



west coast QUEST

Volume 2, Issue 9
MAY 2021

UPCOMING DATES

May 5

Grade 8's visit West Coast

Wednesday, HS Assembly @ 8:40a

Link: <https://zoom.us/j/93936338574>

May 6

High School Orientation @ 6pm

Link: <https://zoom.us/j/93936338574>

May 21

HS Term 4 Progress Reports Issued,
Check your email

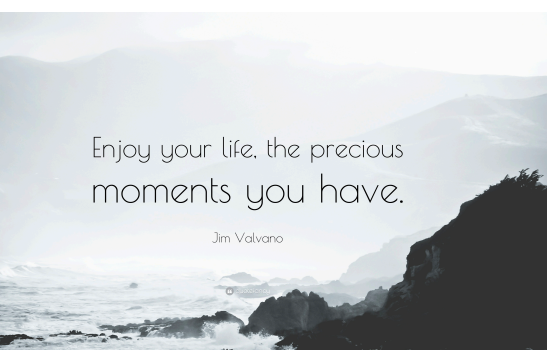
May 31-June 4

Last week of Elementary Live
Classes for 20/21

June 2

K-12 Assembly: End of Year
Celebration @ 8:40am

Link: <https://zoom.us/j/99369472425>



Enjoy your life, the precious
moments you have.

Jim Valvano

PRINCIPAL'S MESSAGE

Welcome to May, West Coast Family! I hope that your April was eventful and that you got to enjoy some sunshine and see some signs of Spring as you spent time outdoors. May is sure to be another busy month at West Coast. For elementary, this is the last month of new curriculum before the end of the year. Wow, time has certainly flown by!

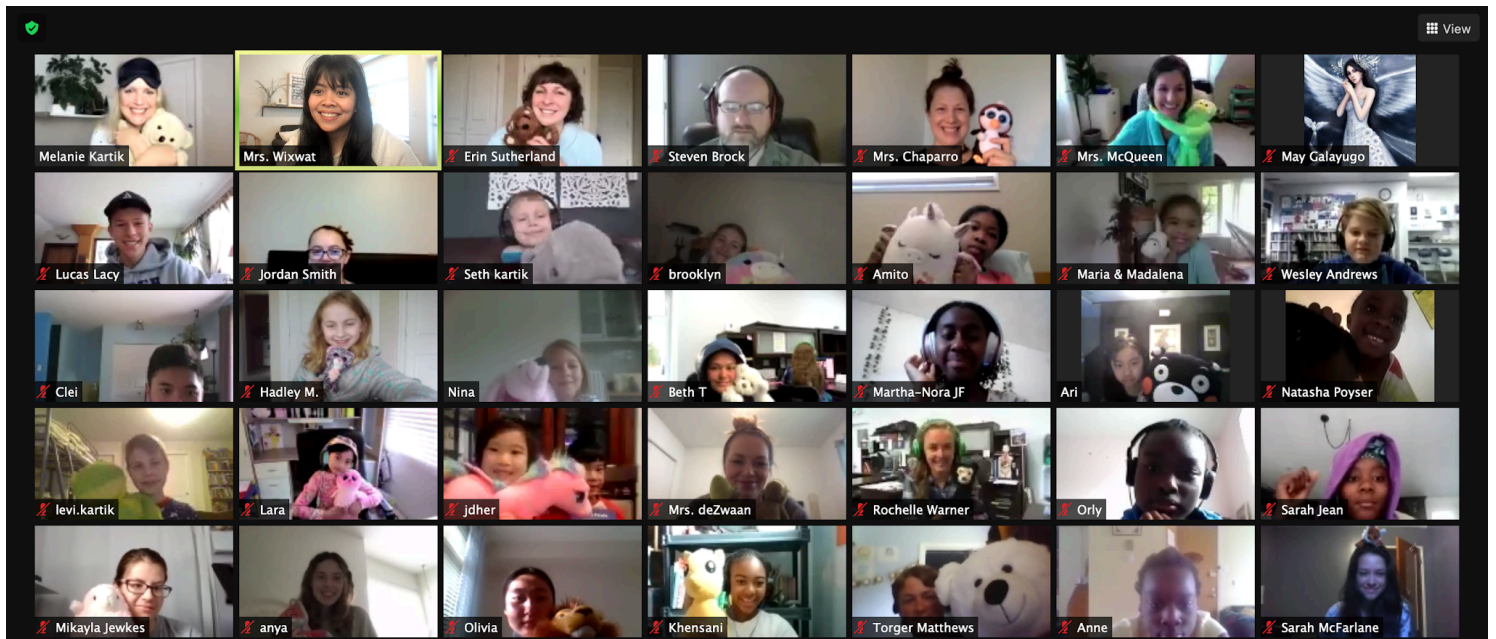
Sometimes when I'm excited about an upcoming date or event (summer! woohoo!), it's easy for me to get lost in the future and forget to look around me and enjoy the here and now. However, as we anticipate the end of the year, it's important for us to slow down and enjoy the moments we are experiencing right now—the special times with teachers and friends in live classes, the new projects we're doing that help us learn about the world around us, the moments spent with our dearest people. All of these things are the very elements of my life's memories that I treasure most. And yet when I'm busy and not mindful, I can sometimes feel as though I am missing out on them entirely.

