



PANTHERS' POST

September 2023

What are God's plans for Parkview Adventist Academy? This may be a question that you've asked yourself at some point. It is one that our staff at PAA is investigating this school year. God has extraordinary plans for every individual person connected to our school. Furthermore he has a plan specifically tied to PAA. The search will be part of our conversations as we navigate the next school year.

Parkview Adventist Academy was founded in 1907 by a faithful group of brave and courageous pioneers. They were convinced that God had a very important plan through the building of a school to support the mission of the Adventist movement, to bring the gospel to the whole world. PAA was established to be a training centre for discipleship. Many from all walks of life have walked the halls of PAA since its conception and have experienced part of that mission! Although 1907 was the beginning of something extraordinary, now in 2023, God calls us to align ourselves with His blueprint for Adventist Education.

We hope that this year we will have the opportunity to collaborate with all students and their families, PAA staff and school board, the Alberta Conference of the SDA church, and the larger community directly tied to Parkview Adventist Academy. Being part of something new and greater than ourselves is very exciting. Let us bond together, discover God's blueprint for Adventist Education, and partner with God to bring His dream to fruition within all Adventist schools.

Ephesians 6:18 says, "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." It is by this that we will be set apart as a peculiar people. Let us partner with the Holy Spirit and surrender to His leading in our personal lives and our lives as a collective!

Blessings!

Mr. Dani Desjardins - PAA Principal

Parent Info Night!

SEPT 14, 2023

LOCATION

At Parkview Adventist Academy in the assembly area. We will have goodies and beverages for those that attend!

DISCUSSION POINTS

The school administration will review various topics such as, PowerSchool, attendance, extra-curricular activities, spiritual theme, various policies, and Home and School Association.

OUTLINE

6:30 - 7:30 School Overview and Home & School Association

7:30 - 8:00 Mix and Mingle and Q&A

WHO CAN ATTEND

Current parents and/or guardians of any Parkview Adventist Academy student.

HOME AND SCHOOL ASSOCIATION

Parent involvement in their child's school is a key contributor to student success. Come and Volunteer!



Chaplain's Corner

Hello PAA Family!

I am thrilled to be starting a new year with you. The energy and excitement in the hallways this week have really reanimated and ignited so much anticipation for the year ahead. It's good to have us all back together again.

This year we will be exploring the book of James under the theme: "Devoted." Last year, we accepted Jesus' invitation to "Come and see." Having seen, we want to nurture a commitment to the God we met in the book of John, the God who became like one of us so that we can know Him and know what it is to be loved by Him. It is now our desire to devote ourselves to Him, making our faith real and practical, strengthening our relationship with Him by practising being present with Him, and loving others as He has loved us.

My prayer this year is that through our study and practice of the lessons in the Book of James, Jesus will grant us the wisdom to navigate this life in the way that most honours and glorifies Him.

Thank you for letting me journey with you one more year!

Blessings,
Pastor Romando
Chaplain, PAA



DEVOTED.

THE BOOK OF
JAMES

CAMPUS MINISTRIES

2023 - 2024

Athletics' Corner

Exodus 14:14

**“The LORD will fight for you;
you need only to be still.”**

Life right now is anything but still!

Athletics are just about ready to take off in full swing. We have had our first volleyball tryouts for both boys and girls. We also have started soccer with an open tryout in preparation for the various opportunities.

It is a joy to be around such amazing young athletic people. I am really looking forward to this year and what it holds. Teaching PE here at PAA this year also adds an exciting opportunity that I am privileged to have. It's going to be a great year.

I can't thank my volunteer coaches enough; they are amazing! If you run into them around town or here at the school make sure you say “thank you” for the work they do.

Health Challenge: Find time to
be still with God.

Mr. Devon McAfee
Athletic Director
Parkview Adventist Academy



Mental Health Corner

Hello all! We're so excited to have each of you as part of our PAA community!

