



PANTHERS' POST

October 2023

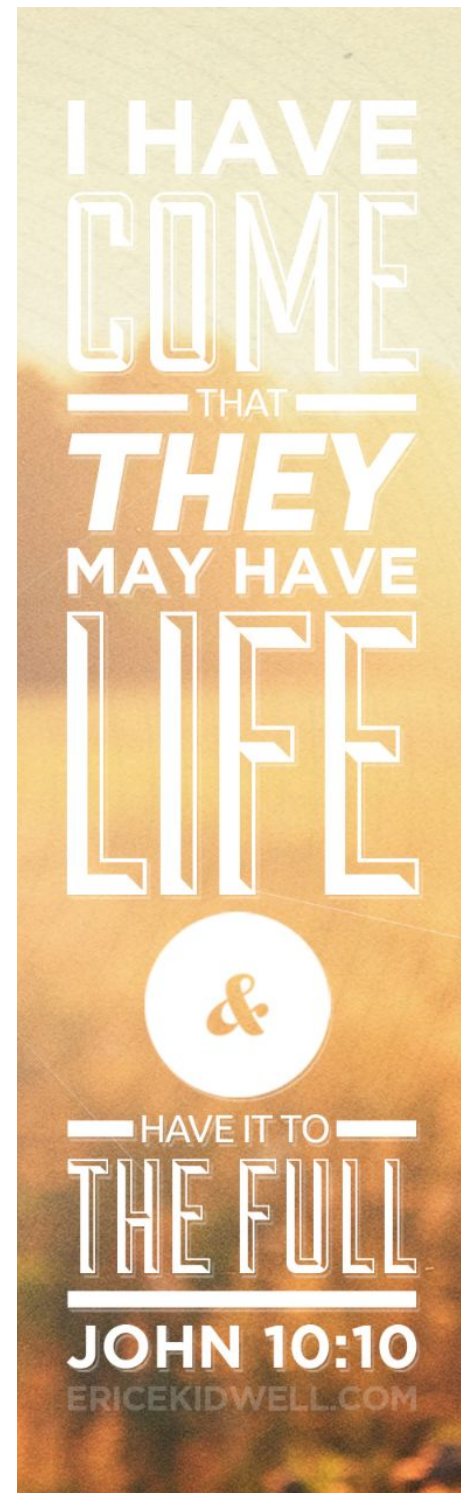
This time of the year in central Alberta we have the opportunity to see the leaves changing into radiant golds and seeing the harvest well underway by our farmers and gardeners. The season reminds me of the beauty of our Creator and how much love He has for us. I had a thought last week while pulling carrots out of my garden which was "Why do you do this for me, God? I have done nothing to deserve this bountiful blessing of love". The next thought that came to mind was "This is not about me... It is all about what God has done... It is all about Him."

John 3:16 reads "For God *so loved* the world that He *gave* His only Son that whoever *believes* in Him should *not perish* but *have* eternal life." We are called to believe and as such we have eternal life with Him. The message of love in this text is so profound and really pulls me nearer to God. Just as I was working in my garden and harvesting my carrots, God spoke to my heart to show just how much I mean to Him. As you see the farmers out working hard or in your garden harvesting your squashes, carrots, potatoes, and whatever else, take a moment to thank God for his richest blessings!

PAA wants to wish you all a wonderful Thanksgiving! We hope that you can spend this time reflecting on the goodness of God. John 10:10b says "I am come that they might have life, and that they might have it more abundantly." Praise God for all that he has done for you this past year, and with your family, take time to honour your Creator, for He is worthy!

Abundant Blessings, Everyone!

Mr. Dani Desjardins - PAA Principal



FEATURED STAFF MEMBER

Hello!

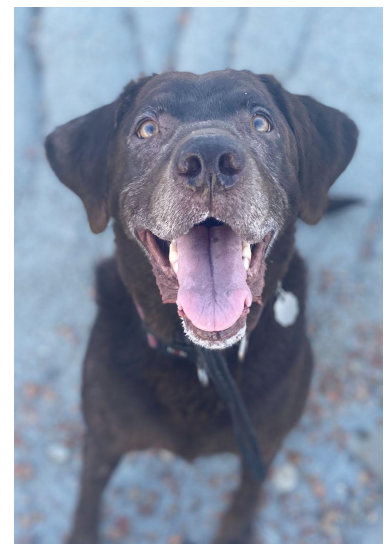
My name is Nicole Armson, and this is my second year as an Educational Assistant at PAA. I am an alumnus of PAA from several years ago, and the school is still very near and dear to my heart. God has always guided my life and I am glad He brought me back to PAA. I have really enjoyed getting to know many students and helping them with their learning however I can. Previously, I was a registered massage therapist for over 20 years, and because of this, I still have passions for biology, healthy living, and exercise. Outside of work, I enjoy visiting with friends and family, travelling, and cooking/baking.

