



PANTHERS' POST

APRIL 2025

Wow! Three months to go, and we'll be saying farewell to some very special people in our building. Our Grade 12 students will soon be stretching themselves and exploring the world—some going to school locally, some abroad, others entering the workforce, and some setting off on travels. We will enjoy these next few months together! You matter so much to our community and have contributed in meaningful ways.

Speaking of travel, we are excited that PAA had the opportunity to go on a service mission trip over spring break! The group has returned inspired and motivated to go on the "next" one. What will that look like? God knows! But as we continue exploring ways to serve, I hope the excitement for service will grow in our school, shaping a culture where serving with purpose and connecting with others becomes second nature. God has great plans for each of us, and when we have the chance to be His hands and feet, it leaves a lasting impact.

"But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth."

– Acts 1:8

It is through the power of the Holy Spirit—not our own strength—that we go out to share Jesus. He is the One who speaks to our hearts, guides our steps, and empowers us to serve. I am incredibly proud of the 26 students and 5 adults who answered that call and went on this service trip. I am also deeply grateful for Pr. D. and her dedication to God and mentorship of our students.

Perhaps you weren't able to participate in this service opportunity to Jamaica. But know this: God has a plan for you! My advice? Consult Him daily and surrender your plans to His greater purpose. You'll never regret trusting Him with your future!

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.

Chaplain's Corner

APRIL

PAA

ISSUE 7

PASTOR DEE'S DEBRIEF



EPHESIANS 5:15-17

So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do.

WE DID IT!!!

Words cannot describe how proud I am of our students who went on our mission trip to Jamaica. The sun was hot, our bodies were tired, and still our PAA students worked hard! They participated in Week of Prayer boldly, put in the physical words needed for the toilets and garden while also making meaningful relationships with the students and staff at Harrison Memorial High School. We were also able to donate some supplies to the Montego Bay Hospital which came as a well-timed blessing to the community there.

I will be honest ... I am very tired. It has been a hard month trying to prepare well for this trip while navigating more grief, but your students, your children, poured into me, held space for me, and made this experience one that we will never forget. Home has a whole new meaning for me now. Jamaica. England. Canada. PAA. Home is where the people you love are - you may have one home or one hundred.

As our focus text says, **understand what the Lord wants you to do**. May we all live in such a way where we are aware of what He has called us to and we do so with a joyful heart. Thank you for your donations. Thank you for your support. Thank you for your prayers.

WE DID IT!

As we continue on throughout the school year, I pray that we all find a way to serve our community and our home. I pray that our actions reflect Jesus; I pray that our words speak of His greatness and I pray that our thoughts stay on Him. May you be abundantly blessed this month. Don't allow the pains of this world to keep your head down, instead look up to Jesus. The One who was, is, and is to come. He brings healing. He brings peace. He brings comfort. He brings joy. He brings love.

APRIL DATES

April 4

NO VESPERS

April 7 - 11

Week of Prayer

April 12

Sylvan Lake CC Visit

April 14

Chapel

April 18

Good Friday - No School

April 21

Easter Monday - No School

April 25

Vespers

WEBSITE: PAA.CA
INSTAGRAM: @PAACM

Athletics' Corner

PAA Panthers Athletic Update

The basketball season has officially wrapped up. The All-Star games happened this week and we're proud to announce that the teams our players were on won their games.

Meanwhile, our football program is gearing up as **two of our teams** prepare to head to the **annual Sr. CASA Football Tournament in Abbotsford, BC, from May 1st to 5th**. This tournament not only provides a chance to showcase our athletes' talents but also gives them a unique opportunity to **network and build friendships with other Christian athletes** from across the region.

We're also excited to announce that both a **guys' and girls' soccer team** are in the works! They'll be hitting the field in May, ready to take on other Central Alberta schools.

Health Challenge:

As we transition into spring, let's make the most of the longer days! We challenge all our Panthers to spend **at least 20 minutes a day outdoors, soaking up some sunlight and staying active**. Whether it's a quick walk, a bike ride, or practicing your sport, getting that fresh air and Vitamin D is a great boost for your body and mind.

Stay tuned for more updates as our athletes continue to make us proud!

Go Panthers! 🐾

Mr. Devon McAfee
Athletic Director
Parkview Adventist Academy



Mental Health Corner

Hello,

During March, in our Open Parachute program, we focused on topics connected to what can be the driving force behind our actions and decisions.



