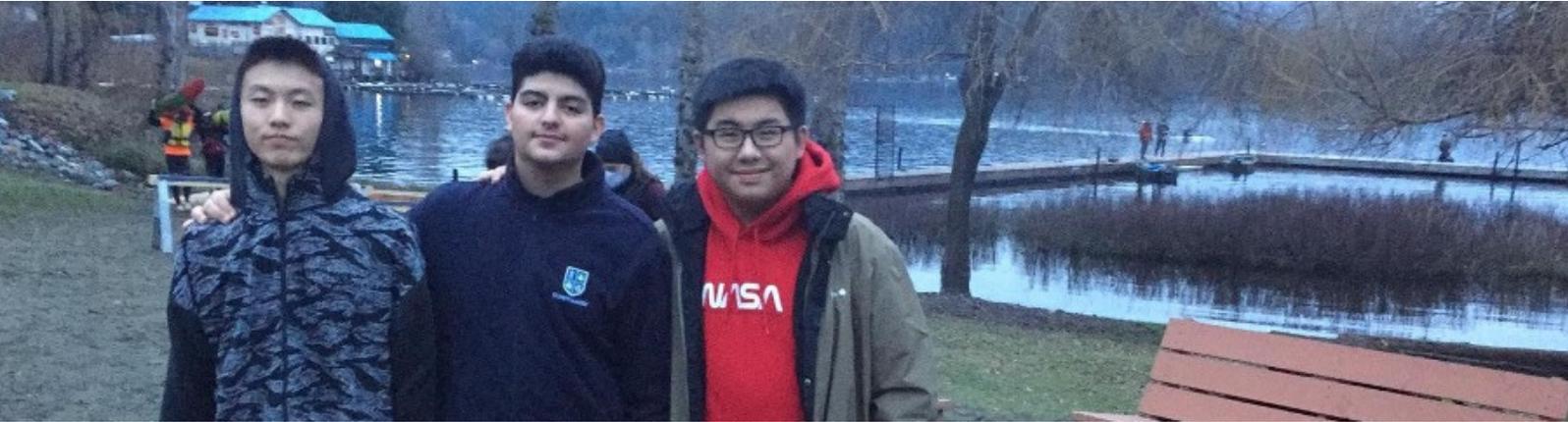


BOARDING LIFE

This newsletter is about boarding students at SJA Shawnigan Lake.



Our school is a caring community.

During one of the Grade 11/12 advisor lessons, we spent time discussing and talking about our school being a caring community, and how we have to all do our part to create a positive climate and culture around the school. We took the time to hear from our students, and to listen to what leaders from our community have shared in the past. It was encouraging to recognize that we all come to the school with our own personalities, cultural backgrounds, beliefs, and ideals; this is what makes us unique and allows for a community that accepts everyone for who they are.

In that discussion, we also spoke of our growing number of international students, and I am pleased to welcome Cyrus into our grade 8 class, Jimmy into our grade 9 class and Amirreza into our grade 10 class. I look forward to hearing the stories of how they have been warmly welcomed into our school community and getting a sense of real Canadian hospitality. It is important that as we continue to grow, we become a school that welcomes diversity, respects our differences and encourages a supportive environment.

Ms. Serena Myrholm
Student Service Coordinator

What's inside this issue:

- Message from Serena
- Dorm updates
- Spring break snapshots
- Community initiative
- Feature article: Positive discipline
- Event highlights STEAM day
- Academics & clubs
- Spirit week
- Reminders and notices

DORM UPDATES!

Our staff and students have just returned from a wonderful Spring vacation. Around campus one can find the flowers blooming and leaves on the trees turning everything green. Returning from Spring vacation also means our students return to swimming, kayaking and fishing on the lake.

Our provincial and school Covid-19 restrictions still remain in place, however, we continue to use this as an opportunity to spend much more of our activity and free time outside. Our Saturday outings involve checking out a new beach, a hike, or enjoying nature in a nearby park. Just before the holidays, we were able to welcome another student into our program, which is a great sign that students are finally getting their study permits and Canadian visas. Having students arrive provides opportunities for our students to be hospitable leaders and part of a caring welcoming community.

Ms. Serena
Youth Coordinator





I was mostly busy studying during my vacation. However my homestay family and I went to the Aquarium in Sydney and to the Butterfly Garden, it was a beautiful place. I rode a bike, we went bowling and played a little golf and a little baseball and we went to the park. Also, we went to the ocean, we watched movies, and we played chess. I made Iranian food 3 times and on Iranian New Year I made Iranian food! It was a good holiday. Thank you,

Amir 😊



WE ARE FAMILY!



