



# THE MESSENGER

A Newsletter for Supporters of Immanuel Christian School

Vol. 30 No. 19

January 26, 2018

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## FROM THE BOARD

### Contract Season

As can be evidenced by the increasing number of advertisements in *Clarion*, our schools have begun the search for teachers (and administrators) for the coming school year. ICS is no exception, and has also started advertising. At a recent meeting the Board and the Principal reviewed the current staff and assessed future needs, and very soon contracts will be drafted for our full time staff members. The task of bringing together a complete team committed to quality covenant Christian education can be a challenge, and so the Board asks for your help. First, please bring this matter to our heavenly Father in prayer, asking that He may bless us with capable persons to meet our needs. Second, please be sure to spread the word that ICS is looking for teachers – word of mouth may help us make the right connection with the right someone! Finally, please be sure to express your appreciation to our current staff for the excellent work they do – membership support is important to our teachers, and a word of thanks can go a long way in affirming good relationships (and convincing someone that ICS is the place to be 😊)!

### Assessment Update

Progress continues to be made on identified assessment report action items. Of the approximate forty identified tasks, thirty have been categorized as “done.” These items are varied and include giving the science lab cabinetry a fresh coat of paint, reviewing enrolment tracking, determining a process and schedule for staff assessment at board meetings, and development of Reformed markers and rationale to assist in curriculum review. Additionally, several of these completed items have been moved into schedules for the Board, Administration and EAC, to ensure they receive more consistent attention. This would include, as an example, annual review of the Mission Statement.

First steps have been completed on nearly all other outstanding tasks, and due dates for second (or final) steps for these same tasks have been set for no later than the end of the school year. Particular focus will be given to development of assessment processes for the principal and vice-principal, further development of a curriculum review plan, and as indicated at the last membership meeting, development of position papers from the Membership Committee. The Board has also recently asked the EAC to expand on some preliminary study into possibilities for leadership and/or service courses or requirements at ICS.

### I Love to Read



February is just around the corner, and with it, the excitement of “I Love to Read” Month! This is a busy but fun time for students and staff, as many extra activities are planned. The Board thanks the staff for all the extra effort they expend in this month, and thanks the volunteers for their help in making these weeks a success. Be sure to swing by the school and check out the theme-inspired decorations at some point! Students – try new books, read well, and do your best to reach your personal and classroom word goals! (And Landon? Mrs. Gortemaker has the next Alcatraz book ready for you, so we know you can absolutely beat your count from last year! 😊)

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## **FROM THE PRINCIPAL:**

**T**hank you to the Parent Advisory Committee for providing a Hot Dog lunch for our elementary students. Along with our sports day, it was a fun day! Thank you also to the various parent volunteers who helped in serving. At this time in the school year we have quite a few regular volunteers. There are those that coach sports, giving up several evenings a week to lead practices and games. We also have regular classroom helpers who help out in Kindergarten with phonological awareness, in Grade 1 with math centers and other tasks, and in Grade 5 with Phys-Ed. In addition we have quite a few library volunteers who allow our library to be open for most of our school days. I do not want to forget our student volunteers. We have several students who give of their time regularly by working in elementary classrooms, organizing materials for teachers or taking down and putting up bulletin boards. Of course we are happy that these volunteers help us keep our costs down, but more importantly it shows the students that the work done here is important and that they are willing to sacrifice their time to support the learning done at ICS. Thank you to all our volunteers for their wonderful support.

**O**ur Grade 9-12 students wrote their Reformed Studies exams today. Having read through all the exams written today it struck me again how blessed we are to teach these subjects in a covenantal school. On these exams students share what they have learned about God's work in history throughout the Old Testament until today but also have spent significant time mining the depths of God's word in order to understand what it teaches us about God and about how we should live. The exams also contain a form of apologetics where students are called to defend the Reformed Faith against attacks of other religions or movements within Christianity. Teachers also try to find a healthy balance between knowledge and application questions in order that it is not simply a 'regurgitating' of material learned, but that students demonstrate an understanding of the material as well. It is our prayer of course that the material learned does not just remain head knowledge, but that by the grace of God and the working of the Holy Spirit, it may result in faith which will show itself in the fruit of the Spirit in their lives.

