



## From the Principal's Office



I love Fall and the colours in the trees. God has blessed us with a beautiful world. I'm not as enthusiastic about raking up all those leaves as I used to be, but their beauty remains. October also marks the end of our registration season which this year has us with a student population of nearly 1600. Last year's explosive growth had us adding staff until the middle of October which was a bit disruptive. 1600 students are a bit above what we projected for this year, but quite close so only small adjustments may be needed such as splitting a class or two that are quite large.

I hope you had the opportunity to take part in some of our National Day for Truth and Reconciliation activities. Our school division adjusted this year's calendar to make this a day off for students and staff to recognize the importance of the ongoing work of reconciliation. Our Indigenous Liaison teacher, Mrs. Kimberley Brown, is assisting us in this journey by sharing her knowledge of the rich history and culture of indigenous peoples in our area. We are grateful for her support as it is a difficult task to effectively teach on topics for which we have limited background.

Our Back-to-School Assembly was a success, other than inadvertently having the number of participants capped at 100 because the host sent out the link for panelists rather than the one for viewers (that was me - sorry about that!). We will run the assembly again for those who missed it, or we have a digital copy of the event we can share with you. Give us a call or send an email to [office@nsaschool.ca](mailto:office@nsaschool.ca) if you would like to access the video recording.

May God grant you a great October filled with lots of leaves and lots of learning about God's creation and his will for our lives.

## Dates to Remember

- October 8** - Non-instructional day
- October 11** - Thanksgiving (office closed)
- October 15** - Report Card Cut-off for Grades 7-12
- October 29** - Non-instructional day



Student Calendar is available in the Learning Common under the "Calendar" tab.



Keep watch on our Moodle Home Page and in our Learning Commons for more details. We have various clubs starting throughout October including our Celebrations Student Leadership Club, our Walk/Run Club, and our new Elementary Lego Club. We look forward to seeing you there.



**DID YOU KNOW...**

**...with Mr. Hooks**

**Parent Moodle Accounts** - If you have not received an email from [cindy.lee@nsaschool.ca](mailto:cindy.lee@nsaschool.ca) about your Parent Moodle account, please email Cindy.

1. An acre of peanuts yields enough peanut butter for 30,000 peanut butter sandwiches (more or less).
2. In Dutch peanut butter is called peanut cheese and in Spanish, it is called peanut cream.



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# HOME ENVIRONMENT AND LEARNING IDEAS FOR PARENTS

## My child is struggling! What do I do?

Online learning requires unique skills and attitudes. It may take time to adjust our regular routines and expectations. Here are some helpful ways you can support your child at home.

1. Check on the learning environment. Where is the best place in your home for learning to happen? For some, it is the kitchen table; yet for others, it is too busy and noisy. Do you need to adjust the learning environment?
2. Design a schedule that works for your family and child that includes frequent breaks and movement.
3. Provide daily task lists to provide accountability and motivation for the day.
4. Include regular positive connecting time with your child throughout the day. Providing positive emotional connection can calm a student's anxieties and open pathways for learning.
5. Contact your child's teacher. Your child's teacher may have some suggestions specific to that course and what they have observed in your child.
6. Connect with other parents. NorthStar values community. Other parents may be able to give you some suggestions based on their experiences. Feel free to head over to our Parent Lounge in your moodle account and start a discussion.



# MISS HALLER'S WELLNESS CORNER



Well, we are officially one month into the school year! The adrenaline we were running on in September has faded. The excitement of cracking open new textbooks is gone. All the introduction assignments have been completed, and what are we left with? Work. We are faced with quite a long list of assignments, projects, jobs, experiments, tests, chores, and more. Since we are all human, the temptation may be to slack off, procrastinate, or submit low-quality work just to get the assignment 'done.' However, the Bible is very clear on God's views of hard work and diligence.

"Whatever you do, work heartily, as for the Lord and not for men." Colossians 3:23

"The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied."

Proverbs 13:4

"Whatever your hand finds to do, do it with your might." Ecclesiastes 9:10

"Go to the ant, O Sluggard; consider her ways, and be wise. Without having any chief, officer, or ruler, she prepares her bread in summer and gathers her food in harvest." Proverbs 6:6-8

**Thinking practically**, what can we do to help motivate ourselves to work hard and be diligent to the praise of the Lord? Below are **Five Tips and Tricks** to help you along this journey!

