

# WEST COAST QUEST

VOLUME 5 | ISSUE 2

OCTOBER 2023

GIVE THANKS TO THE GOD OF  
HEAVEN, FOR HIS STEADFAST LOVE  
ENDURES FOREVER. ~ PSALM 136:26



Welcome to October!

As leaves change and the air crisps, we're reminded of the season's beauty. It brings apple pies, cozy blankets (a must for live classes), and Thanksgiving, a time for gratitude.

With all the excitement and activities of October, let's take a moment to reflect on the many things we have to be grateful for. Check out what our high schoolers are thankful for below.

I encourage each of you to take a moment for reflection this month. Ponder the blessings in your life, whether they're big or small, significant or every day.

Here's a heartwarming verse to sing to the tune of *Twinkle Twinkle Little Star*, reminding us that love and joy grow with gratitude: "Thank you, God, for all we see. Family, friends, and hugs so free. We're thankful, God, with hearts that glow. Love and joy, your blessings flow."



Mrs Sutherland

# HAPPENINGS

## OCTOBER 6

Grades 9-12 Progress Reports

## OCTOBER 9

No School - Thanksgiving Day

## OCTOBER 10-12

Grades K-8 Student Conferences  
(no K-8 Live Classes)

## OCTOBER 10

Gr 9-12 No live classes, but it is still a school work day.

## OCTOBER 11

Grades 9-12 Parent, Teacher, Student Conferences

## OCTOBER 19

Shake-Out BC

## OCTOBER 23-27

Spirit Week & Reading Buddies on the 25th

## NOVEMBER 8

HS Term 1 Ends

## NOVEMBER 17

K-12 Report Cards

## CHECK OUT THE STUDENT HUB



## THE TEACHERS ARE CELEBRATING THE ARRIVAL OF FALL!

As we step into the season of fall, the world transforms with the vibrant colors of changing leaves and the comforting coolness in the air. It's a time of transition and reflection, leading us to the cherished holiday of Thanksgiving. During this season, we gather with loved ones to express gratitude for life's blessings, celebrating the warmth of both nature and our connections with one another. How do you plan to celebrate Thanksgiving this year?

## SEEK & FIND



Search the WCAS virtual school to find all 6 of the fall items hidden throughout!



“

"Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind."

-Psalms 107:8

”



# For Everything Give Thanks

Thankful for my family  
-Sarah (Gr10)

For the blessings I have and for being alive  
-Clel (Gr12)

I am grateful for life  
-Kenya (Gr11)

## Faith



Life, health, & family  
-Orly (Gr12)

My friends  
-Megan (Gr11)

Books & videogames  
-Jose (Gr10)

Love from my pets  
-Alide (Gr10)

Everything and everyone (except school)  
-Kiana (Gr12)

My Dad's fruitloop scented cologne  
-Lucas (Gr12)

Family, food, cat, and friend  
-Ame (Gr10)

Deodorant, because when I work, I stink  
-Logan (Gr11)

## Family



My family and friend  
-Jaxon (Gr9)

I am grateful for God  
-Travis (Gr11)

A larger than usual bedroom  
-Elliot (Gr10)

Family  
-Michael (Gr9)

I am thankful I have the perfect number of perfect chromosomes  
-Andrew (Gr10)

## Beauty



I am grateful for family  
-Riley (Gr12)

My friends, family, and cat  
-Mikayla (Gr12)

Thankful for family  
-Lauren







# Welcome Mrs. Lamberton!



Mrs. Kalyna Lamberton

## My Favourite ...

Food: Indian food or Sushi

Color: yellow

Music: christian

contemporary, folk, country

Snacks: nori sheets,  
popcorn, hummus &  
carrots, pocky sticks  
Sport team: Canucks



## About Me:

I live in Penhold, AB with my husband, two girls, Azalea (3) and Emaline (1), our dog Tilly and our cat Simba. I went to Fraser Valley Adventist Academy in highschool and then took my Bachelor's of Elementary Education at Burman University. I have been teaching for 7 years and I am so excited to be working at WCAS this year!

