



PANTHERS' POST

January 2023

The beginning of a new year is often a time that people use for self-reflection and are brave to establish New Year's resolutions. Often these are: being more organized, developing an exercise routine, doing daily devotions, making a dietary change, and more. All of these are good things and challenge us to be intentional about improving our lives. That being said, I have decided to choose two words to describe 2023. Those are **surrender** and **devotion!** Two words God has placed upon my heart as I partner with Him to accomplish a great work.

The Bible says *"For I know the plans that I have for you," declares the Lord, 'plans for prosperity and not for disaster, to give you a future and a hope. Then you will call upon Me and come and pray to Me, and I will listen to you. And you will seek me and find Me when you search for Me with all your heart.'*" (Jeremiah 29:11-13). This passage connects so well with the two words that God has laid upon my heart and this year I hope to discover, through surrender and devotion, God's plans for me in my personal, professional, and spiritual life.

I sincerely wish you all a wonderful New Year and hope that whatever you do, be brave and do it to glorify your Maker.

Mr. Dani Desjardins - PAA Principal



FEATURED STAFF MEMBER

Hey everyone!

My name is Colton Greenlaw and I primarily teach mathematics here at PAA. I am an alumnus of PAA and graduated in 2007. I then went on to Canadian University College (now Burman) and graduated in 2011 with a Bachelor of Education, specializing in Mathematics. After a year of teaching, I started a Masters in Mathematics for Teachers degree from the University of Waterloo, and graduated from there in 2015. I've also received certification in the past as a financial advisor and worked in the industry part time for 2 years. I spent 5 years teaching in a lovely community in Northern BC called Chetwynd, and am proud to now have taught for 6 years here at PAA.

I have many hobbies that keep me busy and help pass the time. I think it's no surprise that I love board games and video games. Most days of my life end with me playing a game of some kind with another person. I also love to read, have an appreciation for live theatre and opera, and I also love to cook. Japanese and Indian cuisine are my favourites, but I've also dived into the world of fermentation and become fascinated with traditional methods of preserving food. I have a wife, 3 wonderful young kids, a dog named Fiona, and 3 cats. Life often feels like it's running on overdrive, but I appreciate the place that I work and the people I get to do life alongside with. I'm looking forward to a great year here at PAA.

Mr. Colton Greenlaw



Exam & Diplomas Information

We are wrapping up our first semester in the 2022/2023 school year and the following information is important for you to note. Please read the following carefully. Should you have any questions please contact our office and we will be happy to answer your questions. On exam days, students need to show up 15-20 minutes prior to the exam start time. This will give them time to settle in and pick up a snack and/or water bottle. During Exam Week, **January 23-27**, students are to come only for their exams and then go home. There will be no loitering at the school.

Friday, January 13

9:00am - 12:00pm

Diploma

Social Studies 30-1; 30-2 Part A

CORE SCHEDULE B CLASSES AS USUAL

Thursday, January 19

9:00am - 12:00pm

Diploma

Math 30-1

ALL OTHER CLASSES AS USUAL

Monday, January 23

All exams are from 9:00am - 12:00pm.

Diploma

Social Studies 30-1; 30-2 Part B

Final Exams

Math 10C
Math 10-3
Science 10
Biology 20

Tuesday, January 24

All exams are from 9:00am - 12:00pm.

Diploma

Biology 30

Final Exams

Careers and Life Management (CALM)
English 20-1
English 20-2

Wednesday, January 25: No school

Thursday, January 26

All exams are from 9:00am - 12:00pm.

Diploma

Physics 30

Final Exams

Socials 10
English 10
Math 20-1
Math 20-2

Friday, January 27

All exams are from 9:00am - 12:00pm.

Diploma

Science 30

NO OTHER EXAMS

**STAY HOME! SEMESTER 2 BEGINS
TUESDAY, JANUARY 31, 2023**

Should a student need to meet with a teacher,
please contact them directly to arrange an appointment.

Exam & Diplomas Information

Congratulations! You are writing a Final or Diploma exam!

