

west coast QUEST

Volume 3, Issue 7
March 2021

UPCOMING DATES

March 4

HS Progress Reports T3 Issued - Sent to email

March 9 @ 8:40am

HS Homeroom Meeting during West Coast Wednesday

March 14-18

Week 1 Spring Break - No School
Office Open, Teachers Available

March 21-25

Week 2 Spring Break - No School
Office Closed, Teachers Offline

March 30 @ 8:40am

Reading Buddies Assembly K-12

[LINK](#)

PRINCIPAL'S MESSAGE

Free nature play is an under-appreciated, often forgotten, but extremely important part of child development and wellness. As

March is just around the corner, the weather will get warmer, and spring break will be upon us. Maybe the sun will shine every once in awhile, and green shoots will start to "spring" from the ground and trees. The warmer weather will beckon us outside into nature more. I want to encourage you to heed that call. EG White tells us that we should

"[l]et the little ones play in the open air; let them listen to the songs of the birds and learn the love of God as expressed in His beautiful works. Teach them simple lessons from the book of nature and the things about them." CG 301.1

This isn't just advice for parents of young children. This is a reminder that we *all* need free time, space, and quiet contemplation in order to grow in God, and that He has created the perfect environment for us to do that in - nature! Interestingly, research shows that taking the time to spend in nature makes us better students, too. According to researchers Kuo, Barnes, Jordan (2019), "incorporating nature in instruction improves academic achievement over traditional instruction." (5) Additionally, through nature play, they discovered that students can develop "some of the skills, attitudes, and behaviours most needed in the 21st Century." (6) So while free play outside may feel like an old-fashioned approach to life in general, we know that we can learn amazing things from the world the Lord made especially for us to learn and grow in. Let's take advantage of as many opportunities as we can to "taste [smell, hear, and see] that the Lord is good" (Psalm 34:8), knowing that the blessings He has created for us outside will also help us grow into the very best learners, citizens, and disciples that we can be. Send me a picture of what you discover as you play! I love to hear from you! -Mrs. Kartik

Kuo, M., Barnes, M., & Jordan, C. (2019). Do Experiences With Nature Promote Learning? Converging Evidence of a Cause-and-Effect Relationship. *Frontiers in psychology*, 10, 305. <https://doi.org/10.3389/fpsyg.2019.00305>



GET OUTSIDE
today!



**WEST
COAST**

Anytime, Anywhere.

Adventist School www.wcasdl.ca | office@wcasdl.ca

**2022/2023
REGISTRATION**

It's coming to the time when registration will be opening to the public for the 2022/23 school year. We foresee another busy year ahead. Many parents are already submitting applications and getting their plans in place. Preregistration opened up on **February 17, 2022** and giving existing West Coast families the opportunity to reserve their seats for next year before officially accepting any new students. **The deadline for pre-registration will be April 14, 2022.** After this date passes, we will begin to accept applications from other families who are interested in pursuing online education with our school. The assignment of spots will be determined on a first come first serve basis. As we continue to provide a high level of teacher-to-student support, spots in each grade are limited.

For information and returning student documents, please visit this [LINK](#).

Reading Buddies

Elementary & High School

Wednesday March 30,
8:40-9:20 am PST

reminder...

The West Coast office will be closed starting March 21-25.

Please remember to communicate with teachers and submit work before March 18 to give the teacher enough time to give feedback and/or respond before the break begins. From March 21-25 teachers will be totally offline.