**T**his is a good reminder to all of us as supporters of our covenantal school that we regularly pray for the work done here and for the Spirit's work in the hearts of our students that through their learning here, at home and at church they would respond to the rich promises made to them at their baptism. Please remember in prayer also our families whose children have various special needs who require an extra measure of patience, wisdom and endurance as they seek to raise their children in the fear of the Lord.

**S**tudents in grades 9-12 will continue with their exams next week. The schedule is included under the General News. Friday is an Administration Day for teachers and a day off for students. High school staff will be finishing up semester 1 with marking and number crunching, as report cards will be going home on Wednesday, February 7. The elementary staff will be preparing for another exciting "I Love to Read" month which will kick off on Monday, February 5.

## EXAM SCHEDULE – January 2018

Grade	Mon. Jan. 29	Tues. Jan 30	Wed. Jan. 31	Thurs. Feb. 1
9	English 10F JD	Math 10F BL	French 10F (mid-term)	
10	Essentials 20S FB	Geog 20F KV	French 20F DN (mid-term)	Science 20F FB (mid-term)
11	Cdn History 30S MdH	World Geo 40S DN (gr. 11/12)	Physics 30S BL (gr. 11/12)	Applied Math 30S KV
12	Biology 40S FB			

### GENERAL NEWS:

- School Cleaners: Jan 29 - Feb 1:** A&J DeWit, J&J Teitsma, D&M Leach, J&S Poppe, N&K Bakker, D&R Vanderzwaag, K&S Vonck.
- Scholastic orders are due on **Wednesday January 31**. Please get your orders to the classroom teacher by that date. Make your check out to Scholastics Canada or pay on line at Scholastics.ca
- Operation Quebec:** The French class is making large **pizzas as a fundraiser** for their trip to Quebec next year. There are three different types – pepperoni, cheese, and Hawaiian. **They are \$9 each or 4 for \$32**. Cheques can be made out to Operation Quebec. You may place your order by calling the ICS office, emailing Mr. Nienhuis at [dnienhuis@immanuelchristian.ca](mailto:dnienhuis@immanuelchristian.ca) or responding to the Facebook post on the Buy and Sell page. All pizza orders should be in by **Monday, January 29**. They will be available for pick up on **Thursday, February 2 from 2:00-4:00**.
- 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.
- Request for Volunteers** - aDVance Fundraising: The aDVance Fundraising Committee is looking for volunteers to help organize a Gala Dinner (timing to be determined based on volunteer capacity). If you have the ability to help, please let us know at [advancefundraising@immanuelchristian.ca](mailto:advancefundraising@immanuelchristian.ca) or contact any members of the committee directly. Thank you! Rod DeWit, Jon Dixon, Mirissa VanDelden, Jordan Welch, Phil Versteeg

### SPORTS CORNER:

- The high school basketball teams have a brief break during exams. Most of the teams had league games over the past week. Our junior boys also had their first competitive action this past week.
- The Junior Boys played in a tournament at Murdoch Mackay last weekend. Their inexperience showed in the first game, but they got closer in the next two games, losing by only 1 point in their third game. They will play in a tournament at Springs this weekend.

- The Junior Girls will have their first competitive action in a tournament at Linden this weekend.
- The JV Boys played in a tournament in Niverville last weekend. Their first two games were a bit of a challenge again, but they managed their first victory of the season in their third match. In league play this week they lost to Calvin this week.
- The JV Girls had the week off after a lengthy string of games. Their next competitive play will be their home tournament next weekend.
- The Varsity Boys won their league game on Monday against Springs. They will also have a bit of a break until after exams before their next league game.
- The Varsity Girls lost both of their league games this week – to Calvin on Monday and to Balmoral Hall on Wednesday. They were in a tournament last weekend in Portage. They lost their first two games to Rosenort and Shevchenko respectively, then defeated the host team, Westpark, in their final game.



