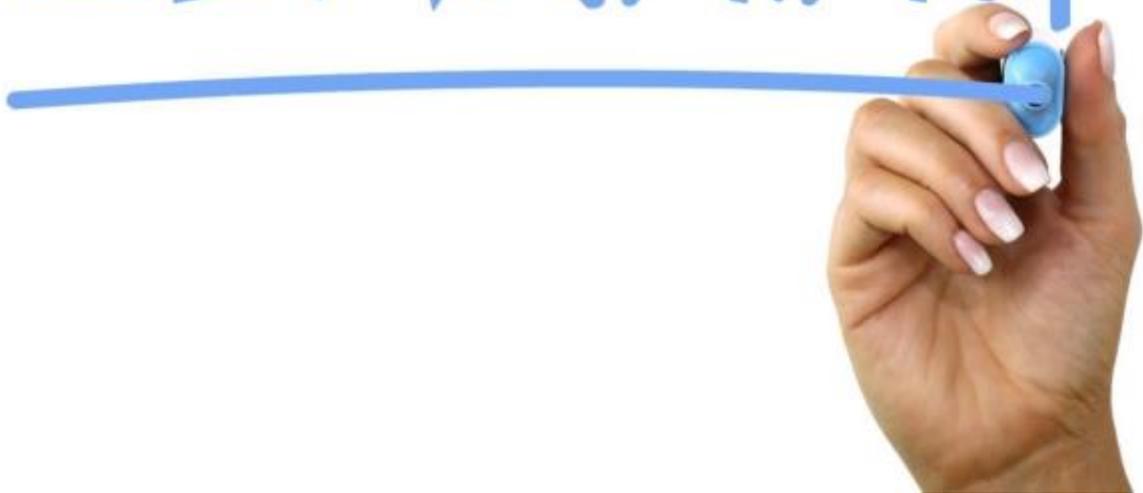


LEARNING



St. John's Academy

June 28th, 2021

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

Principal's Message



We are half way through the quarter! Time is flying by....

Congrats to all students who did well on their midterms - it was a hectic week but I hope all your energies and time paid off!

What a weird time we are in. Now in a HEAT WAVE - students are definitely testing their will and strength as they sit and learn. Yes we are air conditioned, yes we have water but this heat can be very overwhelming for some - so remember to HYDRATE - HYDRATE - HYDRATE!

We have some exciting times ahead of us with Science Fair coming up, our first sports day and some students joining a SINGING COMPETITION.

We had a fantastic workshop today focussing on Stress, Anxiety and Depression and her contact information was sent out to students who may want to talk with her.

Wishing you the best as you enter the last part of the quarter - stay strong, come prepared and be the best that you can be.



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, 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 and at www.fraserhealth.ca/vaccine

STEP	Criteria	PHU Evidence	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Business	Offices & Workplaces
1 MAY 25	Mask-wearing other health safety Prevention PHU, day before and after	Mask-wearing other health safety Prevention PHU, day before and after	Small personal gatherings PHU, day before and after					
2 JUNE 15	Mask-wearing other health safety Prevention PHU, day before and after	Mask-wearing other health safety Prevention PHU, day before and after	Small personal gatherings PHU, day before and after					
3 JULY 1	Mask-wearing other health safety Prevention PHU, day before and after	Mask-wearing other health safety Prevention PHU, day before and after	Small personal gatherings PHU, day before and after					
4 AUG 7	Mask-wearing other health safety Prevention PHU, day before and after	Mask-wearing other health safety Prevention PHU, day before and after	Small personal gatherings PHU, day before and after					

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BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

Understand the plan

BC's Restart is a careful, four-step plan to bring B.C. back together. Starting May 25, we can gradually begin to restart our important social connections, businesses and activities. [Getting vaccinated](#) is the most important tool supporting our restart.

MENTAL HEALTH AND COPING DURING CORONAVIRUS

REACTIONS YOU MAY FEEL INCLUDE:

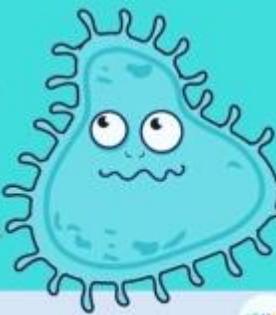
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative





What happened in June?