This reminds me of a common saying, "**Don't forget to stop and smell the roses.**" This is certainly a figurative phrase, but I believe it also is meant to be taken literally. In the busy-ness of life, it's so easy to race by the sweetest smells, tastes, and memories and completely miss the many blessings around us. I want to encourage you (and me too!) to slow down. To breathe deeply. To look up from the computer and out a window every once in awhile. To savour a good cup of tea or the company of a favourite book. To stop and smell a lilac bush, or take in the beauty of a blossoming cherry tree. To be truly grateful for the things we might forget to thank God for when we're racing through our lives. Savour these moments, dear West Coast students. The collection of the memories you create will make up the entirety of your life. — Mrs. Kartik



SHOUT OUT

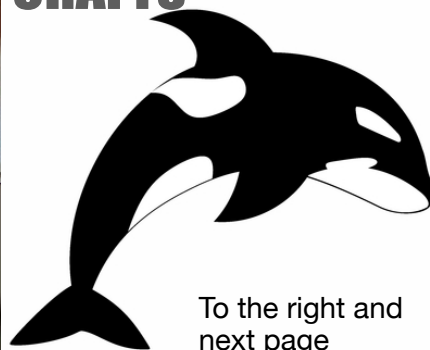
WEST COAST
Adventist School

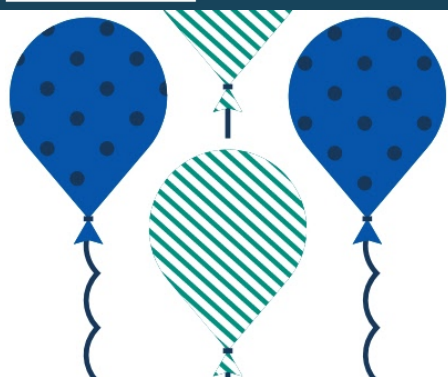


Reading Buddies Assembly, April 26 - Many students and teachers wore their pyjamas and brought a stuffy



WEST COAST ORCA CRAFTS





SHOUT OUT

WEST COAST
Adventist School



Orly



Anne



Maya



Anne



Maria



Elysia



Amy



Michael



Caressa

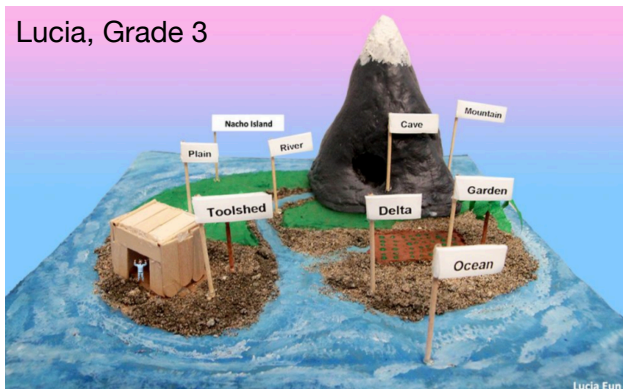


SHOUT OUT

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Lucia, Grade 3



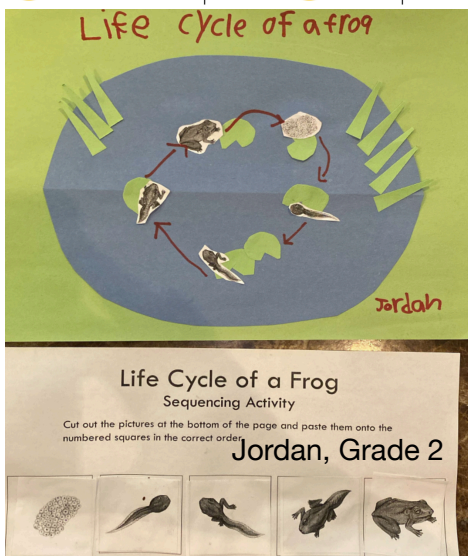
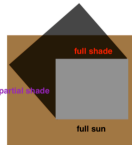
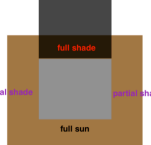
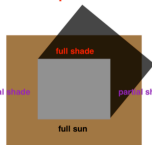
side view



Onyx, Grade 8



top view



A Very Angry Flamingo

Hadley, Grade 2

Hello reader, this is a story about a flamingo, a very angry flamingo to be exact. Her name is Aneta. Anyway let me get onto the story. "Oh Johnny," said Aneta (Johnny is her little brother) "Look at my nail polish!" She continued. "It was an accident." said Johnny. He was tired of his sister blaming him for everything wrong in the world and for the things that he actually did, on purpose. Aneta stomped away. That night Aneta went for a walk which everyone thought was normal. But she pitched a tent, put in her sleeping bag and special belongings and fell asleep. In the morning she had a snack, and started moving things out of her backpack and into her tent. Here are some of the things she brought: around 1000 insects, a night light, books, batteries, a stuffy, string paper and that is just a few of the things. That night she wanted to eat too much but she was independent now and ate as much as she liked. Everyone was looking for Aneta that night. Cleverly Aneta put her tent in a bush. It was in a bush nearby in the yard of a house which looked deserted. That morning the daughter of the owner of the house came outside her name is Sophie. She discovered Aneta's hiding spot and after a little while they were best friends. Aneta & Sophie moved from campsite to campsite and spent 1 week at each campsite. Since they were eating too much and Aneta's Estimate was way not enough to keep them going for a year. Soon they had to head for home. But they promised to take turns visiting each other every Sunday. Oh what a surprise crossed their family's face when Aneta came down the stairs and when Sophie came down the hallway. Aneta & Sophie's promise lives on.

THE END

