

Upcoming Dates: February and March 2015

- Feb 13—PD Day—No School
- Feb 16—Louis Riel Day—No School
- March 13—Admin Day—No School
- March 27—Report Cards (K-8)
- March 30 to April 3—Spring Break

Pritchard:

- Feb 12—100th Day Celebrations
- Feb 19—Kindergarten Show and Tell
- Feb 25—Chapel at Matheson
- March 4—Leadership Team
- March 25—Chapel at Matheson

Matheson Elementary School:

- Feb 10—Jump Rope for Heart Demo
- Feb 20—Grade 1-4 Festival du Voyageur
- Feb 26—Jump Rope for Heart Event

Middle School:

- Feb 10—Grade 7&8 ELA Exam
- Feb 12—Grade 7&8 Math Exam
- March 12—Grade 7&8 Ski Trip

High School:

- Feb 7 to 18—Missions 2 in Panama
- Feb 26—Ignite
- March 9-11—Grade 12 Arnes Retreat
- March 19—Grade 12 Grad Photos
- March 23—Ignite



Missions 2 team left for Panama on Saturday February 7. They will return February 18. Please pray that the Lord will bless their ministry there.

School Contact information:

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There has been much attention in the media regarding safety concerns and issues about increased screen usage by children. As a school, we feel the need to highlight some of these same concerns and issues with you, our parents. Over the next two issues of our newsletter we want to share with you some of our observations. It is important that we as a school and you as parents, partner together in helping use technology in a healthy way.

A health study recently published in the Winnipeg Free Press, talked about concerns with teenagers not getting enough sleep. Studies have linked having iPods, phones and other personal devices in the bedroom, with a decrease in sleep and an increase in sleep interruptions. Researchers have linked this to increases in obesity levels, but these sleep interruptions also have an effect on student's mental, emotional and spiritual health.

In 2010, the Canadian Society of Pediatrics issued recommendations of limits on children's access to technology according to various age groups. These recommendations were a result of a decrease in amounts of physical activity children are getting and research on children's brain development. Neuron connections in a child's brain are made when children have opportunities to play with 3 dimensional objects and interact with people, but playing similar games on a tablet does not provide the same opportunity for brain stimulation. Recommendations have often been made to keep computers and tv's out of bedrooms and keep screens pointed towards open viewing. With the introduction of handheld devices, screens are available 24 hours a day, and research confirms children's exposure to technology is greater than ever before (Kaiser Foundation 2010).

Here are some other issues that are also important for parents to know:

- Communicating through texting or social networking seems to allow individuals freedom to say things which may not have been said out loud or in a group. Cyber Bullying, inappropriate texting and sexting are a few of the problems that have developed as a result of this lack of accountability.
- Pop-ups are on various websites or blogs which easily link to inappropriate material.
- Inappropriate web-links are easily shared on group chats.
- There is growing use of pornographic sites.

New technology can be challenging for parents to keep up with and we wanted to provide some information to help. The next issue of our newsletter will talk about issues which are more specific to those which we are seeing in Faith Academy, including some results from a survey conducted in January 2014 with our high school students. We will also provide parents with some tips on how they can be proactive with their children's device usage.

Reminder:

February is I Love to Read Month. Enjoy curling up with a good book.

Income tax receipts are out. If you didn't receive them, please email the office at highschool.office@faithacademy.ca to ensure they have the correct address.

Registration deadline for returning students is March 23, 2015. This year we are requesting a copy of your child's birth certificate with every application. Please print the application online and bring into the office.

Reading buddies
(right)



Students sing during Wednesday chapel.



Every Wednesday at Faith Academy's Matheson campus a group of Grade 4 students start the day singing O Canada, in French, for the whole school. Mme. Moreau is with Kenon, Roop and Danya as they sing.



Faith Academy Pritchard students enjoyed being creative with the snow during some warmer temperatures in January.



Faith Academy Middle School students.



After working at Faith Academy for 16 years, Carol Beaulieu(Gr3) has decided that God is leading her to retire.

Carol started working at Faith Academy in Stonewall after her first husband passed away. During Carol's first year in Stonewall, she worked with Nancy Jacobson who will now be the new Grade 3 teacher. Taking the job in Stonewall was a challenging adjustment for Carol. It included traveling out of the city each day and teaching children after she had been teaching adults for many years. Her second year brought more challenges because it included moving to a new building from December to June while they waited for the new church to be ready. They set up interim classrooms and had to work in close quarters with each other. Interestingly, this is one of Carol's most treasured memories because of how they survived the unusual and difficult setting and did the best with what they had. Truly, this reveals some of Carol's strengths as she encounters challenges and finds a way to embrace them.

After teaching in Stonewall for 10 years, she moved to the Matheson Campus in Winnipeg. This brought more transitions as she was to teach even younger students, but again Carol embraced the challenge and loved her students. Carol's favorite part of teaching has been the interactions she has had with her students and their families. She loves seeing them grow in knowledge and love of God, and has special memories of students coming to know the Lord. She has enjoyed helping plan Christmas concerts and loves listening to the children singing in chapel. Teaching in a Christian school has provided Carol opportunity to teach using biblical stories and prayer with her students, and she has been so blessed by the feeling of community among the staff at Faith Academy.

Carol's new adventure has her retiring from teaching to move to Salmon Arm, BC where she and her husband, Dennis, have purchased Viewpoint RV Park. They will be moving at the beginning of March in time to get the campground ready for the upcoming season. She is sad to say good bye to teaching and the Faith Academy community, but she is confident of the path God has her on and knows she is safe in His Hands.

**Nutrition Tips from the Phys Ed Team at Faith Academy:
Students are learning about proper nutrition at school and we wanted to share the messages with you as well:**

- Use the Canada Food Guide as a general guideline for developing nutrition plans.
- Try to incorporate fresh fruits, vegetables and whole grains in your diet.
- Eat a variety of foods to supply a good range of vitamins and minerals.
- Remember active students need more energy than a less active individual; students involved in organized sports need to have a good nutrition plan to facilitate recovery, prevent injuries and support growth.
- Active students also need to ensure they eat high complex carbohydrates before their activities and get adequate sources of protein for tissue repair.
- Fluids should be consumed before you are thirsty as thirst is a sign that dehydration has occurred already.
- Chocolate Milk has carbohydrates, protein, liquid and electrolytes which is why it's thought to be an ideal recovery drink.