SPORTS CLUBS







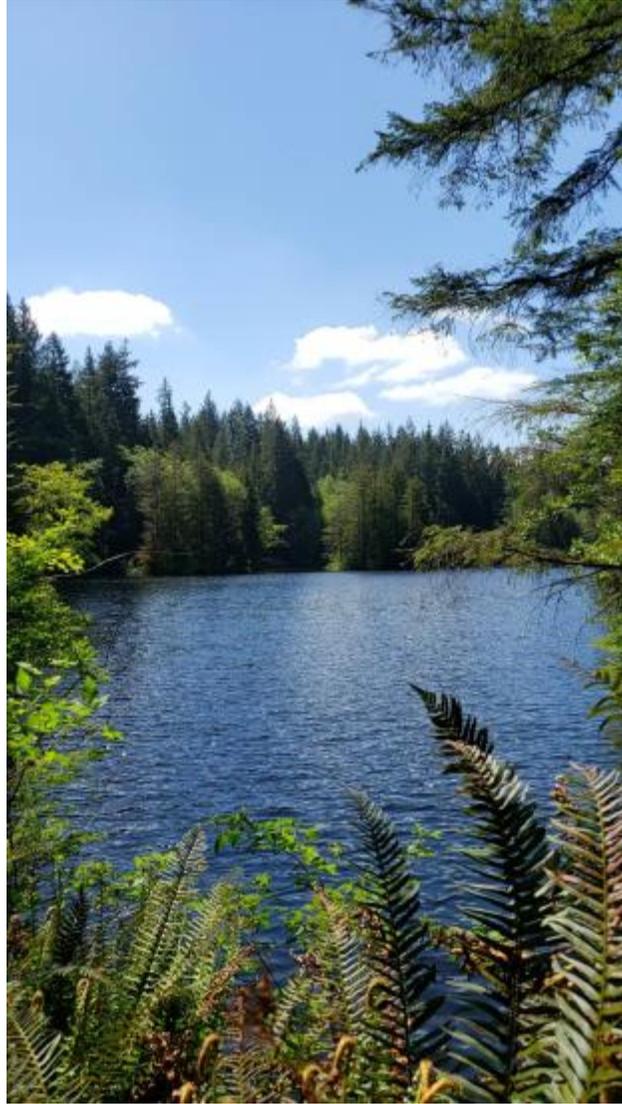






ELL Class Trip







LYNN CANYON FIELD TRIP

11 15



LYNN CANYON FIELD TRIP

11 15









What is happening in classes?



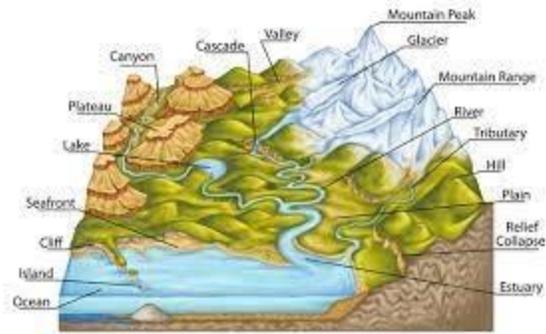
CLE: Students in **CLE** have been practicing mindfulness meditation. Students have been learning about taking care of their thoughts and relaxing by performing mindfulness meditation. Mindfulness helps to relax your thoughts, improve your mental well-being, increase your energy, and aide in memorization and focus. Students went on a "Mindfulness Walk" outside for an assignment, and had to choose a safe place to walk around and remain in the present moment by focusing on their surroundings, and recounting what they see, hear, feel, smell, and taste.





PE: Students have been training for a 5 KM run- this will be achieved next week!

PHYSICAL GEOGRAPHY: Study of the earth, what it entails and is composed of are only a few things discussed in this class.



CLC: Students are working on their CAPSTONE PROJECT. A capstone project, also known as a culminating project or experience, or senior exhibition, amongst other terms, is a project that will allow you to demonstrate your learning using an area(s) of interest as the basis for the project. Ideally, this would be in an area you are passionate about and anticipate you will be pursuing after graduation. In the next few months you will design, assemble, and present a mini-capstone project to an audience **to**

demonstrate personal learning and achievement (in and out-of-school), growth in the core competencies, and a reflection on the post-graduation plan.

Proposals are due next week!