Let me introduce you to my family. My husband Greg and I have been married for 21 years and we have two teenage kids. Melaya, 16, is in grade 11 here at PAA, and Rylan, 14, is in grade 9 at CHCS. We also have a dog, Cacao, and two cats; Tigger and Simba, who add much joy and mischief to our family.

I look forward to getting to know more students and families as our year progresses.



Mrs. Armson



Chaplain's Corner

Hello PAA Family!

Can you believe we are already a month into the school year? I'm struggling to believe it because I am surprisingly still just as energised as I was on the first day of school! God has been carrying me, and I hope you will trust Him to carry you too. It feels good!

We have been exploring the book of James under the theme: "Devoted." We haven't got very far because there has been so much to sit with in only the first few verses. We have been encouraged by the fact that this book is written by a half brother Jesus who struggled to believe that his brother was God and the long-awaited Messiah until he saw him crucified and risen from the dead. We have seen ourselves, our unbelief and our dysfunctional relationships represented in James, and we are encouraged that we, too, can experience the transformation he did.

It makes sense that this transformed James encourages us to count it all joy when we experience trials. He knows from experience that the testing of faith transforms us into people we didn't know we could be and people who live lives we didn't know we could.

We look forward to growing even more as we embark on another month of studies. This month we are looking forward to our Fall Week of Prayer, October 16-20. Our speaker will be Pastor Liz Pule, the new Associate Pastor at College Heights SDA Church.

We also anticipate visiting Epic SDA Church on October 21. Our campus ministries team and praise bands will be leading this service, and all are invited to come support our students.

Finally, on October 23, our Campus Ministries Service Coordinators are inviting ALL students to assist with delivering bags throughout Lacombe in support of our Food Bank Food Drive. We will send out permission forms and more information as we approach this date.

Please continue to pray for our school.

Blessings,
Pastor Romando
Chaplain, PAA

CAMPUS MINISTRIES

DEVOTED.

THE BOOK OF
JAMES

2023 - 2024

Athletics' Corner

Athletics are in full swing! We have two amazing volleyball teams and it is fun watching them play and develop. We also have a soccer team that is practicing in preparation for Fall Classic down in Walla Walla, Washington. Hopefully, the athletes have all been added to their various teams through TeamSnap. Parents can be added to the TeamSnap account as well, which is nice because it will inform you of when and where the games are. If you have not been added and want to be, you can send me an email and let me know.

Planning for our Walla Walla trip is all set in place and now we are just awaiting Wednesday morning, when we leave bright and early for Walla Walla University. Players, please make sure that you have what is needed for this trip. Parents, please pray for our safe travels and that we can represent ourselves and Christ well.



September and October are busy months. I love the opportunities that have been given to us and I pray we make the most of them. I also pray that we continue to take time with God. Often in the busy times of life, it is easy to forget our need for one-on-one time with Him. Encourage those around you to make sure they are getting the time they need. I know that I have struggled to get my time with God in these last few weeks. I am aiming to get better at this as I can feel the difference it makes in my day-to-day tasks.

Matthew 6:33 KJV

Mr. Devon McAfee
Athletic Director
Parkview Adventist Academy



Mental Health Corner

Now that we're a month into our school year, I can confidently say that I have the best job in the building! I've had the opportunity to jump into each of our Religious Studies classes, and get to know each of the awesome students we have at PAA.

My challenge to you last month was to select a small habit that would improve your life by 1% (*flossing, perhaps?*). My challenge to students was similar. Students listed as many ideas as possible of things they could do each day to support their mental health, and they had some great ideas! After they did their own brainstorming, this is the (non-exhaustive) list that I shared with them.

