



THE MESSENGER

A Newsletter for Supporters of Immanuel Christian School

Vol. 30 No. 17

January 12, 2018

FROM THE PRINCIPAL:

I would like to extend a warm welcome back to school to all our students and families. I hope all our families had an enjoyable and relaxing holiday season and wish you all the Lord's blessings in 2018. With a full first week, by today it feels like we are right back into the swing of things. For our elementary students January is a fairly calm month with regular full weeks of classes and fairly normal routines. That's probably good since we can't say the same thing for February and "I Love to Read Month" ☺. However, for the Grade 9-12 students, we often hit the ground running once we come back from holidays. With exams right around the corner it's time to wrap up units, assignments and catch up on anything students are behind in. The exam schedule is again included in this Messenger.

This past week we welcomed Mr. Bonefaas back to school again after his practicum. He continues to take courses on Wednesday and Friday mornings so Mr. Veenendaal will continue to teach those mornings until Mr. Bonefaas is done all his classes and practicum at the end of April. The same arrangements in terms of courses will continue this term.

A gentle reminder to parents and students that our school is still nut free. From time to time we find wrappers of food products with peanuts or other nuts in them reminding us that another reminder in the Messenger is necessary. While students may not be in direct contact with the student contamination of surfaces is still a danger. Thank you for your cooperation in this.

Each week the Messenger is quite full of all kinds of details and we hope this helps give parents the necessary details to support their children in their education at ICS. If you are looking for more information that we might be forgetting in the Messenger, please contact administration.

Communication between home and school is vital to the success of our students so we encourage you to keep the lines of communication open with your child's teacher. Each teacher has a school email address which is made up of their first name initial and their last name. (e.g. Mark den Hollander = mdenhollander@immanuelchristian.ca). We look forward to continued cooperation through 2018.

Included at the end of this Messenger are a few writing pieces from our Grade 9 students. The students have been tweaking their writing and adjusting their work for their audience and some of the pieces are more ready for publishing than others so we have included a few for you this week. The theme the class is working with is *Mind over Matter* - a popular mantra in society but looked at through a Christian lens. We hope you enjoy the first pieces. Grade 9 parents, if you don't see your child's submission here yet, if you could please take a minute to encourage them to submit their best work, that would be much appreciated.

EXAM SCHEDULE – January 2018

Grade	Wed. Jan 24	Thurs. Jan. 25	Friday Jan. 26	Mon. Jan. 29	Tues., Jan 30	Wed. Jan. 31	Thurs. Feb. 1
9			Ref St. 11G MdH	English 10F JD	Math 10F BL	French 10F (mid-term)	
10			RefSt 21G JD	Essentials 20S FB	Geog 20F KV	French 20F DN (mid-term)	Science 20F FB (mid-term)
11			RefSt 31G FB	Cdn History 30S MdH	World Geo 40S DN (gr. 11/12)	Physics 30S BL (gr. 11/12)	Applied Math 30S KV
12	Essentials Math* 40S FB	Pre-Calc Math* 40S BL	RefSt 41G JD	Biology 40S FB			

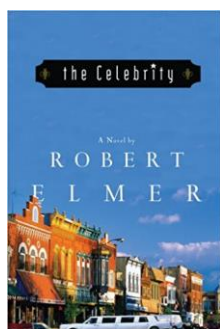
* indicates provincial tests

GENERAL NEWS:

- School Cleaners Jan 15-19:** B&L Toet, Du & J Toet, D&J Folkerts, W&S Gortemaker, J&D Jenner, A&L Vandenhoven, B&C Nobel
- Containers Needed:** “I Love to Read Month” is just around the corner. For Art afternoon we’ll need a large supply of disposable containers. If you have any to donate please send them along to school to the grade 6 room.

LIBRARY NEWS:

Going farther... in our school library



Here’s another novel that’s become available to Grades 7 and 8: *The Celebrity*, by Robert Elmer – the story of a celebrity who hides out in a small town in the Pacific Northwest after a family tragedy. When he meets a woman coping with terrible head injury caused by a drunk driver, can he trust her enough to reveal who he is? Can she trust him?