A MESSAGE FROM OUR HEAD OF SCHOOL

---- MR. DAVE PONTICH

Dear Parents and Students,

Community Service at St. John's Academy

It has been great to see how our students are living our vision of 'making the world a better place' through the activities that were initiated during our most recent Science, Technology, Engineering, Arts and Mathematics (STEAM) Day. As you may have read, each Advisor class worked on one of the United Nation's Sustainable Development Goals. As we want to ensure we see these projects through, our students were provided more time this week to work on their self-initiated projects, which are really taking off. At times, they have been a bit messy and some are materialising quicker than others but each project is becoming a reality and will benefit others locally and, in some cases, internationally.

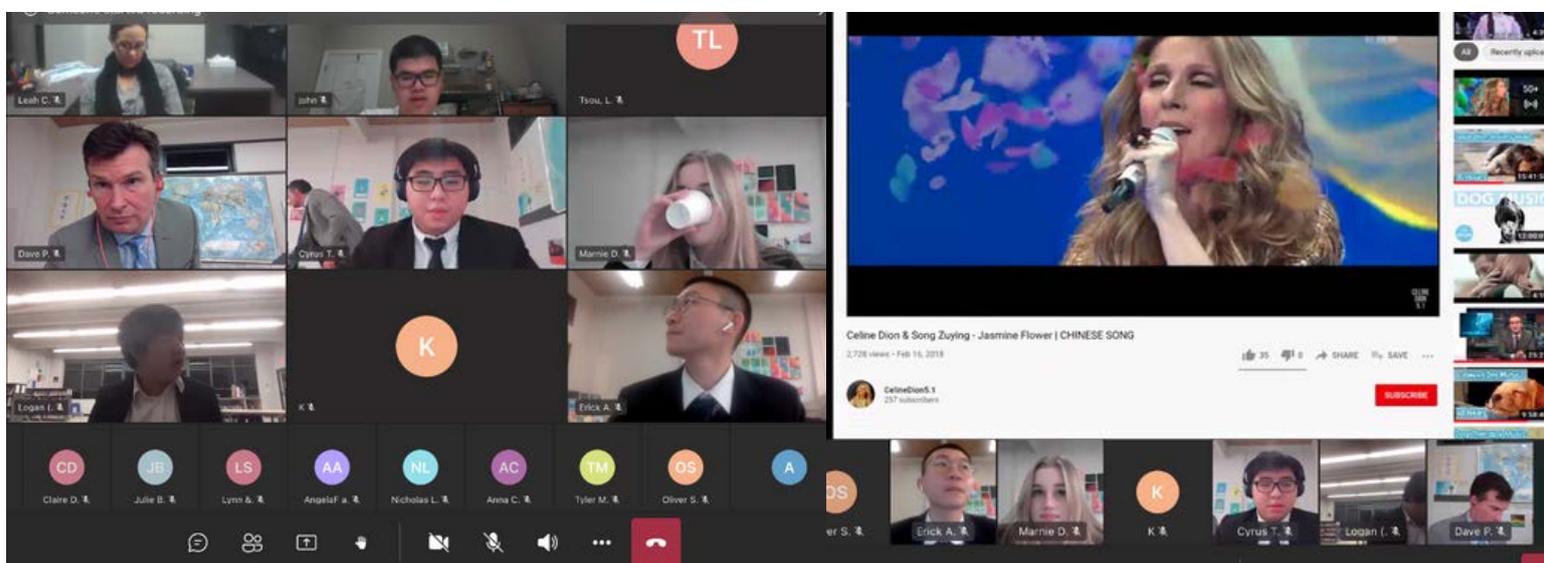
Whether the goals be 'no poverty', 'good health and well-being', 'reducing inequality' or one of the other goals, our students are truly making a difference whilst developing valuable skills in project management.

A few of the many examples include:

- Raising money with a bottle drive to donate to UNICEF with the aim of providing access to clean drinking water and food
- Creating a web-site/portal to help ensure people suffering from anxiety and depression know where they can turn to for help.
- Having anonymous forums in school for students to seek confidential advice to issues that are troubling them.
- Selling items such as bracelets and T-shirts at lunch to raise awareness and generate funds for Pink Shirt Day, which is taking place next week.

