

BOARDING LIFE

This newsletter is about boarding students at SJA Shawnigan Lake.



Message from Youth Coordinator



It has been a busy first term of the year, and we are all looking forward to a time of rest and celebration before returning for another school term. The residence program has become very busy with welcoming (from a 6-foot distance) the Canoe Kayak Canada Olympic team for the month of November, and look forward to welcoming them back again in the new year. Our students can watch the athletes as they train every morning and afternoon on the lake, setting a great example of working hard and being highly disciplined.

As Covid-19 restrictions change, we look forward to more students being able to arrive and begin their studies with us in January. We continue to navigate the provincial health orders and have adapted our outings and activities accordingly. The students have spent more time exploring the local landscape with hikes, walks and a group favourite of beachcombing.

2020 has not been the year that we all planned for; however, our staff and students have shown great resilience in adapting to changes, and look forward to what 2021 will bring.

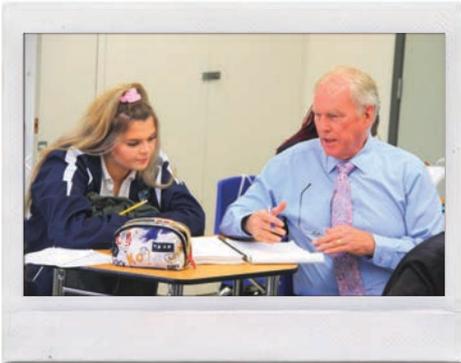
Ms. Serena Myrholm
Student Service Coordinator

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CARING STAFF

Each student at St. John's Academy is assigned a staff member to be their advisor for the duration of their time at the school. Boarding students will be assigned to one of the Youth Coordinators who work in the boarding Program. Each Youth Coordinator is the person most directly responsible for each student in their own care. The Youth Coordinator addresses parental concerns about any aspect of the boarding program, and provides the direct daily support of each boarding student. Our boarding program is extremely busy and we believe that an involvement in a wide array of activities serves to enhance each student's residential life experience. The Youth Coordinators strive to achieve the goal of involved, challenged, and cared-for students. They provide support, encouragement, and guidance in an environment that is welcoming for all.





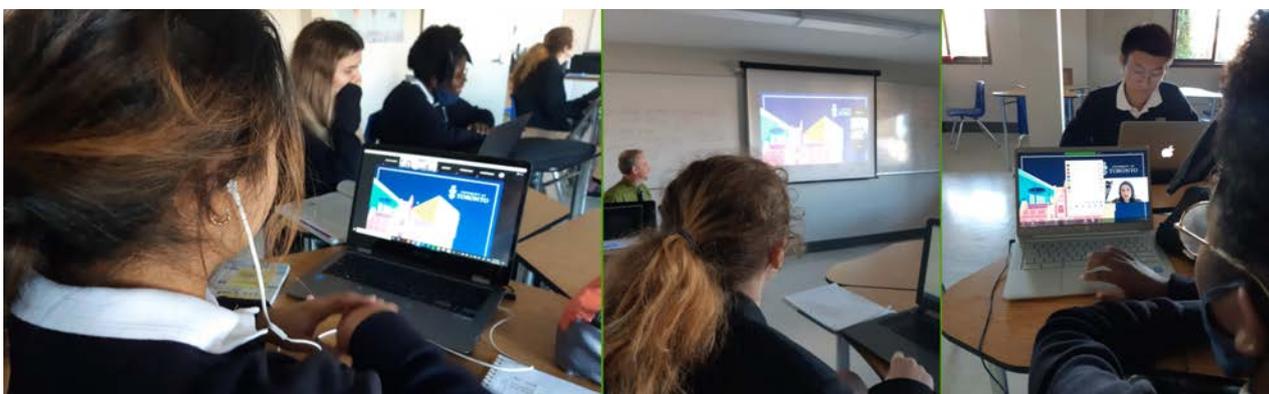
UNIVERSITY GUIDANCE COUNSELLING UPDATES

Written by Serena

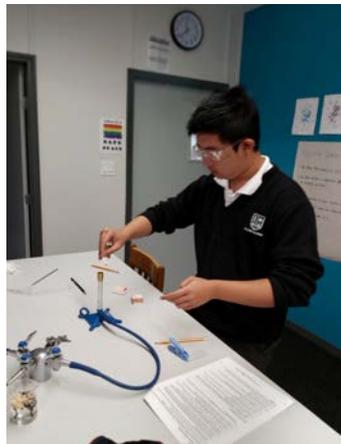
Our grade 12 students have worked very hard to pave the way to apply for their dream universities. Each day, Mr. Jeff and I get the opportunity to spend time with the students in our Careers Life Connections (CLC) Class. While we have many different learning opportunities for the class, the major focus is launching from high school to their new adventures.

This year has been unique in that much of our world has gone virtual and online. This has allowed us to partake and schedule lots of virtual university visits and learning opportunities which otherwise may have been hard to secure. This week we had a visit with the University of Toronto and next week we will be hearing from the University of Ottawa. We have been able to set up each student with program specific virtual university tours at UBC and UVIC.

I want to congratulate Amelie Drapeau on getting our first university acceptance for a BA in economics for 2021. The students are working hard applying for their choice universities, so we will start hearing of more and more acceptances in the months to come.