GUIDANCE:

- Attention Grade 10 -12 Students:** Want to experience what life at a small Christian college is like? Why not take advantage of Providence University College’s “Breakaway” or Booth University College’s UC Belong? Both are offering overnight events to experience classes and other aspects of campus life. Both are scheduled for February 1 to February 2 and require pre-registration. Check out their websites for more details. It might be a neat thing to do with a friend or two.
- Thursday, February 1 is the deadline to apply for the **Terry Fox Award**. This scholarship is highly competitive and is given to an individual who has demonstrated “tenacity in the face of

adversity.” If you think this describes you, check out www.terryfoxawards.ca for more information, or talk to/email Mrs. Dykstra.

- Monday, February 12 is the deadline to apply for the **Youth Leaders in Action Scholarship** sponsored by The United Way. You must have done some volunteering at a agency partner (Check their site for a list of organizations that qualify), and/or been a leader in addressing issues in your community. For more information please contact youth@unitedwaywinnipeg.mb.ca or talk to/email Mrs. Dykstra.
- **Transcona Snow Angels:** I have a list of addresses of seniors living in the Transcona area that are in need of help to clear their walkways this winter. None of them are near the school, unfortunately so the idea of “adopting a senior” as a school won’t work. If you’d like to give to your community in this way email me at edykstra@immanuelchristian.ca to see if there are any living near you!

SPORTS CORNER:

- With the new calendar year beginning the basketball season is now underway. All of our high school teams played their first league game(s) this week.
- The JV Girls played against The King’s School and lost a tough match. They will be participating in a tournament at Carman Collegiate this weekend.
- The JV Boys played against Gray Academy, and put up a good fight in a losing effort, even though they only had 5 players.
- The Varsity Girls split their week, losing to Calvin and defeating Gray Academy.
- The Varsity Boys easily won both of their matches, defeating St. Boniface and Calvin.

Results . . .

- JV Girls lost to King’s 46-10.
- JV Boys lost to Gray Academy 90-21.
- The V Girls lost to Calvin 46-23, and defeated Gray Academy 48-43.
- The V Boys defeated St. Boniface 67-39, and defeated Calvin by a score of 66-26

Calendar . . .

- Friday, Saturday JV Girls in a tournament at Carman Collegiate
- Monday JV Girls @ St. Boniface 6:00pm
 V Girls @ ICS vs Southeast 6:00pm
 JV Boys @ St. Boniface 7:30pm
 V Boys @ ICS vs Southeast 7:45pm
- Wednesday V Girls @ King’s 4:15pm
 JV Girls @ St. Maurice 6:00pm
 V Boys @ King’s 6:00pm
 JV Boys @ St. Maurice 7:30pm
- Thursday JV Girls @ ICS vs Faith 6:00pm
 JV Boys @ ICS vs Faith 7:30pm
- Friday, Saturday Junior Boys at a tournament at John Gunn
 JV Boys at a tournament in Niverville
- V Girls @ a tournament at Westpark (Portage la Prairie)



MUSIC NOTES!

Term of the Week – The Twins and The Monster Story – as promised before the break here is the story for the WSO *Musical Discoveries* program:

“Aziza and her twin brother Azizi live in a village on the edge of a beautiful forest. Deep within the forest there lives a horrible monster and a ferocious witch. Over the years, the monster and the witch have wreaked havoc on the village and struck fear into the hearts of all.

One day when Aziza is alone, the monster’s pet parrot knocks on Aziza’s door. The parrot tricks Aziza and sings the special song that she and her brother use to signal that it is safe to open the door. When Aziza opens the door the parrot leads her straight to the monster, who takes her to his dark and dangerous cave.

When Azizi returns home to find that his sister has disappeared, he sets out to find her. Helped in his quest by birds, the wind, the rain, the trees, and his special song, Azizi finds his sister. With the aid of a swarm of bees, Aziza and Azizi escape, destroy the monster, and bring peace in the forest.” (Source: *The Twins and the Monsters Teacher Study Guide*, National Centre for the Arts).

Kindergarten: Mrs. Nyhof: We learn 2 new songs: “Shape Song” & “Hey, Hey Look at Me” and had fun figuring out if a note was high or low in the song. Next week we’ll learn “Phoney Baloney”, creating movement and “Snowman Joe”, practicing body movement for the scale.

Grades 1-3: We continue to prepare for the WSO performance. Next week we’ll start the second theme titled *Aziza and Azizi’s Theme*. This lesson will focus on the question/answer quality of the theme through movement. **Please fill out the permission click for the WSO performance ASAP so that the driving lists can be made.**

Grade 4: On Tuesday we will learn *Jolly Jolly Rhythm* and focus on solo singing. We will also learn accompaniment that focuses on call and response.