*Calendar*

Friday, Saturday

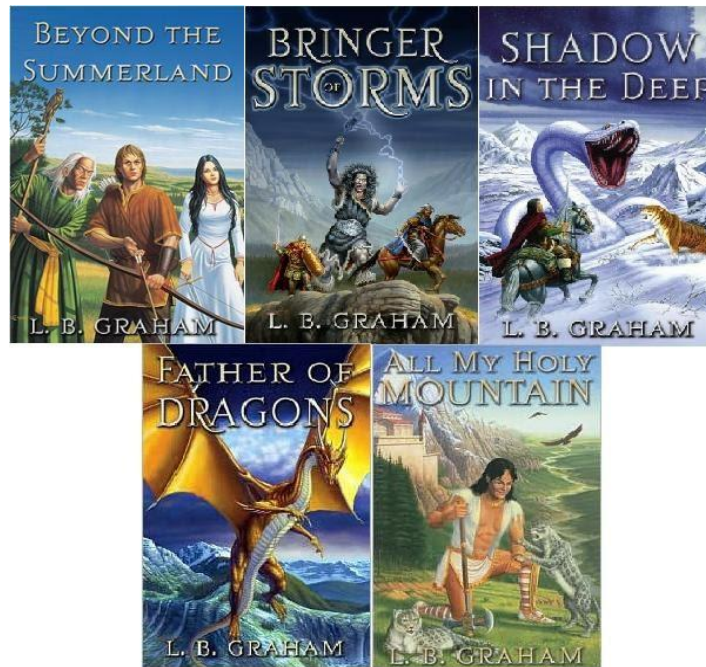
Junior Girls at a tournament at Linden  
Junior Boys at a tournament at Springs

Next week Friday and Saturday  
Christian, but

Junior Girls at a tournament hosted by Steinbach  
held at Mitchell School

JV Girls host their home tournament – first game at 1:00pm

**LIBRARY NEWS:**



**Wonder-working fantasy... in our school library**

Here's another great series that's become available to Grades 7 and 8: **The Binding of the Blade**, by L. B. Graham. With a world that's just as big as Tolkien's Middle Earth; fantastic creatures like sea monsters, dragons, grendolai, Great Bears, and Black Wolves; treacherous villains and epic heroes; and exciting ambushes and battles - there is plenty for any lover of fantasy to feast on.

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## 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.
- CMU is offering a **campus visit day** on Friday, February 2 (In-service Day) from 8:45 AM-2:45 PM. Check their website for more information or to register. Need more information? If you would like more information about any of these events talk to or 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](mailto:edykstra@immanuelchristian.ca) to see if there are any living near you!
- **Gaspard "Keep Canada Green"** is running an online contest. They are giving away nine scholarships worth \$1000.00 each. Check out [www.gaspard.ca](http://www.gaspard.ca) or contact via phone: 204-949-5712 or Email: [acadwest@gaspard.ca](mailto:acadwest@gaspard.ca)
- 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](http://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](mailto:youth@unitedwaywinnipeg.mb.ca) or talk to/email Mrs. Dykstra.

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## "Making Your Faith Known" in Oil, Acrylic, and Exotic Woods

The Grade 10 English class has been studying "How to Make Your Faith Known," so when I read Simon Fuller's article about local artist Bill Rademaker in the Herald last Wednesday, January 10, I found the following quotation to be very relevant: "I believe everybody has a talent in life given to them by God, and the only reason I do this is to glorify God. I want to give back to God through my art." Looking over his [website](#), I found much the same desire demonstrated there. My e-mail correspondence with Mr. Rademaker made clear that he is a Christian artist, and he was willing to talk with our Grade 10 students about his art exhibit at the **Wayne Arthur Gallery**.

We went to the gallery (at **186 Provencher Boulevard**) on Thursday. After we looked at Mr. Rademaker's work - much of which mixed sculpture and painting or used exotic woods (partly due to his past career at Kitchen Craft) - he showed us some of the inspiration for his work - videos of his dives in the ocean with sharks and many other much more unusual sea creatures. He also answered questions about his history as an artist, his favorite media, some of the specific pieces in the gallery, and how his art was an expression of his faith. Although we had intended to stay perhaps half an hour, the art itself and our talk with Mr. Rademaker filled more than an hour of insight and illumination and prompted me to ask some of our students what artistic and musical talents they are thinking of developing.





CLARE AND SLINKY wood sculpture in wood shadow box in acrylic 24 x 12 x 6 (610 x 305 x 152)  
NOT FOR SALE

The piece above was one of last Mr. Rademaker told us about. It is based on a dive where a fellow diver was being playfully nipped by a sea lion pup. The piece below is perhaps his most beautiful piece of sculpture, made from five different types of exotic wood.



