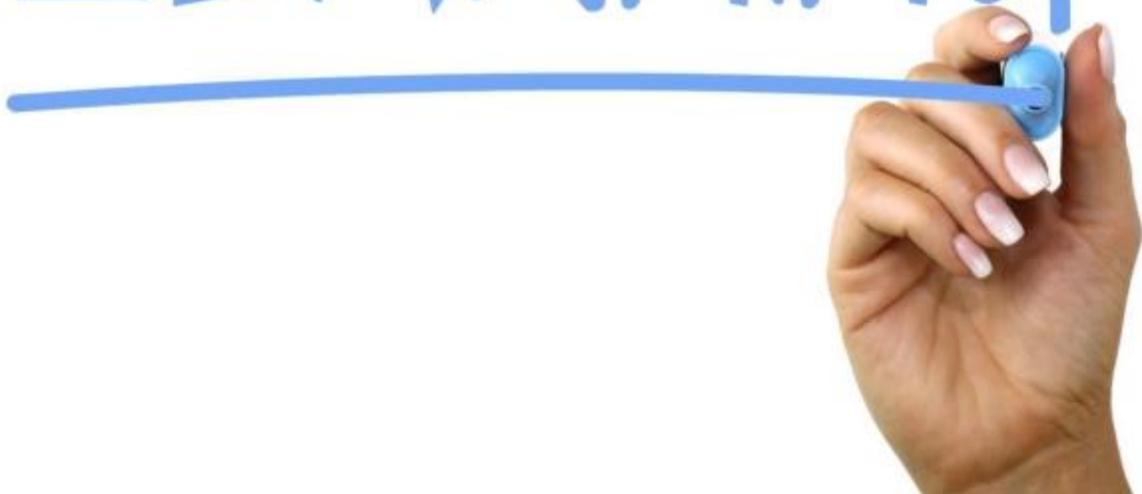


# LEARNING



## St. John's Academy

May 28th, 2021

1. **Principal's Message**
2. **Health and Safety: COVID**
3. ***What happened in May?***
4. ***SSD News***
5. **Calendars, Schedules & Contact Information**

## Principal's Message



One of our goals at St. John's Academy is to make the experience of education a meaningful, challenging and rewarding one for all members of our community. This is exactly what we did in May.

We were busy.

Busy learning, busy exploring, and busy in adventure! This has been a FANTASTIC month!

All new students have transitioned well into the school and they got to meet and greet with their MENTORS.

Our ELL classes have been on two field trips. One was exploring Vancouver and then second was a nature hike through Rice Park.

We had a school wide field trip to the Art Gallery- fun for all.

Student council has prepared some pretty exciting days such as TWIN DAY, COMFY DAY and more.

What is the best way to enjoy a hot dog?... Relish it.

Our first hotdog hot lunch was a HUGE success! I need to stock up on Salt and Vinegar chips and Sprite as those seem to be the favourite!

Lastly, our after school sports club has brought so many students together - it is nice to see the competitiveness and listen to the laughter! We are currently planning a teacher vs student in competition - wait for the details.

Mother's Day is celebrated differently from family to family but the spirit of the day remains the same. We honor that person we call "mom" for being that special person in our lives that sticks with us through thick and thin. We wished all moms a Happy Mother's Day.

Teachers are now planning for June and we are excited to see what the SCIENCE FAIR will be like. A sports day is in the works, workshops on how to do APA format, what is plagiarism and study skills are key items students need to know for success.

This all takes a team - St. John's Academy has a great team!



### **Fraser Health COVID-19 School Update**

#### **Immunization for 12-17 year olds**

Health Canada has approved the use of the Pfizer vaccine for youth aged 12 to 17. British Columbia is expanding the COVID-19 Immunization Plan to include this age group.

Youth are excited to protect themselves and their families.

Children aged 12 to 17 can register to get vaccinated now by going to [www.gov.bc.ca/getvaccinated](http://www.gov.bc.ca/getvaccinated), calling 1-833-838- 2323 or in person at any Service B.C. centre. Once child(ren) are registered in the provincial system they will be contacted at a later date via the method they indicated (either email or text) to book their vaccine appointment.