Grade 5: This week we focused on beat and rhythm and improvisation. Next week we will learn *Four White Horses* and learn a clapping game. We’ll focus on rhythm and beat and learn accompaniment for the song.

Grade 6: Our first class in the New Year focused on listening and identifying different elements of music. On Monday January 22 you will have guitar with Mr. Folkerts.

Band 8-10: We started working on pieces for the Spring Program. We will focus on technique, theory and history. **Due Thursday January 18:** Theory pages 5-8 and History pages 44-45. **Due Thursday January 25:** Composer Research Project

ELEMENTARY CLASSROOM NEWS:

Kindergarten: Mrs. Nyhof

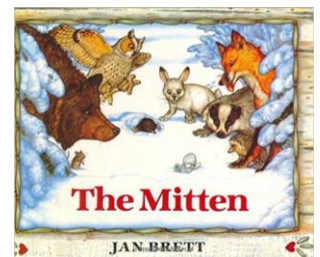
We had our first Friday and now we only have to wait 2 more days until the next K day. I’m so glad that the students are eager to return to school each day. We thank our heavenly Father for this. We enjoyed our first week back finishing our winter unit. We had activities related to the story “The Mitten” by Jan Brett. We even acted the story out, pretending a large sleeping bag was the mitten that all of the “animals” crawled into. We started a home reading program. I hope you are enjoying reading with your children. Reading to and with your children are some of the best gifts you can give them. Here is what’s planned for next week:

Monday: Library books and home reading (5 books in the pouch provided) are due

Parent Helpers: Mon: Sarah Johnston; Wed: Elsie Versteeg

Bible Stories: Mon. – Two Dreams; Wed. – Pharaoh’s Dream; Fri. – Joseph’s Brothers go to Egypt

Memory Work: Song: Psalm 134:1, Text: Romans 8:28 “And we know that for those who love God all



things work together for good, for those who are called according to his purpose.”

Show and Tell: Mon: Colin, Dominic, Evan; Wed: Holly, Isaiah, Jackson; Fri.: Jayden, Jesse, Joshua

Math: #6, Number sense

Language Arts: Continuing with Animated Literacy-letters, sounds and songs. Phonological awareness in special centers will start on Friday

Social Studies: Beginning a new unit on Family and Community Helpers

P.E.: Manipulative Skills, using bean bags

Have a blessed weekend.

Grade 1: Mrs. Welch and Mrs. Veenendaal

Since this is the first Messenger of 2018 we would like to wish you as parents, grandparents and supporters a good new year. May God bless us all especially in our endeavour of raising His Covenant children! Mrs. Veenendaal and I were overwhelmed with the encouragement in the form of cards, notes, and gifts! Thank you!

It is a pleasure noticing the most of the students were well rested after the break, ready to take on their tasks again. The students are cheerful and helpful towards each other in various ways. In the last week we have seen several situations that were proof of that. We thank the Lord for the work of the Spirit in their hearts!

Field Trips!

This coming week we look forward to a busy and exciting week with two field trips. On Tuesday we will head to the Winnipeg Symphony Orchestra from 10 till noon for our Music Field trip. On Wednesday we will spend the majority of the day at the Manitoba Museum and Science Gallery which ties in with our Science unit on the Senses and spend time exploring the galleries. Please fill out the Permission Click form that was sent by email earlier this week as soon as possible so that drivers and groups can be arranged. The students have been very enthusiastic about starting our first Science unit. We marvel at God's creation as we learn about our senses and all that we can enjoy with them. We have explored hearing this week. This coming week we will move on to learning about our sense of sight, smell, and touch. Each lesson has a hands-on experiment which the students especially enjoy.

Show and Tell: M. Aurora, Blake; T. Caitlin, Caleb; W. Ethan, Gavin; Th. Hailey, Jillian

Memory Work: Song: Ps 105:3 (due Friday, January 19); Text: John 3:16 (due Friday, January 19)

Bible: M. Moses' Return to Egypt (Exodus 4:18 - 7:7); T. The First Four Plagues (Exodus 7:14 -8: 32); W. Plagues 5 - 9 (Exodus 9 - 10); Th. The Tenth Plague (Exodus 11:1 - 12:16); F. Passage through the Red Sea (Exodus 13: 17 - 15:21).