Hopefully this 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 Social Studies PART A ONLY**)
- School issued Chromebook with the Quest A+ user pre-installed (**For Social Studies PART A ONLY**)

FAQs

- Quest A+ has a spell checker and dictionary installed on the software.
- 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.

Teacher Contact & Snow Days

If at any time you wish to meet with a teacher, you can contact them at the email address below to make an appointment.

Teacher	Email
Mr. Dani Desjardins	principal@paa.ca
Mr. Colton Greenlaw	cgreenlaw@paa.ca
Ms. Sharline Fernandez	sfernand@paa.ca
Mr. Zack Loxdale	zackloxdale@paa.ca
Mr. Scott MacDonald	smacdonald@paa.ca
Mr. Emile Ndekezi	endekezi@paa.ca
Mr. Bruce Ruzindana	bruzindana@paa.ca
Mrs. Kayla Whitworth	kwhitworth@paa.ca

UNPLANNED SCHOOL CLOSURES

All high schools across Alberta are to offer 1,000 hours of instructional time to their student population in the duration of the academic school year. As such, a plan must be developed to ensure this is true at all schools, including here at PAA. In the event that there are unplanned school closures (ie. snow days), we are required by the province to have a plan in place to meet the 1,000 hours target of instructional time.

Moving forward, should we have interruptions to our schedule (due to inclement weather and other reasons), teachers will move from In-Class learning to Online Learning. Students will be required to check their emails and Schoology frequently throughout the day. Teachers will be communicating with their students through these two platforms and Google Meet will be the platform used to connect virtually. Teachers will be available from 8:00am - 4:00pm to support students throughout the day, when not providing explicit instructions for their classes.

We will follow the Wolf Creek School Division school closure policy, as CHCS is doing the same.



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!...”*

Therefore, we are inviting parents, students, grandparents, aunts, uncles, and anyone else for prayer at PAA to build an atmosphere of prayer and protection over our students and staff. Prayerfully consider this invitation! This will take place on the following Sundays at 10:30am: February 5, March 5, April 2, May 7, June 4.

Youth in Discipleship

We are told that the youth will be instrumental in finishing God's work, going out to all the world and spreading the Good News of Jesus. They need positive models who walk in harmony with Jesus. They need training to do this work. Why not partner with us at PAA and CHCS and get involved in something greater and God-directed for the benefit of your children?

Join us for a wonderful family vespers on **Friday, January 13 at 6:30pm** in the CHCS gym. Pastor Don MacLafferty will share the wonderful journey of Discipleship for families, and how each family member can grow as a Disciple. **Saturday, January 14** after potluck at the College Heights Church, there will be a training session for leaders that feel the call to help lead a weekly group, teaching all the exciting discipleship components for families and the home.

DARE TO BE A
DISCIPLE

Chaplain's Corner

Happy New Year, PAA Family!

I am thrilled to experience this year with our PAA family no matter what is on the horizon. We have had a challenging time these past few years as a global family, but I take heart in Jesus' admonition to us: "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes." (Matt. 6:34, MSG) Here's to keeping our eyes fixed on Jesus!

Mission Trip Update

Our mission trip dates have been changed to March 23 - April 3. We rescheduled because the flight on the previous dates were cancelled. These new dates mean we leave a day earlier and return a day later.

Participants' Payment Timeline:

Each participant should have fundraised at least \$1,800 by now (flight and ground deposit).

Next up:

- **Jan 15 - \$1,000**
- **Feb 15 - \$1,000**

Donations made on behalf of a student cannot be returned to the donor if that student does not go on the trip.

Deadline to request funds from the College Heights Mission Trip Fund - Students who write an email/letter to the College Heights SDA Church requesting assistance with their fundraising efforts will receive \$100. **Deadline for making this request is January 18, 2022.**

Campus Ministries and Constituent Church Visits

Our next constituent church visit will be to College Heights SDA Church on January 14 at First Service (9:15 am) and Ignite (noon). Please come out and support our students!

