

# west coast QUEST

Volume 3, Issue 3  
November 2021

## UPCOMING DATES

**November 2 @ 6pm**

Building Resilience in Children (K-12)

[LINK in Canvas Calendar](#)

**November 10 @ 8:40am**

K-12 Assembly Remembrance Day

[LINK in Canvas Calendar](#)

**November 10**

HS Term 1 Ends

Term 1 Work is Due!

**November 11**

Remembrance Day

No School

**November 12**

Non-Instructional Day

No School

**November 19**

Elementary Progress Reports & High School T1 Report Cards Published



## PRINCIPAL'S MESSAGE

**Hello, West Coast Community!** An important holiday that we celebrate in this month is Remembrance Day. On this day, we think about the community helpers (soldiers, first responders, etc.) that have helped us in the past and still protect us today. We take a moment of silence to say "thank you." In the Bible, there are lots of verses about remembering. The one I want to share with you today was written by David the King:

**"I remember the days of old; I meditate on all that you have done; I ponder the work of your hands." Psalm 143:5**

Even though David was a powerful king with lots to do, he remembered the way that God had led in the past and took the time to thank Him. How often do we remember to say "thank you" to those who help us? Sometimes I get so busy, and I forget, too! But gratitude is so important—not just for the receiver of the thanks but also for us. It helps us to recall that we are surrounded by blessings, and that we need each other. It makes us more positive, and sheds light on just how loved we each are. So, in honour of Remembrance Day, maybe you could pause to thank your dad for a delicious dinner, or your mom for helping you with your school work. Maybe before leaving the checkout line at the store, you could take the time to thank the person who has helped you with your groceries and packed them so nicely. And don't forget to thank God for the many blessings in your life, too—a little gratitude goes a long way!

Friends, as we celebrate Remembrance Day and express our gratitude, I want to take the time to express mine, as well! I am so grateful for each of you and for the opportunity to be a part of such a wonderful community of staff and students. Thank you for brightening my days with your presence. I am so blessed by you! —Mrs. Kartik





# SHOUT OUT

**WEST COAST**  
Adventist School

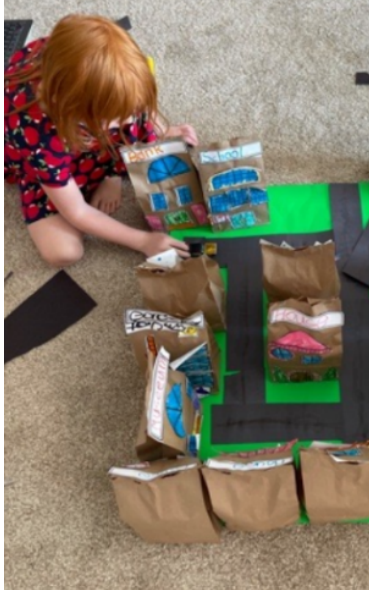


Bella Coola Students, Terry Fox Run



Francine Gr 1, Bug Hotel

Noelle, Kindergarten,  
Building her own  
Community for Socials!



Sabrina, Grade 6, wrote a book about the mountain ash that is special to her family. She took many photos of it changing with the seasons. Beautiful work, Sabrina!

## OUR FAMILY TREE

Sabrina • Sept 2021





# SHOUT OUT

**WEST COAST**  
Adventist School



Amy, Grade 2,  
Canada Brochure



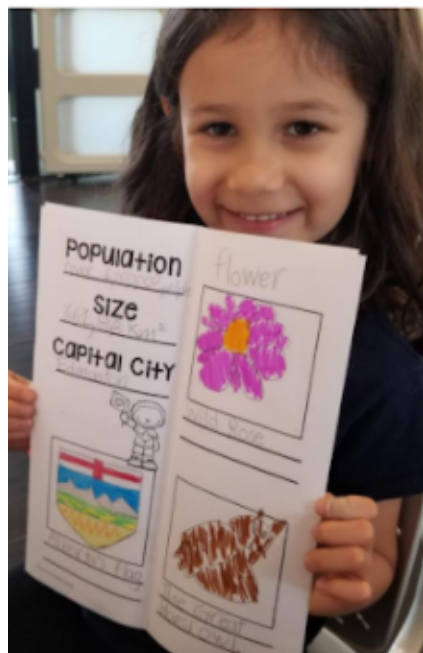
Anna, Grade 2,  
Puppet Show



Amy, Grade 2,  
Art Wall



Cedar, Grade 1



Kyla, Grade 1,  
Original Artwork



Jenna, Kindergarten,  
"My Community"





# SHOUT OUT

WEST COAST  
Adventist School



Mina, Grade 1,  
Making Banana Bread



## Student Poems based on *The Arrival*

As the clock ticks endlessly,  
The paper bird stands above,  
As the cup of tea cools quickly  
The family portrait is grasped tightly  
As the family of three smile happily  
Carefully being packed vastly  
While the suitcase sits patiently  
As the hands touch slowly

**Jayden Chan – Gr 9**

As the small hand ticks slowly,  
Our hands stop in closely,  
I take the family picture on the shelf dreadfully  
and look at my daughter smiling so delightfully,  
A sip of my coffee which steams hotly,  
And wrap my clothes tight,  
I look to my left, clothes folded nicely,  
How can a birds fly so high at this time.

**Raine Calaminos- Gr 9**



## How to Play ♥ Hearts Nate, Grade 10, Instruction Manual

Card games have been played for generations. Versions of games like cribbage, euchre, and hearts have been popular all over the world and were even played widely in the 1800s. My family is avid card players and I have been playing various card games since before I knew how to read. A right of passage is when I was good enough to play cribbage with my great uncles at Christmas. One of the most recent games I've learned to play is hearts. We have been playing a lot over the last year and it has definitely stolen our hearts.

### Materials

In order to play hearts you will need:

1. A standard 52 card deck
2. 4 people (there are similar ways to play with 3-6 but 4 is the basic and most fun)

### The Object of the Game

The object of the game is to score as few points as possible. There are 14 point cards in the game. All 13 cards of the heart suit are worth 1 point each and the queen of spades is worth 13 points, for a total of 26 points per round. The game continues until one player reaches 100 points. This player will be in last place and the player with the lowest score is declared the winner!



## Chelsea, Grade 12, Blackout Poetry

