

WEST COAST QUEST

VOLUME 5 | ISSUE 4

DECEMBER 2023

"AGAIN, JESUS SPOKE TO THEM, SAYING,
'I AM THE LIGHT OF THE WORLD. WHOEVER
FOLLOWS ME WILL NOT WALK IN DARKNESS
BUT WILL HAVE THE LIGHT OF LIFE.'" John 8:12



Welcome to December, West Coasters!

As we embrace the festive spirit, let's remember the true essence of Christmas – a time when our collective light can shine brightest in the darkest moments. Let us draw inspiration from the message of hope that Jesus' birth brought as the light of the world. In the same way He showed us, let's brighten the lives of those around us with our actions and kindness.

Fantastic news! Your teachers are continuing our **Advent Video** tradition. You can access a new one each day on the Student Hub. They really do capture the joy and anticipation leading up to Christmas.

Mark your calendars for **West Coast's Great Gingerbread House Contest** on December 11 at 4 pm, an opportunity to showcase your creativity.

Wishing you all a Merry Christmas filled with warmth, joy, and the radiance of our collective light.

Mrs Sutherland



HAPPENINGS

DECEMBER 1

Advent at West Coast Begins

DECEMBER 8

HS Progress Reports Published

DECEMBER 20

WCAS K-12 Christmas Assembly
@8:40am

DECEMBER 20

- WCAS K-12 Christmas Assembly
@8:40am
- Last Day of Live Classes
(continue working on
coursework until Dec. 22)

DECEMBER 22-JANUARY 7

Winter Break

DECEMBER 27-JANUARY 1

WCAS Closed for Christmas and
New Years holidays

JANUARY 8

Live Classes Resume

JANUARY 25

HS Term 2 Ends
- all assignments due

CHECK OUT THE STUDENT HUB



WCAS ADVENT CALENDAR IS BACK!

You don't want to miss this!
Everyday starting on
December 1, your WCAS
teachers will be sharing
special videos until winter
break begins! Check the
Student Hub daily this month
to unwrap a total of fifteen
special surprises! Wow!

GINGERBREAD HUNT



Adventure out on
a gingerbread
scavenger hunt to find
all 6 gingerbread men
and find a treat at the
end! Click the link
below to start!



"For unto us a child is born, unto us a son is given... and his
name shall be called Wonderful, Counsellor, The mighty God,
The everlasting Father, The Prince of Peace.

- Isaiah 9:6

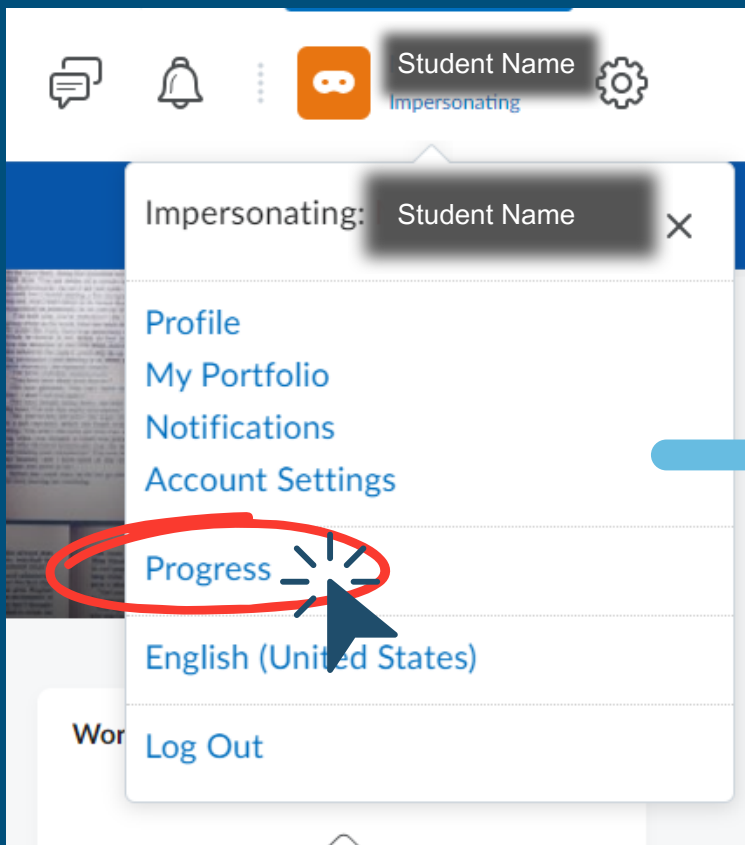


DID YOU KNOW

Brightspace has a progress feature for both students and parents to track student progress?