SHOUT OUT

WEST COAST
Adventist School

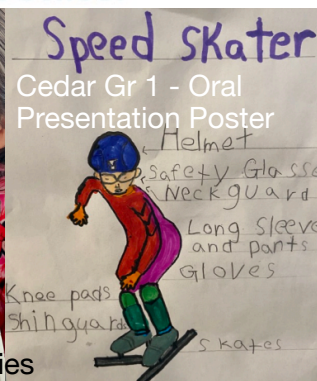


Andrés Gr 1 - Opaque, Transparent, Reflective Project



Gr 1

Name Cookies



Speed Skater

Cedar Gr 1 - Oral Presentation Poster

Helmet
Safety Glasses
Neck Guard
Long sleeves and pants
Gloves
Knee pads
Shin guards
Skates



Ella Gr 4
Colour Wheel



Francine Gr 1
Sharing about
God's love in
Foundations



Kharyssa Gr 1 - Oral Presentation
Sledding

Let's go sledding. What are some gears to help keep you safe? Here are some gears that can help to keep you safe when you go sledding:

Waterproof
Snow Boots
& Socks



Scarf



Mittens/gloves



Kindergarten Advertisement copy.png

Eyewear



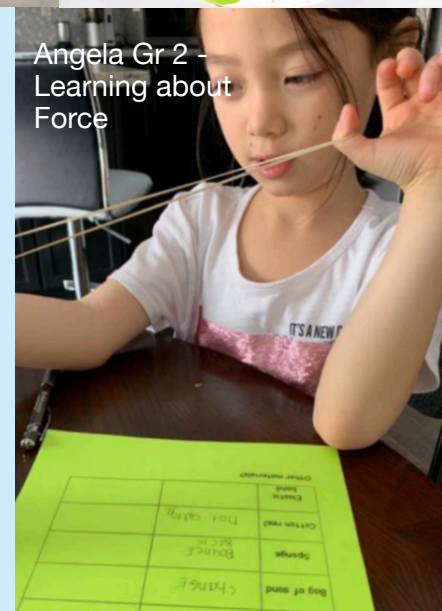
Snow suit



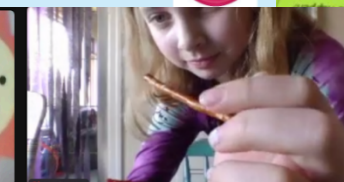
Headwear/Helmet



Now you have your safety gears, so let's go SLEDDING! Yea!



Angela Gr 2 -
Learning about
Force



The Grade 3 Foundations Class showing what they need to live a healthy life!

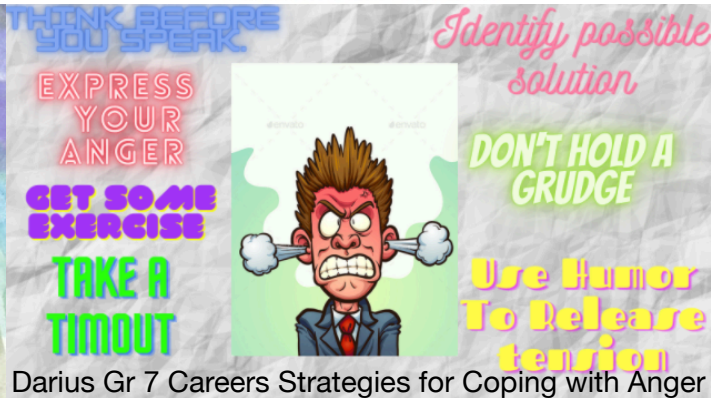


SHOUT OUT

WEST COAST
Adventist School



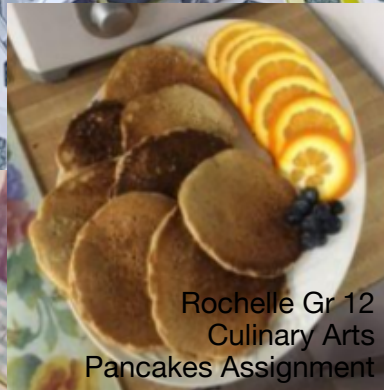
Ella Gr 4
Watercolour



Darius Gr 7 Careers Strategies for Coping with Anger

Noelle Mattias

Kindergarten
Learning about Types
of Energy



Rochelle Gr 12
Culinary Arts
Pancakes Assignment



MacKenna
Gr 4
Knitting
Project