

WEST COAST QUEST

VOLUME 5 | ISSUE 5

JANUARY 2024

"REMEMBER NOT THE FORMER THINGS, NOR CONSIDER THE THINGS OF OLD. BEHOLD, I AM DOING A NEW THING; NOW IT SPRINGS FORTH, DO YOU NOT PERCEIVE IT? I WILL MAKE A WAY IN THE WILDERNESS AND RIVERS IN THE DESERT."

Isaiah 43:18-19 (ESV)



Happy New Year, West Coasters! 🌟 It's time for a fresh start and exciting adventures. In a recent exercise, our high school students shared what they want to leave behind in 2023 and embrace more in the coming year (see pg 7 for their responses).

In the spirit of Isaiah 43:18-19, which encourages embracing the new, let's consider our aspirations for the year ahead.

Leaving Behind:

Our students aim to bid farewell to procrastination, bad habits, and poor sleep. Is there a habit or obstacle you want to leave behind? Identifying and shedding these can pave the way for positive change.

Welcoming More Of:

Increased motivation, a stronger relationship with God, and organization are a few things our high school students mentioned desiring. Do you wish for more fun, more time with friends, or more kindness? Let's focus on setting meaningful goals and embracing new opportunities.



Wishing you a year filled with positive changes and exciting adventures!

Mrs Sutherland

P.S. Try the "24 in 2024 Challenge" see pg 3.

HAPPENINGS

JANUARY 24

K-12 Reading Buddies, 8:40 am

JANUARY 25

HS Term 2 Ends; all assignments are due by noon

JANUARY 29

Pro-D Day, no live classes K-12, or Ukulele Club.

JANUARY 30

HS Semester 2 Live Classes Begin

FEBRUARY 2

K-12 Report Cards Published

FEBRUARY 5-8

Elementary Conferences (no K-8 live classes)

FEBRUARY 7

HS Grade 9-12
Parent/Teacher/Student
Conferences

FEBRUARY 19

Family Day, no school

CHECK OUT THE STUDENT HUB



LET'S KICK OFF 2024!

Welcome to an exciting journey through 2024! As we dive into the new year, get ready to embrace kindness in all its forms, as February marks Kindness Month. Let's kickstart this year with open hearts and a commitment to making our community a brighter, warmer place through acts of compassion and goodwill. Visit the student hub's discussion board and post about the kind deeds you've undertaken during this school year so far!

SEEK & FIND



Search the WCAS virtual school for Mr. Brock's toque!



“

"The more that you read, the more things you will know.
The more that you learn, the more places you'll go."

- Dr. Seuss

”

Word of the Year 2024

Ask yourself:

- What could I use more of in my life?
- What could I use less of in my life?
- What admirable characteristic would I like to be known for?
- What is my biggest weakness?
- What has this last year mostly been about?
- What do I want this next year to mostly be about?

embrace

"The uncertainty, the fear of change, the growth, the challenges you may face, the excitement... it all has a reason - to lead you to who you're destined to be."
- Moule T.

FOCUS

"Set your minds on things that are above, not on things that are on earth."
Colossians 3:2



Enjoy



create



**WEST
COAST**
Adventist School

My "24 for 24" List

Ready for a challenge West Coasters?!
Download the linked pdf below or make your own tracker.

List twenty-four things you'd like to do by the end of the year. These items can be easy or ambitious, one-time undertakings or habits that stretch for years.

WCCS My "24 for 24" List

MY WORD OF THE YEAR IS _____

There are 24 days in the month of _____

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STORY WRITING CONTEST

unleash your imagination and storytelling skills!