Track how many assignments have been submitted, progress percentage, login history, and more!

TO ACCESS THIS FEATURE...



1

Go into the course you'd like to track.

Click the student's profile name at the top right corner of the course page, and then click "Progress".

2

3

Choose from the multitude of ways to track progress on the menu!

Summary
Grades
Standards
Content
Discussions
Assignments
Quizzes
Checklist
Surveys
Course Access
Login History
System Access History

REMEMBRANCE DAY CONTEST

See all the beautiful entries below!





Young men went across the sea,
They went to war for you and me.
They left their families behind,
Because they were so kind.
They fought daily,
To help you and me truly,
Many of them passed away,
But they made a way for me,
They made a way for you,
They made a way for all of us
TO BE FREE!

Heroes of our Country

On this special day, we unite as one,
With the scarlet poppies in our grasp.
In memory of the lives of the victims that were once filled
with dreams and fun.
We thank the heroes of our country, for now we can walk
on this ground devoid of worries and rasp.

Our earnest respects and gratitude for their sacrifice,
A sacrifice filled with loyalty and courage that sustains
eternally.
However, recalling the fallen victors might still not
suffice,
For the countless stories of sacrifice and bravery.

Poppies, poignant symbols of Remembrance day,
Describe the tales of valiant heroes.
Since their sacrifice, the clouds no longer turn in many
shades of gray,
It shaped a world of peace and freedom that we now
protect and propose.

For the heroes of our country, we shall forever bestow,
A tragic memorial to the many lives we owe.

Laiba Ijaz

On the day of the parade, Ethan proudly carried his handmade wreath at the front of the procession. As he walked, he noticed tears in the eyes of some of the veterans. They were touched by his gesture and grateful that the younger generation still understood the importance of remembering.

After the parade, Ethan's grandfather hugged him tightly and whispered, "You've made me proud, my boy. Your wreath reminds us all of the sacrifices made by our brave soldiers."

From that day forward, Ethan became an advocate for remembrance. He shared his grandfather's stories with his friends and classmates, spreading awareness about the significance of Remembrance Day. He encouraged others to wear poppies and attend the annual parade, reminding them that it was not just a day off from school or work but a day to honor those who had fought for their freedom.

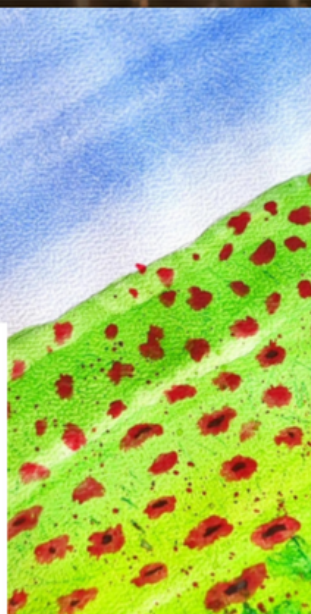
As years went by, Ethan grew up to become a teacher. He continued to pass on the stories of bravery and sacrifice to future generations, ensuring that the memory of those who had served would never be forgotten.

And so, every year on Remembrance Day, the town of Maplewood gathers together to remember and honor their fallen heroes. The parade still marches through the streets, led by veterans proudly wearing their uniforms and medals. And at the front of the procession, carried by a new generation, is Ethan's handmade wreath – a symbol of gratitude and remembrance.



Remembrance day contest

I never knew my grandpa Dave Matthews but he fought in WW1 and WW2, He didn't die in the war/wars but he died at 93 of cancer. One thing that was always said about him is that he never talked about the wars. He did say that once they were pushing the Germans back past a town, and after they held it they went through and searched it trying to find any others still hiding, he went down into a basement and saw a little german kid about 5, the others would have taken the kid out and most likely shot him but my grandpa helped the kid get out of there and away from the town.



Thank you to all those who participated!



