



PANTHERS' POST

JANUARY 2024

Happy New Year!

For most of us, the start of a new year is a blank canvas or a potter's clay waiting to be transformed. Often, December is a month for reflection and January is a month to reset. I find it a delight to have new beginnings and 2024 has that instore for each one of us.

For a few weeks now, God has impressed me to keep a daily prayer journal and to make this part of my time alone with him (T.A.G.). During that time with Him in the mornings, I sit in the quiet of my home, read my bible (a psalm or section where God leads me), and pray. I write the thoughts that come to my mind of the fresh picture of Jesus from the verses that I read, then I move on to the things on my heart. I really find this practice to be helpful in articulating myself coherently to God (especially in the early morning hours). In addition, I pray for my students, their parents, and others that come to mind. God moves when we pray for each other!

My hope this year is that this practice will continue and that the canvas of my life in 2024 will be transformed into the likeness of Christ. As you reflected and reset, consider keeping our school in prayer and reach out to pray with us.

Sunday, January 21, 2024 at 7pm [via ZOOM](#), I want to personally invite you to Pause and Pray for PAA. There will be an opportunity for us to reset and establish a monthly rhythm of prayer for revival within our community. Please mark this time in your calendars as we go into the new year and let us follow as God leads in this special time together. This is about Him and not about us. I look forward to the blessing of praying together and for watching as God paints for us a picture of His dream for PAA.

Happy New Year, everyone, and may you lean into God and His will for you in 2024.

Blessings!

Mr. Dani Desjardins - PAA Principal

FEATURED STAFF MEMBER

Hello!

My name is Karel Blankenfeldt (Mr. B), and I am a new teacher at PAA. I also am a new-to-high school teacher, having spent my first five years teaching at the elementary school level. So it has been a *gigantic leap*, but one made by holding on to the hand of our almighty God. The thing I am most looking forward to in my new position is the opportunity to teach Outdoor Education. Canoeing, backpacking, hiking, cycling, skiing, longboarding, paddle boarding, and mountain biking is what helps fill my life with joy, and gets me into the best place - being out in God's wonderful creation! I hope to inspire students to be active and play outside.

I have been very thankful for the support and encouragement from my fellow teachers, Mr. D, and the staff as I navigate this new world of high school; it is a big challenge. When the self-doubt starts to kick in, I look to God's promise in Isaiah 41 to strengthen me and to hold me up. Thank you for the encouragement, prayers, and support you have offered from home. Working with your children is fun and rewarding. Together we all grow in Jesus. Looking forward to the rest of our school year. God bless.



Mr. Karel Blankenfeldt



Chaplain's Corner

Hi PAA Family!

This has been the shortest month of the school year, but just as enjoyable as any other. Some might argue that it has been even more enjoyable. That might be because we were all anticipating the Christmas break or maybe because we were already very much in the Christmas spirit right here at school with some of the people we love the most.

Our Campus Ministries team kicked off the celebrations by participating in the Home & School PAA Family Party. It was a joy to lead our families in singing carols and later persuading a few parents and staff to treat our ears with Christmas karaoke. We enjoyed serving in this most beautiful way.

Our study of James led us to examining the nature of human anger in contrast to the righteousness of God. We explored the subject by way of skits that demonstrated the conflicts that potentially happen at Christmas time and how we can handle those conflicts in ways that glorify God. We were also treated to a mini concert by our PAA Choir who perfectly captured the message of First Advent in song. Congratulations to Mr. Bruce Ruzindana and the PAA Choir on a thrilling and memorably meaningful performance. We deeply appreciate your ministry.

We also used one of our Chapels to create cards for the seniors at the Royal Oak Village. Our students had a blast hand-making these cards, personalising them, and decorating the bags for our care packages. Unfortunately, our visit to Royal Oak had to be postponed for the sake of the residents' health. Our visit has been rescheduled for January 19, 2024 at 1pm. We will be carolling in the halls and delivering care packages to over 200 residents. This will be followed by a mini concert by our PAA Choir. Watch your emails for permission forms if you would like to permit your child to participate.

You can assist us in this service project by providing commercially produced baked goods for our care packages. Unfortunately, we cannot accept homemade food. Please drop off your donations at the school on the morning of January 19.

Our highly anticipated, annual Christmas Cafe was a great end to the Campus Ministries month of festivities. We enjoyed cinnamon buns, hot chocolate, apple cider and board games as we listened to our talented students perform Christmas carols. Thank you to all the people who made this a success.

Finally, please note that the next stop on our constituency tour is College Heights SDA Church on January 20, 2024. We will be in charge of the 9:15 AM and 12:00 PM services.

Happy Holidays!