Additionally, our boarding students led, with some of our day students, a Lantern Festival virtual gathering. The school donated money for everybody that attended the event to the Mill Bay Food Bank.

Mr. Dave Pontich
Head of School



DISCIPLINE IS NOT PUNISHMENT

by Mr. Nick
Director of Students

Discipline is about guiding teenagers towards appropriate behaviour - it isn't about punishment. (Positive Discipline, 2021)

Recognizing that some people aren't comfortable with the word "discipline", we want to remember that the original meaning of the word in Latin was "instruction, teaching and sharing knowledge". To discipline a child is to teach them; not to punish them. So now you might be asking, "how do we provide discipline without punishment?" - fair enough!

Positive Discipline tells us that we need to find solutions when we work with our children. Talk with them about the behaviour that is troubling you or causing problems at school; work through it, listen to your child and acknowledge their feelings. Also, make sure they hear your concerns, or the concerns of others that need to be addressed. One of the best things about this strategy of talking about solutions and sharing your concerns is that, even if it fails, you are showing your child that you are ready to listen and they need to listen to you. It truly is investing in your relationship with your son, daughter, or dependent when you take this approach. Much like financial investing, there is short-term pain as arguments may occur. If you remain calm and focused on finding a solution, your child should come around eventually - albeit much later sometimes!

On the topic of investing in our children, please take some time to Google "Positive Discipline" and find an article or video that rings true to you. Here's a link to my favourite video this week on Routine Charts - although the parent is discussing her toddler, you can make this activity age-appropriate for your own child. Later in the video, you will hear Dr. Jane Nelson provide some tips about how routine charts can be catered to your older children. I have personally seen routine charts work wonders.

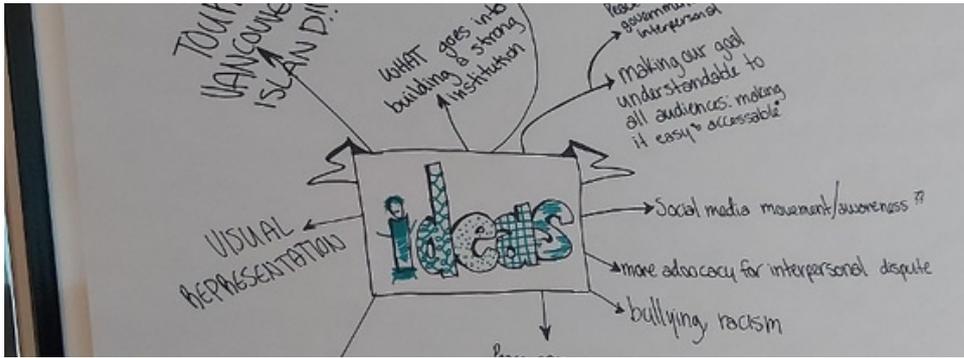
Positive Discipline
Creating Respectful Relationships in Homes and Schools 



STEAM DAY



Highlights



Our STEAM coordinator, Ms. Julie, organized an all-day STEAM day that focused on the United Nations sustainability goals.

In Advisory groups, students watched UN Sustainability Goals Video and discussed what steps they could make in their daily life to help reaching these goals. They were also asked how they could use Science, technology, Engineering, Art and Math to solve any of these problems.

The goal of this STEAM day was to increase awareness of the UN Sustainable Development Goals. Each advisor class planned a local initiative that addressed one of the 17 UN goals, that they will continue to work on this school year.





Scuba diving club!

Our enthusiastic junior drivers showed great SJA courage by braving the cold waters of Shawnigan Lake. After getting dressed in drysuits, the students went for a snorkel with guides Chris and Morgan to become familiar and comfortable with their gear; they even touched a piece of ice in the 4 degree waters. Good work everyone!

~Ms. Ashlee and Mr. Dan



Design 7 - Rocket stoves

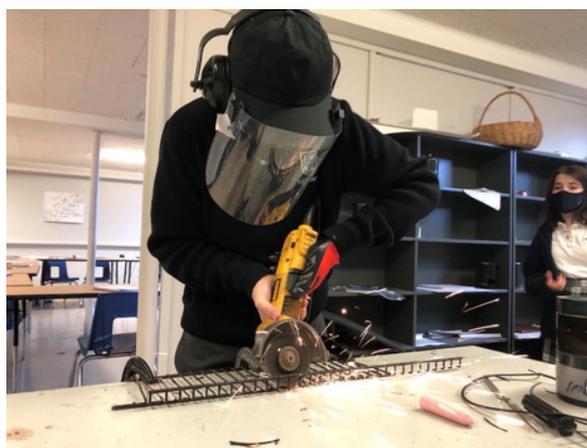
The Design classroom looks more like a metal shop these days with tin snips, grinders, and welders. The Grade 7 students have been working on designing and building a stove out of recycled metal. The objective is to build a stove that can boil a pot of water (to make noodles, or Kraft Dinner, of course)!