Word Wall Words: (a.k.a. power words or sight words) **get, had, her, him, how**

Letter Work: We have now finished reviewing all of the sounds from the Animated Literacy Curriculum. In our writing this week we will make up our own animated Literacy stories. This week we will review the short a sound using worksheets and have a dictation at the end of the week.

Math: This past week we began a new type of Cross Number Puzzles. Although they were a little difficult at first, the grade one students were up for the challenge. They worked hard to understand and complete them. Our review and testing of counting by 2's, 5's, and 10s to 100 was a big success. All of the students understand the concept of skip counting and only a few students needed help to make it all the way to 100. This week we will resume our Math Centers. We will work on filling in a missing number sequence and complete a small project to show what we have learned about numbers.

Physical Education: Hoop and Beanbag Play.

Grade 2: Ms. Desrochers

Welcome back to school everyone! The New Year has started off with getting readjusted getting back into the routine of things in Grade 2. We seem to be in a bit of a deep freeze with the weather, but hopefully it'll warm up a bit next week. ☺

Word Wall Words: sometimes, they, new, sale, hurt (test Jan.19th).

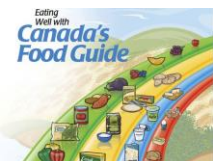
Memory Work: Song: Psalm 105 vs. 1; Text: Deuteronomy 6:4-5 (test Jan.19th).

Bible/Church History: We have begun the unit on Jesus and his early ministry here on earth. Among other stories, we have read about the first miracle Jesus performed.

ELA: Daily 5 has begun and students are right back into the routine of our stations. Most of them have picked up their stamina right where they left off before the break. ☺

Math: We have begun the unit on patterns and patterning. To start the unit we “googled” patterns in nature and looked at how God created the world full of patterns. Without nature’s patterns the world would be less beautiful and more chaotic.

Science: We just finished off the unit on air and water in the environment by looking at pollution and how we can do our part to take care of the world God has provided for us and our earthy living. This



coming week we are going to begin our investigation of the properties of Solids, Liquids, and Gases.

Health: This week we began to look at the Canadian food guide and the 4 main food groups.

Gym: Students played some games this week where they have been able to practice their maneuvering skills by using their feet to kick, dribble, etc...

If you have any questions feel free to contact me at edesrochers@immanuelchristian.ca

Have a great weekend!

Grade 3: Mrs. Zivanovic

Memory Work: Song- Ps. 47:2; Text -Proverbs 3:9-10

Bible: Unit 5 - Life in Egypt to Mount Sinai; M - God Promises Deliverance; T - Frogs and Gnats; W - Flies, Livestock and Boils; Thr - Hail, Locusts and Darkness; F - The Tenth Plague.

ELA: We have been doing a retelling about our holidays using paragraphs as well as interesting adjectives. We will also be writing about structures and we will be looking at interesting verbs.

Word Wall Words: really, probably, then, usually, what

Working With Words spelling lists: We will be back to normal with a regular 5-day week and new word lists for each group; check your child’s agenda for their word list. (As of the end of December, the children have been put into different groups depending on the progress they have made so far last term.)



Math: We are continuing with multiplication up to 5 x 5. We will also be learning about 3-D shapes to link with our Structures unit.

Science: We have found out the definition of a structure and have even built our own structures with spaghetti and marshmallows. Next we will be looking at the strengths of different materials.

Art: We will be working on 3D art to link with our Materials and Structures topic.

Grade 4: Miss Tamminga

Devotions: Monday: Hayley- Acts 3: 18-20; Tuesday: Rylan- John 3: 31-32, Krista- John 12: 49-50; Wednesday: Jack- John 1: 14-15; Thursday: Jeanette- John 14:6, Nadia- John 6: 28-29; Friday: Sam- John 14: 26, Amy- John 16: 13-14.

Memory Work Song: Psalm 35:1 (due Friday, January 19); Text: John 1: 1-4 (due Friday, January 19)

Bible: Next week we will read about Adonijah’s rebellion and David’s death. On Wednesday we will have a review day and on Thursday there will be a quiz.

Math: Next week we will finish up our lessons on money and begin to learn more about measurement. We will examine how to use millimetres, centimetres, meters and kilometres.

