



PANTHERS' POST

June 2023

The summer is but the beginning of the next chapter. Whether you're going on holidays, starting a new job, enrolled in summer school, or simply putting your feet up for the first time in a while, we can shift our mindset and see this time of the year as opportunities for new beginnings.

In my September address to our students and parents in the school newsletter, "New Beginnings" was the theme that launched us into the new school year. Since then I can confidently say that I have experience many new beginnings, all the while learning that the best and most pleasant way to approach these new beginnings is by having Christ at the centre of them all.

As you go about your summer, remember these four items to live by:

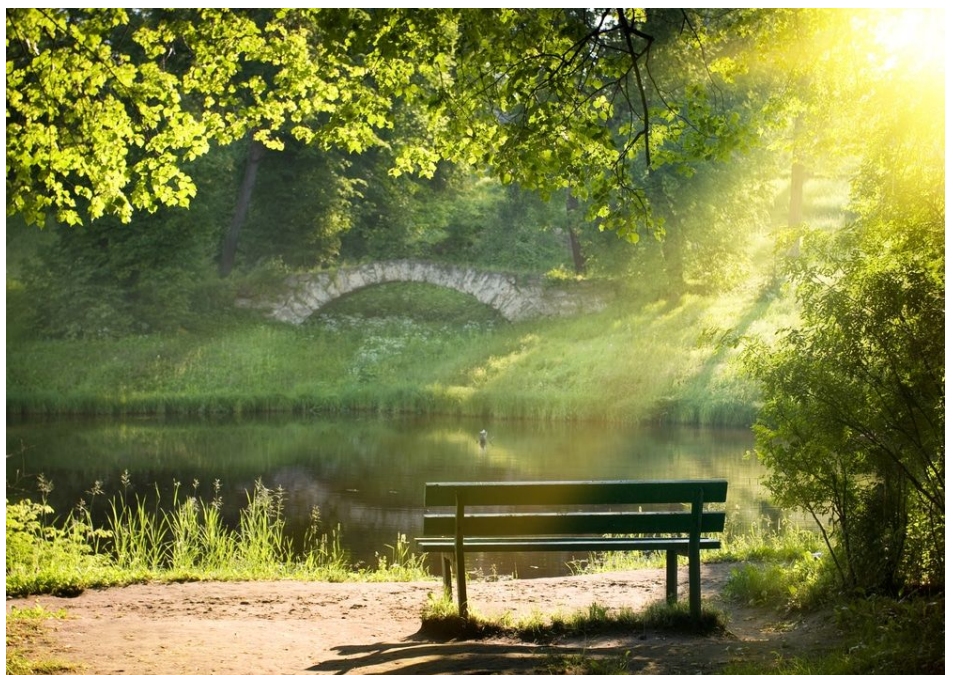
- 1) God calls you by name.
- 2) You are precious to Him.
- 3) He holds nothing against you.
- 4) He loves you!

Share this mantra with those in your life. Each morning meditate on those thoughts AND continue to experience new beginnings with this new frame of mind.

Have a wonderful summer! May God richly bless you!

Blessings!

Mr. Dani Desjardins - PAA Principal



FEATURED STAFF MEMBER

Hello, hello!

My name is Kayla Whitworth, and I'm excited to be teaching at PAA!

This is my second year here and I am so thankful for the awesome community I have found among my colleagues, student body, and beyond.

My classes at PAA include: Biology 20 and 30, Science 20 and 30, Chemistry 20, and Religious Studies 25. I love connecting students with ideas that can help them better understand the world, especially the biological and chemical processes that make us who we are.

I was born and raised in Calgary, graduating from Chinook Winds Adventist Academy. I'm glad no one seems to hold any of that against me, even when I cannot get on board to cheer for a certain "Canadian team" in the playoffs...

I received my Education degree from Burman University, specializing in Biology and minoring in Chemistry. I enjoyed the learning that came with getting my degree, and I love having the opportunity to continue to ask and investigate questions with my students everyday too!

Before coming to PAA, I spent 5 years teaching in Burnaby, BC at Deer Lake School. While there my husband Charlie (a PAA alumnus) and I fell in love with the rain, moderate temperatures, and the almost year round green. While there, I inherited a classroom pet. My semi-aquatic pal, Leonardo, is featured below. Turtles are my absolute favourite animal (at least of the non-cuddly variety, believe me, I tried). He was an actual ninja turtle and made a number of impressive escapes from his tank.