YOU ARE INVITED TO

GINGERBREAD BAKING



DECEMBER 11, AT 4:00PM
IN MRS. WIXWAT'S ZOOM CLASSROOM
(LINK WILL BE SENT OUT CLOSER TO EVENT)

BRING ONE OF THE FOLLOWING:

- 1) PRE-ASSEMBLED EDIBLE VERSION**
- 2) PRE-ASSEMBLED PRINTABLE VERSION**
(CLICK LINK BELOW FOR TEMPLATE)



TEACHER FEATURE

MRS. JENNICA WIXWAT



ABOUT ME

I live in Langley, BC, with my husband, James, and our four-year-old mini goldendoodle named Bear. I went to FVAA from K-12 and then to Burman U for a Bachelor's Secondary Ed with an English specialization.



MY PET

THINGS I LOVE

The colour yellow!



Savory snacks + water

I love Italian food!



"Hi! My name is Bear, and I enjoy listening in during live classes. You usually see me on Zoom behind my mom, Mrs. Wixwat. However, I often fall asleep during her class, which is not her fault... it's just tough work being a dog!"

BIBLE VERSE

Psalm 8:3-5

WHAT DO YOU LOVE ABOUT WCAS?

"Getting to know the students in live classes throughout the year and, most times, many more years after that since I see third graders all the way up to eighth graders!"

FUN FACTS:

- I WATCH TENNIS, SO MY CURRENT FAVOURITE WOMEN'S TENNIS PLAYERS ARE ARYNA SABALENKA AND LEYLAH FERNANDEZ
- SOUS CHEF-ING FOR MY HUSBAND, READING, GOLF, JUMP ROPING, INDOOR CYCLING, AND SKIING!
- SINCE IT'S CHRISTMAS TIME, ONE OF MY FAVOURITE CHRISTMAS MOVIE IS THE FAMILY STONE.

CHRISTMAS WORD SEARCH

ANSWERS PROVIDED ON LAST PAGE



B	O	P	H	I	M	L	U	F	H	T	I	A	F
W	I	N	T	E	R	O	O	F	P	D	G	D	A
S	N	R	O	Y	M	A	N	G	E	R	O	V	N
N	S	J	T	S	I	R	H	C	S	E	D	E	G
E	A	R	J	H	O	U	V	L	O	V	E	N	E
M	P	E	A	C	E	L	Y	I	J	T	J	T	L
E	B	E	T	H	L	E	H	E	M	L	E	J	S
S	Y	L	R	S	A	V	I	O	U	R	S	E	P
I	M	A	R	Y	Y	I	J	H	I	V	U	S	T
W	T	N	A	T	I	V	I	T	Y	E	S	U	E
S	C	B	S	A	I	G	G	A	M	T	R	I	B

JESUS

BETHLEHEM

CHRIST

JOSEPH

MANGER

NATIVITY

BIRTH

WISEMEN

SAVIOUR

ADVENT

LOVE

STAR

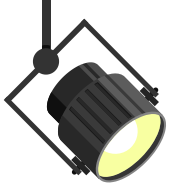
ANGELS

PEACE

MARY

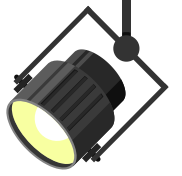
FAITHFUL

... Can you find any other words not listed above?



STUDENT

Spotlight



CHEMISTRY

Ice Pops and the Freezing Point of Solutions

Aiden Barratt



Supplies:

- 1 cup fruit juice
- 1 cup water
- 6 (5-oz) paper cups
- 6 circles of cardboard lids
- 6 wooden stirring sticks or popsicle sticks
- 2 1 cup measuring cups
- a pen to label

Steps:

Label cups with marker: water, juice, 1/2, 1/4, 1/8 and 1/16.

Pour 1 c water and 1 c juice, add 1/2 cup water into one cup and 1/2 cup of pure juice into another.

Keep diluting the juice by adding equal parts of water to the rest of the cups until you have 1/2, 1/4, 1/8 and 1/16 solutions.

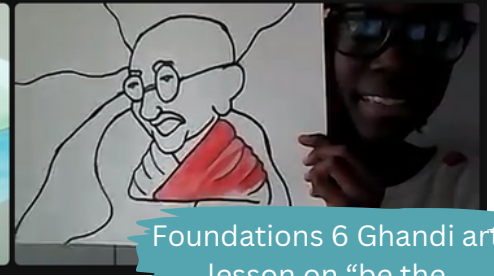

Cut cardboard to make lids for cups. Push popsicle sticks through lids for handle and cover cups.

