



From the Principal's Office



Did you know that in 1907, Baden-Powell, an English soldier, came up with the Scout motto? I was never a Boy Scout when I was younger. I think I did Cubs for a short stint but never made it to the Scouts, yet their motto “Be Prepared” resonates with me. I had cause to think about this recently when I spoke to a student about why they should continue with their education rather than quit school to work. I didn’t hit them up with the motto as it would have sounded like I was taking their situation too lightly, but it could have summarized the points I shared.

Don’t get me wrong. I’m not against work. I started delivering newspapers when I was eleven. I had a part-time job all the way through high school and summer jobs all the way through bible college and university. The satisfaction that comes from doing a good day’s work is a gift from God (Ecclesiastes 5:18-20). However, life in 2022 is pretty complicated. A solid, well-rounded education can help us be prepared for the challenges we all will face. An education based on a Biblical worldview can help prepare us for the spiritual challenges which accompany living in a society that largely does not honour God. For most of us school takes a lot of effort and discipline. It is an investment and while we may not see the rewards right away, it pays off – it pays to Be Prepared.

Report cards have just been released for grades 7-12 students. Our staff work very hard to accurately communicate the progress of their students but with large numbers of grades to enter and so many comments to make, occasionally things go astray. If anything seems off or you have any questions, please don’t hesitate to contact us.

Randell Wood
Principal NSA



Dates to Remember

February 21 - Family Day/Office Closed
February 22-25 - Non-instructional Days
February 23 - Office Closed

HAPPY
Valentines
DAY



NSA's Academic Advisors



Did you know that Northstar Academy offers Academic Advising for students in Grades 9-12? Our academic advisors connect with students in grades 9-12 each year to make sure everyone is on track to meet their goals for Grade 12 and beyond. We have some information in the Learning Commons and can also help navigate the [ALIS website](#) to help you find the career-planning and post-secondary information you need. This is a fun part of the website to explore: [Explore Occupations](#). We are currently connecting with Grade 12's to make sure they are on track for graduation and when the registration forms become available for next year, we will be connecting with Grade 9-11's to see if you have any questions about course choices, diploma requirements and planning for after-high school.

If you have any questions or would like to connect:

Last Name starting with A-L:

corrie.leismeister@nsaschool.ca

Last Name starting with M-Z:

roberta.onyschtschuk@nsaschool.ca



DID YOU
KNOW...

...with Mr. Hooks

1. Houseflies are often the first sign of spring. They survive the extreme cold by hibernating and wake up with the first spring thaw.
2. A housefly flaps its wings 200 beats a second and that is why they make the buzzing sound.
3. During World War I, doctors accidentally discovered that housefly maggots (the larva stage of houseflies) clean out open sores and help them heal. Maggot urine even disinfected the wound.

February Events

Black History Month

Join the Black History month activities to learn more about the obstacles black people have been up against in both the past and present. More details in the Learning Commons!

The Valentine Bakery

Let's work together to make our own Valentine Bakery! Post your dessert recipe in the Padlet on the Learning Commons. What are you waiting for?



High School students looking for a job opportunity, please check out this link:
<https://emploisfp-psjobs.cfp-psc.gc.ca/srs-sre/page01.htm?poster=1&lang=en>



Check Out Our
Social Media by
clicking the logos





ACTIVITIES WITH AMANDA!

February Activities will be starting soon! An email was sent out last week with information on how to register for them. Please check your spam folder if you did not see it in your emails.

You can also check out Parent Lounge in Moodle at any time for information on how to register for Activities! The Activity Day Tab is highlighted in **GOLD**.

Please pay attention to the deadlines as some are coming up right away!

As always, if you have any questions or suggestions you may email me at activityday@nsaschool.ca.

February Activities

February 7 - Becoming Player X (Grade 10-12)
February 8 - One Stroke at a Time Cluster
February 9 - Kerry Wood Nature Centre
February 10 - Limitless-Another Look at Paul
February 10 - Waterfall Cards
February 12 - Limitless-Tubing
February 14 - Climb Park
February 18 - Edmonton Valley Zoo
February 19-27 - Family Day Week - No School
February 28 - Rock Climbing Cluster

WWW.NSASCHOOL.CA

Here is the link to the Activity Day Newsletter that 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.](#)

Here is a link to our NSA Activities Calendar that you can add to your Google Calendar: [NSA Activities Calendar.](#)

GRADUATION INFORMATION

Watch your emails for a Graduation survey. If you do not receive an email by the end of the week, please email activityday@nsaschool.ca.



Congratulations to all NorthStar Academy grads and grad parents! The end of Grade 12 is rapidly approaching and becoming a graduate is something you'll always remember. One way we remember graduation year is by taking formal, cap'n'gown graduation portraits and we are so honoured to once again be providing photography for NorthStar Academy grads.