MULTI-WOOD SHARK wood sculpture in birdseye maple, purpleheart, bubinga, cherry and zebrawood  
natural high gloss 18 x 8 x 7 (457 x 203 x 178) \$750

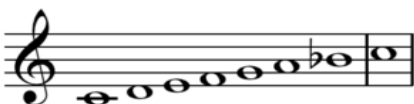
Mr. Rademaker also gave each of us a book he wrote in tribute to his wife, who passed away in 2010, called *Treasure Your Spouse*. Our trip to the gallery was a fascinating glimpse into the creative process and inspiration of a Christian artist. I hope that more people in our school community will find a chance to check out his work before the last day of his exhibit next Tuesday.

Mr. Rademaker's show at the [Wayne Arthur Gallery](http://Wayne Arthur Gallery) (open 11 a.m. to 5 p.m., Tuesday through Saturday) continues only until January 30. If you would like to know more about his work, check out his website [billrademaker.com](http://billrademaker.com), or [the article about him](#).

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## MUSIC NOTES!

**Term of the Week: Mixolydian Mode** is a Major scale with a lowered 7<sup>th</sup> note (see picture). The idea of the mode comes from music theory of Ancient Greece. Some attribute the invention to Sappho, the 7<sup>th</sup> Century B.C. poet and musician.



**Kindergarten: Mrs. Nyhof:** We learned a silly song called "Hah, Hah

This Away”, clapping hands with a partner, and “ Phoney Baloney” creating our own movements. Next week it will be “Barnacle Bill” and add actions to the song. We still need to do lots of work on keeping the beat so we will find more ways to practice this skill as well.

**Grade 1-3:** Our next theme from *The Twins and the Monster* is titled *Fungua, Fungua Hodi*. This lesson will focus on the form of the music, language of the song, phrases, listening and playing instruments.

**Grade 4:** Last week we learned *Old Joe Clark* and focused on creating harmony in the mixolydian mode. Next week we will learn *Black Snake* we will review dynamics and learn about syncopation. We will also learn ostinatos to accompany the song.

**Grade 5:** This week we didn’t have music due to the six day schedule. On Monday we will learn *Alabama Gal*. We will add accompaniment and focus on chord changes.

**Grade 6:** Next week we will learn about *Syrinx* by Claude Debussy. We will use this to identify the elements of music and discuss the history of the composer.

**Band 8-10:** We continue to work on pieces for the Spring Program. We will focus on technique, theory and history.

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## ELEMENTARY CLASSROOM NEWS:

### **Kindergarten: Mrs. Nyhof:**

We had a full week. We learned two new letter sounds again, had our special sound centers, and had a guest come to our room to tell us about her job as a nurse. Thank you, Cindy Wassenaar (Lyla’s Grandma) for sharing about your job and sharing with us some special things a nurse uses. The grade 3 students also came to read to us again. This is something that is enjoyed by both grades. Kindergarten students are read to which exposes them to more language and the grade 3 students practice their oral reading skills! Here are the plans for next week:

**Inservice on Friday:** No school for the students

**Monday: Library books and home reading (5 books in the pouch provided) are due. Keep up the good work K students and parents!**

**Parent Helpers: Mon: Sarah Johnston**

**Bible Stories:** Mon. - The Burning Bush; Wed. - Let My People Go.

**Memory Work: NEW:** Song: **Psalm 100:1**, Text: **Mark 12:30-31a**

**Personal information (home address, phone number and birthday) Please be diligent in this personal memory work as we cannot rehearse it at school as a group. I’ll be checking from time to time if your child knows his/her personal information. This will be marked for their next report card.**

**Show and Tell: Mon:** Stuart, Troy, Zoe; **Wed:** Avery, Brandon, Cohen

**Math: #7, Grouping, Math puzzles working on a variety of skills.**

**Language Arts:** Continuing with Animated Literacy - letters, sounds and songs. Phono awareness

**Social Studies:** Family and Community Helpers – Our dress up day will be on Wednesday using the costumes we made in class 😊.

**P.E.:** Manipulative Skills, using bean bags

Have a blessed weekend.

### **Grade 1: Mrs. Welch and Mrs. Veenendaal**

We enjoyed our sports dress up day today and the hot dogs provided by the PAC. Thank you! This week we continued to learn about our senses. We used our sense of touch to try to identify objects and we used our sense of taste to try foods with sweet, salty, bitter and sour tastes.

We’ve been learning lots with Mrs. Vandermeulen this week. We are looking forward to seeing Mrs. Welch again next week. Have a blessed weekend!