Science: Next week we begin our science unit on light. We will be learning more about the properties of light.

ELA: We begin our first novel study next week and will be reading the first five chapters of Charlotte's Web. Students are expected to read one chapter a day. In writing we will be completing and presenting our mystery stories.



PhysEd: We have worked this week on our gymnastic skills. Next week we will practice with equipment and the students will create and present a gymnastic routine.

Last Year's Riddle: We are five little objects of an everyday sort. You will find us all in a tennis court.

Answer: vowels

This Week's Riddle: Sometimes I am loud, and viewed with distaste, poke out my "eye" and you'll find me on your face.

Grade 5: Mrs. Beijes/Mrs. Kottelenberg

It has been good to get back into the routines of the Grade 5 classroom! It has been a busy first week back with many projects to work on!

Patrols: Week of January 15: Finn, Noah D & Mikaela

Memory Work: Song: *Psalm 16: 1*; Text: *Revelation 22: 18, 19*

Mrs. Kottelenberg:

Church History: Grade 5 completed their unit on the Mission to the First Nations this week and we will begin looking at Paul's 3rd Missionary Journey on Friday.

ELA: Students enjoyed presenting their speeches! A lot of research went into making these speeches and they did a good job! This week we have begun working on a book report. Each student has chosen a piece of fiction ... a novel specifically. (Fiction means it is not real and non-fiction means it is real ... students have been struggling with this distinction!)

Spelling: Lesson 14 Work and Test due Friday, January 19th. With the New Year come some new strategies for completing our work. Students have been given smaller segments of their weekly assignment which must be completed each day. Students are encouraged to work ahead, but this has helped motivate students not to leave their assignment till the last night!

Unit 14: OP#1, 3, 4; DP#1, 2; EP#3; CwW#1, 4.

Social Studies: Students have continued working on their group projects on World War 1. Grade 5 will be presenting their projects on Friday and Grade 6 will present on Monday. Each group has to present an oral report, prepare a handout for their peers and create a visual aid to enhance their project.

Mrs. Beijes:

Lunchtime Devotions: Monday: Shannon – Psalm 139: 2 & 4; **Tuesday:** Alexis – Psalm 139: 9-10, Jeremiah 23: 24; **Wednesday:** Brett – Psalm 18:30, Deuteronomy 32:4; **Thursday:** Brooklyn – Genesis 1: 26, 5:1-2; **Friday:** Caleb – Genesis 2: 18.

Math: The math test from before the break is coming home today. This week we made goals for mastering our times tables and are planning to work hard at improving from where we are now. That will be different for each student. We also began a new unit on fractions and decimals. We practised four strategies to compare and order fractions. We will have a quiz on this next Wednesday. New concept for next week is relating fractions to decimals.

Phys Ed: A few students have not returned their gym clothes yet. We will continue with basketball skills.

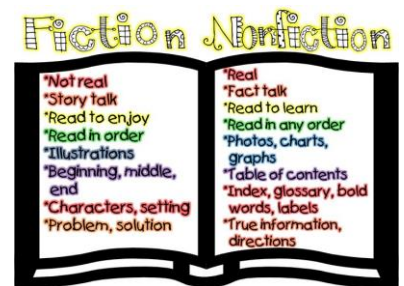
Grade 6: Mr. Folkerts

Welcome back grade 6!

Patrols: Joshua, Brady & Jasmine

I.A.: The next I.A. will be on Thursday, January 18.

Memory Work: Psalm 98:3; Text: Mark 12:29-31



Spelling: Lesson 13 – Plurals. Remember to make all corrections from lesson 12. Define the following words and use them in a sentence (minimum 10 words in each sentence): codes, branches, centuries, systems and shelves. Observing Patterns: 1, 3; Discovering Patterns: 1-5; Exploring Patterns: 1, 2, 4.

ELA: In ELA we're exploring the writing trait organization. Presently our focus is on transitions. Next we'll work on satisfying conclusions.

Bible History: This week we studied Jesus' first miracle at the wedding of Cana, the cleansing of the temple and Nicodemus visits Jesus. Next we'll study Jesus and the Samaritan woman.

Science 5/6: This week we began our unit "Properties of and Changes in Substances." First we explored the three states of matter. See if your child can explain how we proved a gas has mass.

Math: This week we learned how to measure and draw angles using a protractor.