CRAFT A ONE-PARAGRAPH STORY

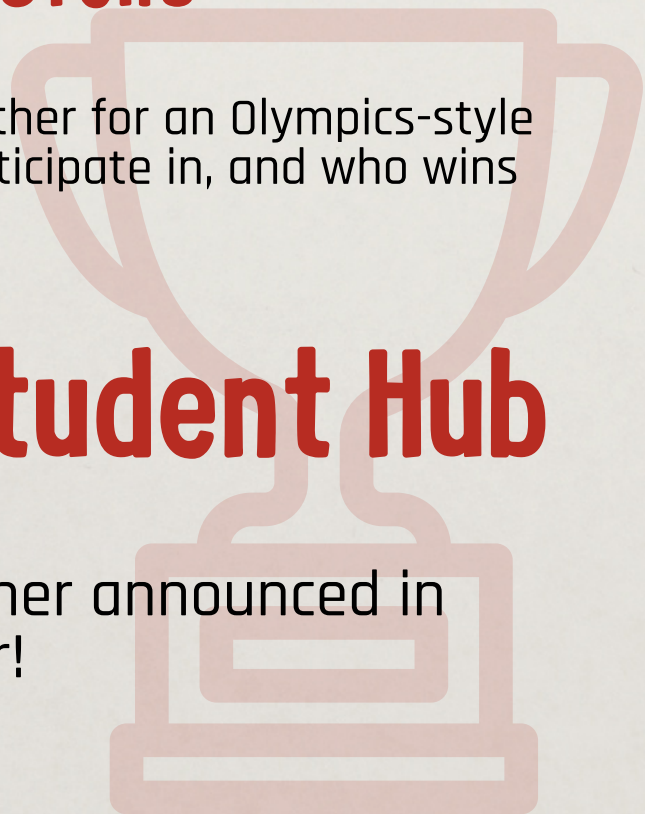
BASED ON THE PROMPT:

'Animals from all around the world gather for an Olympics-style competition. What events do they participate in, and who wins the gold medals?'

Post it in the Student Hub

BY JANUARY 26, 2024

Entries will be judged and winner announced in next month's Quest newsletter!



GET TO KNOW

Mrs. Heidi Morehouse



About Me

I live on a farm in Alberta with my husband, Don. We have one special cat, Cully that we rescued. I have graduated from Andrews University with my Bachelors degree and from La Sierra with my Masters Degree. I grew up in Saskatchewan and have lived in New Brunswick, Nova Scotia, BC and Alberta.

Favourites

- Colour - definitely purple!
- Snack - anything chocolate
- Food - Thai and Indian
- Sports Team - Vancouver Canucks
- Hobbies - baking, watercolour painting, reading, paddle boarding, camping



Favourite Bible Verses

Joshua 24:15

Deuteronomy 32:2-3

Fun Fact

I've been rescued by a helicopter from the top of a mountain on a backpacking trip.