Household and group vaccination options are also available to make it easy for households to be immunized at the same time. Multiple young people in a household can attend one booked appointment and be vaccinated together.

Young people accompanying adults to the adult's new vaccine appointment can register on site and do not need to be registered or booked in advance. Just let clinic staff know you have arrived .

Ensure all family members bring identification and ideally, their personal health card if they have one.

In the coming days, schools will receive an information package to be shared with families with key information such as how to prepare for and what to expect during your child's vaccine appointment.

More information can be found at [www.gov.bc.ca/getvaccinated](http://www.gov.bc.ca/getvaccinated) and at [www.fraserhealth.ca/vaccine](http://www.fraserhealth.ca/vaccine)



What happened in May?



## SPORTS CLUBS



Students are having a fantastic time in our after school clubs. Soccer and basketball seem to be a HUGE success. There are so many benefits to being part of a sports club.

- Building a Stronger Heart. ...
- New Connections. ...

- Improved Lung Function. ...
- Increased Confidence. ...
- Reduces Stress. ...
- Improve Mental Health. ...
- **Sport** Builds Leaders.

Great job to everyone participating! A HUGE shoutout to Ms. Bourak for taking the time to organize.



















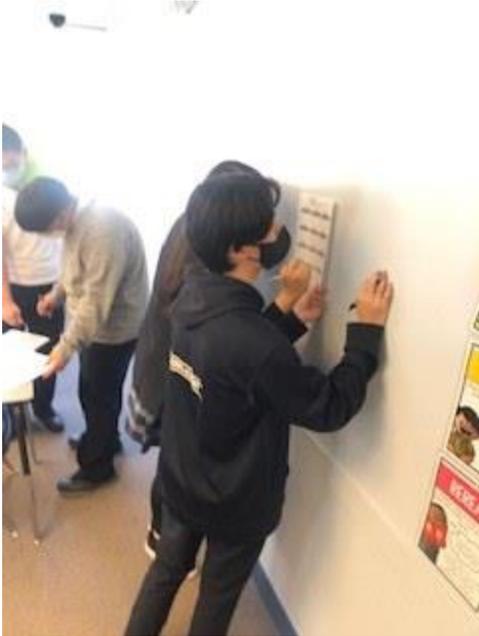
Twin Day

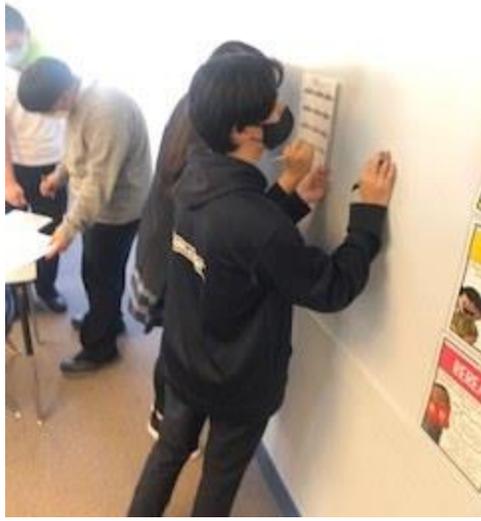






Mentorship Meet and Greet

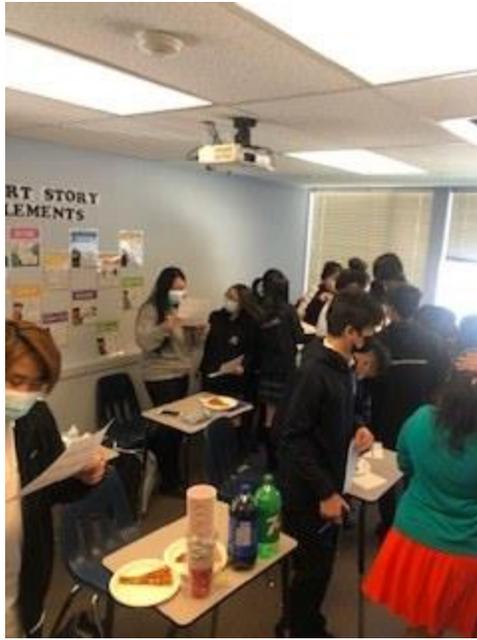












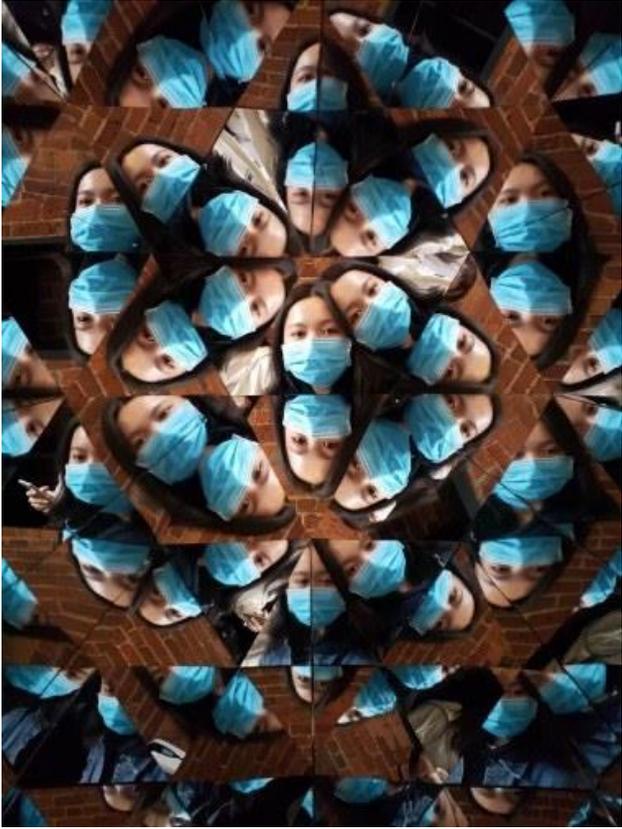
Art Gallery

















ELL Class Trip

















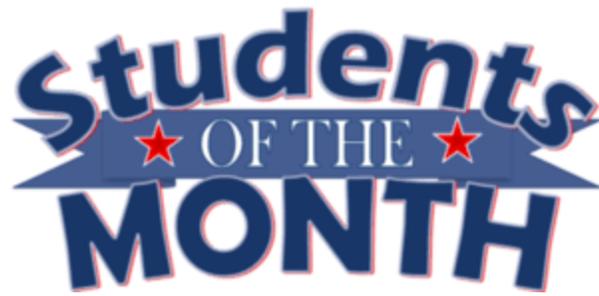
Teacher of the Month

*Teacher*  
**OF THE MONTH**

At St. John's we know that our students depend on good teachers to get the learning they deserve. That is why the leadership team of SJA would like to thank Ms. Bidwell for all her hard work and dedication to the school in the math department. Thank you for all you do!