Grade 7/8:

GRADE 7 and 8 STUDENTS ARE REMINDED to PROVIDE their own LOOSE LEAF PAPER. The school will not provide that for you.

ELA 7: We reviewed our Figures of Speech, looked at Poetry in the Psalms, and began the reading of "The Cattle Thief" by E Pauline Johnson. We will use that poem for a dramatic reading next week.

Art 7: We began by getting used to our drawing pens with several drawing exercises. On Friday we used these exercises to draw antique cars.

Math 7: This week students reviewed decimal, fraction and percent via our Social Studies project. We also began some work on our next unit "Measurement" beginning with angles. Next week students will begin answering the government standards assessment questions in addition to continuing work in our measurement unit. Count on a quiz on Measurement concepts on Friday, January 19.

RefSt 7: This week we resumed our Old Testament study with the birth of Isaac, the testing of Abraham, a wife for Isaac, and the death of Abraham. Next week we'll begin the stories of the struggle/conflict between Jacob and Esau.

SocSt 7: We've begun our study of universal human rights by looking at vocabulary dealing with personal identity and some of the history of Charters that precluded the Universal Declaration of Human Rights. Students participated in an island society challenge in groups and then viewed a simplified version of the Human Rights Document. These are very timely, though challenging topics that present some opportunity for good discussion, particularly as to how we address these issues from a Biblical perspective.

ELA 7: We continue our process of research and inquiry. We are working on close reading. For this we are using a D.I.R.Q. system. (D = Definitions; I = Identify Important Ideas; R = Respond; Q = Questions).

Art 7: Our first unit in 2018 will focus on creating music on unusual instruments. We will transcribe (notate sounds) a piece of percussion music.

French 7: We continue with our look at food and drink.

Science 7: There will be a chapter seven vocabulary quiz on Monday. There will be a chapter seven test on Wednesday.

RefSt 8: We began this week by reading in 2 Samuel how God chose Saul to be Israel's first king. He was not to be an absolute ruler as some of the other nations had but a prince under God who was Israel's king.

Science 8: There will be a chapter seven test on Tuesday.

French 8: There will be a test on Thursday on Unit 7.

PhysEd 7/8: We continue with our basketball unit.

SocSt 8: We started our next unit on the Transition to the Modern World (ca. 500-1400). We are continuing with the overview and are making connections to current events.

Math 8: Fri. – QUIZ on Relating Fractions, Decimals and Percent AND on Calculating Percent (Chapter 5).

ELA 8: We started the study of our next novel *Cue for Treason* by Geoffrey Trease. This week we focussed on the setting. Students are to have chapter 1-3 read for Monday as well as the assigned questions completed. Spelling Lesson 11 is also to be completed for Monday, as well as a half page journal response to this part of the novel. We'll continue reading and working with this novel next week. The focus next week will be on character.

HIGH SCHOOL DIVISION:

AICT 15 gr 9: There will be a chapter four test on Wednesday.

Careers 9: This week students worked on their career fair projects. They also had one class to work on their portfolios. Students will work on their projects next week too. The projects will most likely be presented during an in-house fair on January 24.

English 10F: Final presentations; work due **Monday, Tuesday, Thursday, Friday** for essay.

Business Innovations 10S: Running your one-day business next week, and learning about how to make an income spreadsheet. Hoping for visits from business owners (or to McDonald's?).

Math 10F gr. 9: Tues.– QUIZ on Methods of Selecting a Sample for a Survey; Thurs. – TEST on Probability and Statistics (Chapter 9); Fri. – Start Reviewing for the Exam.

French 10F: There will be a Unit 2 Test on Thursday.

PhysEd 10F/20F: We continue with our basketball unit.

RefSt 11G Church History: We are finishing our final unit which will deal with the topics of Pietism, Methodism, the Enlightenment, Arminianism and the Synod of Dort.

Essential Math gr 10: Test Wednesday, chapter 7 – Trigonometry of Right Triangles.

Science gr 10: Test Thursday on two chapters: Acids and Bases (chapter5) and Types of Reactions (chapter6).

Ref. St. 21G gr. 10: Presentations on "Samuel, Saul, David: Needing Someone Greater."

English 20F: More on "Real Communication": 'Making Your Faith Known.'

French 20F: There will be a Unit 6 Test on Thursday.