1. Get enough sleep
2. Spend time on your own (with no distractions)
3. Get outside
4. Spend time on a hobby
5. Limit caffeine
6. Limit screen time
7. Move your body
8. Stay hydrated
9. Eat regular meals
10. Fuel your body with nutritious food
11. Have a morning routine to prepare you for the day
12. Have an evening routine to help you wind down
13. Stop multitasking
14. Practice mindfulness
15. Make someone else smile :)
16. Stop people pleasing
17. No phone in the morning
18. Practice good physical hygiene
19. Journal
20. Read (just for fun!)
21. Say/write positive affirmations
22. Spend time in healthy relationships
23. Set boundaries
24. Stay organized
25. Take some deep breaths
26. Learn something new
27. Laugh
28. Smile
29. Set goals
30. Practice positive thinking
31. Give yourself grace
32. Plan ahead
33. Take breaks
34. Make your bed
35. Go to therapy
36. Revamp your social media feed
37. Colour
38. Listen to uplifting music
39. Keep your space tidy
40. Stop comparing yourself to others
41. Check in with yourself to assess how you feel and what you might need
42. If you're struggling with something, ask for help!
43. Share your feelings with someone you trust
44. Remember that you have a God who loves you, and would love for you to share your heart in prayer!



Some students left those conversations with greater intentions to clean their room (*gasp!*), put down their phones (*double gasp*), and cuddle their pets (no surprises on this one). I'll take those intentions, in and of themselves, as a win. ;)

With the long weekend coming up, I would encourage you, too, to be intentional about doing some to support for your own mental well-being. Sit down and savour the pumpkin pie amidst the business of family gatherings, take some deep breaths in the cool air (before it freezes your lungs). And in case you need any encouragement to get out to the mountains, here's a few shots from a recent outdoor adventure. Nothing soothes the soul like rocks, trees, and water!

Mrs. Kayla Whitworth
Learning Support Teacher



What's up PAA?

PAA DOOR SCHEDULE

Monday - Thursday:

8:00am - 4:00pm

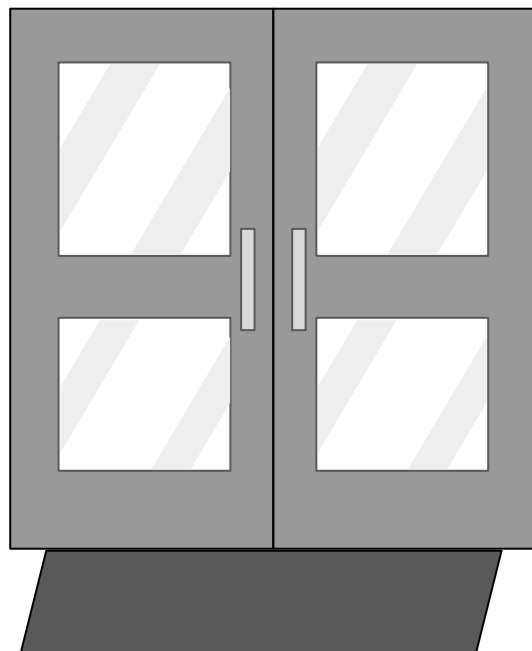
Friday: 8:00am - 1:00pm

CLASS SCHEDULE

Monday - Thursday:

8:25am - 3:35pm

Friday: 8:25am - 12:35pm



Please note that student drop off and pick up times should be planned according to our door schedule.

Dismissal is at **3:35pm (12:35pm Fridays)** and school doors will be locked by **4:00pm (1:00pm Fridays)**.

It is very important that arrangements be in place, as there will be no access to the school past **4:00pm (1:00pm Fridays)**.

If you are not able to come before 4:00pm (or 1:00pm Fridays), your child can arrange to meet you at the Burman library or the Burman gym.

If your child is involved in sports, please remind them to make arrangements between 4:00pm until practice/game time.

There is no staff supervision at PAA after 4:00pm.

This will be ongoing throughout the school year.
Thank you for your attention to our door schedule!

Important Dates

- Oct. 5 - Teacher Appreciation Day
Show your teacher that you appreciate them!
- Oct. 6 - No School, PD Day
- Oct. 9 - No School, Thanksgiving Day
- Oct. 16-20 - Week of Prayer
- Nov. 6-8 - Communication Week



School Absences

When students are absent from school (appointments, illness, travel), parents/guardians need to notify the office, so absences can be excused.

Please email office@paa.ca or call 587-815-8800 to inform us of your child's absence.

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.blankenfeldt@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 |

PD Days for 2023-2024

Professional Development Days are once per month.
School will be closed for staff meetings.

October 6 - No School
November 3 - No School
December 1 - No School
January 12 - No School
February 2 - No School
March 1 - No School
April 5 - No School
May 3 - No School
June 7 - No School



What's up PAA?

