



From the Principal's Office



If you have not been to our Learning Commons in Moodle lately you should check it out. The NSA Celebrations tabs is one of my favourites as it focuses on celebrations we are doing as a school. The Battle of the Books was an excellent activity. The number and variety of books that were recommended was outstanding. The Will You Be My Palentine? celebration looked like a lot of fun and the Pink Shirt Day to support anti-bullying is a very worthy cause – lots of good stuff there.

March 1st marks the start of registration season at NorthStar and we have introduced some changes to our processes to streamline things a bit. We have created a cataloguing system that will allow us to manage the flow of resources to our students more smoothly. As well, we will have more textbooks and workbooks on hand so that we can avoid the delays in ordering that caused some grief this year.

If you are a bit of a science geek like me, you might want to watch this video of the descent of the Perseverance Rover to the surface of Mars. They used a supersonic parachute and a “sky crane” sled to slow the rover to a safe speed for touchdown. The images are fantastic when you consider that they are coming from another planet in our solar system.

[Watch NASA's Perseverance rover touch down on Mars in 'first of its kind' video](#)

As we close out winter and head into warmer and brighter days, let me encourage all our students to continue to work hard in their studies. 2nd Timothy 2:15 tells us to **"Be diligent to present yourself approved to God as a worker who does not need to be ashamed, accurately handling the word of truth."** Keep hitting those books, especially the one that tells us about God and his will for our lives.

Randell P. Wood - principal

Dates to Remember

March 5 – Non-Instructional Day (Teachers Offline)

March 8 - Gr. 1-9 Report Card Cut-off

March 14 – Daylight Savings Time Starts/Pi Day

March 15 – St. Patrick's Day

March 19 – Non-Instructional Day (Teachers Offline)

March 24 - Gr. 10-12 Report Card Cut-Off

April 2 – Good Friday – No School

April 5-9 – Easter Break – No School



Christ Has Risen!
Share your gift of creativity.

Create a piece of Easter Art and have your chance for it to be displayed at the NSA office. Watch the Learning Commons for more details!

Here is the link to our Facebook page:
<https://www.facebook.com/northstaracademycanada/>

Here is the link to our Instagram page:
<http://www.instagram.com/northstaracademycanada>



HOME ENVIRONMENT AND LEARNING IDEAS FOR PARENTS

We are excited to launch our HELP! - Home Environment and Learning ideas for Parents. We want to support YOU - the Parents! Our goal for this space is to highlight resources related to learning issues that will help you in the home.

To begin, let's introduce the Support Team. Under the Leadership of our Principal, Randy Wood, the foundation for our team is our amazing teachers. They are always there to support you. Marci Penner coordinates our elementary and high-school student programs and Angela Paine coordinates the junior-high crew! We are also excited to have Ang Christopherson as our Learning Supports Assistant.

This month's resource introduces some reasons why you may be finding that your child is struggling to focus in a distance learning at home environment.

8 ways distance learning makes it harder to focus

8 ways distance learning makes it harder to focus. Perhaps this will give you a bit of relief in the understanding that there are reasons your child is struggling. If you would like to read further about some tips for helping your child focus, you can click on the related articles from the series: Trouble With Focus and Learning at Home that can be found part-way through the first article.

Next month, we will plan to highlight one of the most common topics this year - mental well-being. Are you having trouble managing your child's emotions? We may have some tips for you!

Please do not hesitate to reach out to anyone on our Support Team!



Mr. Wood



Mrs. Penner

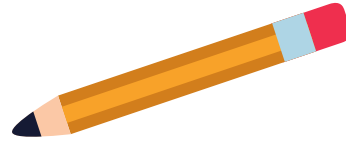


Mrs. Paine



Mrs. Christopherson

This month we are getting to know... Madison Haller



Flashback to when you were 10 years old. What do you want to be when you grow up?

Believe it or not, I've always wanted to be a teacher! I remember playing 'school' with my older cousins and siblings when I was about 8 years old. They never let me be the teacher, so one way or another... I was determined to become the teacher one day!! But in all honesty, I've always been passionate about helping young people learn and grow.

What's better— Pizza or Tacos? Hmm... That's a tough one! I'd have to say pizza, though tacos are a close second. Why choose! Let's have taco pizza :)

How many years have you been teaching? I have officially been teaching for two years, but I have tutored, coached hockey, taught volleyball, and volunteered in many different teaching capacities since I was a teenager.

What's the most inspiring part of your job? My favorite part of my job is building relationships with students, parents, and staff! When I am able to help someone be successful and build confidence, I feel very excited and passionate about my job. Also, I love being able to share God's Good News with others and pray for the people I encounter in my career.

What is your favorite Bible verse & why? This is the hardest question yet because God's word is filled with so many amazing verses! You may have noticed that I sign my emails off with Romans 15:13; what a powerful verse! But my longest standing 'favorite' verse would have to be Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." When I was quite young, I was scared at night... What if my house started on fire?! What if a monster is under my bed?! My mom would sit on my bed, read these verses, and pray with me. She explained to me how I need to go to God with my fears and trust that He is incredibly wise, more powerful than anything, and in full control of everything that has and will happen. Believing and trusting in this brings perfect peace!

MS. HALLER'S WELLNESS CORNER

Did you know that spending time outside isn't just fun, but it is also very healthy for you? God designed nature in a way that is life giving to us humans. Spending even just 10 minutes outside each day can...