Geog 20G: We will have our last unit test on Thursday. We will have our debate on Friday.

Physics 30S: Tues.- QUIZ on the Quantum Model of Light; Wed.- Test on the Nature of Light, including the Wave-Particle Duality Model; Thurs.- We start to REVIEW for the Physics Exam.

RefSt gr. 11: Students got to select from a list of modern day cults one that they will research and present to the class.

Applied Math 30S: We will continue chapter eight dealing with rates of change.

Cdn Hist 30S: This week are finishing our last unit dealing with Canadian History from 1980 to the present, looking especially at Canada's changing culture and identity, and Canada's role in the world. This coming week Friday January 19th, the major paper is due for peer editing.

PhysEd 30F/40F: We will have Health classes on Tuesday and Thursday.

World Geo40S: We will continue with our unit on sustainability and globalization.

Pre-Calc Math 40S: All this week and next week Monday to Wednesday we will do REVIEW in preparation for the Provincial Exam to be held in Room 106 from 9:00 – 12:00 on Thursday Jan. 25.

English 40S: Deadlines most days for public work, *Chronicle*.

Ref. St. 31G gr. 12: Notes on "Revelation: God's Hand in History"; then test or assignment.

Essential Math gr. 12: Students continue to review for the Standards Test to be written Wednesday morning, January 17th.

Bio gr. 12: Students are to finish their portfolio and start a review for the final exam.

Put your Trust in God

Mental health plays a big role in all of our lives. There are people all over the world who struggle with this, but God's word gives us hope in our struggles: "Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:4-7 *ESV*)

When we see others struggling in their day to day lives, let us be a hand and foot to one another. God guides us through trials, and our lives are in His hands. We shouldn't worry about what will happen, but instead trust that whatever happens, God has a plan for everything: "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34) In all you do, remember that God will always be your guide and strength; trust in Him.

When you see your neighbours dealing with hardships in their lives, pray for them and know that God will always hear and answer your prayers: "It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed." (Deuteronomy 31:8) The Holy Spirit perfects our prayers and works in our hearts through the gospel. When you or someone you know are struggling, know that God has a plan for everything and turn to Him for strength, courage and direction.

Mallory Werkman



Image credit: <https://i.pinimg.com/736x/e0/31/dc/e031dce98a2e44ada471b4aa497b9769--dont-worry-trust-in-god.jpg>

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JUST DO IT.

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Really take it in. If you can't do something, do you get upset,
or do you just try harder?

When the world tells you that you can't, that's only a reason to try again.
Sometimes when we aren't as good as someone else, or a series of unfortunate events lead us to a place we
don't want to be. We get mad, or jealous.
We shouldn't and we know we shouldn't.

Like the day you got below 50 on your essay and your classmates all hit the 90s, or the time you were sick the day your friends all went to the beach. These are only a few examples of situations that might make us want to go to bed and scream into our pillows, or binge-watch that really good series on Netflix, even though we could be doing something much more productive.

The only person who can fix this is you. If you're jealous of your classmates' high marks, why don't you ask them to help you study, or even just set up a studying schedule? If you're mad that you didn't get to go to the beach with your friends because you were sick, why not just get together with them some other time?

In other cases, we feel like we can't do things other people can, and we feel left out, or like misfits. Maybe if your friends make the sports team and you don't.

Don't be upset. You can join a different sports group, or just sit back and cheer your friends' team on. Don't forget that God can help you get through these things; you can always turn to him, and pray to Him for help; you can ask Him for help not to be jealous, or unrighteously angry. Don't get down on yourself because you can't do something. If you can't do it, try harder.

Here's a thought; don't even acknowledge the phrase "you can't" or "I can't."

Who cares?

No? You can't? **YES! YOU CAN!**

Don't overthink it! **JUST DO IT!!!**

Naomi

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"Change your thoughts and you'll change your world."

Why live your life under a thousand heavy weights?
Your mind is the way you view your world.
Don't hold onto your bad thoughts from yesterday,
Stay close to positivity; think clear; be strong in the Lord.

You're powerful; you can do anything you set your mind to.
Don't hesitate: The Holy Spirit through God's Word will guide you.
Changes are for the better, so think about these things.
Trust in the Lord; believe you can do whatever his plan brings.
Your heart, your conscience, all are run by your mind;
Be yourself, stand out, and be defined.

Summer Teitsma



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