After time spent turtle wrangling and travelling back and forth between work and family, Charlie and I were very grateful to return to Lacombe and be much closer to our families.

When not hanging out with my family, I love spending time outside - in the mountains, by the water, and amongst the trees. Add a book to that, and that's a perfect day!

If you're reading this, thanks for your support in making PAA such a great place to be!

Mrs. Kayla Whitworth



End of Year Dates

June 15

- Awards & End of Year Celebration

June 16

- Last day of classes

June 19-23


- Exam week (no school June 20-21)

June 28


- Graduation: Class Night

June 29

- Graduation: Convocation Ceremony



The first day of
the 2023-2024
school year is
Tuesday,
September 5.



**The PAA praise
bands** have finished the
monthly visits to the constituency
churches for this school year.
Thank you for your support!

There are two more praise band
events in June.

June 24
Church Service at College Heights
SDA Church

Chaplain's Corner

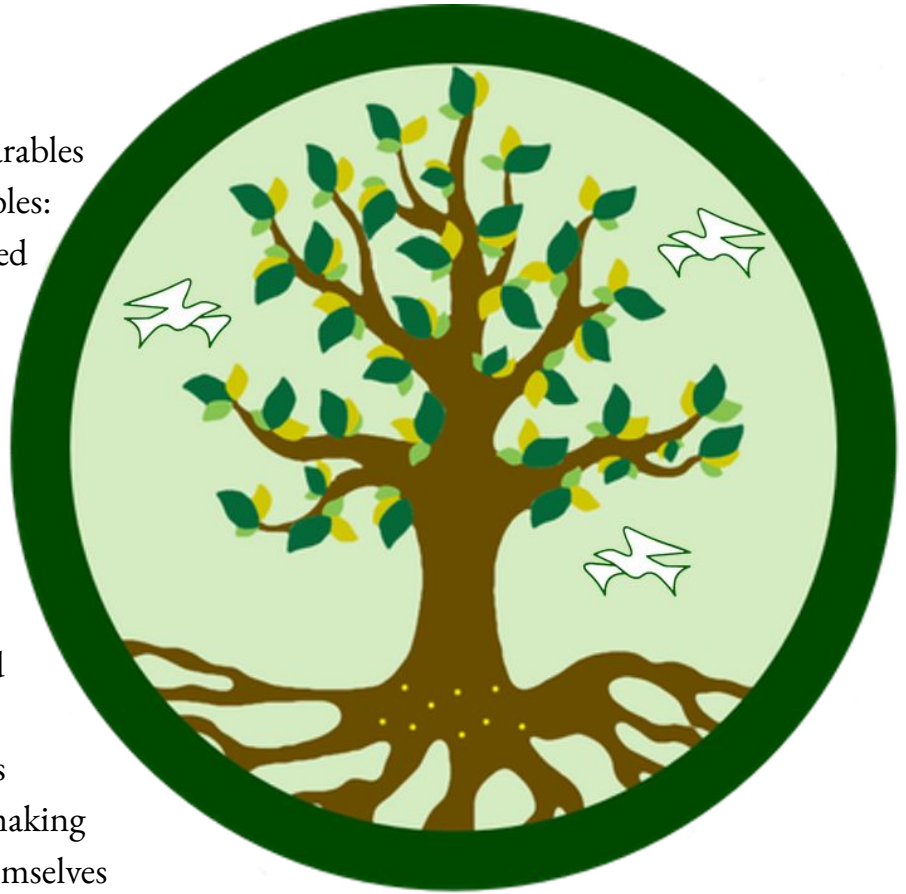
Hi PAA Family!

Spring Week of Prayer

The month of April culminated in an apologetics themed Week of Prayer with Walter Rogers who demonstrated the relationship between science and faith by answering questions of human origin and the existence of God. Please continue to pray for our students and staff as we seek to go deeper in our relationships with God.

May Chapels in Review

We spent the last four weeks exploring the parables of Jesus in a series of chapels we called "Parables: Stories That Shape The Kingdom". We started our journey in the book of Luke where Jesus describes the kingdom of heaven using the Parable of the Lost Sheep. We then hopped over to Matthew to study the Parable of the Talents & the Parable of the Mustard Seed, and ended our studies in Luke with the Parable of the Lost Son. These chapels were mainly in-depth Bible studies complemented by songs that reinforced the message of each parable. It was so thrilling to see our students actively dissecting these biblical stories and making them relevant for the situations they find themselves in today. It certainly reignited in many of them a desire to study the Scriptures for themselves.



