

WEST COAST QUEST

VOLUME 5 | ISSUE 5

FEBRUARY 2024

BE KIND AND COMPASSIONATE TO ONE
ANOTHER, FORGIVING EACH OTHER,
JUST AS IN CHRIST, GOD FORGAVE YOU.

Ephesians 4:32



Welcome to Kindness Month!

As we joyfully mark the 100th day of school, I am delighted to reflect on the incredible kindness demonstrated by our West Coast students. Keep scrolling to discover heartwarming acts of kindness shared by our students.

A warm welcome to all the students and families who recently joined WCAS. We're eager to get to know you!

Exciting news! West Coast is gearing up for an accreditation visit from the North American Division of the Seventh-Day Adventist Church. This accreditation process provides a valuable opportunity for us to reflect on our school's vital role in offering high-quality online education to students across British Columbia and Canada.

As part of this process, both parents and students in Grades 4-12 will be invited to participate in a School Culture Survey conducted by Johns Hopkins University. Students will complete the survey during a live class this month. Your input is highly valued as we assess our strengths and identify areas for growth, working towards enhancing the overall school experience



Mrs Sutherland

HAPPENINGS

FEBRUARY 2

K-12 Report Cards Published

FEBRUARY 5-8

Grades K-8 Student Led Conferences (no K-8 live classes)

FEBRUARY 7

Grades 9-12 Parent/Teacher/Student Conferences

FEBRUARY 14

Valentine's Day



FEBRUARY 17

Random Acts of Kindness Day

FEBRUARY 19

Family Day - School Closed

MARCH 1

High School Progress Reports

MARCH 18-28

Spring Break - School Closed

MARCH 29

Good Friday - School Closed

April 8-9

NAD Accreditation Visit

CHECK OUT THE STUDENT HUB



KINDNESS MONTH

February Kindness Month is an exciting time for WCAS students to celebrate the power of compassion and empathy. It encourages everyone to engage in acts of kindness, promoting a positive and supportive school environment. From simple gestures like sharing a smile to organizing collaborative projects, what can you contribute to building a culture of kindness that extends far beyond the month of February?

SEEK & FIND



Search the WCAS virtual school for a special craft to honour kindness month!