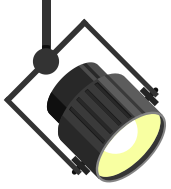
## Favourite Bible Verse

Proverbs 3:5-6

## Fun Facts About me

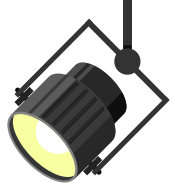
I took 2 years in between my degree to be a missionary in Majuro, Marshall Islands. I taught for 2 school years as an Elementary teacher. I am also a summer camp girl! I worked at summer camp for 7 summers and have wonderful memories there.



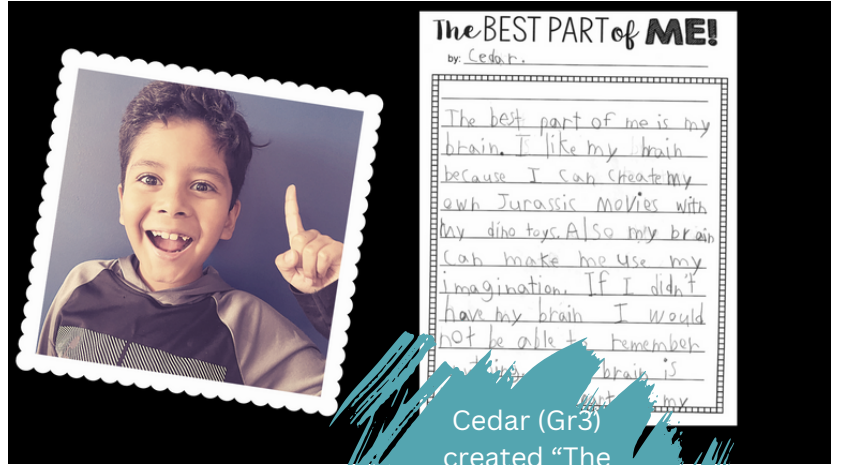


# STUDENT

## Spotlight



Ayla (Gr3) shared "The Best Part of Me" and created name art



Cedar (Gr3) created "The Best Part of Me" for Foundations class



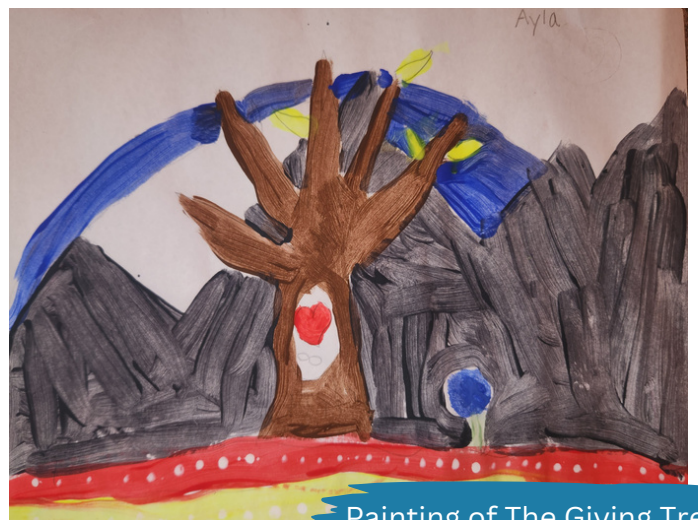
Jenna and Jaymie went on a hike for PE class



Artwork by Anne Alexis (Gr8)



Jenna and Jaymie got to do some paddleboarding for PE



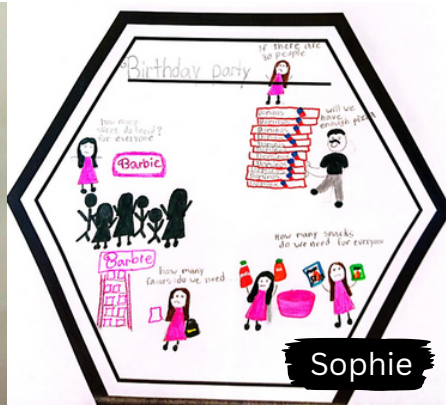
Painting of The Giving Tree (First Peoples Art) by Ayla (Gr3)