Praise Bands & Church Visits

Last month we visited the Lacombe Community SDA Church and enjoyed fellowshiping with the church family there. Unfortunately, that was our final visit in our series of constituent church visits. However, our praise band will be leading worship at the College Heights church on June 24 in a service dedicated to celebrating all the graduates in our Hilltop community. More immediately, we anticipate leading worship for the PAA Alumni Vespers on June 3 at 8pm.

Blessings,
Pastor Romando

Athletics' Corner

Let's Go Panthers!

We currently have two soccer teams on the go. Both our boys and girls teams have been competing well, although it is tough matching up against larger schools. Thanks again to our volunteer coaches and their willingness to build these programs.

Track & Field was a huge success. Congratulations to our two track stars for taking first place in various events at zones and making it to provincials. Matio Asante will compete in the 200 m at provincials and both he and Thamsanqa Gumede will compete in the 4x100 m. During zones, Matio took first place in both the triple jump and 100 m and second in the long jump. In zones, Thamsanqa took first place in the long jump, second in the triple jump, and I think he was in the top four in hurdles. Both boys were on the winning team for the 4x100 m.

The CASA Flag Football Tournament was also amazing. Aside from a broken thumb and no lights, everything went smoothly. We took third place, only losing by one point to the team that ended up winning first. This trip was a blast! What an amazing group of support staff and students. Thank you; thank you!

Actually, thank you for the entire year. It has been a whirlwind of activity and it would not be possible without our volunteers. If you would like to volunteer in support of our athletic programs, please let me know.

Health Challenge: Incorporate your relationship with God into all that you do. Take the gift of the Sabbath that He has given you and use it to spend time with Him.

Mr. Devon McAfee

Athletic Director - Parkview Adventist Academy



What's up PAA?

We are excited to have Cilantro and Chive come to our school to help us with an ice cream fundraiser on **JUNE 15TH FROM 12-1PM**. Parkview Adventist Academy has partnered with A Better World Canada to support the Kadesh Barna Children's Home, an orphanage in Kenya. This home continues to experience flooding whenever it rains. All proceeds will be used to fix the flood damage and set up proper drainage to redirect the water flow and keep the home and its children dry. **Be part of the change!**



CILANTRO AND CHIVE
EST. 2012
FRESH · SIMPLE · EATS

ICE CREAM SANDWICHES

- dairy option
- vegan/gluten/nut-free option

order online by **JUNE 15, 2023**
june 7th

PAA + GR, 7-9
CHCS
STUDENTS & FAMILIES

\$3 PER SANDWICH

12-1 PM

PROCEEDS GO TOWARDS THE
KADESH BARNEA ORPHANAGE IN
KENYA

WHERE DOES THIS MONEY GO?

CILANTRO AND CHIVE
EST. 2012

What's up PAA?



END OF YEAR
SUMMER
Celebration

**AWARDS, SCHOLARSHIPS,
YEARBOOK RELEASE,
WATER FIGHT AND BBQ**

THURSDAY, JUNE 15

2:30- 5:30PM

BBQ Sponsored by
Home and School Association

Parents are invited!

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 will be providing snacks and support for exams, year end events, and graduation.

Please contact the Home and School secretary at

hsleader@gmail.com

to see how you can help out and get involved!



What's up PAA?



*Parkview Adventist Academy
invites you to the
Class of 2023 graduation ceremonies.*

Class Night

Wednesday, June 28
6:00 PM

Convocation

Thursday, June 29
6:00 PM

Both events will be held at
College Heights SDA Church
Lacombe, AB

Congratulations Class of 2023!

HELP IS NEEDED FOR GRAD!

*To help with the set up or
clean up of graduation,
please contact Mr. Greenlaw
at cgreenlaw@paa.ca.*

***Many hands
make light work.
Thank you in
advance
for volunteering!***



What's up PAA?

We are wrapping up the 2022/2023 school year and the following information is important for you to note. On exam days, students need to show up 15-20 minutes prior to the exam start time. This will give them time to settle in and pick up a snack and/or water bottle. During Exam Week, **June 19-23**, students are to come only for their exams and then go home. There will be no loitering at the school. Should you have any questions please contact our office and we will be happy to answer your questions.