Blessings,
Pastor Romando
Chaplain, PAA



Chaplain's Corner

PAA CAMPUS MINISTRIES PRESENTS

Carolling at Royal Oak

JANUARY 19

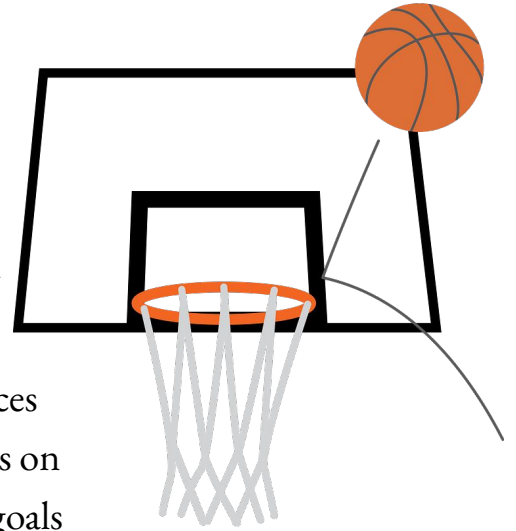
1 PM

4501 COLLEGE AVE,
LACOMBE, AB T4L 2M8.

Please drop off commercially produced baked goods at PAA on the morning of the 19th. Unfortunately, we cannot accept homemade goods.

Athletics' Corner

Merry Christmas! Our basketball season is in full swing. Both the girls and boys played in Bowden on Wednesday (December 20th). Our teams both dominated their competition and came away with the win. Basketball is quite a physical game and I am proud of how our players conduct themselves on the court. Many life lessons can be learned through sport. One simple example of this is the ability to maintain focus through annoying circumstances that we cannot control, like getting pinched. The lesson is to focus on the things we can control and make sure they are in line with the goals we have. After Christmas, the basketball teams have a home game against Bentley, on January 10th. Come out and support our teams it should be a great game.



Hopefully, you enjoyed your Christmas break and took time out of your busy schedule to connect with loved ones. January is a new year with new opportunities and I pray we are ready to make the most of them. Stay healthy and find time to play.

Luke 21:34-36 “Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap. For it will come on all those who live on the face of the whole earth. Be always on the watch, and pray that you may be able to escape all that is about to happen and that you may be able to stand before the Son of Man.”

Health Challenge: No snacking. Once the Christmas grazing is over, let's get back to no eating between meals. Intermittent fasting has many health benefits. Look into it and see what you think.

Mr. Devon McAfee
Athletic Director
Parkview Adventist Academy



Mental Health Corner

January is an opportunity for a fresh start, more breaths of fresh air, fresh fruits, fresh breath, and some fresh powder out on the slopes!

While we are starting fresh with the calendar year, we are wrapping things up with our first semester. It's not a clean break but it is an opportunity to be intentional with our time and energy as we move into and through a more stressful season.

For the upcoming season, here are 7 tips gleaned from the National Alliance on Mental Illness on how to reduce stress during final exams.

1. **Make A Study Schedule**

Creating a schedule will help you feel more in control and less overwhelmed. It can also help you manage your time efficiently as you can better plan for what needs to happen and when. Get clear on what you need to do by breaking things down into smaller tasks. This helps you have a sense of accomplishment, and avoid procrastination.

2. **Stay Connected With Your Friends**

Friends are a great support system. Did you know that laughter can actually reduce stress? It's tempting to just stay in the library alone, but try studying together or grabbing a quick lunch with a friend. Talk to them about how you're feeling; you may find they are having a similar experience and have their own tips to share.

3. **Get Enough Sleep**

It may feel like you don't have any time to sleep, but getting enough sleep is a critical part of being productive and staying healthy. Sleep deprivation worsens stress and triggers symptoms of mental health conditions. Not everyone is the same, but most young adults require approximately 7-9 hours a night. Sleep helps memories form, so you'll need it to remember all of the information you're studying and to have the energy to keep working.

4. **Try to Relax**

If you've been following your schedule and trying your best not to procrastinate, take some time for yourself. Do something that makes you feel happy and peaceful. Listen to music or take a quick walk to break up your busy day. Getting outside has been shown in research to reduce stress.

5. **Exercise**

Exercise can help reduce stress and improve memory and sleep. Pick a physical activity that you enjoy and aim for 20 minutes a day. Invite a friend to join you!

6. **Eat Well**

Junk food can lower your energy and make you feel worse. Eat fruits, vegetables, plenty of protein and whole grains to strengthen your immune system and stay energized.

7. **Keep in Mind, It's Just a Season**

Finals are tough and overwhelming, but you're almost done. You can do it!

Kayla Whitworth
Learning Support Teacher



What's up PAA?

Important Dates

- Jan 8 - School Resumes
- Jan 11 - Diploma (see Diploma/Exam schedule)
- Jan 12 - PD Day, no school
- Jan 23 - Last day of Semester 1 classes
- Jan 24-30 - Diploma/Exam Week
(see Diploma/Exam schedule)
- Jan 31 - Semester Break, no school
- Feb 1 - First Day of Semester 2
- Feb 2 - Report Cards emailed
- Feb 2 PD Day moved to Feb 9

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.