**Show and Tell:** M – Peter, Russell; T – Shiloh, Taryn; W – Ty, Alexa; Th – no show and tell.

**Memory Work:** Song: Psalm 121:1 (due Thursday, Feb. 1); Text: Josh. 1:9 (due Thursday, Feb 1)

**Bible:** M – The Golden Calf (Ex 32:1-11:11); T,W,TH – The Tabernacle (Ex 25-30;35-40).

**Word Wall Words:** there, too, went, when

**Letter work:** This week we worked with the short e families. Next week we will work with short i families (in, it, ig, ib, ip, id, im).

**Math:** This week we worked with making equal sets and using an “=” sign. We will continue next week to work with number equality and with number combos that equal 10.

**PhysEd:** Next week we will work with foot kicking and trapping as well as playing some mini games.

**Science:** We continue learning about our senses. This week we will do an art activity with plasticine that helps us show what we know about our sense.

### **Grade 2: Ms. Desrochers**

It is hard to believe it's the end of January already! Reading month is upon us and students are getting excited to find out more about it.

What we have learned or will learn. ☺

**Word Wall Words – more, nice, mail, they're, clock** (test Feb.1st)

**Memory Work: Song:** Psalm 139 vs.1 (test (Feb.1st) **Text:** Proverbs 3 vs.5-6 (Feb.1st)

**Bible/Church History:** In our studies this week, we read how Jesus is in charge of the spirit world and even the demons know who he is. This led to a discussion about how God is in control of everything and not a thing can come in the way of God's will. We spoke about how we can have peace in knowing that God is in control of all things.

**ELA:** Students continue to grow in their reading and writing skills. Looking back on some of the writing from the beginning of the year until now shows much growth. ☺

**Math:** We are continuing our math unit on patterning. Has your child told you about the Estimation Station? Our estimation time is one of the highlights of our week.

**Science:** We continue to explore and observe the 3 states of matter. This week we explored how some substances can change from one state to another and then back again.

**Health:** We continue with our unit on eating healthy and what our body needs to be healthy.

**Gym:** Students keep on practicing their maneuvering skills by using their feet to kick, dribble, etc. In February we will begin our floor hockey unit.

If you have any questions feel free to contact me @ [edesrochers@immanuelchristian.ca](mailto:edesrochers@immanuelchristian.ca)

Have a wonderful weekend!

### **Grade 3: Mrs Zivanovic**

**Memory Work:** Song: Ps 61:1; Text: Exodus 20:1-6

**Bible: Unit 5:** Life in Egypt to Mount Sinai; **M:** The visit of Jethro; **T:** Review; **W:** Quiz; **Thr/F:** We will be starting a new Church History unit about People in Church History with a focus on Rev. Hendrik de Cock.

**ELA:** We are continuing to work on our piece of writing about an interesting structure. We are especially looking at organizing our writing into paragraphs and using interesting verbs. We have also been working on writing haiku poetry about winter.

**Word Wall Words:** governor, something, sometimes, one, won

**Working With Words spelling lists:** We have a regular 5 day week--new word lists for each group will be in your child's agenda for extra practice at home.

**Math:** We are continuing with multiplication up to 5x5 by doing some problem solving practice as well as some fluency practice (with games and timings). Once we are a bit more fluent, we will move on to division.

**Science:** We will continue working on doing experiments with testing the strength of different materials and different structure shapes. We will also be working on writing our reports about a structure we each have chosen to write about.

**Art:** We will be working on 3D art to link with our Materials and Structures topic. We will also work on sketching buildings by finding shapes in architecture and drawing our own imaginary building as well as doing an observational drawing of a real building.



#### **Grade 4: Miss Tamminga**

**Devotions:** **M:** Julie- Isaiah 9:6-7; **T:** Caleb- Acts 9:1-3; **W:** Jade- Acts 9:10-12; **Thr:** Hayley- Romans 8: 31-32; **F:** No school.

**Memory Work Song:** Hymn 70: 2 (due Thursday, February 1)

**Memory Work Text:** Micah 6:8 (due Thursday, February 1)

**Bible:** Next week we will read the stories of King Solomon. We will read about Solomon asking for wisdom, building the Temple, and the Temple being dedicated.

**Math:** We have completed our unit on measurement. Next week we will begin to learn more about how to tell time. We are collecting small buckets to put some of our math games in. **If you have any plastic screw top containers, such as peanut butter or chocolate spread jars or baby wipe buckets, please send them to school.**

**ELA:** We are still working through our *Charlotte's Web* novel study. Next week we will read chapters 10 to 13.

**Science:** We are working through our unit on light. Next week we will learn more about how light interacts with different objects and how shadows are formed.

