



# PANTHERS' POST

JANUARY 2025

Happy New Year, PAA Family!

I hope you've all had a wonderful start to 2025. My prayer for you is that this year will bring you closer to Jesus and fill your lives with peace, joy, and trust in Him.

Every year, I choose a word to focus on—a word that helps me grow in my faith and my walk with God. In past years, I've chosen *surrender* and *devotion*. This year, the word on my heart is *trust*. It's a small word, but it's layered with meaning and significance.

Trust is something we give to others and also something we receive. As a child, trusting others came naturally to me, but like many of us, I experienced hurt along the way and I became more guarded. Over time, I've learned that trust, especially in meaningful relationships, needs to be nurtured and built on a foundation of care and understanding.

As I reflect on my time here at PAA, I am so grateful for the trust we've built together over the past two and a half years. Trusting relationships with staff, students, and families are at the heart of what makes this community so special. I deeply appreciate the trust you've placed in me, and it encourages me to keep growing as a leader and doing my best for God's ordained school.

Still, trust can be hard work; it takes time and intentionality, and when life gets difficult, it's easy to let doubt creep in. Proverbs 3:5-6 says, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." This verse challenges me every time I read it. Fully trusting God, especially in the unknown, isn't always easy, but the more time I spend with Him, the more I learn to let go and lean into His plans.

This year, I'm committing to practicing trust—trusting that God has my best interests at heart, that His plan is good, and that it includes me. Trusting that we all have a unique calling and that He desires to partner with us in fulfilling it. Trusting that He is faithfully leading His school every step of the way. If this resonates with you, I invite you to join me on this journey of trusting in Jesus with all our hearts in 2025.

Last January, I shared the acronym T.A.G.—Time Alone with God. I hope you're still finding time each day to connect with Him. It's in those quiet moments that trust grows, and we can experience the peace He promises.

As we walk through 2025 together, let's encourage each other to lean into God's love and trust Him fully. I can't wait to see how He works in our lives this year.

**Blessings!**

Mr. Dani Desjardins - PAA Principal

Look back and  
**THANK GOD**  
Look forward and  
**TRUST GOD**

## 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

JANUARY

PAA

ISSUE 5

## PASTOR DEE'S DEBRIEF



### EPHESIANS 4:1-4

Therefore I, a prisoner for serving the Lord, beg you to lead a life **worthy of your calling**, for you have been **called by God**. Always be **humble** and **gentle**. Be **patient** with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with **peace**. For there is one body and one Spirit, just as you have been called to one glorious hope for the future.

### WHAT IS THE PLAN FOR 2025?

Welcome back!!! After a (hopefully) restful winter break and welcome to a new year, 2025.

Before the break, during my classroom visits, I brought up the word "character" a lot. Who do we want to be? Not what do we want to do? Or where do we want to live? Or how many cars do we want to own? But who do we want to be?

Last year we focused on Ephesians 1-3 for our chapel programs, which discusses unity with Christ and the amazing fact that we have access to everything in Heaven and all of the blessing because of what Christ did on the cross. As we step into the second half of Ephesians, we are now looking at unity within the body. What does it look like for us to accept our oneness with Christ while also realizing that we are working together and not in competition as humans?

This year, I want to challenge all of us who are a part of the PAA community to think about who we want to be. Are striving to be kind, to be compassionate, to be great friends, to be people who stick to their word?

In Ephesians 4, Paul tells us that he is a prisoner and he is proud of it because he is a prisoner for serving the Lord. His character is one of devotion, commitment, and submission. As he is in prison, he is urging his community in Christ to live a life worthy of and in alignment with who God has called us to be. Let's pause for a moment and accept the fact that there is a calling on our lives. We think that phrasing is only for the Pastors, or Elders, or teachers ... no, it is for everyone because we all have a role and place in the body of Christ. As we learn what that is, we can grow frustrated, causing us to fall into stress and confusion. But Paul is asking us to live and figure it out while remaining humble, gentle, patient, and at peace.

