



PANTHERS' POST

DECEMBER 2023

For many, the Christmas season can have the most significant memory triggers: the snow falling, grandma's baking/cooking, or the array of Christmas decorations plastered on every street corner. There are many memories, most of which I hope are positive, yet, it is ok to acknowledge those that are not so good.

One positive memory that I recall is when we first moved to the hilltop (College Heights) from New Brunswick. I was 8 years old and we had settled into the community, living in the white "tin shacks" over by Henner's Lake and the Christmas season was upon us. The snow was falling, the aroma of the season filled the air, and the cups of hot cocoa trigger memories from when we lived in New Brunswick. However, it wasn't the same as before. There were some feelings of loneliness even though we had made some great friends on the hilltop.

One day, I vividly recall my parents asking us to get all bundled up to go somewhere. Wearing our coats, toques, and boots, we trudged through the snow outside, got into the car, and drove across the hilltop (which wasn't very big back then). We pulled up to someone's house and my dad left the car and told us to wait inside. As we waited, my siblings and I asked our mom, what we were doing there, but mom's lips were sealed. After waiting for what seemed like forever, my dad came out of the house, opened the door to the car, and had something that moved inside of his winter coat. He turned toward us, opened his coat and, to our surprise, he introduced us to our new puppy! Oh, the joy we felt! Our feelings of loneliness quickly dissipated.

We loved that dog for many years. Yet, often in the winter months, when I see the snow falling and when I smell the baking and other food smells, this memory is triggered, along with so many others that came with owning such a wonderful pup!

This Christmas season, I hope you will find joy in the smells, the music, and the time shared with loved ones. My prayer is that memories will be made to last you and those around you a lifetime! Continue to lean into God as He too has [memories] towards you, thoughts of peace and not of evil, to give you a future and a hope (Jeremiah 20:11). Find the blessings in your life this Christmas season!

Merry Christmas, Everyone!

Mr. Dani Desjardins - PAA Principal



FEATURED STAFF MEMBER

Hello, my people!

My name is Sharline Fernandez and I presently teach Social Studies 10, Career and Life Management, Workplace Safety, Foods 10/20/30, and Food Safety here at PAA.

I was born and raised in Kingston, Jamaica, and after high school, emigrated and lived in Montreal with my sister and her family. I received my first undergrad degree, a BA in Early Childhood Education from Concordia University, and in 2010, my Education degree specializing in Social Studies and Religion from Burman University.

I immediately started working at PAA, and I must say that I have been truly blessed to be working here. I have had, and still have, the opportunity to meet and work with excellent teachers and administrators and amazing students, who over the years, have shared their precious milestones with me (careers, weddings, births). Thank you, parents, for entrusting them to us on this part of their journey.

I have a close-knit family and when I am not working, I am with them. My eldest son, Michael, has a Biology degree from Burman and is currently in his first year of Pharmacy Technician at the University of Alberta. My second son, Steven, is working and doing well in Montreal (he took a year off and is still working). My sister, Claudette (Auntie Joy), has been a pillar in my life, with her husband, Aldo (Uncle Al). They share an interest in educational research and are both educational leaders. I love cooking and hanging out with my sister, taking walks with my friend Angie, and just relaxing at home with a book or watching a movie.

PAA has afforded me many opportunities to grow and expand my career, from teaching beginners French, English as a Second language, and creating many memories as a sponsor for classes, choir, and mission trips. Continue to support and pray for PAA. It is a great place to be, where students feel at home!



Me and my boys.

Ms Sharline Fernandez

My boys, my nephews,
and my sister's husband.



My sister and her husband.

Chaplain's Corner

Hi PAA Family!

This past month, we continued our study of the Book of James. During our weekly Chapels, students were challenged to acknowledge their limitations and celebrate the boundlessness of God by asking Him for wisdom as they navigate the uncertainty and darkness of our world. In a generation where self-determination and self-help is ubiquitous, it is countercultural to ask young people to acknowledge their insufficiencies and seek help in Scripture and the God of which it testifies. Pray for us, as we nurture among our students and staff greater dependence on our omniscient and self-sufficient God.

We also explored what devotion to God looks like during periods of trial and testing. We highlighted the difference between testing and temptation, acknowledging that while God allows trials in our life, He does not tempt us with evil. Temptation is the work of our own desires. We concluded that our greatest protection against temptation is greater love for God. He is always better than the things that draw us away from Him.

We had the privilege of worshipping with our Red Deer SDA Church family last month as well. It was a blessing to sit at Jesus' feet together that Sabbath. Our students led the worship service and we were blessed by a sermon from Professor Beaulieu, head of the Religious Studies Department of Burman University. We wish to express our sincerest gratitude to our Red Deer family for their gracious hospitality. We enjoyed worshipping alongside you, as well as fellowshiping and dining with you afterwards. The next stop on our constituency tour is College Heights SDA Church on January 20, 2024.