The resulting designs are really creative and very interesting. After Spring Break, we will be doing "test burns" and seeing how the stoves work.

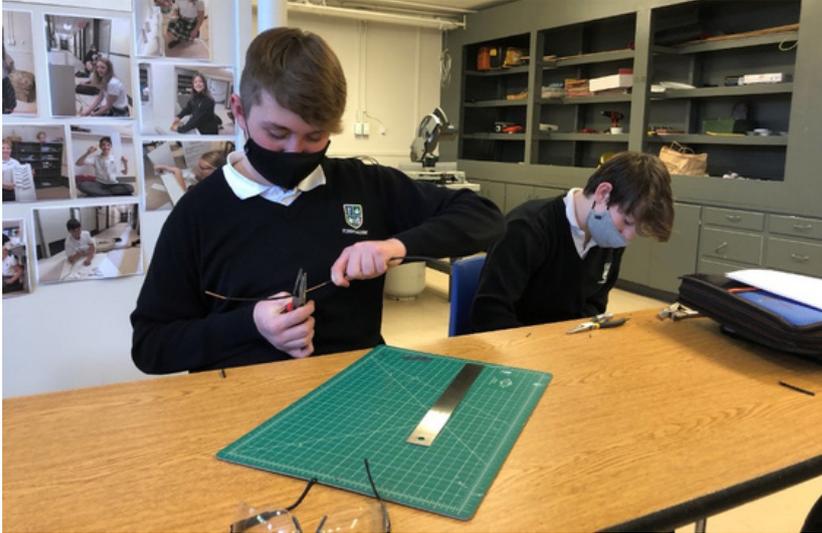
We want to express our thanks to all the parents and staff who have donated recycled materials for this project, and the biggest thanks goes to Michael Korchinski for coming to our school. Michael talked about his career in welding and inspecting, did a welding demonstration, and welded stove parts for the Design students - thank you, Michael.

Mr. Nick

Director of Students, Design teacher



Design 9 - jewelry making



SELF ADVOCACY

At St. John’s Academy, we pride ourselves in being a caring school. A key skill that students need to be happy and successful throughout life is self-advocacy. The poster above shows the various aspects of how one can advocate for themselves. To realize one’s potential it is essential to ask for help &/or clarification when uncertain. We are striving to build a culture where every student feels safe asking questions and view this as a sign of strength, not weakness.

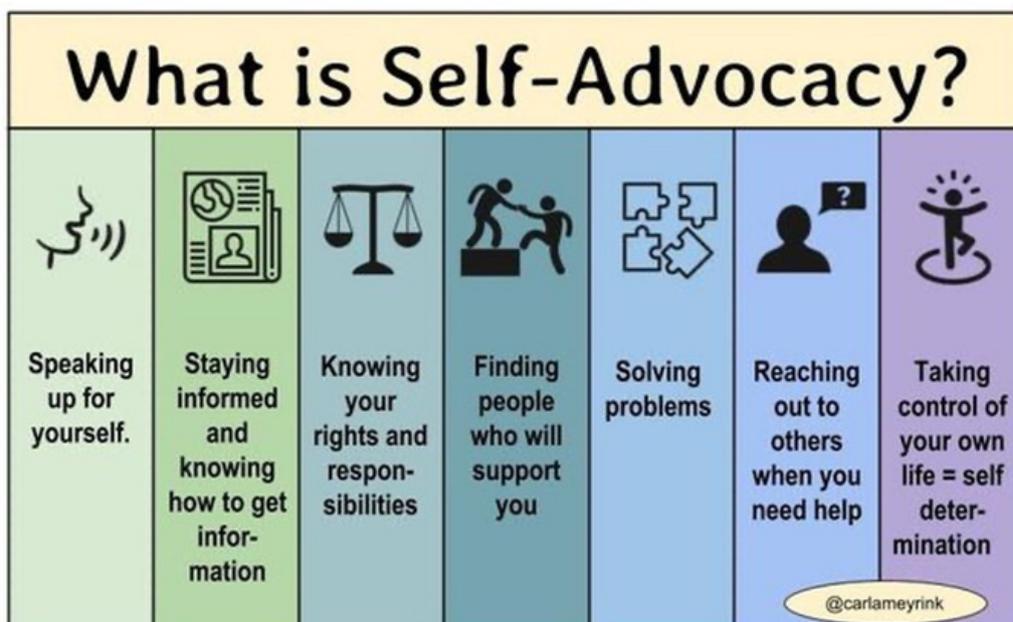
A few of the ways we encourage this at school include:

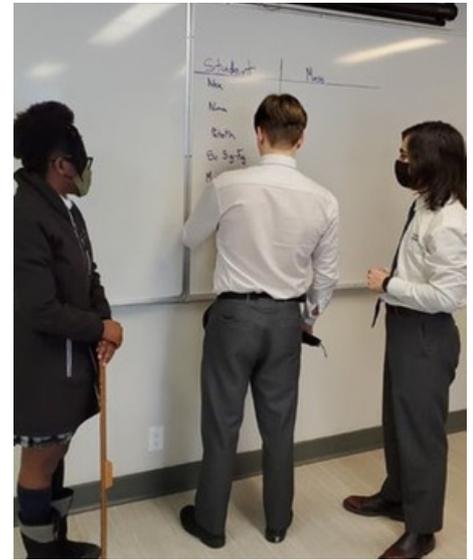
- Classroom meetings during Advisory lessons.
- Allowing time in class for students to share their strengths and challenges.
- Encouraging shy or hesitant students to find alternative ways to voice their questions or concerns.
- Analysing likes and dislikes.
- Encouraging students to reflect and self-assess.

At the opening assembly of each year, Mr. Dave always asks students about the “only type of bad question?” The answer is ‘one that goes unasked’.

Ms. Nadine

Learning Support Teacher/ Librarian





Physics Phun Phriday

The physics class performed a rather rowdy experiment to see who had the most power. The experiment involved running up the stairs from the dining area to the mezzanine. As with many physics experiments a lot of energy in the form of noise was generated and we managed to disturb everyone in the dining area as well as people in the administration area. Sorry everyone! — physics can be, well, physical. Detailed calculations were performed by the whole group on the whiteboard. As one can see, our scientists are in total rebellion over significant figures.

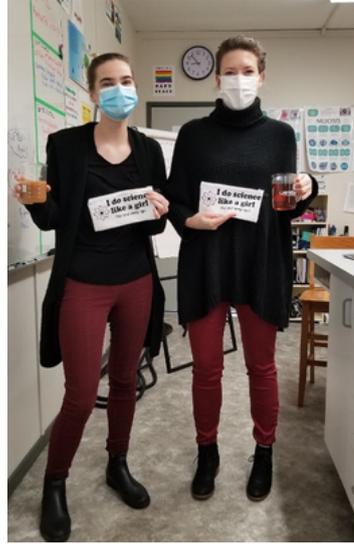
St John's Academy's young physicists ran up the stairs carrying their own body weight and then again carrying 70 pounds in kettle-bells. The most powerful person under his own body-weight was Erick. Although he is light, he flew up the stairs so fast he generated 642 Watts of power. Nicholas, carrying kettlebells, generated 726 Watts of power. Certainly, if these scholars were light bulbs they would be brilliant.

Mr. Steve Sparling
Math and Physics teacher

SPIRIT WEEK!

Our inaugural Spirit week organized by our grad class was a huge success! Matching Monday, Tacky Tuesday, Waikiki Wednesday, Throwback Thursday and Free Friday! Thank you to all students and staff who participated. It made this last week before Spring Break a fun one!

MATCHING MONDAY



TACKY TUESDAY



WAIKIKI WEDNESDAY



THROWBACK THURSDAY



FREE FRIDAY - WEARING SCHOOL HOUSE COLOURS AND FUN ACTIVITIES!



Reminders and Notices



Important Dates

EASTER DAY APRIL 5, 2021



PROGRESS REPORT: MAY 7, 2021



GRADE 12 GRAD: JUNE 4, 2021



**MAPS ASSESSMENT: JUNE 14-18,
2021**



**LAST DAY OF CLASSES: JUNE 25,
2021**

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