

# WEST COAST QUEST

VOLUME 5 | ISSUE 7

MARCH 2024

"TRUST IN THE LORD WITH ALL YOUR HEART  
AND LEAN NOT ON YOUR OWN  
UNDERSTANDING; IN ALL YOUR WAYS  
SUBMIT TO HIM, AND HE WILL MAKE  
YOUR PATHS STRAIGHT."

Proverbs 3:5-6



The results are in from the Johns Hopkins School Culture survey we all participated in back in February are in, and it's time to share the buzz! Your voices have shone a bright light on what makes our school extraordinary.

Here's the inside scoop on **what we cherish the most** as a community:

- A welcoming and inclusive environment
- Dedicated teachers and staff
- Commitment to faith formation

But that's not all! When it comes to our **student-level goals**, our community is on the same page

- Developing critical thinking and problem-solving
- Academic excellence
- Building character

We are also humbled by the overwhelming support expressed by parents. The majority indicated they are extremely likely to recommend our school to others, a testament to the positive experiences shared within our community. **See page 3 for Registration 2024-2025 info.**

Big thanks for your awesome feedback and for helping create an incredible educational vibe here at West Coast!

*Mrs Sutherland*



# HAPPENINGS

## MARCH 6

K-12 Reading Buddies, 8:40 am

## MARCH 10

Daylight Savings Time: time “springs forward” (we lose one hour of sleep)

## MARCH 18-28

Spring Break  
(WCAS closed March 25-28)

## MARCH 19

First day of Spring

## MARCH 29

Good Friday

## APRIL 1

Easter Monday

## APRIL 2

School Reopens

## APRIL 3

K-12 Spring Assembly

## APRIL 17

HS Term 3 Ends



## CHECK OUT THE STUDENT HUB



## SPRING INTO LEARNING

Spring is upon us and we can't wait for to watch the wonders of the season blossom alongside our vibrant community of K-12 students! As the flowers burst into colour and the sun begins to shine a little brighter, let's renew our joy of learning together. Join us as we embark on a journey filled with growth, creativity, and the excitement of discovering new horizons this spring!

## SEEK & FIND

Search the WCAS virtual school for a special Easter surprise!



“

“See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come...”

- Song of Solomon 2:11-12 (NIV)

”



## 2024/2025 Registration NOW OPEN

We're excited to extend an invitation for you to reserve a spot for your child in the upcoming 2024-2025 school year. Your child's place will be reserved until **April 15, 2024.**

### **How to Re-Register:**

- Complete the re-registration form linked above.
- Pay the \$200 registration fee per child. (see re-registration email from office for details)



Feel free to share this information with friends who are interested in trying out online learning with West Coast!

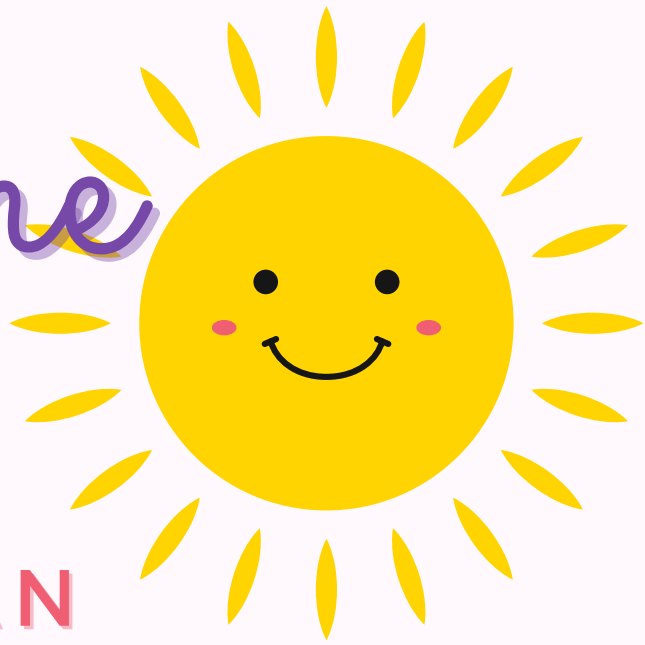
COMING SOON!