So, what will 2025 look like for you in terms of your character? Will it be in alignment with the calling God has placed on your life?

### JANUARY DATES

**January 6**  
Chapel

**January 10**  
PD Day  
Vespers

**January 18**  
College Heights CC Visit

**January 20-24**  
Exam Week

**January 27 - 28**  
Semester Break

**January 31**  
Bible Study

# Mental Health Corner

Happy New Year, all!

As another new year begins, I am once again inspired to reflect on my habits.

James Clear identifies that “**we don’t choose our earliest habits, we imitate them.**” There’s a lot of power in recognizing that the things that we do most easily are not always chosen with intention, and are not always the most helpful. This means that each of our habits are worthy of reflection and refinement.

I think that this fits with the habits associated with our mental health.

Here’s what we’ve been up to with our Open Parachute discussions as of late:

- In Grade 10, we’ve been discussing how to provide effective support and be good listeners when connecting with others.
- In Grade 11, we’ve reflected on the thoughts and patterns that can emerge when we face hard things. Some of these are patterns that we imitate from people in our families.
- In Grade 12, we’ve examined the brain’s tendency to go to the worst-case scenarios, and how our brain holds on to experiences of grief and loss. Then we’ve discussed how we can cope with hard things.

A common theme in all of our discussions has been to first notice our thoughts, feelings, or behaviours. When we build a greater awareness, we can then reflect and make intentional choices to best support our mental health.

James Clear’s quote about habits is true for teens, just as much as it’s true for adults.

And if you want some support with helping your teen navigate mental health habits or you’re looking to refine some of your habits, Open Parachute might be a helpful tool. The [parent login](#) has resources you can work through with your teenager, or you could work through on your own to get some clarity and confidence regarding several mental health topics.

Happy New Year, and happy habit-building!

Kayla Whitworth  
Learning Support Teacher





## Healthy Teens

January 2025 Family Newsletter



### Empower Your Teen in the Kitchen: Build Confidence and Healthy Habits for Life!

Teenagers often come to an age where they start wanting to make more of their own food choices. This is a great time to help them build or expand their cooking skills to feel more comfortable in the kitchen. Learning how to cook teaches practical life skills and supports healthy eating habits. Here are some simple ways you can support your teen in the kitchen.

#### Encourage your teen to take charge of meal planning and preparation

- **Let them be the chef:** ask your teen to plan and cook a family meal each week. They can pick the recipe, decide what ingredients they'll need, and cook it themselves. Giving them some freedom with meal planning and preparation will
- help them to develop skills in planning and organizing.
- **Make a grocery budget:** get your teen involved in planning meals and grocery shopping. Encourage them to compare prices and decide what to buy. This is a great way to teach them about budgeting and making choices at the grocery store.
- **Plan and prep lunch:** encourage your teen to take the lead on planning and making their own lunch and snacks. Show them how to prep meals ahead of time for the next day or the next week. This can help grow their independence, planning and time management skills.

## What's up PAA?

# Important Dates

- Jan 10 - PD Day, No School
- Jan 14 - Diplomas Begin
- Jan 17 - Last day of Classes
- Jan 20-24 - Exam Week (see schedule on pg. 6)
- Jan 20 - H&S Meeting
- Jan 27 - Semester Break, No School
- Jan 29 - First Day of Semester 2

## 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, Jan 20 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](mailto:hsleader@gmail.com) to see how you can get involved!

# Semester 1 Diploma/Exam Schedule

Diplomas begin on January 14th and exams begin on January 20th. During exam week, only come to the school when you have an exam. Please make arrangements for transportation following exams.

Diploma Schedule		
Date	Time	Diploma
<b>Tue, January 14</b>	9:00am - 12:00pm	English 30-1; 30-2 Part A*
<b>Wed, January 15</b>	9:00am - 12:00pm	Social Studies 30-1 Part A*
<b>Fri, January 17</b>	9:00am - 12:00pm	Math 30-2*
<b>Mon, January 20</b>	9:00am - 12:00pm	English 30-1; 30-2 Part B
<b>Tue, January 21</b>	9:00am - 12:00pm	Social Studies 30-1 Part B
<b>Wed, January 22</b>	Exam Break - No School	
<b>Thur, January 23</b>	9:00am - 12:00pm	Chemistry 30
<b>Fri, January 24</b>	9:00am - 12:00pm	Physics 30
*Students writing a diploma on Jan 14, 15, or 17 have no classes that day. All other grade 12 students have regular classes.		