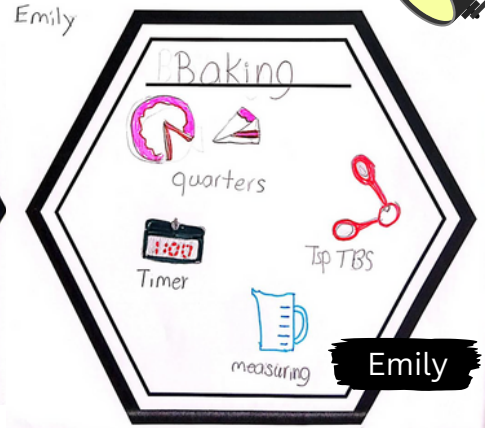
The grade 5 math class demonstrated how math is all around us!



Ellah



Sophie



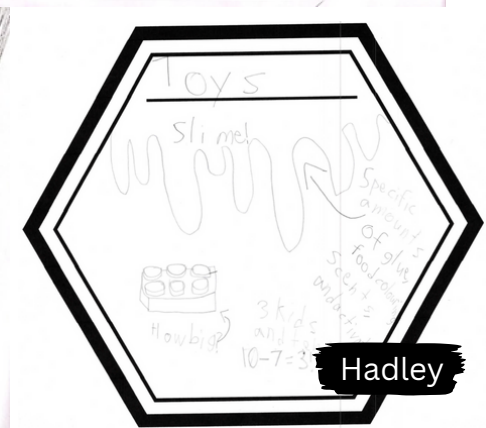
Emily



Lexi



Estrella



Hadley

Aiden (Gr5) created a "Big Idea Poster" about the benefits of physical activity

## THE BENEFITS OF PHYSICAL ACTIVITY

by Aiden Barratt



Exercise helps to develop a strong heart, muscles, and bones.

- Lifting weights
- Going for a run



Exercise helps me to burn off energy.

- When I am bored I can play out side.

Exercise can be fun. I can play with my friends and family.

- I can play games and sports like tag.



Exercise helps me feel good.

- I feel happy after I do parkour or swimming.



Exercise helps me learn new skills.

- Skiing
- Skating.



Exercise helps me make new friends.

- Meeting new kids in lessons.

When I exercise I can spend time with my family.

- I can go for a hike with my mom
- Going to the pool with my mom and sister



When I can spend time in the nature.

- When I hike I can play in the forest
- In summer I can swim at the lake



## FIRST NATIONS HERO

Susan La Flesche Picotte

Ayla Barratt

### TIME LINE OF LIFE FIRST NATIVE PHYSICIAN

- Birthdate: 17 June, 1865
- Birth Place: Omaha
- 1889: Eared her medical degree
- 1894: Married Henry Picotte
- 1913: She opened a hospital in the reservation town of Walthill, Nebraska
- Died: Sept 15, 1915



### WHAT MADE HER A HERO?



- She was the first First Nation woman in the United States to get a medical degree and become a doctor.
- Cared for more than 1,300 people over 450 square miles

### BRIEF HISTORY

- Susan La Flesche was a very smart woman.
- Her dad was a chief.
  - When she was 17 she did teaching then she became a doctor.
  - She started her education at a reservation school.
  - She saw a native girl die on the reservation because a white doctor would not help her.
  - That is why she wanted to become a doctor.



### WHY I CHOSE THIS PERSON

- I chose her because she is a good role model.
- She is a good role model because she had to work really hard. In those days because she was a woman and first nations she would have had to overcome racial and gender inequality.

• Changing the face of medicine | Susan La Flesche Picotte. (n.d.).  
 • Susan La Flesche Picotte – first native physician – Legends of Ar.

Indigenous Hero poster by Ayla (Gr3)