Blessings,

Pastor Romando

Athletics' Corner

Happy New Year! Are you the type of person to make New Year's resolutions? I've heard that New Year's resolutions are like babies in church, they are only good if they are carried out. With that being said, it can be a good idea to do a self assessment and see if there are areas we can improve and then work toward those improvements. The Bible links the path of the righteous to the shining sun that shines brighter and brighter unto the perfect day. Setting new goals and gaining new heights is fun. I encourage you to find new, attainable goals in your life and then carry them out. :)

Basketball season has started and our teams are performing well. We have played both Eckville and Delburne thus far. I had the privilege of watching the Eckville game; it was a fun night and I was impressed by our students' efforts and conduct. I heard reports on the Delburne game and it sounded like the girls were in a close, hard-fought game. The next game is January 10 and it is a home game against Alix. I encourage you to join us in welcoming Alix to our building and cheering on the friendly competition.

Badminton seasons of play have also started and Mr. Ng is taking the lead on getting these athletes ready for competition. I am looking forward to seeing what they can accomplish.

Find ways to stay active this new year. Catch ya next time.

Health Challenge: Take up skipping and try to skip continuously for at least 2 minutes or for the entire Rocky theme song :)

Devon McAfee

PAA - Athletic Director



OPEN PARACHUTE PARENT RESOURCE

School Wellbeing Program

Hi, I'm Dr Hayley Watson,

I'm a Clinical Psychologist and the Founder of Open Parachute.

I am so pleased that your child is taking part in this school wellbeing program. I developed this resource because I want every child to **learn practical mental health skills**, so they can truly **thrive**.

This program aims to build a **strong foundation of resilience** so that your child can learn to **trust in their own abilities**, relate to their own feelings in a healthy way, and **change any unhelpful patterns** that may hold them back at any point in their lives.

These conversations can also **continue at home** if you and your child would like to explore these topics further – the **video-based resources** for parents can help **guide** these discussions.

We look forward to working with you to support the wellbeing of your child!

- Dr Hayley Watson,



Watch this short introduction by Dr Hayley Watson

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Resources for Parents

Open Parachute provides you with **free access** to an **online library** of **audio recordings** and **video-based lessons** that teach **skills** on how to support your child's wellbeing at home.

The topics available are listed below:

Click here to get Access

VIEW RESOURCES



CHILDREN'S TOPICS

- Resilience
- Empathy & Accountability
- Social Media & Self-Esteem
- Saying No
- Protecting Your Child



PRE-TEEN'S TOPICS

- Bullying
- Trauma
- Acting Out
- Self-Esteem



TEEN'S TOPICS

- Mental Health
- Addictive Patterns
- Boundaries & Consent
- Anxiety & Depression

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All lessons are video based!

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Paying: School Tuition, Fees, and Hot Lunches

Go to

<https://albertasdaedu.powerschool.com/public/home.html>

to pay tuition, school fees, and buy hot lunches
online.

The office sent an email on or around Oct. 12 with
information on how you can access PowerSchool
and Rycor.

In PowerSchool you can view your child's
grades and attendance.

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.

What's up PAA?

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/>

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 School resumes Chapel	4	5	6 Core Schedule A	7
8	9 Chapel	10 Board Meeting 6:30pm	11	12	13 Social Studies 30-1, 30-2 Diploma Part A Core Schedule B	14 PAA at College Heights SDA Church
15	16 Chapel	17	18	19 Math 30-1 Diploma Regular Classes	20 Last Day of Semester 1 Classes Core Schedule C	21
22	23	24	25	26	27	28
Exams and Diplomas (9:00am - 12:00pm)						
	Social Studies 30-1, 30-2 Diploma Part B Block 2 Exams	Biology 30 Diploma Block 3 Exams	No School	Physics 30 Diploma Block 1 Exams	Science 30 Diploma No Classes	
29	30 No School (Semester Break)	31 First Day of Semester 2 Chapel	Feb 1	Feb 2 Groundhog Day 	Feb 3 Core Schedule A	Feb 4 PAA at Ponoka SDA Church