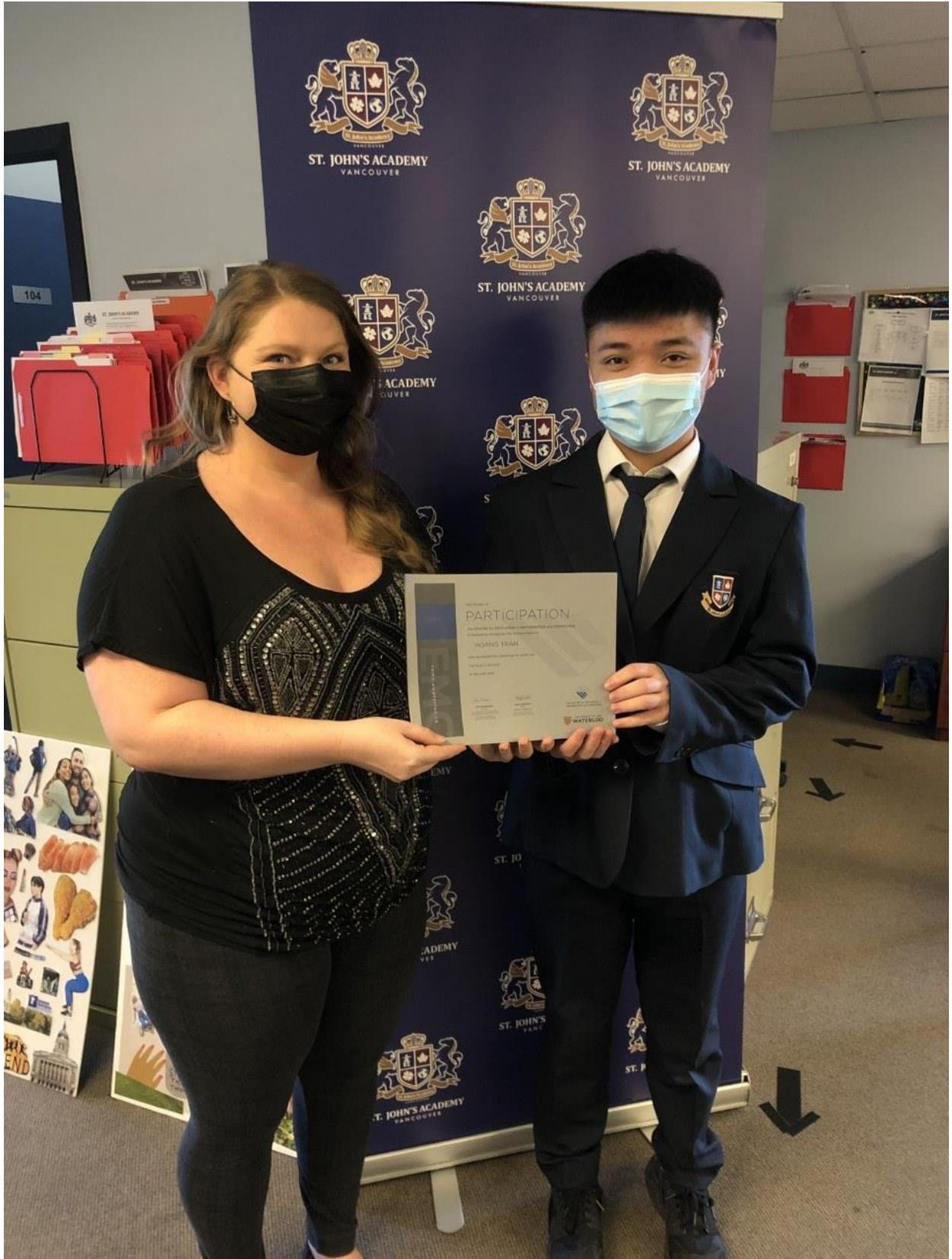
Student of the Month





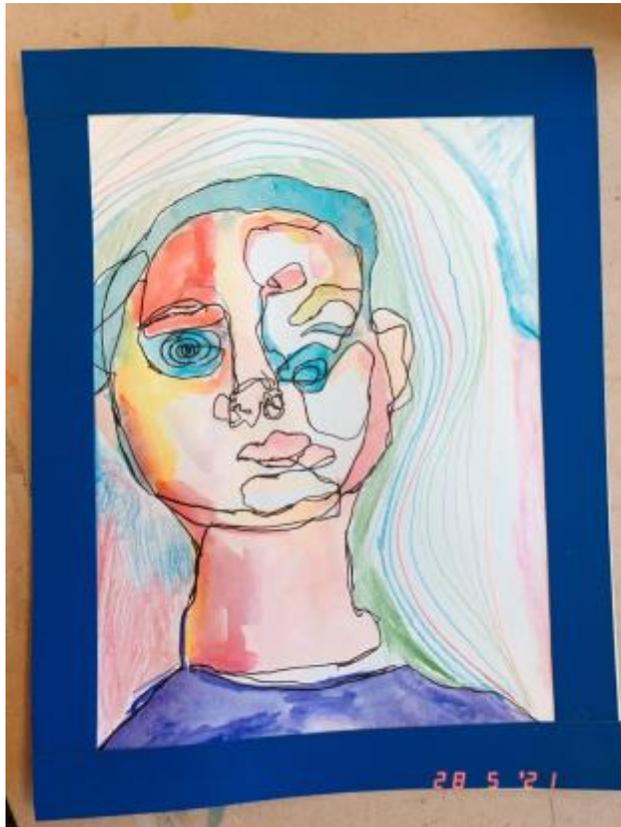
Our Core Values at St. John's Academy are: Caring, Courage, Integrity, Resilience and Respect. It is an honor to give the STUDENT OF THE MONTH AWARD TO AMIR! He truly has done a great job here at SJA and as a mentor has helped many students. We thank you!