Put in freezer. Time how long it takes for each solution to freeze.

Hypothesis, observation:

The cups will freeze at different rates. The ice cup and the most diluted cup will freeze the fastest. After 30 minutes, the cups with the most juice will be the slowest.

Sugar slows the speed that water freezes at.



Foundations 6 Gandhi art lesson on "be the change"

Aiden (Gr5) Chemistry experiment on ice pops!



Emily and Sophie (Gr5) doing a science experiment



Tyson doing his grade 5 science experiment



Aiden (Gr5) colour wheel science experiment!



Jacob (Gr7) artwork entitled "Distorted Stars"



WCAS Ukulele Club!
Come join the fun! Lead by Mrs. Lamberton



Jonathan was able
to lift a can without
touching it! Cool!
(Science)

BENEFITS OF PHYSICAL ACTIVITY ON THE BODY

FITNESS GOALS

- To participate in a daily physical activity
- To do a long but fun hike with my family



Physical Health

- Helps manage weight loss
- Reduce the risk of heart disease
- strengthen bones and muscles
- have more energy throughout the day



Mental Health

- Improve self-esteem
- Improve cognitive function
- Reduce anxiety, depression and negative mood



Emotional Health

- When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy.
- a sense of achievement
- feeling less angry or frustrated
- a healthy appetite
- feel happy



Social Health

- Peer acceptance
- empathy
- leadership skills



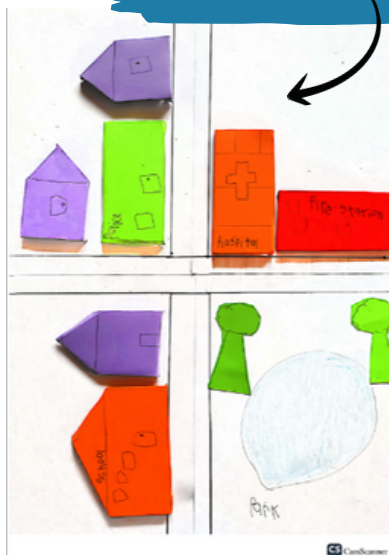
Spiritual Health

- you feel alive and happy
- increased motivation, focus and energy
- increase vibration
- helps you get a sense of purpose, be more present, and have a quieter mind



By: Josh Lopez, Grade 8

Jaina (Gr1) My Community Map - Social Studies



Systems of Communication

1. VIDEOS

Videos are a way you can watch and copy to learn about something, or to see what someone has done in their daily life.



2. BLOG

A blog is an online journal that you can share with anybody. Anyone can read a blog. It can tell you how to do something, or it can share stories



PODCAST

A podcast is an audio episode on a certain theme. anybody can make a podcast and listen to a podcast



SOCIAL MEDIA

Social media is an online platform where you can see people's posts which may be text or picture or video about their life.



WEB SITES

Web sites are places you can go to get information on the internet. You can learn things here.



Jacob (Gr7) created an infographic about ways of communication



Foundations 6 class celebrates Remembrance Day by making Peace Cranes

WORD SEARCH ANSWERS



B	O	P	H	I	M	L	U	F	H	T	I	A	F
W	I	N	T	E	R	O	O	F	P	D	G	D	A
S	N	R	O	Y	M	A	N	G	E	R	O	V	N
N	S	J	T	S	I	R	H	C	S	E	D	E	G
E	A	R	J	H	O	U	V	L	O	V	E	N	E
M	P	E	A	C	E	L	Y	I	J	T	J	T	L
E	B	E	T	H	L	E	H	E	M	L	E	J	S
S	Y	L	R	S	A	V	I	O	U	R	S	E	P
I	M	A	R	Y	Y	I	J	H	I	V	U	S	T
W	T	N	A	T	I	V	I	T	Y	E	S	U	E
S	C	B	S	A	I	G	G	A	M	T	R	I	B

JESUS

BETHLEHEM

CHRIST

JOSEPH

MANGER

NATIVITY

BIRTH

WISEMEN

SAVIOUR

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LOVE

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PEACE

MARY

FAITHFUL

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