“

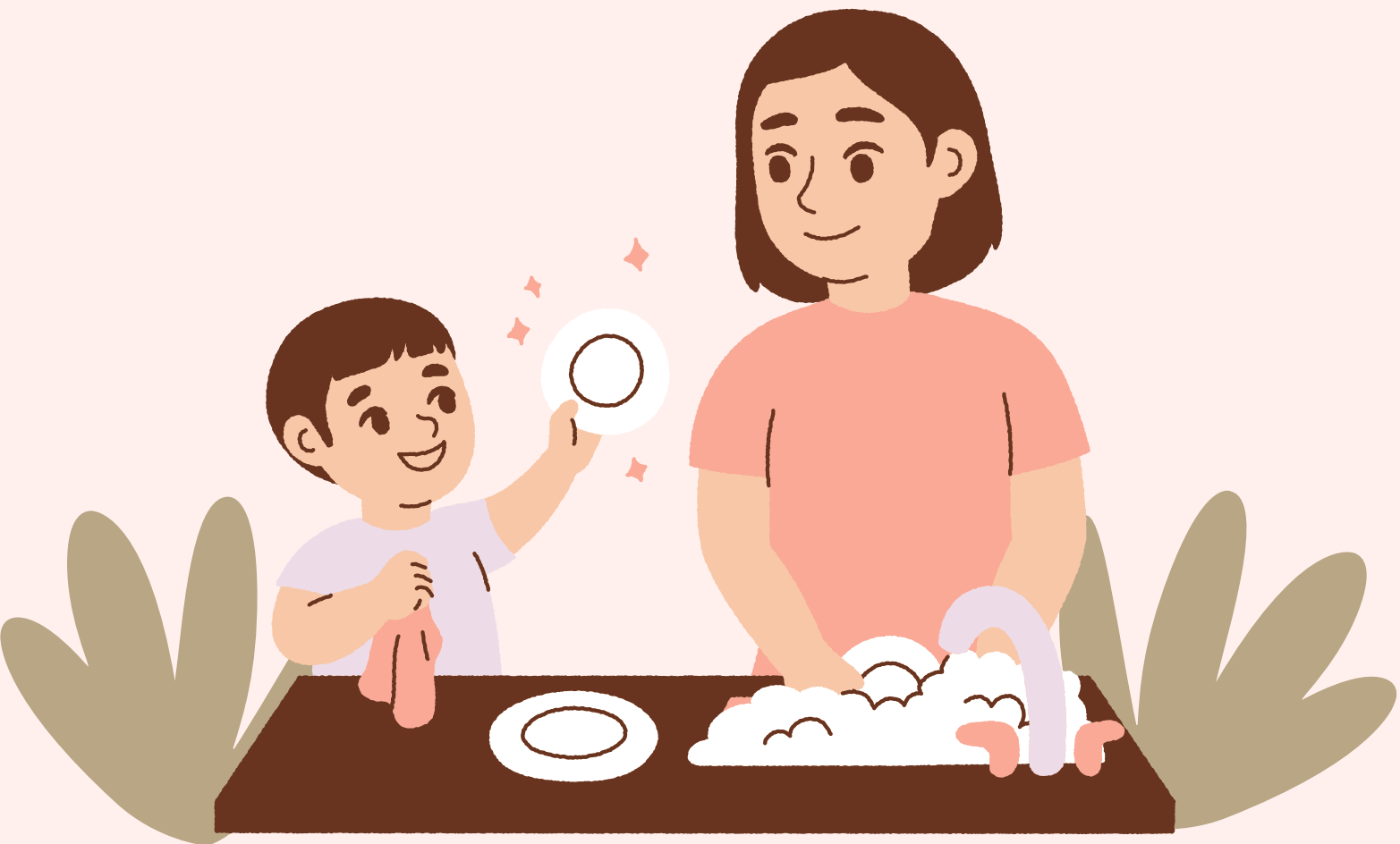
“So whatever you wish that others would do to you, do also to them.”

- Matthew 7:12

”

RANDOM ACTS OF KINDNESS DAY

February 17, 2024



Make Kindness
a Habit

ACTS OF KINDNESS

What do the students of WCAS do to show kindness?

Darfer (Gr2)

When my friend cries, I cheer them up.

Isabella (Gr8)

I let other people answer questions that I really wanted to answer.

Darianne (Gr4)

When somebody needs help, I help them.

Travis (Gr11)

When there was snow everywhere I shoveled peoples paths and driveways.

Logan (Gr11)

One time I didn't eat the whole watermelon so my brother got to eat some.

Andrew (Gr10)

A single mother and her daughter were financially struggling, so we gave them a place to stay until they got back on their feet.

Alyssa (Gr8)

When I said I like your hair.

Lucas (Gr12)

Talked to the another guy at the gas station.

Alide (Gr10)

I gave my unused clothes away to a person that needed them more.

Keturah (Gr10)

A while back I gave some money to someone so they could get something to eat/drink.

Amy (Gr4)

I said 'Hi' to someone.

Kiana (Gr12)

One time was on Mother's Day and I made breakfast and gave my mom a manicure and pedicure.

Laiba (Gr9)

A moment where I demonstrated kindness towards another person was when I held the door for a stranger to pass through first.

Josh (Gr8)

When I saw my friend fell on the ground, I helped them get back up.

Jacob (Gr7)

I gave my friend candy for free.

Hassan (Gr5)

I helped a old lady getting down from the stairs.

Addison (Gr8)

When I was little my parents took me to a food shelter so I could help make the food and at the end an old lady came up to me and told me a bible verse I don't remember but it definitely changed my attitude.

