

From the Principal's Office



As of March 1st, most of the health mandates such as masks and limits on gatherings will be at an end here in Alberta. It may seem a bit abrupt as what was risky behaviour one day is acceptable the next but that is the nature of mandates – it is either on or off – no middle ground. Most of the venues we use for Activity Days will be back in full operation so we look forward to the return of some of our favorites. Some other things, such as an in-person graduation ceremony and banquet will be possible for us again after a two-year hiatus. Grade 12 students will be hearing the updated plans for grad shortly.

While masks will not be mandated they will certainly be accepted at all of our group activities. Different people have different levels of comfort when it comes to health issues so whatever you are comfortable with as individuals will be fine with us.

Registration for the 2022-2023 school year opens on March 1st. The next school year may seem a long way away at the moment but if past years are any indication, it will sneak up on us pretty quickly. We have introduced some new junior high options and a few new senior high courses as well. The registration form is available online and if you have any questions please don't hesitate to contact us.

I grew up in Edmonton (sometimes affectionately called Edmonchuk) which has a large Ukrainian population. Many of my friends and acquaintances are deeply impacted by the fighting in Ukraine and it is unsettling to most of us. War is a bad thing wherever it happens but in Europe it is particularly concerning as there are so many borders and peoples that can be quickly impacted. Join me in praying for peace in Ukraine.

Randy Wood, Principal

Dates to Remember



Registration is open for
2022-2023
Click here to access forms

- March 4** - Non-Instructional Day
- March 7** - Gr. 1-6 Report Card Cut-off
- March 18** - Non-Instructional Day
- March 23** - Gr. 7-12 Report Card Cut-off



NEW HIGH SCHOOL OPTION COURSES!



Finance 10 (3 credits)

Personal Financial Info 1010, Accounting Prep 1015, and Financial Project A 1910

Tourism 10 (3 credits)

The Tourism Sector 1010, The Travel Industry 1060, and The Attractions Industry 1070.

World Geography 30 (3 credits) *Revised*

World Patterns of Population and Settlement, World Patterns of Humankind's Use of the Earth, and World Patterns of Physical Elements.

Want to help bring joy to a sick child?

VITAL FOR SURVIVAL

NSA will be collecting donations of new items that would be of use to the children and families at the Alberta Children's Hospital.

Collecting April 25 to May 2

Go to the Learning Commons, Vital For Survival tab for more details.



DID YOU
KNOW...

...with Mr. Hooks

A number of years ago I taught World Geography and ever since, I have been fascinated by the fifth-largest continent, Antarctica. (Europe and Australia are smaller) Here are some interesting facts about the continent:

Antarctica is home to about 70 percent of the planet's freshwater, and 90 percent of the planet's freshwater ice.

Antarctica's Gamburtsev Mountains are a range of steep peaks that rise to 9,000 feet (3,000 meters) and stretch 750 miles (1,200 kilometers) across the interior of the continent — and are completely buried under up to 15,750 feet (4,800 m) ice.

Also hiding under the Antarctic ice is an entire lake: Lake Vostok is a pristine freshwater lake buried beneath 2.5 miles (3.7 kilometers) of solid ice. It is about the size of Lake Ontario and is the largest of the more than 200 liquid lakes strewn around the continent under the ice.



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ACTIVITIES WITH AMANDA!

I sent an email last week with the March activities coming up! You can access the activities through the links below if you did not receive that email. You can also find information on the activities in Parent Lounge on our Moodle platform at any time. (The Activity Day Tab is highlighted in **GOLD**.)

As restrictions change, I reach out to each organization. Sometimes it takes them time to sort out how they will move forward or confirm changes with me. Restrictions are set to change on March 1. Please be patient while I work with each organization to figure out how they are proceeding. Once I verify changes with each organization, I will adjust them on the schedule. I will also email changes to registered participants before the activity takes place. Please plan to follow the restrictions according to the registration form when you register/ed until you receive notification from me that they have changed. (You do not need to email me to ask if anything has changed.) Organizations may choose to continue with previous restrictions, and you may not receive an email with an update. I plan to keep you as informed as I am. Thanks in advance!

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



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

The Activities Schedule link lists the activities you may register for. It 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



Anyone taking grade 12 courses needs to fill out this [2022 Graduation Survey](#), please. For planning purposes, we need to know if you are planning on attending graduation, have already graduated and are upgrading, are planning on graduating next year, or are not planning on attending our graduation for planning purposes. I am still waiting on about half of those registered in grade 12 to complete it.

The student **OR** student's supervisor may complete the form.



HOME ENVIRONMENT AND LEARNING IDEAS FOR PARENTS

The Power of YET

Have you ever been working with your child on their school work (or any other task for that matter) only to have them express "I can't do that!"?

Our responses can range anywhere from giving up to just doing the task for them.

But what if we were to respond with one extra powerful word. **Yet.** "You can't do that... **yet**".