We would like to invite you to book a sitting for in-studio formal grad portraits. Sittings take place in our studio in Three Hills, AB and are only \$15. This sitting fee covers the time spent photographing the grad and preparation of 25-40 digital proofs and grad photo order form. We provide the grad gown, official Northstar Academy stole, vintage large book, diploma, cap and tassel.

If you are interested in booking a grad portrait sitting in-studio or if you have any questions about the above information, please contact Jason Ewert Photography at 403-443-2387 or e-mail JEwert77@gmail.com.



HOME ENVIRONMENT AND LEARNING IDEAS FOR PARENTS

I don't know about you, but this week has me lingering in my bed for just a little bit longer. OK. Maybe even a lot longer!

Some of us struggle this time of year as Christmas festivities fade away and the morning darkness remains. But for many, especially those with attention or mental health challenges, waking up and getting the day started is a daily struggle no matter the season.

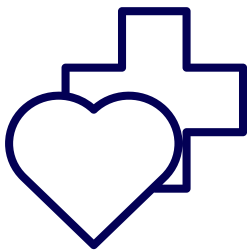
Perhaps you have tried every strategy under the sun to encourage your child to wake up only to be met with groans and a flying pillow coming at you!

Waking up really is harder for some, and it is not always laziness. They could struggle with perfectionism, a lack of motivation, or attention issues. It is an avoidance response, delaying the reality of having to do things that feel hard or challenging.

One of the best strategies I have heard is to find something that really stimulates or excites you and schedule that first in your day. Perhaps it is playing an instrument, reading a favorite book, or doing a puzzle. What is it that encourages you to get up and get your brain going?

Check out Ben's story to hear about his journey with ADHD and waking up!

<https://www.understood.org/articles/en/waking-up-is-hard-to-do>



MISS HALLER'S WELLNESS CORNER



What is Love?

It's February! Typically, this is the month when individuals think about love. What is your first thought when you consider the idea of love? Is it romance? Is it a particular person (parent, friend, spouse, child, etc.)? Is it happiness and joy? Is it sadness and loss? There can be many different opinions on what love truly is and means.

When I googled 'love', the first definition to pop up from Oxford Languages was "an intense feeling of deep affection." But is love really just a feeling? Is love dependent upon what is happening in the moment and the emotion that is then produced in a person? If this is the case, then love must be on a roller-coaster ride! When someone treats you well, you might feel love towards him or her. But if this same person made you angry or sad, then does the love you felt towards him/her disappear? If love can come and go so quickly, it does not seem very meaningful to me. It definitely would not be something I could depend upon.

Instead of looking to the world to define love, I believe that the better practice is to look first at what God says about love. God says:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. ~ 1 Corinthians 13:4-8a

Is this love just a feeling? Is this love fickle? No! This love is a choice. This kind of love chooses to believe in what is true and beautiful. It chooses to act in ways that are patient and kind. It chooses to sacrifice for others and to forgive those who have done you wrong. This kind of love never fails! It is steady and consistent.

And how can we give this kind of love to others? God says "We love because he first loved us" (1 John 4:19). We have the ability to love God and others in this consistent, selfless way because God has extended His faithful, perfect love towards us first. "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us" (Romans 5:8). Christ offered up His own life as a sacrifice because He loved God perfectly and He loved the world. If you are God's child, you are loved more than you could ever know! From this love, you are commanded to choose to love others in this deep, sacrificial way.

This month, let us thank God for the great love that He has given us through His Son! Let us also strive to choose to love others biblically!

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Week 2/Week 20	1	2	3	4	5
6	7 Week 3/Week 21 Grades 10-12 Becoming Player X	8 One Stroke at at Time Art Cluster	9 Kerry Wood Nature Centre	10 Limitless Another Look at Paul and What He is all About Waterfall Cards	11	12 Limitless - Tubing
13	14 Week 4/Week 22 Climb Park	15 One Stroke at at Time Art Cluster	16	17	18 Edmonton Valley Zoo	19
20	21	22	23	24	25	26
	Family Day Office Closed	Flex Week - No School - Teachers Unavailable				
			Office Closed			
27	28 Week 5/Week 23 Rock Climbing Cluster					
	Important Reminders This calendar is subject to change. For the most up to date information, go to the NorthStar Academy home page. www.nsaschool.ca					
		Activity Days	Workshops	Clusters	Limitless	

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Week 6/Week 24	1 One Stroke at at Time Art Cluster	2	3 Hot Chocolate Bombs/ Charcuterie Board	4	5
6	7 Week 7/Week 25 Rock Climbing Cluster	8 One Stroke at at Time Art Cluster	9	10 Virtual Program Direct from Yamnuska Wolfdog Sanctuary	11	12
13	14 Week 8/Week 26 Rock Climbing Cluster	15	16	17	18	19
20	21 Week 9/Week 27 Rock Climbing Cluster	22	23	24	25	26
27	28 Week 10/Week 28 Rock Climbing Cluster	29	30	31		

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