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

Semester 1 Diploma/Exam Schedules

Exam week begins on January 24th. Please review the schedule and only come to the school when you have an exam scheduled. Please make arrangements for pick up following exams.

Diploma Exam Schedule

*Grade 12 no block 4 on Tuesday January 23

Thursday, January 11

9:00am - 12:00pm

Diploma Exam

Social Studies 30-1; 30-2 Part A

All other classes as usual.

Wednesday, January 24

9:00am - 12:00pm

Diploma Exam

Social Studies 30-1; 30-2 Part B

Friday, January 26

9:00am - 12:00pm

Diploma Exam

Chemistry 30

Monday, January 29

9:00am - 12:00pm

Diploma Exam

Physics 30

Tuesday, January 30

9:00am - 12:00pm

Diploma Exam

Science 30

Wednesday, January 31

Semester Break

No School

Final Exam Schedule

Thursday, January 25

9:00am - 12:00pm

Final Exams

English Language Arts 10-1; 10-2

Social Studies 10-1; 10-2

Chemistry 20

Friday, January 26

9:00am - 12:00pm

Final Exams

Math 10C

Science 10

Social Studies 20-1; 20-2

Biology 20

Monday, January 29

9:00am - 12:00pm

Final Exams

English Language Arts 20-1; 20-2

CALM 10/WkSf/FdSf

Tuesday, January 30

9:00am - 12:00pm

Final Exam

Math 20-1

Wednesday, January 31

Semester Break, No School

What's up PAA?

Congratulations! You are writing a Final or Diploma exam!

This list 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 (**For Social Studies PART A ONLY**)

FAQs

- Computer software has a spell checker and dictionary installed..
- 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?

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, Jan. 21, 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

UNPLANNED SCHOOL CLOSURES

At times we may have unexpected school closures due to inclement weather. We will notify families via text, email, and phone call the day before to ensure the safety of our students and staff. We will align ourselves with CHCS to ensure both schools are on the same page. Let's pray for good weather and for a jolly winter season!

Snow
Days

**Semester 2
Class Schedules**
will be emailed to
parents and students
by the end of January.

Please watch
your emails.



What's up PAA?

**Please familiarize yourself with our Attendance Policy.
Let's work together for the benefit and success of our students!**

Attendance Policy

A basic yet fundamental way to make a difference in your academic success is to make sure that you attend school regularly and on time. The long term impact of absences or lates is significant and has the potential to result in upgrading post-secondary. Therefore, at PAA we want to avoid that and make sure that all of our students attend school regularly and punctually. Section 31 of the Education Act states that the "student shall attend school regularly and punctually". To this end, PAA has developed these guidelines to support our students' attendance.

Note that the use of the word "absence" in this policy primarily refers to **unexcused absences.*

Attendance Policy

1. Attend your classes regularly. This is for your benefit first and foremost.
2. Beat the bell. Being punctual is a healthy habit to develop not just now, but for the future.
 - a. If you're late, please notify the office and pick up a late slip before coming to class.
 - b. **Anything unexcused past 20 minutes from the start of class will result as an unexcused absence.**
3. Frequent absences will be monitored and will result in appropriate consequences.
 - a. **3+ class absences** - The classroom teacher will monitor the student's attendance and speak directly with the student to help resolve frequent absences
 - b. **5+ class absences** - The classroom teacher will continue to monitor absences followed with a phone call to parents and follow up with an email addressing the student, their parents, and the school administration expressing their concerns and to discuss the impact in learning this has on their child.
 - c. **10+ class absences** - The classroom teacher will notify the school administration who will make a phone call to arrange a meeting involving the parents, the student and teacher to further develop a support plan. Consequently, this may result in being withdrawn from a particular class.

An automated communication messaging service has been implemented with the purpose to notify parents by text-message and phone call of all unexcused absences.

To ensure the well-being of all our students, our staff will strive to communicate frequent absences.

What's up PAA?

NEW!

FREE!

Pilot Hot Lunch Program January 9-18

Whole food meals, freshly prepared at PAA, will be served Tuesdays-Thursdays during this two week pilot program.

Lunch Schedule:

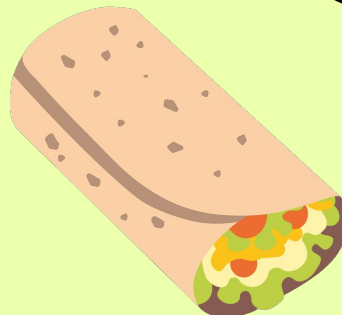
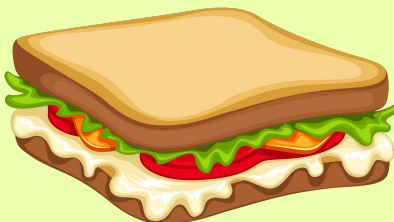
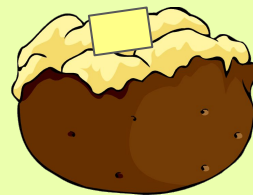
Tuesdays - Grade 10

Wednesdays - Grade 11

Thursdays - Grade 12

In February, lunches will be available for purchase and will need to be pre-ordered and pre-paid.