# THE PRINCIPAL'S LIST!

WILL YOU MAKE THE LIST  
OF HONOREES?  
STAY TUNED FOR THE BIG REVEAL!



# Welcome Back



MRS. DE ZWAAN



We want to extend a warm and heartfelt welcome back to Mrs. De Zwaan, who has returned from maternity leave since February 2023. We are overjoyed to have you back with us at WCAS. Thank you to Ryan, Jude and Remi for sharing you with us - your presence adds an abundance of warmth and joy to our school community.

**Welcome back, Mrs. De Zwaan!**



# 6 Effective Ways TO STUDY BETTER

## 2 ACTIVE LEARNING

Engage actively with the material through methods like summarizing information, teaching concepts to others, and participating in discussions.

## 3 VARIED STUDY METHODS

Utilize different study techniques, such as reading, note-taking, flashcards, and practice questions, to reinforce learning through various approaches.

## 4 HEALTHY ENVIRONMENT

Choose a comfortable and well-lit study environment, minimizing distractions to enhance focus and concentration.

## 1 EFFECTIVE PLANNING

Create a study schedule that breaks down your tasks into manageable sessions, ensuring a balance between subjects and topics



## 5 REGULAR BREAKS

Take short breaks during study sessions to prevent mental fatigue and maintain overall productivity.

## 6 SELF-ASSESSMENT

Regularly evaluate your understanding of the material through self-assessment tools, quizzes, or practice exams to identify areas that need further review.



*All about*

## MR. STEVEN BROCK

### My Favourites:

- Colour: red
- Food: Italian
- Hobby: computer games
- Movies: adventure/sci-fi
- Bible Verse: Jeremiah 29:11

## ABOUT ME

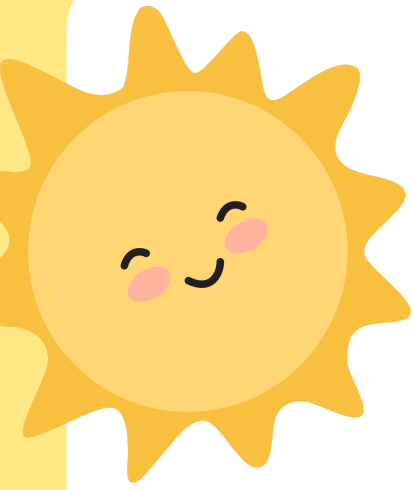
I was born on the east coast (Halifax) as the 3rd of 4 children and moved west as I grew up living in Nova Scotia, Ontario, Manitoba, Alberta, and, finally, BC by the time I was in grade 12. Then I reversed direction and headed to CUC (now Burman) and then southeast to Southern Adventist University (Tennessee) to finish my B. S. in Chemistry with emphasis in biochemistry (yep, it's a long title!). I then worked in Banff at a hotel (The Rimrock Resort Hotel) for two years before heading to grad school in New Mexico where I earned my M.S. in Chemistry. It was there I decided I liked helping students more than research. I moved to Abbotsford and started teaching at FVAA as a sub a few weeks later. I worked there for one year as a full-time teacher. Over the next several years, I did a whirlwind tour of BC/AB high schools as a replacement teacher (OKAA, DLS, CWAA) and got my B. Ed through the post-baccalaureate program at UBC-O in Kelowna. During a year of unemployment in Alberta, I started doing some marking for WCAS (back when it was at CAA) and then got hired (and moved) the following summer when WCAS went Abbotsford-based. I've been in Abbotsford and at WCAS ever since!