**Gym:** We have completed our unit on gymnastics. Next week we will begin to learn more about basketball. Phys Ed will be on Tuesday and Thursday.

**Art:** We are learning about the Selkirk Settlers and making tartans by weaving paper.

**Last Week's Riddle:** *I crawl on the earth and rise on a pillar.*

**Answer:** **A shadow**

**This Week's Riddle:** *I have holes on the top and bottom. I have holes on my left and my right. And I have holes in the middle, yet I still hold water.*

#### **Grade 5: Mrs. Beijes and Mrs. Kottelenberg**

**Patrols:** Week of January 29: Julie, Colten, Noah K.

**Memory Work:** Song: *Hymn 18:1*; Text: *2 Peter 1: 20,21*

#### **Mrs. Kottelenberg:**

**Church History:** Students have been studying Paul's Third Missionary Journey and already wrote a quiz on the first few lessons. There will be a Test on **Thursday February 1<sup>st</sup>**.

**ELA:** Students have been working on some Daily 5 routines. This means we break our ELA time up into sections and students have opportunity to work on writing, reading silently and reading aloud, spelling and a few reading games! In the coming week students will continue to work on building paragraphs.

**Spelling:** Lesson 16 Work and Test due **Thursday, February 1<sup>st</sup>**. Students seem to continue struggling to finish their spelling although they are given ample class time to work on it. Students have been given the extra incentive of being exempt from Unit work on Review Units if they hand in all their units completed! Those who hand in incomplete work will be required to do the Review Units! All students will still have to complete the Review Tests.

**Spelling Unit 16 List Words:** discovered, instruments, carefully, interested, special, beginning, science, information, dangerous, exploring, geography, pollution, diver, least, locked, treasures.

**Social Studies:** Students have been learning about the time between the two world wars including the Great Depression and Women's Rights. There will be a test at the end of next week.

#### **Mrs. Beijes:**

**Lunchtime Devotions:** **Monday:** Katie **Tuesday:** Logan **Wednesday:** Mikaela **Thursday:** Nicole We have been reading from "*The Ology*" by Marty Machowski and the students are expected to prepare a prayer.

**Math:** We have been working hard at converting fractions (with the denominator as 10 or 100) to decimals. Next week we will practise ordering decimals and recognizing which decimals are  $>$ ,  $<$  or  $=$ . Many students are working hard at memorizing their multiplication tables with some practise at home. Please send these packages back each Friday.

**Phys Ed:** Basketball skills.

We also reset our keyboarding practise and have started from the beginning with tea towels covering our hands so the students can't see the keys 😊. It's a little hard for some but we will persevere! It will be worth it Grade 5 – it's more accuracy than speed that we are looking for right now!

### **Grade 6: Mr. Folkerts**

Grade 6 had some exciting discoveries this week in the class aquarium. Two and a half years ago an experiment was started to see if we could replicate spawning habits of the cuckoo catfish in its natural habitat. In Lake Tanganyika, the cuckoo catfish is able to drop their eggs when the cichlids spawn. As a result the cichlids end up raising the young 'parasitic' catfish. For more details check out this [National Geographic video](#). Our class experiment was successful as one of our cichlids spit out 7 young catfish.

**Patrols:** Josh, Mathew & Kiera

**I.A.:** The next I.A. will be on Monday, February 5.

**Memory Work:** Psalm 104:1; Text: Matthew 5:7-12

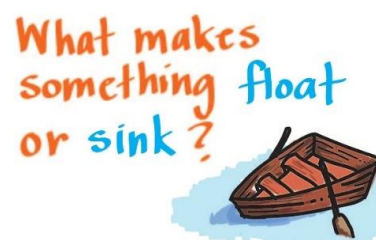
**Spelling:** Lesson 15 – Consonant Sound. Remember to make all corrections from lesson 14. Define the following words and use them in a sentence (minimum 10 words in each sentence): invention, exhibition, ancient, social and ownership. Observing Patterns: 1-3; Discovering Patterns: 1; Exploring Patterns: 1, 3, 4; Challenges with words: 1, 2.

**ELA:** In ELA we've been busy preparing murals for I Love to Read Month. Students can also look forward to starting a novel study.

