

west coast QUEST

Volume 3, Issue 9
MAY 2022

UPCOMING DATES

May 9-13

West Coast Spring Spirit Week
Organized by the Grade 9's
See below for details

May 20

High School Term 4
Progress Reports Published

May 23

Victoria Day Holiday
No School

May 25 @ 8:40am

K-12 Reading Buddies Assembly
[LINK](#)

May 31 @ 6pm

K-12 Parent Night
"Building Empathy & Accountability
in our Children"
[LINK](#)

June 24 @ 4pm

West Coast 2022 Graduation Online
More details to come



PRINCIPAL'S MESSAGE

Metamorphosis is a change of physical form, structure, or substance undergone by an animal. It is a transformation that could end in the animal looking substantially different than how it looked when the process began. Of course, we think of metamorphosis taking place in the most famous of the transformers, the butterfly, especially at this time of the year. But did you know that there are many other animals that go through metamorphosis, as well? Here are a few: beetles, flies, ants, bees, moths, and fleas! As humans, we go through a metamorphosis of sorts, too. While we don't entirely change physically over the course of our lives, our hearts and minds are transformed through our experiences, interactions, and beliefs. I think one of the coolest things about our Creator God is that He made humans capable of great change. There are so many Bible characters we can read about whose life journeys took surprising turns. King David is one of my favourite examples. He started out his career as king with a lot of flaws, but ended his life being referred to as a "man after God's own heart." (Acts 13:22) This is a truly amazing story of transformation, filled with many bumps along the way. Have you, like King David, ever made a mistake and wished you hadn't but are unsure how to avoid repeating it in the future? I know I have! The good news is that our hearts and minds can undergo a process of metamorphosis too, if we let God in to do His amazing creative work within us. Oftentimes, I pray this plea from King David to God when I'm feeling in need of a major mindset change:

**"Create in me a clean heart, O God,
and renew a right spirit within me!" Psalm 51:10**

I believe that God gave us Bible stories about characters with lots of flaws so that we can remember that change is always possible and that God meets us where we are - *but never leaves us where we are* - when we commit our lives to Him. God wants the very best for us; He wants to see us all beautifully transformed. As you witness the many changes of this season, may you be reminded of His life-changing love for you! Blessings and love, Mrs. Kartik



SPIRIT WEEK - DRESS UP...

MONDAY, MAY 9TH

IN SCHOOL COLOURS / AS AN ORCA

TUESDAY, MAY 10TH

LIKE A WEST COAST TEACHER
OR YOUR PARENT

WEDNESDAY MAY 11

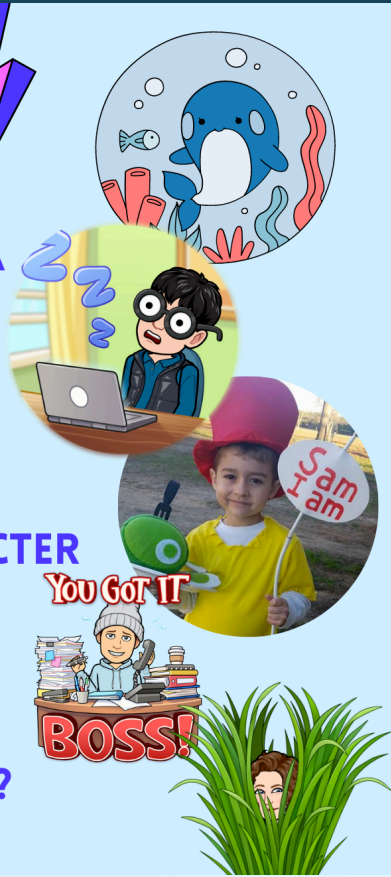
AS YOUR FAVOURITE BOOK CHARACTER

THURSDAY MAY 12!

AS YOUR DREAM JOB

BONUS - ANYDAY!

WHERE'S THE WEST COAST STUDENT?
THINK PHOTO HIDE & SEEK



join our
Parent Night
May 31, 6pm

Building empathy and
accountability in our children

WEST
COAST



SHOUT OUT



Grade 6 Extreme Environment Poems

Name: Abigail



Extreme Heat
It burns, sizzles, and scorches. Heat is like a angry creator, destroying everything in its
Type to enter text

A
B
C
B



Drought



Name: Sabrina

A **heartless** heat seems unending.
The thirsty dust is breathless,
Searched under the beating sun.
SUMMER wind dries us dreamless.
And then almost unexpected,
Small drops of life swell into streams.
Drenched earth slurps and swims,
Watercooler bursting through dreams.

A
B
C
B

Name: Anne



Marshes
It's **hard** to get out of
Once you get in the dirty **MUD**
You **NEED** help to get **out**
unless you **don't** want to get **snubbed**.
Nobody wants to be around you
You look like a **weirdo**
Basically you are
You **DON'T** want to **ADMIT**, though

A
B
C
B

Name: Aria



Extreme Cold

Human survival is hard in the extreme environment of cold
These humans help us learn, they are brave and bold!
They now places many humans have not been before
Some bring back knowledge so we can learn more!
Extreme environments of cold can be found in areas such as the
Arctic
Scientific information can be used to help humans not get sick
Other places are the Antarctica, where there is lots of snow
Some people sleep outside in tents, not somewhere I would want to
live!
Some people may ask why would someone now to places that are so
cold?
When you can stay home and enjoy the sun and swim in a pool
Well, scientists gather information from our history so we can learn
more!
They may gather strange bacteria, animals and things never
discovered before!

A
B
C
B



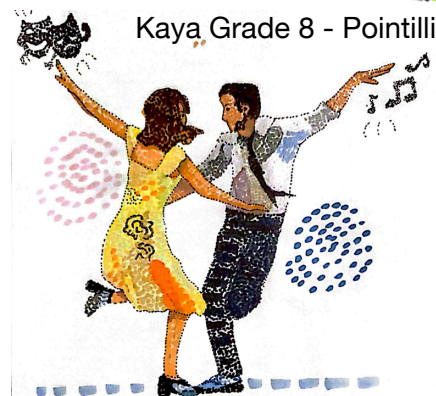
Hadley Grade 3 -
Art (Sewing)



Jasmine Grade 3 -
Unicorn Island (Science)



Kaya Grade 8 - Pointillism



SHOUT OUT

WEST COAST
Adventist School



Blue is the color of the sea and sky.
It's the color where the airplane flies.
The color of what you drink.
It's the color that goes with pink.
The color of the water in the water slide.
Blue is the color of where the seagulls glide.

By Elisha B. Manna
Grade 4



Darius 6
Grade 8



Bradly Grade 2 -
Primary & Secondary Colours



Martin Grade 3 -
Landforms Project



Grade 7 Field Trip -
Museum of Anthropology



Apryl Grade 4 -
Onomatopoeia Artwork