Exam Week Schedule		
Date	Time	Diploma
<b>Mon, January 20</b>	9:00am - 12:00pm	English 10-1; 10-2 Social Studies 10-1 Social Studies 20-1; 20-2
<b>Tue, January 21</b>	9:00am - 12:00pm	English 20-1; 20-2 CALM 10 Math 10-3
<b>Wed, January 22</b>	Exam Break - No School	
<b>Thur, January 23</b>	9:00am - 12:00pm	Math 10C Math 20-3 Chemistry 20
<b>Fri, January 24</b>	9:00am - 12:00pm	Science 10 Math 20-1 Science 24



# What's up PAA?



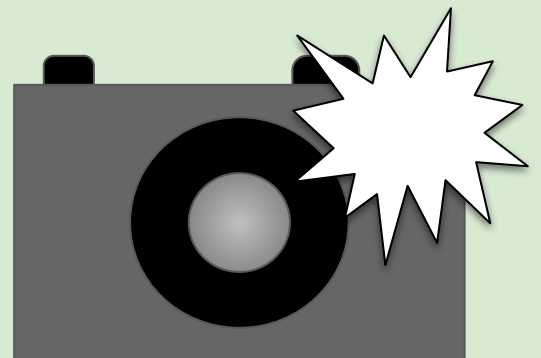
## Photo Retakes

Photo retakes are scheduled for February 11.

Those who have registered, please send payment for sitting fee via e-transfer to [canvasslate@gmail.com](mailto:canvasslate@gmail.com).

Full payment details are in the email with your photo proofs.

Watch for an email about booking your appointment!





# What's up PAA?

## THANK YOU FROM OUR STUDENT ASSOCIATION

The month of December was a busy one for our Student Association.

We finished off the calendar year with our SA Banquet - A Medieval Knight, Christmas Spirit Week, and wrapped up with reindeer games on the last day of school!

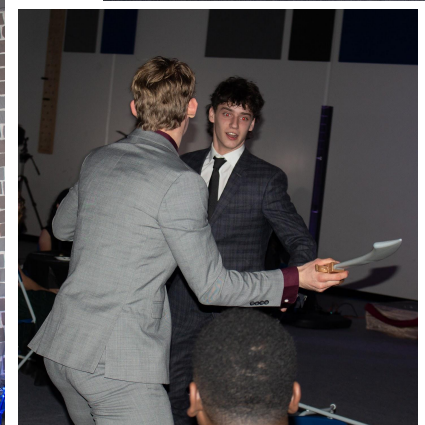
We'd like to give several shout-outs to some fantastic individuals for their support with our banquet!

- Thomas Little and Matt Burton from Wolf Creek Golf Course who did our catering (yum!)
- Home and School parent volunteers for their support in the kitchen
- Janelle Sullivan and JR Ferrer from Burman University's marketing team did our photobooth (fun!)
- Our very own Pastor Dee who was our emcee
- Larry Murrin for his work with the lights/sound
- And our artist extraordinaire, Michelle Mitchell, for her vision and hard work for our banquet decor!

We had a great time together with our guests, and especially enjoyed Ayden and Jenna sharing their musical gifts, and Oleh who kept us laughing and guessing with his ball balancing act!

A thanks to our SA exec. team for all their hard work, and to the student body - thanks for sharing the fun! :)

We've got a quieter month ahead in January, with no outside-of-school activities planned as we get ready for upcoming exams.



# What's up PAA?

## Schoology Parent Access

Schoology is newly accessible to parents.