We praise God for the continued interest in Bible study that we are observing among our students. Our biweekly studies continued this month as we explored the story of human origins and the purpose for which God created us. Please continue to pray for our students as they discover God's will for their lives and commit to partnering with Him in fulfilling that.

This coming month, we look forward to celebrating God's devotion to us in sending us heaven's most precious gift: Jesus. Students will practise this other-centred love by serving our seniors at the Royal Oak Village on Dec. 15, 2023 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 on the morning of December 15.

Happy Holidays!

Blessings,
Pastor Romando
Chaplain, PAA

DEVOTED.

THE BOOK OF
JAMES

CAMPUS MINISTRIES

2023 - 2024


PAA CAMPUS MINISTRIES PRESENTS

Carolling at Royal Oak

DECEMBER 15

1 PM

4501 COLLEGE AVE,
LACOMBE, AB T4L 2M8.



Please drop off commercially produced baked goods at PAA on the morning of the 15th. Unfortunately, we cannot accept homemade goods.

Athletics' Corner

Northern Classic, similar to our CASA sports, is a blessing to be a part of. Starting in grade 6 (maybe even 5), students from our western SDA schools have the opportunity to build relationships through sport. I really enjoy watching these relationships grow through all the years of playing against and with each other in various sports. I am already looking forward to football this spring and new opportunities in the years to come.



Basketball tryouts have come and gone and we are now practicing for the season ahead of us. It looks like we will have a strong season. The boys' first game is next week, Dec. 4th, here at home. Come support our Panthers in their home opener. The girls' first game will be on Dec. 11th, at home as well.

I really appreciated all the volunteer time from our amazing coaches. I also appreciate all the behind-the-scenes help from the staff and parents. The team effort in providing opportunities for our students is awesome, as these opportunities are ones they will not soon forget. I remember my high school years well and all the work that was put forward for me to have the best experience possible.

1 Peter 4:10 “ As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.”

Health Challenge: Listen to one of Dr. Huberman’s podcasts and let me know what you think.

Mr. Devon McAfee

Athletic Director

Parkview Adventist Academy



Mental Health Corner

The Christmas season is upon us. It's the most wonderful time of the year! And also one of the most lonely. During our classroom discussions this month, we've spent time talking about the experience of loneliness. We identified several factors that can cause us to feel lonely: physical isolation or being separated from loved ones, being in a new environment, feeling like you don't have a place to belong, and experiencing loss and hardship, to name a few. As humans, we are built for connection. We are made to exist in safe and caring relationships. And while loneliness is isolating as an experience, it is an experience that is common to us all.

I recently came across a Canadian organization that focuses on empowering youth to make an impact in the realm of mental health. Jack.org has some great advice on how we can come alongside and support someone who might be struggling. The Golden Rules are a great tool for all of us to utilize with each other, at all times of the year.

From <https://bethere.org/Home>, here are "The Golden Rules"

1. **SAY WHAT YOU SEE** - Starting the conversation may seem really daunting. That's ok, we get it. But it's actually way easier than you'd think. Just tell them what changes you've noticed and ask if they're ok. Stick to the facts. Don't judge. Don't make assumptions. Just say what you see.
2. **SHOW YOU CARE** - Telling someone you're there for them is a good first step. Even if you don't know what to say, just shoot them a text to let them know you're thinking about them. It's also helpful to show you care through your tone of voice, body language, and your actions.
3. **HEAR THEM OUT** - Most conversations are a mix of listening, asking questions, and sharing your thoughts or experiences. Being there for someone means prioritizing those elements of the conversation in that order.
4. **KNOW YOUR ROLE** - You're not their therapist or their doctor. You're there to listen. So, don't fix, don't preach. Just be there. Setting clear boundaries will help you maintain a healthy relationship while still being supportive. Don't judge, just listen and help them get the help they need.
5. **CONNECT TO HELP** - An important part of being there for someone is helping them access professional and community resources and services. You can't (and shouldn't) force them to go, but you can help them know where to go and what to expect....Ask how you can support them in getting help.

As we share space with other people in our homes, at work and school, and everywhere else in between, take time to notice and communicate care for those in your community. Keep in mind, too, that the person who may need support might also be you. It's important to care for yourself and honour your capacity during this season, and continue to build into and lean on your support system.

This Christmas season, or any season where you might feel lonely and alone, may you experience the comfort and peace that we have in our God who is Emmanuel, "God with us."

Kayla Whitworth
Learning Support Teacher



What's up PAA?