What have some of our classes been doing?



**Art Class:** Students have been working on BLIND CONTOUR Art. Students typically learn to draw by using simple outlines to signify the object they are representing. [Contour drawing](#), especially blind contour drawing, can be a magical and wonderful way to get back to the basics of drawing. Drawing from observation without looking at your paper is when the “blind” part comes in. Taking away your student’s ability to look at their drawing opens up an entire world of [challenges, openness, and play](#).





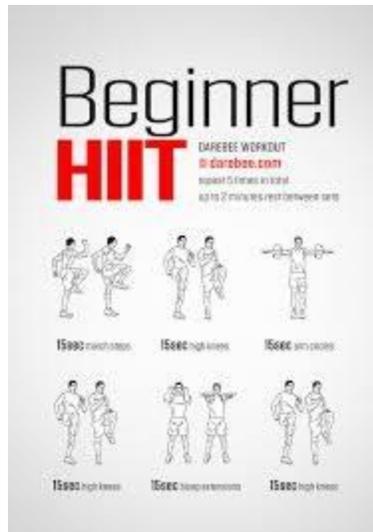
**Career Life Connections:** Students have been learning about stress management, time management, digital footprints and social media threats.

They have identified and developed personal interests, passions and goals. Students reflect on the learning experiences and competency development in school and community, and explore roles and possibilities in personal, education and work-life contexts.



**Physical and Health Education Class:** Students are now learning about HITT. High Intensity Training and applying it to their daily workouts. Students are working up for a 5 km run which be part of their mid term marks. Students hopefully have realized that what they eat is important, when hey eat is important and why they are eating is also important.

They have learned about different muscles in the body and are working towards their own PE goals!



**English 11:** One of our classes has been studying the different types of poetry in preparation for reading the Shakespearean sonnet.

Interesting facts about Shakespeare:

- **The longest word in Shakespeare is honorificabilitudinitatibus**
- **The cause of Shakespeare's death is a mystery.**
- **Shakespeare had seven siblings.**
- **Shakespeare, one of literature's greatest figures, never attended university.**
- **Shakespeare lived through the Black Death.**

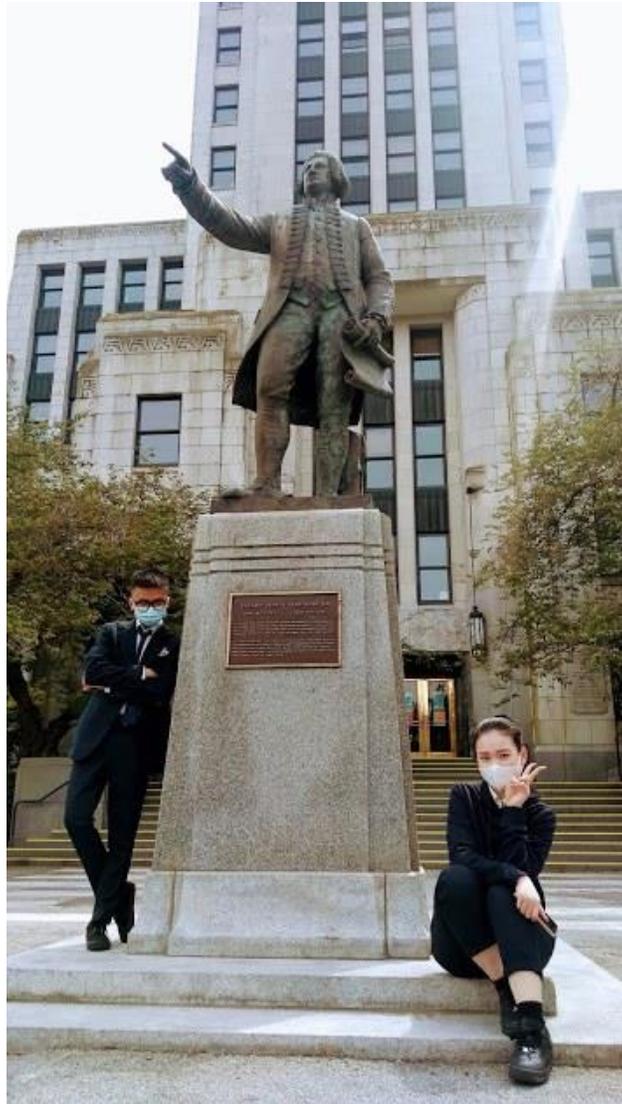
**Shakespeare's most famous sonnet? Number 18 - Shall I Compare Thee**