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!

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

SSD



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

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

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

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

A Holistic Approach to Mental Health

We Evaluate
- Diet
- Exercise
- Stress Level

All relative to your level of happiness

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

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

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

PainDoctor.com

AUGUST GRADS

It is of utmost importance that you connect with Mr. Schei around graduating in August.

We want to ensure that everything is done for you to graduate on time!

Have you started applying to universities yet? Need help? He is the man to ask!!!!

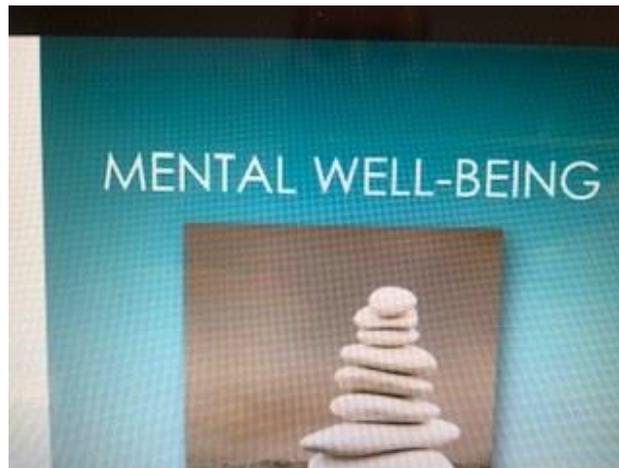
So if you are

1. Expecting to graduate
2. Expecting to delay graduation
3. Expecting to take extra online courses AFTER graduation

Reach out to Mr. Schei for discussion. Counsellor@stjohnsis.com

Our student services department is currently working on which classes to be offered in September 2021. Please email counsellor@stjohnsis.com to confirm what you need to take and resolve any possible issues!

STRESS/ANXIETY/DEPRESSION



We had a great workshop today by counsellor Ms. Bulnes. She talked and differentiated between stress, anxiety and depression and gave students ways to cope if they have any feelings.

Since anxiety and stress have similar symptoms, it is important to understand both because the most effective treatment depends on the diagnosis. If you believe someone you, or someone you love, suffer(s) from either of these conditions, answering the question of "what is the difference between stress and anxiety?" is the first step on the road to getting your life back and feeling better.

What is Stress, and How Can I Recognize It?

[Stress](#) is basically the quite normal response our bodies have to any change. Such changes can be either positive or negative; and along a continuum of within, or outside, our control. The less control we have over the situation which is creating the stress we are experiencing, the more intense our stress reaction is likely to be. Not only do we experience stress as a response to even positive changes in our lives; but the stress reaction, itself, is also positive at times.

Our bodies are designed to react to stress effectively. You may have heard of the 'fight or flight response,' which is our bodies natural stress response, which creates physiological changes in order for the body to successfully react to stressful situations. The problem is when this natural, healthy, stress response is activated over a prolonged period of time, which can cause physical and emotional wear and tear on our bodies.

Such a negative state of stress, or distress, can lead to serious health problems if left untreated. Many times, it is the physical symptoms of stress that drive people to the doctor. Work, the demands of family, social relationships, and financial problems are some of the leading causes of stress.

The following [list of symptoms](#) are common in those who suffer from untreated stress:)

- High blood pressure
- Digestive issues
- Headaches
- Muscle aches and pains
- Tremors
- Sleep disturbances
- Depressed immune system (frequent colds, viruses)
- Skin problems (rashes, hives)
- Memory problems (forgetfulness)
- Lack of focus and concentration
- Bouts of depression

This is only a short list of symptoms, there are many more. The symptoms of stress can become so physically and mentally overwhelming that people who suffer from it end up at the doctor's office.

Stress can actually initiate, or increase certain symptoms and illnesses. Stress is linked, in some way, to six of the leading causes of death, including accidents, cancer, heart disease, cirrhosis of the liver, lung issues and suicide. Unfortunately, some people engage in unhealthy 'self-soothing' activities, in attempts to manage their symptoms of stress, which actually tend to only keep the body in a stressed state, thereby increasing the damaging effects of the stress. These may include the compulsive use of food, tobacco, alcohol, drugs, sex, shopping, gambling, etc.