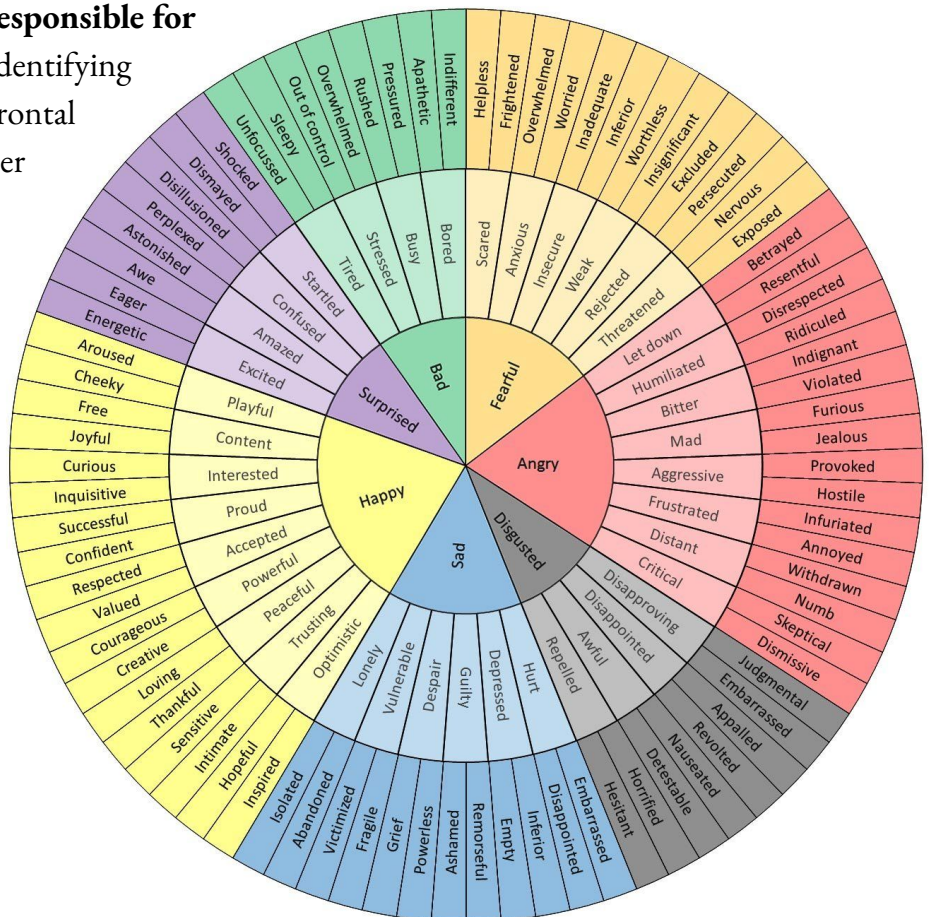
In Grade 10 we continued to learn about the impact of stress and trauma on the brain, specifically how these experiences affect the prefrontal cortex (responsible for decision-making and self-regulation) and the amygdala (which processes emotions and stress responses). Knowing how to support our brains when we experience stress, and recognizing when someone else (or even ourselves) is not regulated is such an important skill. Understanding why this happens can help us have greater empathy for ourselves and others.

In Grade 11 and 12, we spent time identifying and seeking to understand our emotions. Take a look at the feelings wheel to see how various terms we use to describe our feelings connect back to a few common experiences, namely: fear, sadness, disgust, badness, happiness, surprise, and anger.

Our emotions give us important signals to give insight about our internal state, how we are experiencing different environments, and guide our decision making. And while **we are not responsible for what we feel, we are responsible for what we choose to do with our feelings.** Identifying and processing our emotions so that our prefrontal cortex can remain in the driver's seat, is another important skill to practice so we can do our best decision making.

As always, if you're looking for tools to support yourself and/or your teen in this journey, check out the [parent login](#) from Open Parachute.

Kayla Whitworth
Learning Support Teacher



What's up PAA?

Important Dates

- Apr 4 - PD Day, No School
- Apr 10 - Parent Info Night, 6:30-7:30pm
- Apr 11 - Open House, 9:00am-12:00pm
- Apr 18 - Good Friday, No School
- Apr 21 - Easter Monday, No School
- Apr 22 - Constituency Meeting, 6:30pm
- Apr 28 - H&S Meeting, 6:30pm
- May 3 - H&S Spring Potluck, 1:00pm



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, Apr 28 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 to see how you can get involved!

What's up PAA?



DO YOU KNOW SOMEONE
WHO IS THINKING ABOUT
ATTENDING PAA NEXT YEAR?