**Bible History:** Presently we're studying *The Sermon on the Mount*.

**Science 5/6:** This week we explored buoyancy. Student will put their theories to the test by building boats out of tinfoil.

**Math:** In Math we're starting a new unit on fractions, ratios and percent. In our first lesson will look at mixed numbers.



### **Grade 7/8:**

**ELA 7:** We continue the research and inquiry process. Next week we will work on developing a big question for our Heritage Fair project.

**Art 7:** We are focusing on creating music on unusual instruments. Next week we will start transcribing (notating sounds) a piece of percussion music.

**Science 7:** We will have a chapter eight vocabulary quiz on Monday.

**RefSt 7:** This week will focus on the events of Jacob's life as recorded in Genesis 27- 29. Next week, we will only have one class on Monday due to our field trip and the admin. day on Friday!

**SocSt 7:** We spent the week learning about North Korea including the when and why it split from the rest of Korea. We watched a video that compared the life of an average person in South Korea to an average one in North Korea. Students mapped N. Korea as well as the surrounding nations and bodies of water. We also read an article that described the recent threats N. Korea has made with their building up of a nuclear arsenal. We will continue to study N. Korea next week, focussing on their human rights violations. On Wednesday we'll have a field trip to The Museum of Human Rights in the morning and spend some time at The Forks in the afternoon. Please respond to the Permission Click ASAP.

**Math 7:** The government assessment questions took up more class time than I would have liked, therefore we only covered diameter, radius, and how pi was discovered. Students wrote a quiz today. Next week, we'll finish all the assessment questions and learn how to calculate the circumference of a circle.

**ELA 7:** we have finished with our dramatic reading items. We have read the short story, The Monkey's Paw, and will complete a story map about it.

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

**RefSt 8:** Mr. Veenendaal will teach Reformed Studies on Monday and Wednesday. (Friday is and Admin. Day).

**Math 8:** Tues. QUIZ on Equivalent Ratios; Thurs. – (after I.A.) QUIZ on Comparing Ratios (Chapter 5).

**ELA 8:** Students will write a test on the novel *Cue for Treason* on Monday, January 29. They will spend the rest of the week planning and writing an essay which will be a character analysis of one of the characters in the novel. Their outline will be due on Wednesday, January 31. Their rough draft should be done by Tuesday, February 6.

**SocSt 8:** We are continuing our unit on the Transition to the Modern World (ca. 500-1400). By way of introduction we have worked through key world events. The next step is to connect this information to Ancient Rome and/or current events.

**RefSt8:** We will be continuing with our lessons on Saul and David. Today (Friday) we wrote cinquains about David and Jonathan's friendship and wrote character sketches of David and Saul.

### **HIGH SCHOOL DIVISION:**

**English 10F:** Study from the review material and possible readings on Google Classroom.

**Business Innovations 10S:** New unit starting after exams. Hoping for visits from business owners (or to McDonald's?).

**Careers 9:** Praying for you to have strength and perseverance to study and write your exams using the talents God gave you. We will have a guest speaker on Monday, February 5<sup>th</sup> from The Duke of Edinburgh Awards Program. On Wednesday, you'll have one period to work on your backboard and/or practice your presentation. The in-house fair has been moved to Friday, February 9<sup>th</sup>!

**Math 10F gr 9:** Tues., for the Exam, be sure to bring a calculator and pencils/pens and ruler and get enough sleep the night before. Thorough studying for the exam, including studying the tests and quizzes and review sheets, is highly recommended!

**Geography 20G:** If you have any questions before the exam do not hesitate to send me an email [kvandersluis@immanuelchristian.ca](mailto:kvandersluis@immanuelchristian.ca).

**English 20F:** New unit starting after exams. We will publish your *Chronicle* next.

**Applied Math 30S:** If you have any questions before the exam do not hesitate to send me an email [kvandersluis@immanuelchristian.ca](mailto:kvandersluis@immanuelchristian.ca)

**Physics 30S:** Wed. for the Exam., be sure to bring a calculator and pencils/pens and ruler and get enough sleep the night before. Thorough studying for the exam, including studying the tests and quizzes and review sheets, is highly recommended!