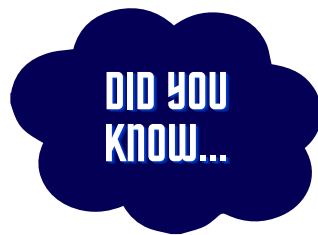
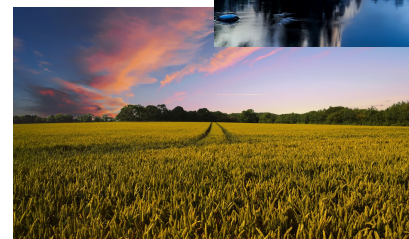


- Improve your ability to focus on your schoolwork
- Increase your creativity and problem-solving skills
- Reduce stress and anxiety (lower blood pressure)
- Make you feel happier - fight depression (serotonin)
- Keep you more active on a regular basis
- Help you sleep better (natural sunlight helps regulate sleep cycle)
- Boost your immune system (vitamin D, T cells, and phytoncides in natural light/plant compounds helps you stay healthy)

So now that the weather is finally warming up a little, let's challenge each other to **go outside for at least 10 minutes a day!** Play with a friend or sibling, jump on the trampoline, go for a walk with your parents, choose a new place to go for a hike in the mountains, spend some time sitting in a lawn chair praying for family and friends, or just run around in circles until you get dizzy!



This month, let us boost our health while enjoying the beautiful world our Lord has created!



...with Mr. H.

GOD'S BEAUTIFUL CREATION!

- The spot where your lower and upper eyelids meet is called the "canthus". Who knew it had an actual name!
- Tiny bugs called follicle mites live in eyebrows and eyelashes. They eat away the dust and dead skin trapped between the hairs. Sounds gross but it keeps that stuff from getting in your eyes. Google "eyelash mites image" if you want to see what they look like.
- When a cat looks at you with half-closed eyes, it is a sign of trust. Do it back to the cat and you'll share a bonding experience. Do this only if you like cats. They know if you are faking!



ACTIVITIES TO WATCH FOR!

It looks like we are going to keep with the virtual activity days for March and possibly April. We are looking into options for some in-person activities, but this may not happen in March. Hopefully I'll have more information for you when the activity email comes out later this week!

Watch for an email coming out soon with virtual activities such as:

March 9 – Dome Show

March 10 - Limitless - Deliberating Charter Rights

March 11 - Yamnuska Wolfdog Sanctuary Tour

March 16 – Hot Chocolate Charcuterie

March 17 - Be an Upstander

March 22 - NGL - Life on Other Worlds

March 24 - Limitless - Direct from an Underground Science Lab

March 25 - Journey to Human Rights

March 31 - Limitless - Prayer Through the Ages with Mr. Hooks

Please note that these dates are subject to change.

ACTIVITIES WITH AMANDA

The Easter Story in Eggs

Here is a fun activity you can have ready for the kids on Easter morning, or you can have fun doing it together! The Easter Story in Eggs, otherwise known as Resurrection Eggs are a great way to tell the story of Easter! It is easy to make your own set of resurrection eggs with things you have around the house. You will need some plastic eggs and small props that fit in the eggs, if you choose, and an egg carton or basket for this activity.



Instructions:

Number each plastic egg from 1 to 12. You can print the pages and cut out each verse to put inside the eggs. Or you can find little props to put inside the eggs that represent each verse. There are suggestions on the cards for what prop to use with each verse. Then you can either read those cut-outs or read each verse from your Bible. You can decorate the egg carton if you wish, as well!

Ideas: You can hide the plastic numbered eggs for your kids to find. After they have collected them all you may sit and read them altogether, or you can decorate the egg carton and have them sitting inside ready to go. You can make a game out of the Resurrection Eggs! Keep the props separate from the verses and let your kids pick which prop they feel best represents the scripture.

The Easter Story in Eggs

Egg 1 - 3 Coins

Then one of the Twelve—the one called Judas Iscariot—went to the chief priests 15 and asked, “What are you willing to give me if I deliver him over to you?” So they counted out for him thirty pieces of silver.

~Matthew 26:14-15



Egg 2 - Cracker

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take it; this is my body.”

~Mark 14:22



Egg 3 - Rope

Early in the morning, all the chief priests and the elders of the people made their plans how to have Jesus executed. 2 So they bound him, led him away and handed him over to Pilate the governor.

~Matthew 27:1-2



Egg 4 - Whip

Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified.

~Mark 15:15



Egg 5 - Scarlet Cloth

They stripped him and put a scarlet robe on him,

~Matthew 27:28



Egg 6 - Thorns

and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him.

“Hail, king of the Jews!” they said.

~Matthew 27:29



The Easter Story in Eggs

Egg 7 - Cross

After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him.

~Matthew 27:31



Egg 8 - Dice

When they had crucified him, they divided up his clothes by casting lots.

~Matthew 27:35



Egg 9 - Linen

Joseph took the body, wrapped it in a clean linen cloth,

~Matthew 27:59



Egg 10 - Stone

So they went and made the tomb secure by putting a seal on the stone and posting the guard.

~Matthew 27:66



Egg 11 - Spices

On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. 2 They found the stone rolled away from the tomb, 3 but when they entered, they did not find the body of the Lord Jesus. ~Luke 24:1-3



Egg 12 - Empty

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; **he has risen**, just as he said. Come and see the place where he lay.

~Matthew 28:5-6