Shall I compare thee to a summer's day?  
 Thou art more lovely and more temperate:  
 Rough winds do shake the darling buds of May,  
 And summer's lease hath all too short a date:  
 Sometime too hot the eye of heaven shines,  
 And often is his gold complexion dimm'd;  
 And every fair from fair sometime declines,  
 By chance or nature's changing course untrimm'd;  
 But thy eternal summer shall not fade  
 Nor lose possession of that fair thou owest;

Nor shall Death brag thou wander'st in his shade,  
When in eternal lines to time thou growest:  
So long as men can breathe or eyes can see,  
So long lives this and this gives life to thee.







**Photography Club:** Has been hard at work as they walk around Vancouver looking for different items to capture.

Mental Health



**Mental Health**

Eastern medicine views the **body** and **mind** as one.

Many chronic pain patients suffer from **anxiety** and **depression** as a result of **chronic pain**, but there is hope.

**30-54%**  
Percentage of pain patients with co-morbid depression

**Chronic Pain Stress Illness Diet Anxiety**

**Health**  
the complete state of physical, mental and social well-being

**A Holistic Approach to Mental Health**

**We Evaluate**  
- Diet  
- Exercise  
- Stress Level

**All relative to your level of happiness**

**Chronic Pain's vicious cycle on mental and social health:**

Increasing Pain → Anxiety → Work Cover Worries → Medication Worries → Sleeping Problems → Not Caring → Financial Worries → Doctor's and hospital visits (longer, frustration) → Chronic Pain → General Health Worries → Worries about employment → Work Cover Worries → Anxiety → Increasing Pain

**Biofeedback Treatment**  
- Stress coping  
- Pain response recognition  
- Pain control  
- Stop future pain episodes

**Spinal Cord Sensitivity Tracts**  
- Start in the brain  
- Regulate spinal cord Sensitivity  
- Determine pain Perception  
- Connect nerves

Connect with us: [Facebook] [Twitter] [YouTube] [Instagram]

We use comprehensive care including a holistic approach to chronic pain treatment.

[PainDoctor.com](http://PainDoctor.com)

## Weekly Wellbeing

### Recognizing Stress in the Body

Have you been feeling, well, *different*, since the beginning of the COVID-19 pandemic? You are not alone. You might be worried or uncertain about your future, your financial situation, your health, and all that of your loved ones. Yes. This all makes sense. But, like many of us, maybe you have much more free time because of stay-at-home orders and are wondering why you feel *more* tired or fatigued, not sleeping well, or having frequent headaches. These are examples of physical symptoms of stress, and it's ok to be feeling them. The pandemic has contributed to increased levels of stress in many of us, but sometimes it is difficult to identify these feelings, as stress manifests itself in different ways.