I think we all know just how important it is to take care of our health, both physically and mentally. We seem to be quite familiar with habits and practices that support our physical health (*consider this your reminder to floss!*), but there seems to be a disparity when it comes to understanding how we can best support our mental health. A lot of how our society operates (including high school), presents challenges to our health and wellness. This means that being or becoming a "healthy" individual isn't something that we stumble upon. Instead, when it comes to integrating practices that support our wellness, this is something we have to build intentionally. And just like with our physical health, it's great to build supportive habits early, before things get tough. (*I really should've flossed before getting that cavity...*)

In an effort to support our students and their families, PAA, and the Alberta Conference as a whole, is placing a greater emphasis on mental health and well-being. Last year we began utilizing an online resource called Open Parachute. Open Parachute is an online program founded by a clinical psychologist and is designed to promote learning about mental health practices and supporting well-being. We introduced it in some of our classes, and encouraged families to take a look at the resources for parents and caregivers also. I'm excited that part of my responsibilities at PAA this year will include leading this program in each of our classes. I will also be acting as a liaison for mental health support for students and their families.

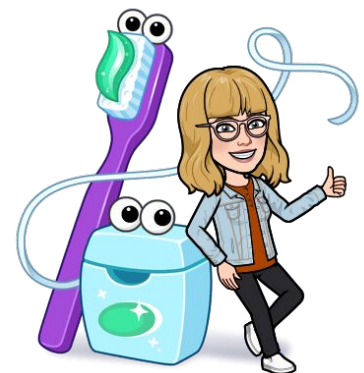
Sometimes it can be overwhelming to think about all the positive changes we would like to make. I'd encourage you to think about one small habit (*like flossing*) that you could do once, sporadically, or integrate as a regular part of your life, to improve things by one percent.

Habit expert, James Clearly, says "*Improving by 1% isn't particularly notable, sometimes it isn't even noticeable, but it can be far more meaningful – especially in the long run.*"

Let's aim to do this together! As a school community, within our families, and for ourselves, doing one thing today that will make tomorrow better by one percent. And to keep at it long enough to notice the difference!

Kayla Whitworth
Learning Support Teacher

Seriously, have you flossed yet?! Heading off to find mine now...



What's up PAA?

Attendance Reminder

To help our school keep track of student attendance, we are requesting your assistance by contacting the school office at (587) 815-8800 or emailing us at office@paa.ca to inform us of the reason your child may be absent or late. Please note that Section 31 of the Education Act states that the “student shall attend school regularly and punctually.” This policy ensures success for all of our students and reduces the disruption to their learning. Any unreported absences will be noted as unexcused.



PAA Cell Phone and Other Smart Devices Policy

At PAA, our teachers have the obligation to create positive learning environments for all of our students in their classrooms. Teachers strive to create engaging lessons with limited disruptions to stimulate the minds of their learners for maximum retention of information. To ensure that this positive learning environment is fostered, we have developed this *Cell Phone and Other Smart Devices Policy* to help our students maximize their learning with limited distractions. With the cooperation of all of our staff and students, we are supporting a caring and respectful culture.

Cell Phone and Other Smart Devices Policy

1. Moderate cell phone/smart device use is allowed in the hallways. However, remember that you're surrounded by people and that you should get to know them face-to-face;
2. Store your cell phone in your locker. Please make sure you lock them up to prevent loss or stolen items;
3. Classrooms are a cell phone-free zone. Please respect your teachers and others when they ask you to return your cell phone to your locker. Better yet, just lock it up before you come to class;
4. Consent should be obtained prior to photos being taken by/of other individuals. Some students have requested that their pictures refrain from any social media. It's their right!
5. Non-compliance to the above will result in a phone call home and further consequence should they be necessary. Let's just avoid getting to that point!



To create our desired learning environment, we are asking for your cooperation with these reasonable requests.

What's up PAA?