Pay close attention to 'routine' stress. This occurs when the source of the stress is more constant, rather than acute or traumatic. For this reason, the body does not receive a clear signal to return to normal, as when an emergency event ends.

Potential Warning Signs of Stress

Unremitting stress can wear down the body's natural defenses, manifesting in a variety of physical symptoms, which may include the following:

Tiredness, exhaustion

Sleeping difficulties

Headaches

Dizziness

Change in appetite - either increase or decrease

Change in weight - either gain or loss

Various, non-specific aches and pains

Grinding/gritting of teeth, clenched jaw

Gastrointestinal upset symptoms

Carrying muscle tension in upper body

Racing heart

Sweaty palms

Trembling/shaking

Sexual difficulties

How Can I Reduce My Stress?

You can absolutely learn to manage your stress and lead a happier, healthier life. Here are some recommendations to help you get started:

Be intentional to maintain a positive attitude.

Recognize, and accept, that there are some things you simply cannot control.

Practice healthy sleep habits. Avoiding sleep deprivation is mandatory for healthy living.

Exercise regularly.

Adopt healthy eating patterns.

Be assertive instead of aggressive or passive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.

Master at least one relaxation technique, like deep breathing, or progressive muscle relaxation.

Learn effective time management strategies.

Create healthy boundaries. It is acceptable to politely decline requests that would create excessive stress in your life.

Plan, and engage, in regular leisure and pleasure activities.

Limit your use of alcohol, and do not use any substance or activity as a way to manage your stress.

Seek, and accept, support from family and friends. You deserve it.

If you believe you suffer from stress, and the strategies mentioned above are not sufficient, [professional therapists](#) and psychologists have the training needed to help you or a loved one deal with stress in a healthy way, giving you the tools to overcome stress.

What is Anxiety?

Anxiety may be one of the results of prolonged stress, along with depression and panic attacks. But stress is not, necessarily, anxiety; nor does it automatically, or consistently, result in anxiety in all people. Stress and anxiety certainly share some common characteristics, which may account for why they are confused at times. Experiencing occasional anxiety is no cause for concern. Just as stress is a normal part of everyday living, so is some measure of anxiety. We all tend to operate at peak performance under a certain amount of anxiety. But if you experience anxiety that seems unremitting, uncontrollable, and which interferes with your normal functioning, you may have an anxiety disorder. Anxiety disorders are very common, and are the most pervasive mental health disorders in the United States, affecting 40 million adults annually. People with an anxiety disorder are far more likely to go to the doctor, or to be hospitalized for a psychiatric disorder, than those who do not suffer from an anxiety disorder. Anxiety can develop from a variety of sources, including genetics, personal temperament, and one's environment. The very encouraging news is that anxiety is highly treatable, responding very well to interventions. However, only about one third of those who have an anxiety disorder seek treatment.

The following list of symptoms is common to those who suffer from anxiety.

- Increased heart rate
- Feelings of fear and nervousness
- Tremors
- Rapid breathing (hyperventilating)
- Feelings of panic
- Overwhelming feelings of doom or danger
- GI problems
- Avoidance (avoiding situations that may trigger anxiety)
- Sleep problems
- Inability to focus on anything but the trigger of anxiety
- Inability to control thoughts of worry
- Phobias (unwarranted fear of spiders, social situations, germs...etc.)

