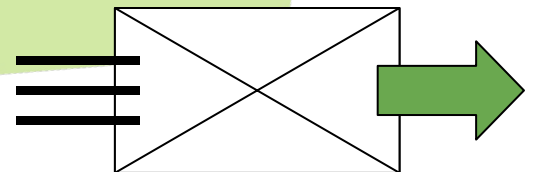
# What's up PAA?

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>



## PAA CAFE

*PAA's Hot Lunch Program*

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



**ORDER TODAY!**





## Excellence in Education Awards 2024

Nominate  
your Adventist school  
principal or teacher

Deadline April 15

Nomination forms can be found at  
<https://education.adventist.ca/resources/awards-and-scholarships/>

or you may call the  
SDACC Office of Education at  
905-433-0011.

## 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).

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	 2 Chapel	3	4	5 <b>PD Day</b> <b>No School</b> Order deadline Sem 2 photos/ retakes	6
<b>SPRING BREAK - NO SCHOOL, March 25-April 1</b>						
 7 <b>D2L Driver Training</b>	 8 Chapel Home & School Mtg, 7pm	9	10	11	12	 13 PAA at Sylvan Lake SDA Church
 14 <b>D2L Driver Training</b>  <b>Pause &amp; Pray, 7pm, via Zoom</b>	 15	16	17	18	 19	20
	<b>Week of Prayer</b>					
21	 22	23 <b>Constituency Meeting, 6:30pm</b>	24	25	26	27
28	29	30	May 1	May 2 <b>Teacher Appreciation Day</b>	May 3 <b>PD Day</b> <b>No School</b>	May 4 May the Forks be with You Potluck, 1:30pm