1. **Get Organized** – Make sure you are aware of each task that you have to accomplish. It is easy to forget about or miss certain things that you have to complete. You will not be able to manage your time properly if you do not see the full scope of your responsibilities. Create lists to help you remember your tasks. Make them as detailed as you would like! You can be creative, add different colors, and make it fun! This will also help relieve stress and anxiety.
2. **Make Manageable Goals** – Even if you are already a little behind in your work, unrealistic expectations on what you will accomplish in a day will only leave you discouraged. Make sure that you are chunking your work into manageable pieces. Create daily goals and/or weekly goals that are reasonable. If you need help doing this, ask your teacher! They will be more than happy to help you create a schedule that is realistic for you.
3. **Find an Accountability Partner** – Trying to motivate oneself is extremely hard! I would highly recommend finding someone you trust (a parent, sibling, teacher, or friend) who would be willing to be your accountability partner. Show them your reasonable schedule and ask them to check in with you daily or weekly to see if you accomplished what you set out to complete each day/week.
4. **Reward Yourself** – Stay positive by finding ways to encourage yourself when you accomplish your goals! For example, treat yourself with an afternoon off after you have hit all your scheduled goals for 7 days in a row. Go for a beautiful fall walk with your accountability partner after a successful day. Or, buy or make a special sweet treat after you have checked off 10 items on your to-do list. Make your work fun by creating exciting incentives!
5. **Pray** – If we try to be diligent in our own strength, we will fail. We need to depend upon God and the Holy Spirit to work in our hearts and give us the strength, focus, and commitment we need to complete the tasks set in front of us. We bring God joy when we pour out our hearts to Him, and we bring Him joy when we rely upon Him to empower us to do our best work for His ultimate glory.

**So this month, let us recommit to completing our best work unto the Lord!**

**"Good, better, best. Never let it rest. Until your good is better, and your better is best."**

(Author Unknown – Possibly St. Jerome)



## ACTIVITIES WITH AMANDA!

September has been a great start to our activities! We have managed to pull off some fantastic weather for our Forest Field Studies, and it looks like we will have some sunny weather for our Zoo trip on October 5th!

Unfortunately, I have already had some glitches in my planning for this year with the new announcements on restrictions! It is proving to be another year of being flexible. I will take it and roll with the punches! Please be patient as I manoeuvre through booking the events this year! I am trying to plan an assortment of activities that will meet all of our family's needs!



- Please do not send an etransfer without reading the confirmation email sent to you after you register. It has directions for how to send payment.
- Please read the Registration Form carefully and put all the correct information in it. Some ask for ages, names and/or grades of students.
- All Activity Days are free for NSA students, their preschool siblings and ONE adult. If extra people are attending, there will be a cost recovery fee for them.
- All Limitless events are free for NSA high school students. If extra family attends, there will be a cost recovery fee for them.

The dates and/or activities are subject to change. While I do my best to keep the activities on the original dates and times, that doesn't always work. You are responsible for having an adult supervisor attend with your students during all activities, and you will need to transport them to and from the activities. Masks and/or vaccines may be mandatory at some venues.

You can access our NSA Activities Google Calendar at this link: [NSA Activities Calendar](#). It will have all the most up-to-date information on it, as well as links to register for our activities! You may also see the attached calendar for upcoming Activities!

The Activity Day Newsletter link explains how all the activities work and the registration process: [Activity Day Newsletter and Registration Process](#).

Here is a link to the Activities Schedule. It lists the activities and is a live link updated regularly: [2021/22 Activity Day Schedule](#).

Email [activityday@nsaschool.ca](mailto:activityday@nsaschool.ca) with any questions or ideas!

[NorthStar Academy]

# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Bunchberry Meadows Demonstration Forest	2
3	4 Week 6	5 Calgary Zoo	6	7 Kraay Family Farm	8 PD Day Teachers Unavailable	9
10	11 Week 7 Thanksgiving Office Closed	12 One Stroke at at Time Art Cluster	13	14 Edmonton Corn Maze	15 Limitless-Cobb's Adventure	16
17	18 Week 8 Rock Climbing Cluster	19 One Stroke at at Time Art Cluster	20	21	22	23
24	25 Week 9 Rock Climbing Cluster	26 One Stroke at at Time Art Cluster	27 Ocean Wise	28	29 Teachers Unavailable	30
31		Important Reminders This calendar is subject to change. For the most up to date information, go to the NorthStar Academy calendar page. <a href="https://nsaschool.ghsd75.ca/calendar">https://nsaschool.ghsd75.ca/calendar</a>				
		Activity Days	Clusters	Limitless		

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Week 10 Rock Climbing Cluster	<b>2</b> One Stroke at at Time Art Cluster MAG-World War Women	<b>3</b>	<b>4</b> Limitless-Axe Throwing	<b>5</b> Telus-World of Science	<b>6</b>
<b>7</b>	<b>8</b> Week 11 Rock Climbing Cluster	<b>9</b> Tentative Samaritan's Purse Tour	<b>10</b> Tentative-Virtual Program	<b>11</b> Remembrance Day Office Closed	<b>12</b> Teachers Unavailable	<b>13</b>
<b>14</b>	<b>15</b> Week 12 Rock Climbing Cluster	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Week 13 Rock Climbing Cluster	<b>23</b>	<b>24</b> Tentative-Medalta	<b>25</b>	<b>26</b> Teachers Unavailable	<b>27</b>
<b>28</b>	<b>29</b> Week 14	<b>30</b> Limitless Operation Christmas Child				
<p>Important Reminders This calendar is subject to change. For the most up to date information, go to the NorthStar Academy calendar page. <a href="https://nsaschool.ghsd75.ca/calendar">https://nsaschool.ghsd75.ca/calendar</a></p>						
		Activity Days	Clusters	Limitless		