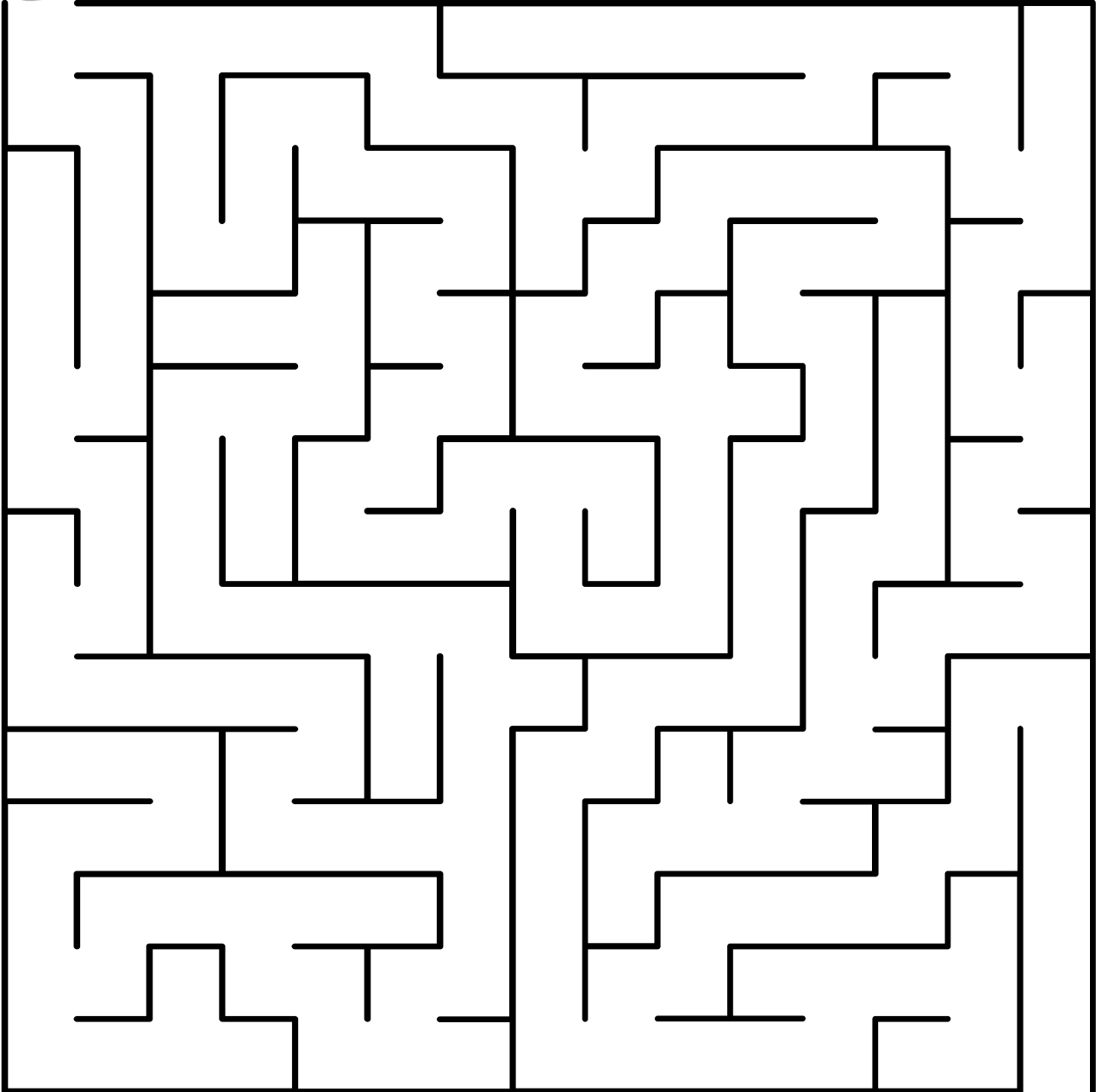
What Excites Me About West Coast

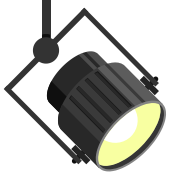
"I enjoy the conversations and ideas that we chat about in Grades 7 and 8. They are a fun and creative bunch."



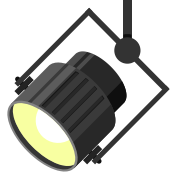
THE MISSING CAT

Mrs. Chaparro lost her cat. Please help her find it!





STUDENT



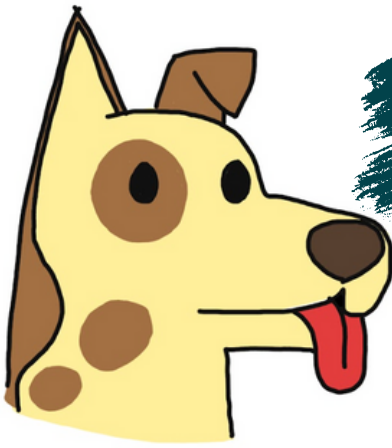
Spotlight

Grade 9-12's list of things they want to leave behind and want more of

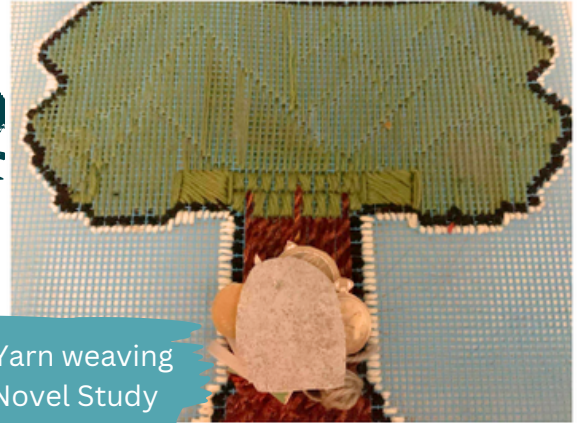
Unhealthy habits	terrible sleep	Procrastination	Bad habits and bad behaviour	organization, productivity, GETTING STUFF DONE PLEASEEE	Get closer to God, do more in life, live life to its fullest	Full 10 hours of sleep a night	More accountability
Idleness	Constant sickness and colds	losing in hockey fantasy	Irrational anxiety lol (overthinking)	Follow God's leading in my life	Better Sleep	get out more	Independence