Monday, June 12

9:00am - 12:00pm

Diploma

English 30-1; 30-2 Part A

ALL OTHER CLASSES AS USUAL

Friday, June 16

9:00am - 12:00pm

Diploma

Math 30-2; 30-3

CORE SCHEDULE A CLASSES AS USUAL

Monday, June 19

All exams are from 9:00am - 12:00pm.

Diploma

English 30-1; 30-2 Part B

Final Exams

Math 10C; 10-3

Science 10

Chemistry 20

Tuesday, June 20

No school

Wednesday, June 21

No school

Thursday, June 22

All exams are from 9:00am - 12:00pm.

Diploma

Biology 30

Final Exams

CALM/wksf/Foodsafe

Socials 20-1/2

Friday, June 23

All exams are from 9:00am - 12:00pm.

Diploma

Chemistry 30

Final Exams

English 10

Socials 10

Physics 20

Science 20

If you wish to meet with a teacher, please contact them directly and arrange an appointment.

What's up PAA?

Congratulations! You are writing a Final or Diploma exam!

Hopefully this will help you know what to expect.

What should I bring with me?

- Water bottle
- A lunch that does not need to be warmed up and with no noisy packaging material
- Kleenex
- Pens, highlighters, pencils, etc.

Optional items

- A blanket or jacket if you tend to be cold
- Earplugs
- Gum, peppermints, or mint tea (mint is said to aid in concentration, even if it's not true at least you will have yummy mints)
- Comfortable clothing (you are sitting for a long time - be comfortable!)

What is NOT allowed in the exam room?

- Earbuds, headphones, or any other style of listening device
- Phones, or any type of electronic device (including smart watches)
- Papers or books of any kind
- Backpacks (will be stored in another space)
- Personal computers or Chromebooks

What will be supplied to me for my exam?

- An exam booklet with instructions and resources for your test
- Eraser, pencils, scrap paper
- Dictionary and Thesaurus (**For English PART A ONLY**)
- School issued Chromebook with the Quest A+ user pre-installed (**For Social Studies PART A ONLY**)

FAQs

- Quest A+ has a spell checker and dictionary installed on the software.
- Everything is stored in the cloud and updated every minute, so if your computer crashes or you accidentally close it, you will only lose 60 seconds of work at the most.
- Exams are submitted both online and printed to ensure your exam is accurate and safe.
 - When you are ready to print your responses, just let the monitor know and it will be printed from the monitoring computer.
 - You can print as many times as you like. If you would rather edit on paper, you can print, edit, and reprint as much as you need to.
- You are permitted to leave the room to use the bathroom. You will be escorted to the bathroom and back.

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	principal@paa.ca
Mr. Colton Greenlaw	cgreenlaw@paa.ca
Mrs. Kathryn Egolf	kegolf@paa.ca
Ms. Sharline Fernandez	sfernand@paa.ca
Mr. Zack Loxdale	zackloxdale@paa.ca
Mrs. Michelle Lintan	michellelintan@paa.ca
Mr. Scott MacDonald	smacdonald@paa.ca
Mr. Emile Ndekezi	endekezi@paa.ca
Mr. Bruce Ruzindana	bruzindana@paa.ca
Mrs. Kayla Whitworth	kwhitworth@paa.ca

Reminder:

If you move, please email office@paa.ca with your new address.



Parents:

Please note that PowerSchool access will be deactivated for the summer.

What's up PAA?

**Order your
PAA and
Class of 2023
swag!**

*Custom design
any piece to suit
your style.*

**Shop today
for the perfect
grad or end of
year gift!**

PAA SWAG!

HOODED SWEATSHIRT

This sweater is customizable through brands, colours, and symbols. It's also super comfortable! Find it and more at Entripy Shops.

★★★★★



SNAPBACK CAP

This trendy cap is customizable through symbols or colours. find it on entripy shops for \$30.00

★★★★★



WATER RESISTANT WINDBREAKER

This light Jacket is perfect for everyday activities, it is light enough to work out in and heavy enough to keep you warm. Find this and more on the entripy shops website.