COME SEE OUR SCHOOL!

Parent Info Night

for parents of
prospective students

**APRIL 10, 2025
6:30-7:30PM**

Open House

for prospective
students

**APRIL 11, 2025
9:00AM - 12:30PM**

PAA PARENT INFO NIGHT AND OPEN HOUSE ARE GREAT OPPORTUNITIES FOR PROSPECTIVE STUDENTS AND FAMILIES TO DISCOVER THE ACADEMIC, ATHLETIC, AND SPIRITUAL COMMUNITY AT PAA.

ALL ARE INVITED!

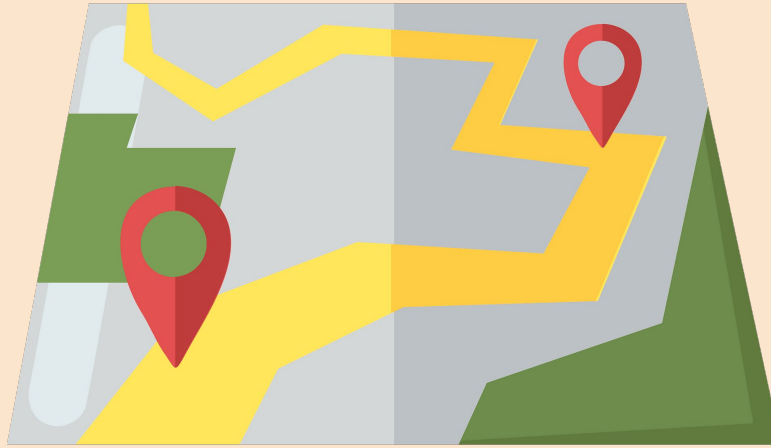
VISIT OUR WEBSITE TO LEARN MORE ABOUT OUR SCHOOL.

Belong - Believe - Become

www.paa.ca | office@paa.ca | 587-815-8800
5102 College Ave. Lacombe, AB

What's up PAA?

Have you moved during this school year?
Don't forget to update your address with us!
Please send your new address to office@paa.ca
so we can keep our records current.

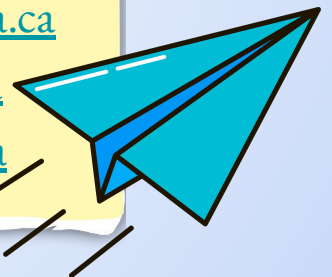


If you wish to meet or connect with a teacher at any time
throughout the year, please email them
to make an appointment or communicate your needs.

Name

Email

Mr. Dani Desjardins	principal@paa.ca
Mr. Karel Blankenfeldt	karel.blankefeldt@paa.ca
Ms Sharline Fernandez	sfernand@paa.ca
Miss Dennalia Fray	dfray@paa.ca
Mr. Scott MacDonald	smacdonald@paa.ca
Miss Skyla McCreery	skyla.mccreery@paa.ca
Miss Michelle Mitchell	michelle.mitchell@paa.ca
Mr. Bruce Ruzindana	bruzindana@paa.ca
Mrs. Kayla Whitworth	kwhitworth@paa.ca



Spirit Week

April 14-17

Class points will be awarded each day:

1st: 150

2nd: 100

3rd: 50

Monday: School Colour Day

- Wear navy blue and white.



Tuesday: Mismatch Day

- Wear two elements that don't mix.



Wednesday: Sports Day

- Represent a team or specific sport.



Thursday: Twin Day

- Dress alike with someone.



Friday: No School



What's up PAA?

Seventh-day Adventist Church in Canada

Excellence in Education Awards 2025

Nominate
your Adventist school
principal or teacher

Deadline April 15

Nomination forms can be found at
education.adventist.ca

Resources - Awards, Scholarships & Internships
Excellence in Education

or you may call the

SDACC Office of Education at
905-433-0011 for a nomination packet

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



April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 No School PD Day	5
6	7 ✝	8	9	10	11	12  PAA at Sylvan Lake SDA Church
Week of Prayer						
		Board Meeting, 6:30p		Parent Info Night, 6:30p	PAA Open House, 9:00a-12:00p	
13	14 ✝ Chapel	15	16	17	18 No School Good Friday	19
Spirit Week						
20	21 No School Easter Monday	22 ✝ Chapel Constituency Meeting, 6:30p	23	24	25	26
27	28 ✝ Chapel H&S Meeting, 6:30p	29	30	May 1	May 2	May 3 H&S Spring Potluck, 1:30p