PAA DOOR SCHEDULE

Monday - Thursday:

8:00am - 4:00pm

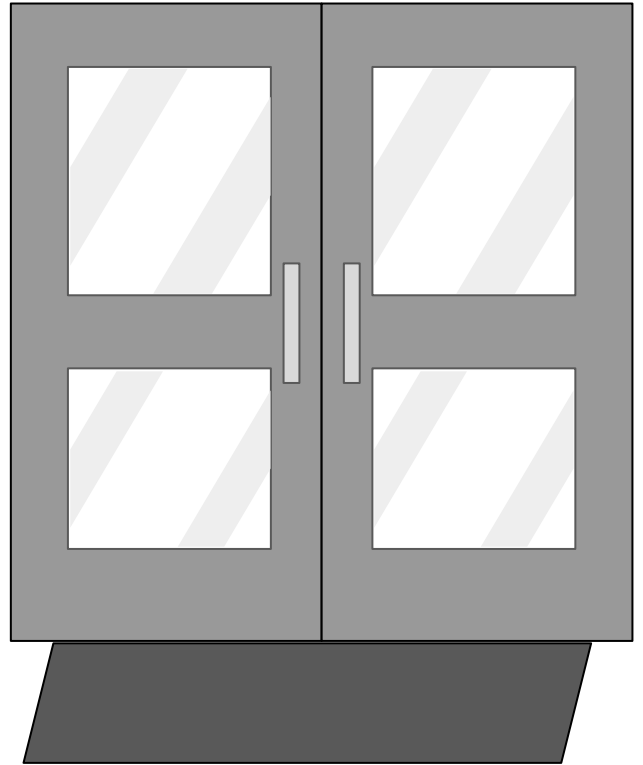
Friday: 8:00am - 1:00pm

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.

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

What's up PAA?

2023-2024 Schedule

Semester 1- Sep 5, 2023 - Jan 30, 2024				Semester 2- Feb 1, 2024 - Jun 21, 2024			
Teacher	Room	Teacher	Room	Teacher	Room	Teacher	Room
RS Block 8:25-9:10	Religion 10a Religion 10b Religion 20a Religion 20b Religion 30a Religion 30b Open Parachute	BR DD SK SF KB SM KW	114 113 224 115 116 222 N/A	RS Block 8:25-9:10	Religion 10a Religion 10b Religion 20a Religion 20b Religion 30a Religion 30b Open Parachute	DD BR SF SK SM KB KW	113 114 115 224 222 116 N/A
Religion classes will continue all year with the teachers switching at semester break. Chapels/Weeks of Prayer will take place during this block.							
Block 1 9:15-10:35 <u>Spare</u> SK	English 10-½ Socials 10-½ Chemistry 20 Math 20-1 Science 30 Physics 30	SM SF BR CG KW KB	222 224 114 113 116 115	Block 1 9:15-10:35 <u>Spare</u> SK	Socials 10-½ English 10-½ Physics 20 Math 20-2 Math 30-2 Learning Support Teacher	SF SM KB BR CG KW	224 222 115 114 113 Office
Block 2 10:40-12:00 <u>Spares</u> SM SF	Math 10C Science 10 Socials 20-½ Biology 20 Chemistry 30	CG KB SK KW BR	113 115 224 114 116	Block 2 10:40-12:00 <u>Spares</u> CG SF	Science 10 Math 10C Biology 20 Socials 20-½ English 30-½	KB BR KW SK SM	115 114 116 224 222
12:00-12:50	Flex Block/Lunch Hybrid						
Block 3 12:50-2:10 <u>Spares</u> BR KB	PE 10/20/30 CALM 10/Wksf/Fdsf Math 20-1 English 20-½ Socials 30-½ LST/PE Thurs.	DM SF CG SM SK KW	137 115 113 222 224 114	Block 3 12:50-2:10 <u>Spares</u> KB	PE 10/20/30 CALM 10/Wksf/Fdsf English 20-½ Chemistry 20 Biology 30 Personal Finance Yearbook/PE Thurs.	DM SF SM BR KW CG SK	137 115 222 114 116 113 224
Block 4 2:15-3:35 <u>Spares</u> CG KW	Foods 10 Math 10-3/20-3 Choir 15/25/35 Film and Media Art 15 Digital Photography and Design 10/20/30	SF KB BR SM SK	134 116 218 223 224	Block 4 2:15-3:35 <u>Spares</u> SM BR KW	Math 30-1 Foods 20/30 Art 10/20/30 Sewing Outdoor Education	CG SF KE SK KB	113 134 223 224 115

What's up PAA?