Home and School Association

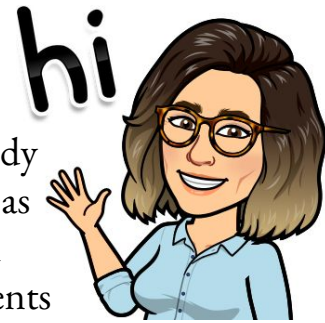
PAA's Home and School Association is a parent led association that assists at PAA as needed. Joining the leadership team, becoming a class parent, supporting financially, and providing snacks and assistance for events are just some of the ways parents can play a part in the Home and School Association.



Contact the Home and School Association today at hsleader@gmail.com or the Google Form linked below to see how you can get involved!



Hey, hey, hey! I'm Marisa and I have joined Mandy (who's awesome and always a dream to work with) as volunteers to help lead and build the Home and School Association team this year. We would love to see as many parents as possible join in our journey to help our teens feel the love and support that only a parent who manages to make it through the teen years sane can provide.



My dream is to build a community where parents and teens are excited to see what we plan next! While I do like to think I'm superwoman, I am reminded daily that I am still human and need as many helping hands as possible, along with the invaluable gift of your time, to make Home and School the best it can be. Join us! Plus...I'm fun, Mandy's fun - it's gonna be a great time! 😊

Our goal is to make this a year to remember, and we would love to personalize your child's high school experience as much as we can, but we need your help! The school cannot provide us with personal information so we ask that you fill out this [Google Form](#) and let us in on some information so we can add that special sparkle to your child(ren)'s experience. The biggest bonus is that we can keep you in the loop when events are happening.

We look forward to working with each of you, in whatever capacity fits, to provide a memorable experience for all our kids.

Marisa and Mandy

What's up PAA?

Week of Prayer

Theme: Devoted
Speaker: Pastor Liz Pule
October 16-20
8:25-9:10am



Attendance for Week of Prayer meetings is required/mandatory.

Class schedule for Friday, Oct. 20

8:25-9:10am - Chapel 10:25-11:30am - Block 2
9:15-10:20am - Block 1 11:35am-12:35pm - Block 3

Mom's Pantry Fundraiser

Parents of the Grade 12 class have organized a fundraiser to build funds for the class.

The goal is for each Gr. 12 student to sell a min. of \$100.



The catalogue is filled with ready-to-bake cookies, muffins, croissants, cinnamon buns, pizza crust, dips, spreads, spices, and more, including gluten free options!

If you would like to help reach the goal, please click on the link below or pick up a catalogue and order form from the school office.

momspantry.ca

Order #: 378883 Group Passcode: 25399

OR type in Parkview Adventist Academy in the search bar.

The deadline to order is Monday, October 16, 2023.

What's up PAA?



FIESTA!

HISPANA

AT PAA

**COME AND CELEBRATE
HISPANIC HERITAGE!**

**FOOD AND MUSIC AND A
GOOD TIME WILL BE
PROVIDED**

**OCTOBER 14,
7 PM**

For PAA students and families.

What's up PAA?

PowerSchool Parent Access

Paying School Tuition, Fees, and Hot Lunches

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, school fees, and buy hot lunches 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 make payments and order hot lunches.

Having access issues? Contact office@paa.ca.

**New families,
your parent access is currently being set
up. Please watch your email for details.**

What's up PAA?

**Want some
PAA swag?**

*Custom design
any piece to
suit your style.*

**Shop
today!**

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.

★★★★★









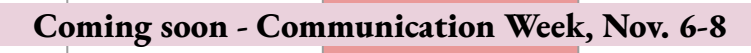


Go to Entripy shops then look up Parkview Adventist Academy

Shop here:

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



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|---|---|---|---|-------------------------------|-----------------------------|
| 1 |  2 Chapel AEA College Fair | 3 School Board Meeting, 6:30p | 4 | 5 | 6 No School PD Day | 7 |
| | | |  Walla Walla Fall Classic Trip  | | | |
| 8 |  9 No School Thanksgiving Day | 10  Chapel | 11 | 12 | 13 | 14 Fiesta Hispana, 7:00p |
| Walla W. | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Fall Week of Prayer | | | | | | |
| 22 | 23  Chapel | 24 | 25 | 26 | 27 | 28 |
| 29 | 30  Chapel | 31 | Nov. 1 | Nov. 2 | Nov. 3 No School PD Day | Nov. 4 |
| | | | |  UExperience, Burman University, Nov. 2-5 | | |
| | | | |  Coming soon - Communication Week, Nov. 6-8 | | |