**More information about the ordering process
will be shared by the end of January.**



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. Karel Blankenfeldt	karel.blankefeldt@paa.ca
Mr. Colton Greenlaw	cgreenlaw@paa.ca
Ms Sharline Fernandez	sfernand@paa.ca
Mr. Scott MacDonald	smacdonald@paa.ca
Ms Skyla McCreery	skyla.mccreery@paa.ca
Mr. Bruce Ruzindana	bruzindana@paa.ca
Mrs. Kayla Whitworth	kwhitworth@paa.ca

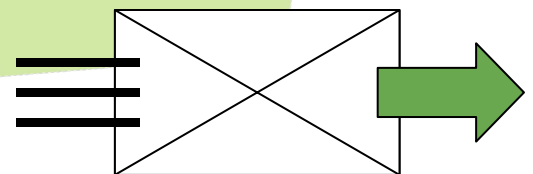
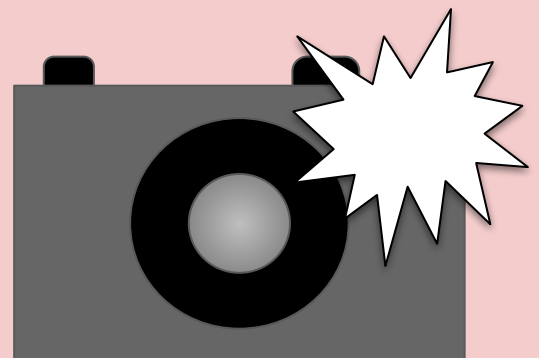


Photo Retakes

Photo retakes are scheduled for February 13, 2024.
The deadline to register for retakes is January 24, 2024.

To register and reserve a spot, email canvasslate@gmail.com and office@paa.ca.
Please send payment for sitting fee via e-transfer to canvasslate@gmail.com.

**Full details are in the email
with your photo proofs.**



What's up PAA?

Home and School Events/Opportunities to Help in the New Year:

1. On January 19th, PAA Campus Ministries is providing a service opportunity for our kids to visit the residents at Royal Oak and they will be making up care packages to deliver. Home and School would like to help with pre-packaged treats to go into care packages for the residents at Royal Oak. Homemade goodies cannot be used. A signup sheet will go out early in January for those who would be willing to contribute treats. Drop-off would be at PAA on Thursday, Jan 18, and the morning of Friday, Jan 19.
2. **Snacks during Final Exams!**
Home and School would like to provide bottled water, granola bars, apples, and oranges for all our students to snack on at exam time. We will send out a signup sheet the week prior for those who would be willing to contribute to these snacks. Exams begin on Wednesday, January 24th so drop-off for those items will be at PAA on Monday and Tuesday (22nd and 23rd).
3. **Half Way There Potluck Party!** Sabbath, February 3 @ 1:30 pm. All PAA families are invited to attend this Home and School event!



What's up PAA?



Wolf Creek
Lacombe

New!!!

LEARN ON

A FREE tutoring program that allows students ages 13-21 to receive homework support, connect with tutors, and plan for post-secondary education.

JANUARY 9 - JUNE 22, 2024

3:30PM - 7:00PM

Tuesdays - LMC (Kinsmen Room)

Thursdays - Library (History Room)

For more information call
403-704-4216
or email

lacombe@bqcwolfcreek.com

Canada



MARY C. MOORE PUBLIC LIBRARY
LACOMBE, ALBERTA

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.

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec. 31 New Year's Eve 	2024 Happy New Year!					
Dec 23-Jan 7 - Christmas Break - No School						
7	8 + - School Resumes - Chapel	9	10	11 Diploma (See Diploma/Exam schedule in newsletter)	12 PD Day No School	13
14	15 + Chapel	16	17	18	19	20  PAA at College Heights SDA Church
21  Pause & Pray, 7pm, via Zoom	22 + Chapel	23 Last day of Semester 1 classes	24 Deadline to register for photo retakes	25	26	27
Jan 24-30 - Diploma/Exam Week (See Diploma/Exam schedule)						
28	29	30	31 Semester Break No School	Feb 1 First day of Semester 2	Feb 2 - Report Cards Emailed - Feb 2 PD Day moved to Feb 9	Feb 3
Jan 24-30 - Diploma/Exams (See Diploma/Exam schedule)						