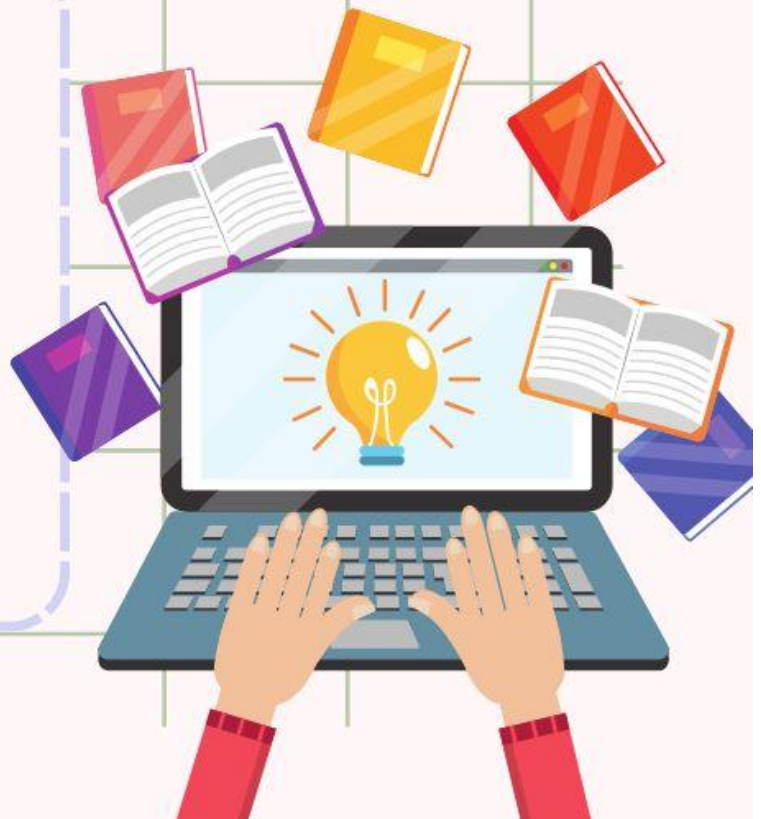
*In Schoology, parents can see assignments for individual classes. Parents, this tool will help you stay involved in your child's education!*

Read through the information below to help you log in to Schoology.



## SCHOOLGY PARENT LOGIN PROCESS

- ★ Go to [app.schoology.com](https://app.schoology.com)
- ★ enter your username and password (should be same as PowerSchool Login)
- ★ Enter your School's Postal Code
- ★ email your school if you have any troubles





# What's up PAA?



## HOT LUNCH UTENSILS

Forks, spoons, and knives from the kitchen are for use with hot lunches.

Those not ordering hot lunches need to bring their own eating utensils to school. These will no longer be distributed to others.

**It's highly recommended for all students to keep utensils in their locker for reuse whenever needed.**

**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**

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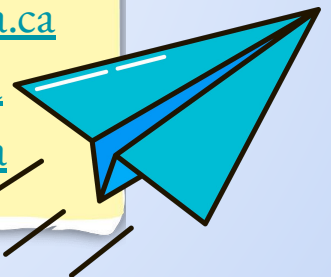
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# What's up PAA?



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](mailto:office@paa.ca)





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 29	Dec 30	Dec 31  New Year's Eve	2025 Happy New Year!	2	3	4
Dec 21-Jan 5 - Christmas Break - No School						
5	6 + School resumes Chapel	7	8	9	10 No School PD Day	11
12	13 + Chapel	14 - Diploma (See schedule schedule, pg. 6) - School Board Mtg, 6:30pm	15 Diploma (See schedule schedule, pg. 6)	16	17 - Diploma (See schedule, pg. 6) - Last day of Semester 1 classes	18  PAA at College Heights SDA Church
19	20	21	22 Exam Break No Exams/School	23	24	25
Jan 24-30 - Diploma/Exam Week (See Diploma/Exam schedule, pg. 6)						
26	27 Semester Break No School	28 Semester Break No School	29 First day of Semester 2	30 Report Cards Emailed	31	Feb 1  PAA at Wetaskiwin SDA Church