### MY FAMILY

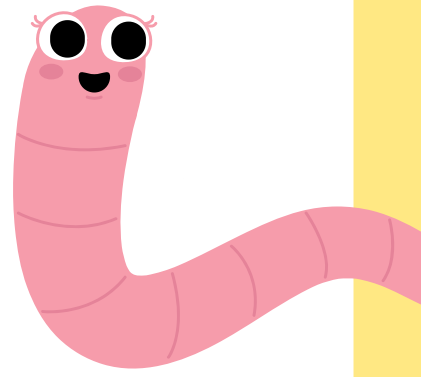
In regards to my family, my parents live a few blocks away here in Abbotsford, my older sister is a doctor in Nanaimo with her husband and 3 kids, my older brother works for the State of Illinois and lives in Springfield (the state capital) with his wife and 2 kids and my younger sister is married to a carpenter in Fort St. John, BC.

### WHAT EXCITES ME MOST ABOUT WCAS?

I would say getting to help students with problems and meeting people from all over BC and Canada (both staff and students!)



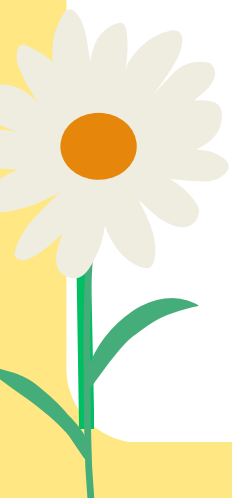
# SPRING WORD SEARCH

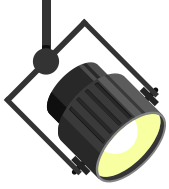


Find the words listed below and mark them.

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D	A	I	S	Y	R	P	T	K	I	T	E
Y	A	X	Z	U	T	S	U	C	N	O	S
B	U	T	T	E	R	F	L	Y	B	B	T
U	Q	Y	W	V	A	Z	I	X	R	A	C
G	R	A	S	S	I	E	P	F	O	D	B
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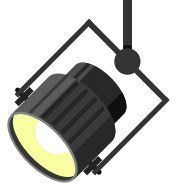
- DAISY
- LADYBUG
- TULIP
- SUNNY
- KITE
- BEE
- RAINBOW
- BUTTERFLY
- RAINY
- WORM
- NEST
- GRASS





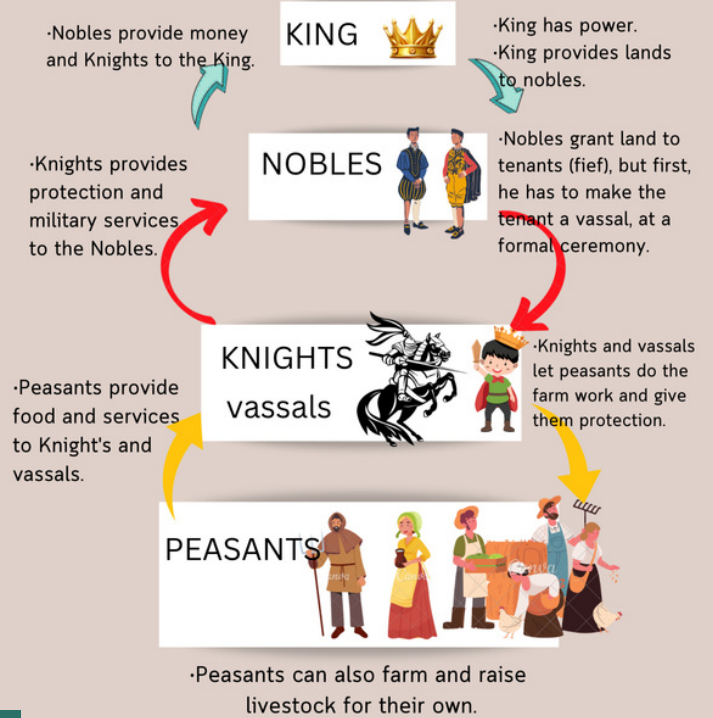
# STUDENT

## Spotlight



Josh Lopez (Gr8) created an infographic for social studies class

### Feudal System in the Middle Ages



Malaika & Mihrayah baking valentine's day cookies - yummy!