Friday 2023-2024 Schedule

Semester 1- Sep 5, 2023 - Jan 30, 2024		Teacher	Room	Semester 2- Feb 1, 2024 - Jun 21, 2024		Teacher	Room
Block 1 8:25-9:45 <u>Spare</u> SK	English 10-½	SM	222	Block 1 8:25-9:45 <u>Spare</u> SK	Socials 10-½	SF	224
	Socials 10-½	SF	224		English 10-½	SM	222
	Chemistry 20	BR	114		Physics 20	KB	115
	Math 20-1	CG	113		Math 20-2	BR	114
Block 2 9:50-11:10 <u>Spares</u> SM SF	Science 30	KW	116	Block 2 9:50-11:10 <u>Spares</u> CG SF	Math 30-2	CG	113
	Physics 30	KB	115		Learning Support Teacher	KW	Office
	Math 10C	CG	113		Science 10	KB	115
	Science 10	KB	115		Math 10C	BR	114
Block 3 11:15-12:35 <u>Spares</u> BR KW	Socials 20-½	SK	224	Block 3 11:15-12:35 <u>Spares</u> KB CG SK	Biology 20	KW	116
	Biology 20	KW	114		Socials 20-½	SK	224
	Chemistry 30	BR	116		English 30-½	SM	222
	CALM 10/Wksf/Fdsf	SF	115		CALM 10/Wksf/Fdsf	SF	115
Block 4 1:10-2:30	Math 20-1	CG	113	Block 4 1:10-2:30	English 20-½	SM	222
	English 20-½	SM	222		Chemistry 20	BR	114
	Socials 30-½	SK	224		Biology 30	KW	116
	Math 10-3/20-3	KB	116		Math 30-1	CG	113

This year, our
Friday schedule
will be the same
every week.



Important Dates

- September 14 - Parent Info Night
- September 28 - Orange Shirt Day
- September 29 - No School,
National Day for Truth & Reconciliation
- October 6 - No School, PD Day
- October 9 - No School, Thanksgiving Day

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!

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 will be set up soon.
Please watch your email for details.**

Open Parachute Parent Resource

BULLYING: OVERVIEW FOR PARENTS & CAREGIVERS

WHAT IS BULLYING?

Bullying is when someone repeatedly takes their aggression out on someone else in a way that hurts the other person, and the person being hurt feels like they have no way to stop it. This is more than just conflict or mean actions, because one person is dominating the other.

WHAT CAUSES BULLYING?

Bullying is a result of pain that we don't know how to process, that gets dumped onto other people. We live in a world that normalizes blaming other people for the way we are feeling - we snap at our partner because we didn't get enough sleep, or we honk aggressively at a car that cuts in front of us because we're stressed that we're late. When actions like these become a pattern between people and one person has more power than the other (based on age, gender, occupation etc) it creates a bullying dynamic.

HOW CAN WE STOP BULLYING?

When we as adults see bullying happening, our first instinct is usually to protect the victim and punish the bully - this is a natural human response when we see this kind of domination and power imbalance. The difficulty with this approach is that we are reinforcing these two roles of bully and victim, and this actually promotes a continuation of the power imbalance. Being stuck in these roles of victim and bully is what causes the worst outcomes for kids. The first thing that helps shift these dynamics is to understand that both the child who is bullying and the one who is being bullied are in pain. One has learned to dump their pain onto others, and the other has learned to take on the pain of others. We can shift the power imbalance between these two by treating them as equals. Start by separating all parties involved and allowing them to calm down. Then have a conversation with each of them separately, showing them you care about them and see their pain, and encouraging them each to find their power to change the situation. Below is a script you can use as a guide in these conversations.