Megan (Gr11)

Listening to my friend when they're going through hard times in life.

Sometimes it takes only one act of kindness and caring to change a person's life.

- Jackie Chan

And the winner of last month's story
writing contest is...

Congrats!



**MARIA
PIRES ARAUJO**

Read her story
below!



Grade 3

Olympics

Jan 21, 2024

By: Maria Flor

The Olympics is the best! Cheetah wants to go to the Olympics. She is so fast! She is going to do the race. She's sure she's the fastest. But I don't think she's right. In her mind, she is the fastest! She just won the race!



Thank you to all who participated! It was a great challenge to choose just one winner. You are all such incredible storytellers!

Stay tuned for more contests!

Get to know Mrs. Sara Morrison

About Me

Hey everyone! I live in Clarington, Ontario, but I was born and raised in Langley, BC! I've been on this teaching adventure at WCAS for almost 8 years, and I absolutely love the challenge of making learning a blast for all of you. At home, it's a lively scene with my husband, two awesome kiddos, Ria (3) and Jack (2), and our super playful dog, JoJo. I studied at Burman University and graduated with a bachelor's in secondary education, majoring in biology.



Why WCAS?

Teaching online is truly special to me because the opportunities are boundless! Connecting with students and educators from diverse locations adds an exciting dimension to education, making each relationship unique and enriching.

Treasured Verse

“And we know that all things work for the good of those who love God, those who are called according to His purpose.”

Romans 8:28

My Favorites

COLOUR: Blush Pink

FLOWER: Peony

HOBBY: Does shopping count?

DRINK: Green Tea

FOOD: Spaghetti with tons of cheese!