Science

### Experiment Of The Electromagnetic Spectrum (Visible Spectrum)

By: Jonathan Djakov

Jonathan Djakov (Gr8) wrote a report on the electromagnetic spectrum for science

#### Conclusion

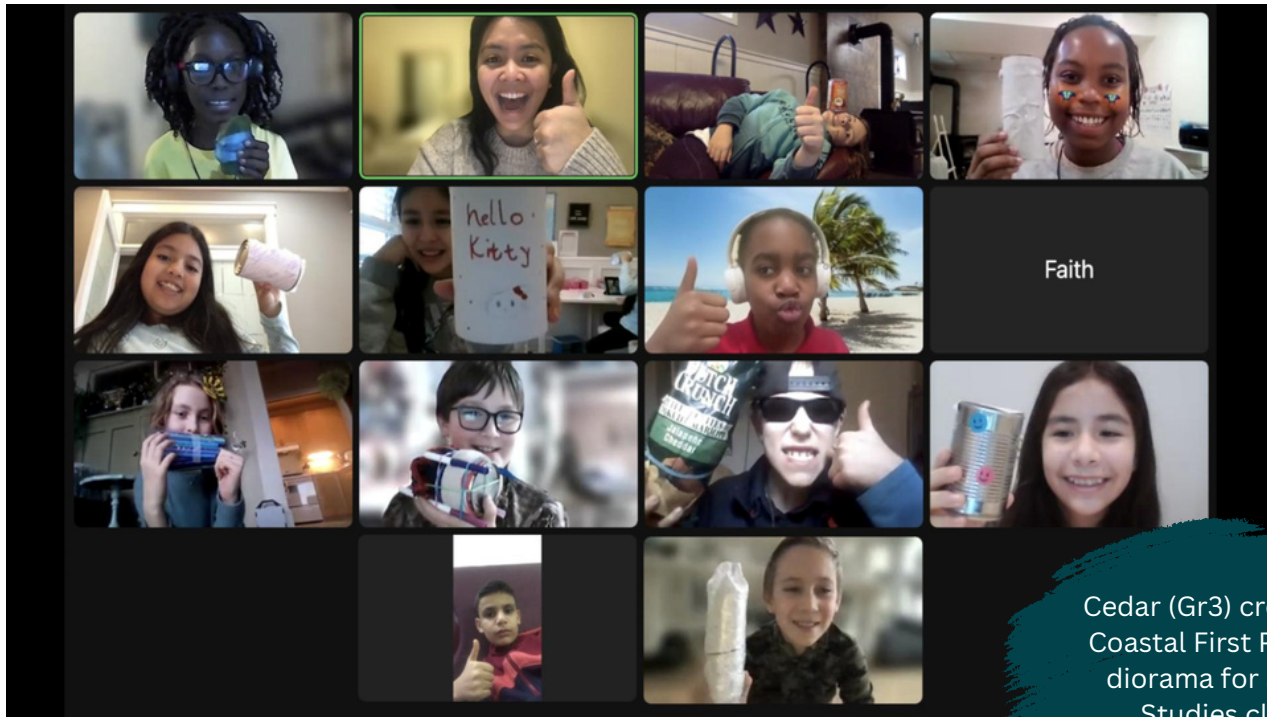
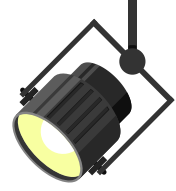
Light disperse into different colors when white light passes through the refracting surface of the prism. Its components bend into different angles, causing the single beam of light to separate into different colors. This experiment has been a learning curve and a just cool experience overall.



Amy Pontes (Gr4) drew pictures for last Quest's imagination drawing activity!







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

# What makes a good Friend?

By Hadley Mosher

**A good friend is someone who has similar interests as you, they are kind and listen to you. They share some of the things they are interested in with you.**

Hadley (Gr5) made a presentation about what makes a good friend!

## MORE ABOUT A FRIEND

A friend is someone you trust and are kind to. You are honest and Kind to them. That is a friend

Mattias (Gr2) baking valentine's day cookies - delicious!



**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](mailto:smorrison@wcasdl.ca)