★★★★★



Go to Entripy shops then look up Parkview Adventist Academy

Shop here:

<https://parkviewadventistacademy.entripyshops.com/>

Open Parachute Parent Resource

SAYING NO: OVERVIEW FOR PARENTS & CAREGIVERS

HOW CAN I PROTECT MY CHILD FROM HARM?

Sometimes kids face situations that are unsafe or are hurting them emotionally or physically. This can be scary for parents because we never want to see our children get hurt. While we can't protect them from everything in life, we can help them build skills to set boundaries and keep themselves safe.

TIPS FOR HELPING YOUR CHILD SET BOUNDARIES

1. IT IS OK TO SAY NO

Show your child that setting boundaries and asking for help are signs of strength, not weakness. You can tell them: "When we are struggling and we ask for help or tell someone 'no', we are growing strength and it gets easier every time we do it." If you share examples from your own life it really helps, because it gives them a social script and a model that they internalize in their minds and can draw on later. So you can say: "A friend asked me to go to a dinner that I really didn't want to go to. I felt nervous and scared about their reaction if I said no, so I went and I hated every minute of it and felt exhausted after! So the next time they asked me to go to a dinner I was brave and said no. It was still scary but I felt so much better afterwards! And I realised that it was ok to say no."

2. LIMITS IN THE HOME

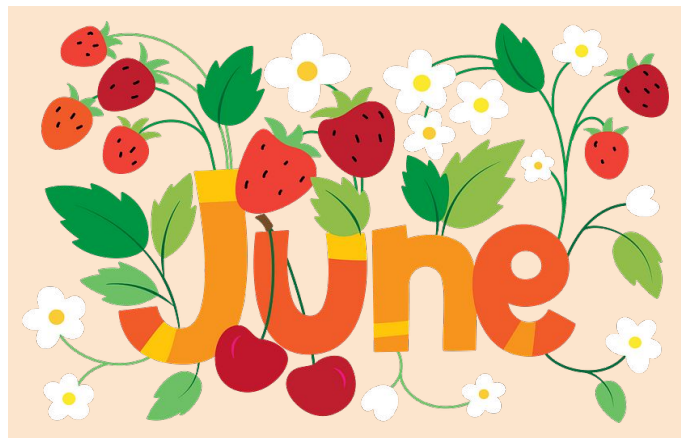
When you set boundaries, if you do so calmly and firmly, without getting angry, this helps your child learn that 'no' is a normal and calm thing to say. It's easy for 'no' to become emotionally charged, which turns it into a scary word for kids. If we can give them examples where 'no' is not a big deal, this will help them stay calm and see the bigger picture when it comes to saying 'no' to someone else. You can use empathy to help keep the mood calm. You can say things like: "I'm sorry, I know it's hard, but it's not going to happen." And then lightly change the subject to something else.

3. RESPONSIBILITY

Give them increasing amounts of responsibility to make choices and decide what they want. You can tell them: "I would like to spend some time with you tomorrow, why don't you choose a fun activity for us?" Or: "Why don't you choose a meal that you like and we can cook it together?" It's surprisingly hard for us especially when we are young to actually listen IN to what we want – it is a skill that needs to be practiced. So the more opportunities you give your child to make an empowered choice based purely on how they FEEL, the more chance they have to build the muscle of paying attention to what is happening inside of them and setting boundaries based on that.

4. NON-REACTIVITY

If they accuse you of something or blame you for something, you can turn this unpleasant situation into one of the most helpful conversations you can have with your child. Validate and support their experience by saying: "I'm sorry you feel that way, that's definitely not my intention! What can we both do to change the dynamic?" This is role-modeling healthy respectful voicing and listening to boundaries. By not taking it personally or getting hooked into defending yourself, but simply listening, respecting their opinion (knowing it doesn't mean anything bad about you) and then working constructively with them to repair it, you are showing them how to disagree and set boundaries in a kind and compassionate way.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Core Schedule B	3
					Alumni Weekend, June 2-4	
4	5 Chapel ✝	6	7	8	9 Core Schedule C	10
Alum. W.						
11	12 Chapel ✝	13	14	15 - Ice Cream Sandwiches (Order online: due June 7) - Awards & End of Year Celebration	16 - Core Schedule A - LAST DAY OF CLASSES	17
18	19	20	21	22	23	24
		No Classes - Teachers Available		Exam Week, June 19-23		
25	26	27	28	29	30	
			Graduation Ceremonies			

Enjoy your summer break!

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.