Leave behind in 2023

Have more of in 2024



Dog portrait art by Hannah Watson (Gr7)



Alide (Gr10) Yarn weaving project for Novel Study unit

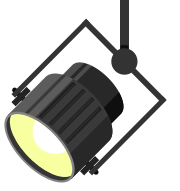


Darfer (Gr2) art project

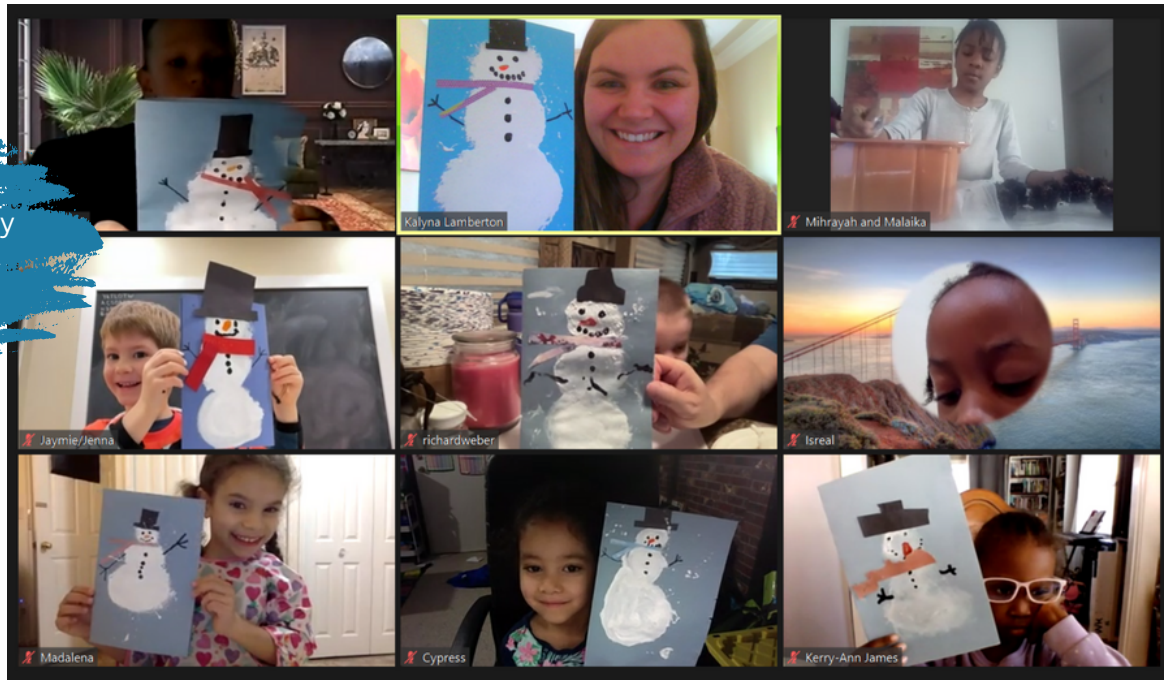


We celebrate Jesus at Christmas. We open gifts and eat turkey dinner with Family.

Trevor (Gr1) wrote about Christmas for Language Arts Class



Grade 3 Art class made Birch Trees in a Winter Scene



Snowman art by the K-1 Class!

BOOK REPORT

Name: MADALENA Date: DECEMBER

Title: COUNT THEIR BLESSINGS

Author: STAN F. JAN BERENSTAIN

Draw pictures to show the beginning, middle, and end of the story.

Beginning	Middle	End

What was your favourite part of the story?

BEARBIE COLLECTION

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Book report made by Madalena (GrK)

Darfer (Gr2) colourful artwork