Academics and school clubs



STEAM DAY



Highlights



Our STEAM day focused on green house building and LEED certification as well as watching a presentation by the 'Count Me In speaker', Mr. Shane Feldman who spoke on leadership and community projects. In the afternoon, in House Teams, students worked to create a PowerPoint presentation that focused on a proposal of recommendations on how to improve our school's Academic building, using LEED framework as their guide. Each House Team had the opportunity to interview our Head of Maintenance, Mr. Chris, to inquire about things such as lighting, windows, heating system etc. In House Teams that had to come up with a proposal of recommended changes or additions to make our building more environmentally and people friendly.



POSITIVE DISCIPLINE TRAINING FOR STAFF

by Mr. Nick
Director of Students

As part of our commitment to Positive Discipline, some colleagues have begun training to become 'Positive Discipline (PD) for Parents' workshop leaders. This training, lead by Joy Marchese - author and Positive Discipline leader, is endowing St. John's Academy with a group of teachers who will educate our community about the best ways to support and guide our students, and your children.

Positive Discipline is about being kind and firm, giving mutual respect, involving young people in decisions at school and home and focusing on solutions instead of punishments. The philosophy focuses on connecting with young people before we correct them and the approach is not a quick-fix but is a long-term investment in our learners.

Here at St. John's, your child's Advisor has been working all school year to build in Positive Discipline routines. Ask your son, daughter, or dependent about their classroom jobs, classroom agreements, or classroom meetings. These are all practices based on the philosophy of Positive Discipline.

In the New Year, you can expect to hear from us about opportunities for the parent community to receive PD training. Some of you may have attended our PD seminar last year and you might be using some of these strategies at home. We would love to hear how things are working (or not!) in your household - please email Mr. Nick or Mr. Dave if you have feedback, success stories, or need support!

Our Strategic Improvement Plan incorporates Positive Discipline and we have a milestone that the entire school community is implementing these strategies and practices by June of 2023. We have a lot of learning, teaching, and guiding to do before that date, but the efforts are worth it as we are investing in our most precious assets - your children.

Positive Discipline
Creating Respectful Relationships in Homes and Schools 



"Too often we forget that discipline really means to *teach*, not to punish. A disciple is a student, not a recipient of behavioural consequences."

- Dr. Dan Siegel, author of
The Whole Brain Child



Happy Birthday, Erick

It is hard when you are away from home and a special occasion such as a birthday comes around. November 10th was Erick Xie's birthday. The grade 11/12 advisor celebrated the birthday for him. Laughs and smiles were had by all last week when the class jumped the gun. This advanced warning gave the spirited advisory a chance to plan and celebrate today. Thanks to Kali, Amelie, Eni and Kiara for their efforts.

Mr. Jeff Trapp

ELL Coordinator, Humanities Teacher, Grades 11 & 12 Advisor



OLYMPIANS IN SHAWNIGAN LAKE

Special Guests

There have been more paddlers than usual out on Shawnigan Lake, which is because Canoe Kayak Canada, the national competitive paddling team in Canada, is training in the beautiful community of Shawnigan Lake!

St. John's Academy Shawnigan Lake has been delighted to host the Olympic and Paralympic athletes for the past month. It has been a wonderful opportunity for our students to witness world class athletes training around campus and using our school's waterfront and dock each day. Our students have been cheering them on (from a distance) by creating posters for each athlete that we have hung around our school's Dining Hall.

We have had (and hope to have more) presentations from the athletes to learn about what it takes to become a high-performance athlete. Instilling a sense of Canadian pride and learning about the road to becoming an Olympian in hopes to inspire our young students. Look out your windows and onto the waters of Shawnigan Lake where you will see red and white on the lake.

We wish them all the very best on their road to Tokyo Olympics summer 2021.



Boarding Life



Sleepover with day students



Study Hall

Our youth coordinators all have different skills we are able to utilize. One of our youth coordinators is even a certified teacher! This is super helpful during study hall in the evenings. Students are able to get extra help and support with their homework and the teachers and youth coordinators work closely to follow up with each student's progress.

One of our Canadian dorm students, Jaden, really likes to practice giving presentations. We all support him by letting him practice in front of us. What a great opportunity!

Study hall is great set time where the students are able to focus and complete homework with the support of their youth coordinators.



Weekend Activities

Weekends and holidays are a nice break for our students. We always plan something fun, active and interesting for our boarding students. Being located on Vancouver Island there is such a variety of activities to experience. This term, students have enjoyed time picking up shells on the Pacific Ocean beaches, being able to hike around Cowichan Bay, going shopping in Victoria, eating at authentic restaurants in Chinatown, experiencing the outdoor market in Duncan, and of course kayaking and paddle boarding on Shawnigan Lake.

Throughout most of the year, our students are able to walk across the street from their dormitory and enjoy swimming, fishing, sunbathing, and even playing guitar on our school's dock!

One activity that really had a great impact on our dorm students was when we invited all of the local Grade 11 and 12 students to spend the night in the dorms. It was a great opportunity to hang out with their Canadian friends.





LAST DAY BEFORE WINTER VACATION ACTIVITIES!



Reminders and Notices



Important Dates

DORM REOPENS JAN. 3, 2021



CLASSES RESUME: JAN. 4, 2021



**RESIDENCES CLOSE FOR SPRING
BREAK: MARCH 7, 2021**



DORM OPENS: MARCH 21, 2021



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