SUBJECT TO TEACH: Biology

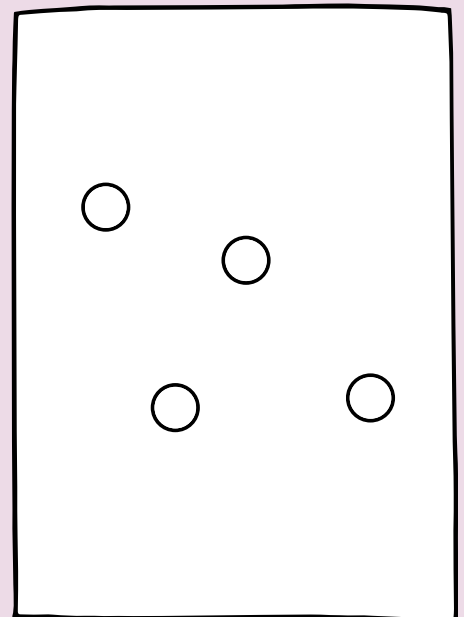
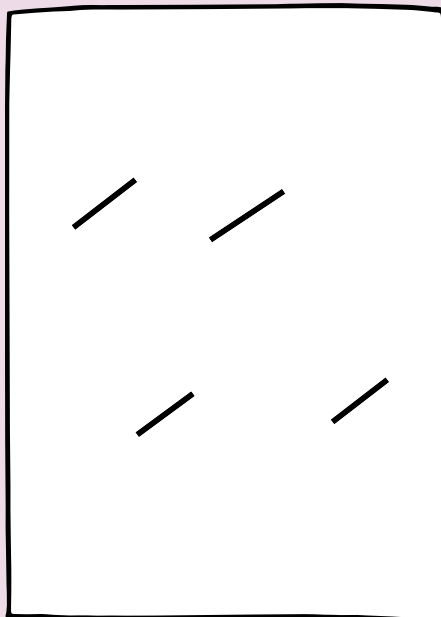
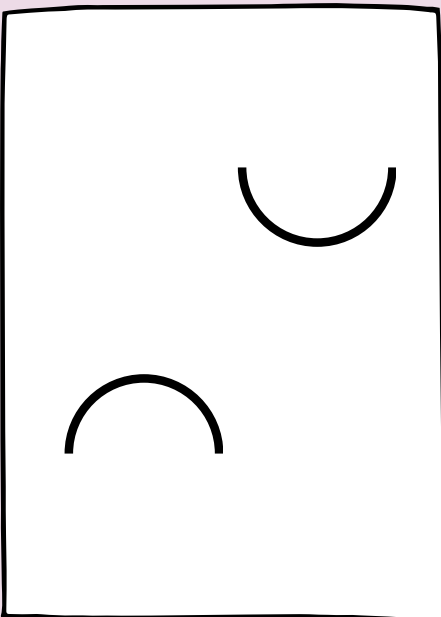
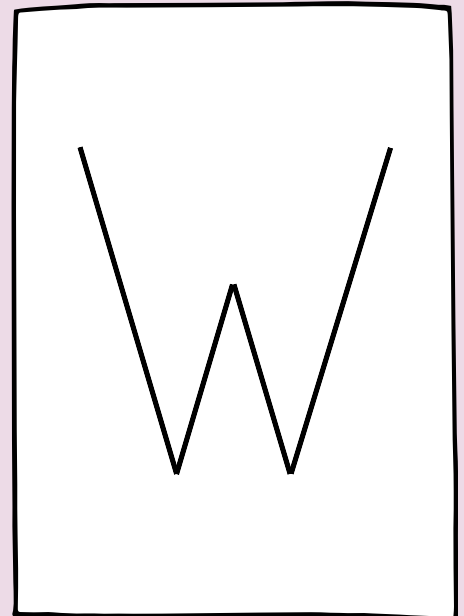
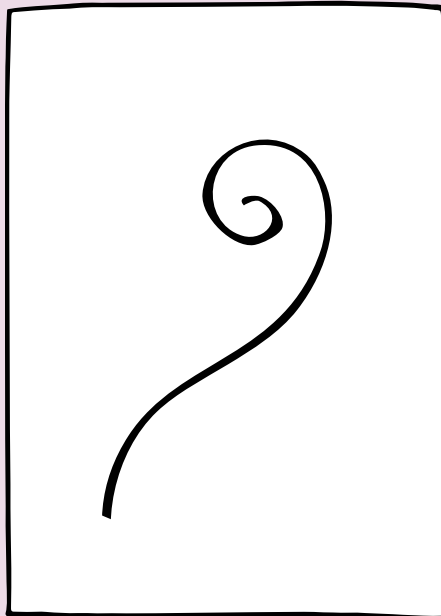
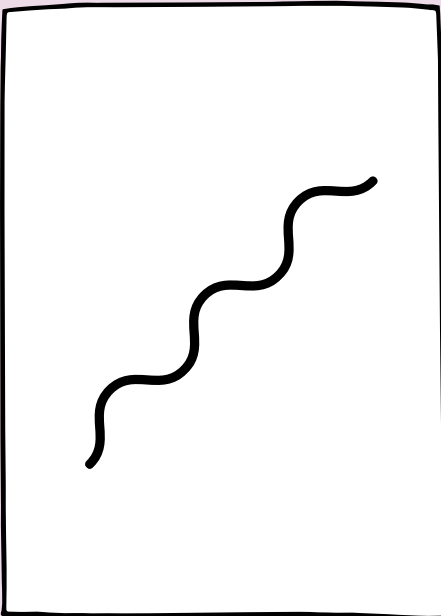
SUBJECT TO LEARN: Anything science

CANDY: I actually don't like candy - I only like chocolate

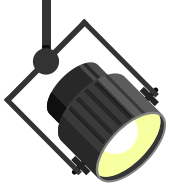
IMAGINATION WORKOUT



Imagine what each line can be, then finish the drawing yourself!

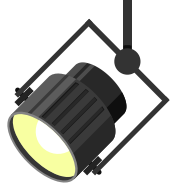


Send your completed drawing(s) to smorrison@wcasdl.ca to be shared in the next Quest!