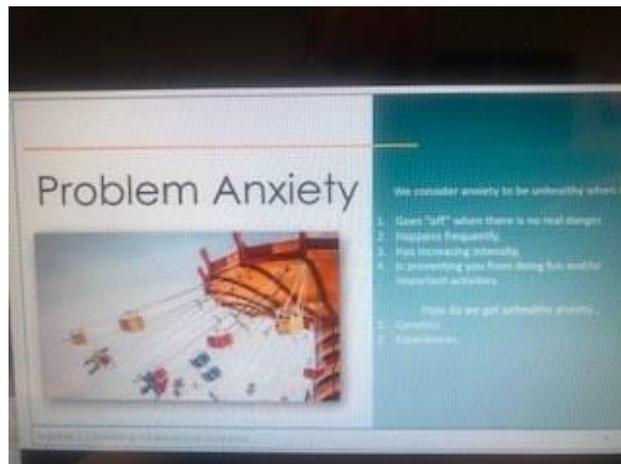
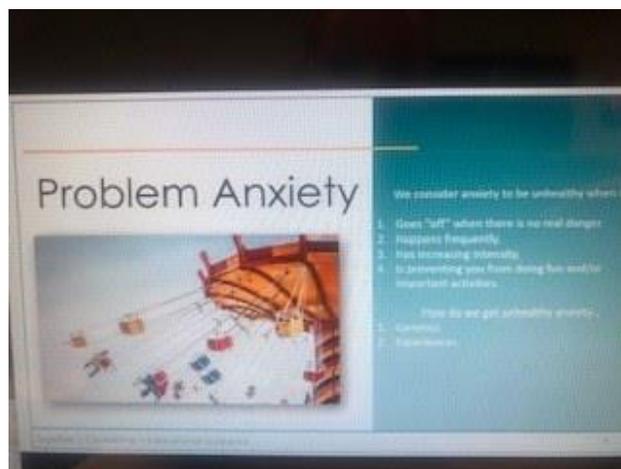
How Can I Tell if My Anxiety is Considered 'Everyday Anxiety' or May Be An Anxiety Disorder?

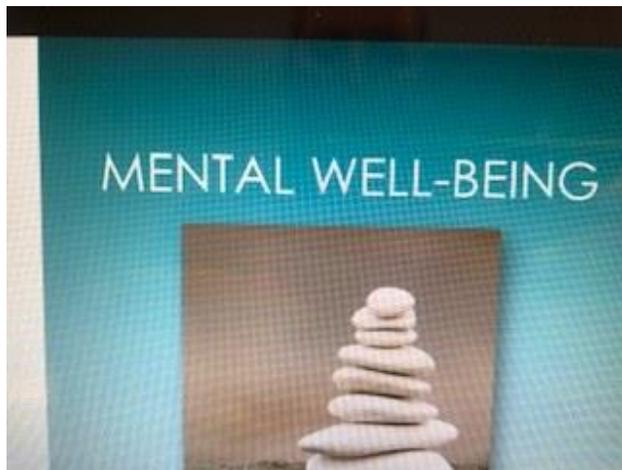
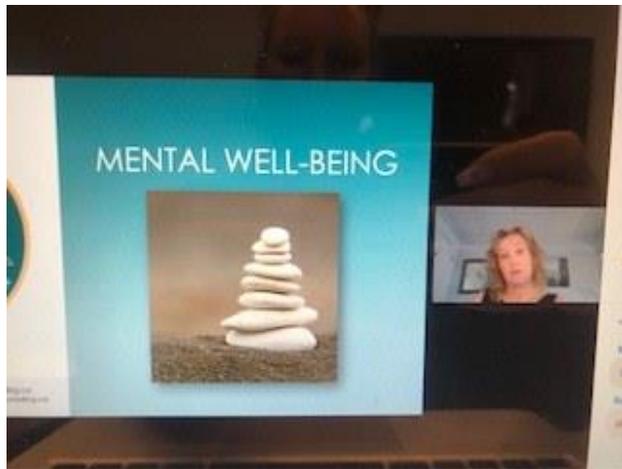
We all experience events in our lives which are in some way uncertain, or concerning, to various degrees. Anyone is likely to experience some level of anxiety, as a quite natural response to such events. For instance, you may experience anxiety, sleep difficulties, or fears in response to a traumatic event. A reasonable fear of a dangerous situation, person, animal, or event is not only normal, but reasonable, appropriate, and healthy. Experiencing embarrassment, or self-consciousness, in an awkward, uncomfortable, social situation is to be expected at times. Worrying about your ability to pay your bills

on time, disappointing others, or landing a big promotion, are also understandable, and a natural part of living our lives. None of these is, automatically, a cause for concern.

However, if you experience constant, or especially, unsubstantiated/irrational worry that creates meaningful stress in your life, and interferes with your ability to function as you need to; if you have unreasonable fears that lead you to avoid persons, places, or situations, which actually pose no threat of danger to you; if you experience sudden panic attacks; or if you have nightmares, flashbacks, or numbing related to a traumatic event which occurred months or years in the past; it is reasonable for you to consider the possibility of an anxiety disorder. At this point, it would be wise for you to seek evaluation by your medical doctor, or a professional counselor, to help you with what you are experiencing.

Source: rawpixel.com





Calendar



Check out the school website:

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

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