**English 40S:** Your *Chronicle* will come out after exams.

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### **Hang On; Pain Ends**

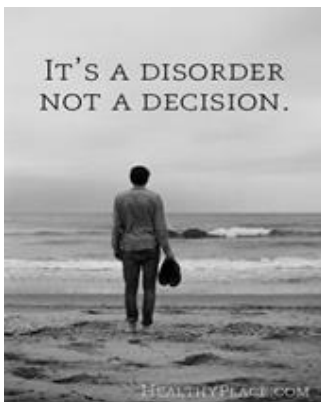
"Pain is real, but so is hope."

(<https://www.thefreshquotes.com/mental-health/pain-is-real-but-so-is-hope/>)

Sometimes there may seem to be no end to the pain in your life, and no light in the future. When this happens, we should re-evaluate our life and perspective again. God brought us *to*, and is bringing us *through*, this pain for a reason. For me, this is one of the hardest things to accept and believe. The end of this fight is so much closer than we think; we just have to trust, pray and believe. He will bring us to the end of our suffering when the time is right. Hope is so real. It doesn't just come to us, it is in us to *have* hope, and to *keep* it despite everything: "The light at the end of the tunnel is your life; it's the tunnel that is temporary" (unknown). Sometimes we just want heaven. Sometimes I just want heaven. We need to work on understanding and trusting that God still has a plan for us down in this broken, yet beautiful world. Just because you fall apart sometimes, that doesn't mean you're weak.

Sometimes we do fall apart. It's okay to be broken, and it's okay to fall down. It's okay to not be okay; it's okay to be human: "Give yourself a break. Stop beating yourself up! Everyone makes mistakes, has setbacks and

failures. You don't come with a book on how to get it right all the time. You will fail sometimes, not because you planned to but simply because you're human..." <http://q.likesuccess.com/3/112102-quotes-about-beating-yourself-up.jpg>



Every time we fall down it is up to us whether or not to decide this makes us stronger or weaker. Our mental state has so much power over our thoughts, and it overpowers us with so much weakness sometimes, that being strong doesn't feel like an option. This is okay, as long as it doesn't stay that way. Life is a journey, not a destination. God has blessed us with this beautiful life because He knows us better than we know ourselves. He knows we're strong enough to live this life, even when we don't feel strong enough to even get out of bed in the morning. When we don't have the strength of ourselves, God carries us. Giving up is never the answer.

In fact, giving up shouldn't even be an option, because there are so many beautiful reasons to be thankful and happy. Sometimes mental illness takes away from this beauty, making it seem as though life isn't worth living, but let me tell you, you are worth it. This life, despite all the pain, is worth it. Let me tell you that your illness does not define you. You could live with your illness your entire life and it would never define you. Your strength and courage is what defines you. Battling the fight mind over matter is exhausting, both mentally and emotionally. Every battle you overcome, makes you stronger and gives you the power to overcome the next one. You are stronger than you think; pain will end as long as you are putting your comfort, hope and trust in the right place. Your merciful God and Father. People with mental illnesses are sometimes not treated with respect, and there are people in this world who speak out against the stigma around mental illness, including Rachel Griffin.

Rachel Griffin says, "When I think of mental illness I think of people who should be celebrated, not shunned; cared for, not ignored; and met with respect, not silence." I feel like there is our society distances itself from people who have mental illnesses. When you are struggling with the ongoing battles in your mind you feel locked up, set apart from the world. This *shouldn't* be. This *doesn't need* to be. We are all God's children and together we can get through the pain that sin brings into our lives: "Mental illness is not a choice, but recovery is." (<http://www.lifehack.org/articles/communication/mental-illness-not-choice-but-recovery.html>)



Together, we can make recovery a reality and take the pain away. Being an encouragement and support to those in need should be the answer. Just showing them that you care and that they have so many beautiful reasons to live can go so much farther than you think. *It takes two seconds to make someone's day so take the time and do it for them. You will never regret being kind.* You never know people's stories or how their day has been. Reaching out makes life seem more worth it to those who are struggling. Reaching out isn't hard. Reach out and make someone's bad day a little better.

We all have those bad days. Some of us struggle with anxiety attacks but they don't make us weak. They don't define us. We are allowed to cry, we are allowed to scream, but we can't give up. Knowing that mental illness is so many people's reality, can break hearts but heal others. Mental illness shouldn't be anyone's reality, they shouldn't take over anyone's life, but we live in a broken world. As a society, as God's children, we should be determined to make pain no one's reality. Together we can overcome it. We need to pray and believe. We can get through this together. We *will* get through this together.

Pain is real, **but so is hope.**

**Jennifer Nienhuis**

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