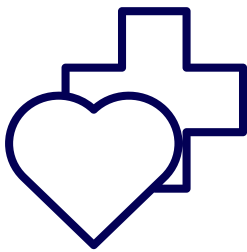
Or even better, what if we can teach our kids to respond this way when they get frustrated. "I can't do that...yet".

That little word, yet, gives us all the space to grow. It communicates grace, patience, and confidence in our children.

We begin to teach our children (and maybe even ourselves) that humans are always growing and learning new things. And with the right effort, steps, and support, we can learn to do the very thing we currently can't do.

If you are looking for a great way to begin this conversation with your children, here are a couple of ideas:

1. Read and discuss the verse in Philippians 4:13, "I can do all things through Christ who gives me strength". What does this really mean? Does it literally mean we can do anything? Or is it a reflection of human limitations and dependence on Christ in all things. How can we accept and submit ourselves to the power of Christ in our lives when it comes to doing or learning difficult things?
2. View this [read-a-loud of a great picture book by Esther Pia Cordova](#). Gather the whole family! Everyone loves a good storytime read-aloud!



MISS HALLER'S WELLNESS CORNER



Do You Eat Enough Veggies?

I know that I do not always eat enough vegetables! With all the other crave-worthy food options (pasta, pizza, burgers, tacos, sandwiches, desserts, crackers, cheese, etc.), I find it hard to prioritize eating enough veggies. When I have talked to my friends and family, I have discovered that many people either do not know how many servings of veggies to eat a day or do not know how important veggies are in our diet.

So how many cups of veggies should people eat each day? The USDA has a great chart that has general recommendations based on age: <https://www.myplate.gov/eat-healthy/vegetables>

Daily Recommendation*		
Toddlers	12 to 23 months	½ to 1 cup
Children	2-4 yrs	1 to 2 cups
	5-8 yrs	1½ to 2½ cups
Girls	9-13 yrs	1½ to 3 cups
	14-18 yrs	2½ to 3 cups
Boys	9-13 yrs	2 to 3½ cups
	14-18 yrs	2½ to 4 cups
Women	19-30 yrs	2½ to 3 cups
	31-59 yrs	2 to 3 cups
	60+ yrs	2 to 3 cups
Men	19-30 yrs	3 to 4 cups
	31-59 yrs	3 to 4 cups
	60+ yrs	2½ to 3½ cups

How important is it to get enough vegetables in your diet? Many large-scale studies have been conducted that show the benefits of eating an appropriate amount of vegetables. Veggies have no cholesterol, and they are a huge source of vitamins and nutrients that our bodies desperately need to function properly. Because of this, eating enough veggies substantially reduces the risk of

heart disease, strokes, cancer, high blood pressure, diabetes, weight gain, digestive issues, vision defects, and chronic diseases. Wow! Veggies are power-packed foods, and leafy greens are particularly important! But believe it or not, the CDC says that only 1 in 10 adults get enough fruits and vegetables.

If veggies are so important for our physical health and only 10% of adults eat enough veggies, we need to find more strategies to help us beef up our vegetable consumption! Here are 5 strategies to help us remember to eat more veggies...

- 1) Focus on making your meals colorful. Green, yellow, orange, red, purple... try to make sure that you are eating a variety of colors at each meal.
- 2) Keep veggies in a visible place and have raw veggies pre-cut in the fridge. This way, you will choose to eat veggies more often when you are hungry because it is easy and accessible.
- 3) Get creative with your recipes! Buy unique vegetables and try out new recipes to keep things interesting.
- 4) Focus on having at least one veggie at every meal. Even if it is a super small quantity, it is a good habit to cultivate.
- 5) Try not to have potatoes as your main veggie source. Potatoes are a carbohydrate-rich vegetable, and they react in your body in a similar way that sugar does.

This month, let us focus on eating a proper amount of veggies and a variety of veggies each day to promote our physical health!

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Week 6/Week 24	1 One Stroke at Time Art Cluster	2	3 Hot Chocolate Bombs/ Charcuterie Board	4	5
6	7 Week 7/Week 25 Rock Climbing Cluster Report Card Cut-off Grade 1-6	8 One Stroke at Time Art Cluster	9	10 Virtual Program Direct from Yamnuska Wolfdog Sanctuary	11 Edmonton Valley Zoo	12
13	14 Week 8/Week 26 Rock Climbing Cluster	15	16 Telus SPARK Science Centre	17	18	19 Yamnuska Wolfdog Sanctuary
20	21 Week 9/Week 27 Rock Climbing Cluster	22	23 Report Card Cut-off Grade 7-12	24 Alberta Sports Hall of Fame	25 Outdoor Adventure Experiences	26
27	28 Week 10/Week 28 Rock Climbing Cluster	29	30	31		
Grades 10-12 Winter Travel 15						
<p>Important Reminders</p> <p>This calendar is subject to change. For the most up to date information, go to the NorthStar Academy calendar page. https://www.nstarschool.ca/calendar</p>						
Activity Days		Workshops		Clusters		Limitless