You may be familiar with many of the emotional responses to stress, such as racing thoughts, becoming easily agitated, or feeling overwhelmed. But if you are not having these symptoms, it can be difficult to recognize your physical symptoms as stress. Of course, if you want to relieve these symptoms, it is important to be able to identify how stress feels in the body. Perhaps you are telling yourself you are

fine, or trying to remain strong for your loved ones, but are actually feeling many of the following physical symptoms of stress:

- Low energy
- Headaches
- Upset stomach
- Aches, pains, and tense muscles
- Chest pain and rapid heart beat
- Insomnia or difficulty sleeping
- Frequent colds or infections
- Shaking, ringing in the ear, cold or sweaty hands or feet
- Dry mouth
- Grinding teeth
- Increase or decrease in appetite
- Dizziness

Not sure if what you are feeling is stress-related? Take a moment to lie down or sit back in a chair. Close your eyes. Slowly scan your body, starting with your feet. Notice any tension you are feeling. Focus on your legs, thighs, hips, and stomach. Any aches or pains? Move on to your lower back, upper back, shoulders, neck. What feels tight? Finally, wiggle the muscles in your face; is your jaw clenched? Notice aches you are feeling in your head and where. Can you identify what parts of your body are impacted the most? Keep a journal and write down your symptoms. Practice this each day. Once you are able to recognize these symptoms, it will help you manage them before they become out of control. Once they are under control, you will feel happier, healthier, and ready to take on the next task, big or small.

## Calendar



**June 21 - Midterm Exam Week**

June 25- Pro D Day – No School

June 28- Midterm Reports Distributed

**June 30- Parent Teacher Interviews 5:00 pm**

**July 1- Canada Day (No School)**

## MID TERM SCHEDULE







### **Explore UNBC – A 4-Week Virtual Open House**

University of Northern British Columbia

Mon May 17, 2021 to Fri June 11, 2021 from 4:00pm to 6:00pm

Virtual

### [Discover UVic](#)

University of Victoria

Tue June 1, 2021 from 5:00pm to 6:00pm

Virtual

### [Discover UVic](#)

University of Victoria

Wed June 23, 2021 from 4:00pm to 5:00pm

Virtual

### [BCIT Airline & Flight Operations Commercial Pilot Rotary and Fixed Wing Information Session Online](#)

British Columbia Institute of Technology

Wed June 16, 2021 from 5:00pm to 7:00pm

Virtual

### [BCIT – Electrical Foundation: Online Info Session for Women](#)

British Columbia Institute of Technology

Thu June 24, 2021 from 4:00pm to 5:00pm

Virtual

[BCIT Marketing Management – Online Info Session](#)

British Columbia Institute of Technology

Wed June 16, 2021 from 5:30pm to 7:00pm

Virtual

[Douglas College – Information Session](#)

Douglas College

Thu June 24, 2021 from 5:00pm to 6:00pm

Virtual

**Free counselling service launches for post-secondary students**

The Government of British Columbia has launched Here2Talk, a new mental-health counselling and referral service for post-secondary students.

The service offers confidential, free single-session services by app, phone or online chat, 24 hours a day, seven days a week.

For the first time, every student in B.C. has access to 24/7 mental-health services – whether the students are rural, urban, domestic, Indigenous, international, public, private, full-time, part-time or in trades training. Here2Talk will complement other supports on campus and in the community, including new virtual mental-health supports announced April 9, 2020, by the Ministry of Mental Health and Addictions.

“For too long, mental-health care was an afterthought in B.C., and many post-secondary students weren’t able to access the help they needed. Here2Talk is changing that,” said Judy Darcy, Minister of Mental Health and Addictions. “Now every student can access supports 24/7 without stigma or judgment – and it’s free, because access to mental-health care shouldn’t depend on the size of your bank account.”

Chat sessions with a trained counsellor can be accessed by downloading the Here2Talk app or visiting: [here2talk.ca](https://www.here2talk.ca)

Connect with us



Check out the school website:

<https://stjohnsacademy.ca/vancouver/>

Follow us on Twitter:

[https://twitter.com/StJohns\\_Academy](https://twitter.com/StJohns_Academy)

Like us on Facebook:

<https://www.facebook.com/stjohninternationalschool/>



WEAR PINK



STOP BULLYING