STUDENT

Spotlight



Encounter 2-3 class activity on "We are all connected as God's family"



Cedar (Gr3) creating a Coastal First Peoples diorama for Social Studies class



Time Management

What is Time Management ?
Put simply Time Management is the ability to use one's time effectively or productively, especially at work or school. It is the process of planning and exercising conscious control of time spent on various activities to increase effectiveness, efficiency, and productivity. It's not limited to only work and education, but also demands relating to social life, family, hobbies, personal interests, and other commitments.

What can managing your time do for you ?

1. Increased productivity
2. Reduced stress
3. Improved time awareness
4. Goal achievement
5. Enhanced decision making
6. Increased productivity
7. Reduced stress
8. Improved time awareness
9. Goal achievement
10. Enhanced decision making

Common time wasters

- Social media
- Procrastinating
- Perfectionism
- Unclear Objectives/Goals
- Lack of Organization and Planning

Procrastination problems and solutions

Problems:	Solution:
1. Putting off things you need to do	1. Breaking down your task into segments
2. Lying to yourself about things you really need to do	2. Do the thing you like first
3. Inability to meet deadlines	3. Clear any distractions
4. Stress	
5. Inability to prioritize	

Examples of different types of schedules

- Daily Schedules
- Weekly Schedules
- Study Schedules
- Work Schedules
- Project Schedules
- Time-Blocking Schedule

Time management tips/secrets

- Set goals.
- Make a to-do list.
- Delegate when necessary.
- Calculate the time spent on each of your tasks.
- Avoid distractions.
- Take breaks often.
- Avoid procrastinating.
- Don't give up and stay motivated.

How to plan your time Using the RAC Method

Record

Analyze

Change

Record

Alide (Gr10) infographic on Time Management for Career Ed.

Ayla (Gr3) created a Coastal First Peoples diorama!





Media Bias

01 Selection & Omission

Leaving out key information

- What is missing?
- Why this story?
- Who is being quoted or featured?

CNN

02 Placement

Giving certain stories more "airtime"

- Where is the story placed?
- How much coverage is given to a story?
- How does the coverage to other news items?

Mirror DIANA DEAD

04 Visuals for a story

Photos, Captions & Camera Angles

- How do the visuals effect the story?
- How do the camera angles effect how the story is seen?
- Do the photos emphasize certain emotions?

RELATED ARTICLE

In one week there were at least 8 instances of police using excessive force caught on camera

06 Statistics & Crowds

capturing attention through the title

- Is the sources reliable?
- Is the estimate comparable from other sources?
- Is there context for the numbers given?

Hunt, Ellie. "Trump's Inauguration Crowd: Sean Spicer's Claims versus the Evidence." The Guardian, The Guardian, 22 Jan. 2017.

BREAK the BIAS

Controversy: Trump's Inauguration Crowd 2017

NATE WHITE

Nate (Gr12) made an awesome poster for English to show biases in the media

Lauren (Gr10) made an infographic on time management for Career Ed. class

How to Manage Your Time More Wisely

By Lauren R. Kwak

Time management is crucial for achieving success in both personal and professional life. It helps individuals to maximize their productivity, accomplish their goals, reduce stress, and maintain a healthy work-life balance.

We can be wasting much time without realizing it. Some of the things like Social Media, YouTube, etc. It is crucial to stay out because it can be very addicting and can be hard to get out of habit.

One of the things that can help for good time management is first keeping your area clean and organized.

Write down what you have to do in order of importance, write the priorities first. And set a time on how much time you're gonna be spending.

When you do these things and ask God to help you then you can manage your time like a pro!

Savings & Bank Account presentation in Math 7-8 class!

Building snowmen in Foundations K-1

Hey West Coasters!

If you have pictures of school work you've completed, a family trip you've taken, a place you've visited, or something you've done in your community, send it to the email below to be featured here! We'd love to see!

smorrison@wcasdl.ca