TIPS FOR HELPING YOUR CHILD COPE WITH BULLYING:

1. SCRIPTED RESPONSE: WITH THE CHILD WHO BULLIES

Ask about feeling: "I saw you said something unkind. I know you're a caring person so I wonder what you were feeling that made you act that way?"

Validate feeling: "I understand how frustrating that can be!"

Encourage accountability: "It's not OK to treat others that way. What could you change next time, and how can you repair it? I believe in your ability to do things differently!"

Set boundary: "You know what the rule is when we hurt each other, so let's do that now."

2. SCRIPTED RESPONSE: WITH THE CHILD WHO IS BULLIED

Ask about feeling: "What were you feeling when they said that to you?"

Validate feeling: "I'm so sorry you feel that way and that you had to go through this! It's not your fault - people only treat us badly when they are in pain themselves and it has nothing to do with you!"

Encourage accountability: "What's one thing you can do to take care of your feelings or help yourself in this situation?" (Eg. Ignoring them, walking away, asking them to stop, finding other friends, remembering it's not my fault, or thinking about the people that care about me)

What's up PAA?

CLUBS @ PAA

Come and play what
you want, or sign up to
learn a game!



Board Game Club

Tuesdays - 4:00-5:30pm
Fridays - 12:30-2:00pm
Meet in Mr. Greenlaw's room

Chess Club



Tuesdays - 12:00pm
Meet in Mr. R's classroom

All skill levels are welcome!

CULTURE CLUB

We meet the last Thursday of each
month (4-6 pm) and explore the cultures
of the world through their cuisine.

If there is a parent out there who would like to share
their cultural food, please contact Mr. Scott MacDonald
at smacdonald@paa.ca to arrange a presentation!



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

The PAA praise bands
will have monthly visits to the constituency
churches for this school year.

Thank you in advance for your support!



What's up PAA?

PAA SWAG!

**Want some
PAA swag?**

*Custom design
any piece to
suit your style.*

**Shop
today!**

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.*

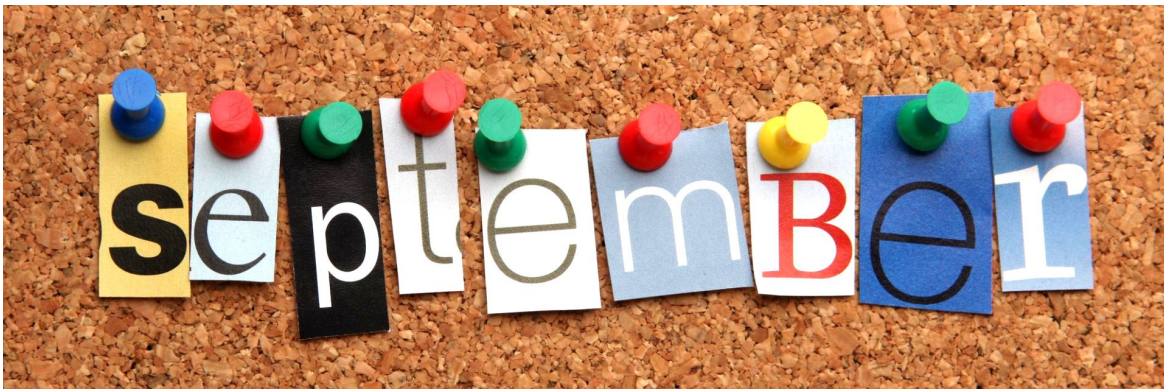
★★★★★



Go to Entripy shops then look up Parkview Adventist Academy

Shop here:

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5 First day of school	6	7	8	9
10	11 Chapel	12 6:30pm School Board Meeting	13	14 6:30pm Parent Info Night	15	16
17	18 Chapel	19	20	21	22	23
24	25 Chapel	26	27	28 Wear orange today! 	29 No School	30 National Day for Truth & Reconciliation