Important Dates

- Dec. 1 - PD Day - no school
- Dec. 2 - Purdys Fundraiser ends
- Dec. 2 - H&S Christmas Party, 5pm
All PAA families welcome.
- Dec. 10 - SA Winter Banquet, 6pm
- Dec. 22 - last day of classes
- Dec. 23-Jan. 7 - Christmas Break - no school
- Jan. 8 - School resumes
- Jan. 12 - PD Day - no school

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?

Buy today!
Fundraiser ends
Sat. night, Dec. 2!



Supporting a Cause Never Tasted So Good!

Buy your favourite chocolates to support our fundraising campaign.



Go to fundraising.purdys.com or Scan QR
Click "Join a Campaign".



Enter customer # to shop & support.

Place your order by

Contact at

for more details.

What's up PAA?

Who Looks Lovely in the Ugly ?



- Home and School is inviting PAA families to a fashion nightmare before Christmas.

Who's invited? Everyone! Wear your best bold but maybe not beautiful sweater.

Where? PAA.

When? December 2 at 5:00p.m.

To Bring? Your favourite appetizer/snack/dessert.

The Fun? Board Games, caroling, prizes, silent auction, and of course, food!

What's up PAA?



PAA CONCERT CHOIR CHRISTMAS

PERFORMANCES

- DEC. 4 | PAA CHRISTMAS CHAPEL
8:25 AM
- DEC. 9 | COLLEGE HEIGHTS SDA CHURCH
12:00 PM
- DEC. 13 | CHCS CHRISTMAS PROGRAM
6:30 PM AT COLLEGE HEIGHTS SDA CHURCH
- DEC. 15 | ROYAL OAK VISIT

Parents are welcome to attend the Dec. 4, Dec. 9, & Dec. 13 performances.

We invite you to enjoy a musical blessing!



What's up PAA?

Once Upon a Time 2023 Winter Banquet

You're invited!

When?

December 10th, 6 PM - 10 PM

Come dressed in the theme: Fairytale

*Come and enjoy food and
entertainment provided by your
student association tickets are 5\$!*

Ticket sales have
already ended.
Thank you to those
who purchased.
We look forward to
seeing you at the
banquet!



What's up PAA?



Christmas SPIRIT WEEK

Monday: Cozy Christmas Clothes

Tuesday: Christmas Character Day

Wednesday: Grinch/Santa Game

Thursday: Tree Topper

Friday: Plaid Day

DECEMBER

MONDAY-
FRIDAY

18-22

STUDENT
ASSOCIATION



What's up PAA?

Thank-you
& Merry
Christmas

May His light shine brightly during this Christmas season and always, as we reflect the true message of Christmas.

Best wishes,
PAA Home & School
Association

THANK YOU SO MUCH FOR YOUR SUPPORT OF HOME & SCHOOL SO FAR THIS YEAR!

IT WOULD NOT BE POSSIBLE FOR US TO DO WHAT WE DO WITHOUT THIS AMAZING COMMUNITY OF LOVING FAMILIES WHO INVEST IN THE SUCCESS OF OUR KIDS.

AS WE HEAD INTO THE HOLIDAYS, MAY GOD FILL YOUR HOMES WITH LOVE, JOY, AND PEACE THIS CHRISTMAS AND THROUGHOUT THE NEW YEAR.



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?

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.

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
Mr. Devon McAfee	dmcafee@paa.ca
Ms Skyla McCreery	skyla.mccreery@paa.ca
Mr. Bruce Ruzindana	bruzindana@paa.ca
Mrs. Kayla Whitworth	kwhitworth@paa.ca

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. Any unreported absences will be noted as unexcused.



Keeping Our School Tidy

We are so thankful to have this new building to offer Adventist Education to our community. We want to keep this building in tip top shape for as long as possible and we are looking for a collaborative effort to keep it clean. At times it can be difficult to keep the building tidy throughout the day, due to the messes left behind. We are asking that we work together to keep our school clean by picking up after ourselves wherever we go within the building. Please use your locker and the garbage and recycling cans in the building to keep our building tidy. We have also installed a "Boot Boy" in our entrance to help the floors stay free of dirt and grime. If we all do our part, this building will indeed be the brightest place to learn in town!



What's up PAA?

**Need a
Christmas
gift?**

*Custom design
any piece to
suit your style.*

**Order
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/>

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No School PD Day	2 Purdys order deadline PAA Family Christmas Party, 5pm
3	4 Chapel	5 School Board Mtg, 6:30pm	6	7	8	9
10 SA Winter Banquet, 6pm	11 Chapel	12	13	14	15 - Class Christmas Parties (AM) - Community Service Day (PM) *optional	16
17	18 Chapel	19	20	21	22 - Last day of classes	23
Christmas Spirit Week						
24	25	26	27	28	29	30
Merry Christmas!						
31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6
Happy New Year!						
Jan 7	Jan 8 - School resumes - Chapel	Jan 9	Jan 10	Jan 11	Jan 12 No School PD Day	Jan 13