

## St. John's

### Getting Ready for Christmas

December was an exciting and festive month at our campus. There was hustle and bustle as many students worked hard to finish credits before the break. Although they were working hard, we made time to take part in as many spirited activities as we could!

Students shared their own christmas traditions, donned their festive wear and went carolling at a local senior's complex. The highlight of the month was definitely the colorful display of the decorated classroom doors. Students worked diligently and cooperatively to turn all three doors into a Christmas Tree! Special shout out to Karen Hiscock and Theresa McDonald for their initiative.

Everyone is excited for a well deserved break and looking forward to what the New Year brings. We are wishing everyone Happy Holidays from Kenmount Road.

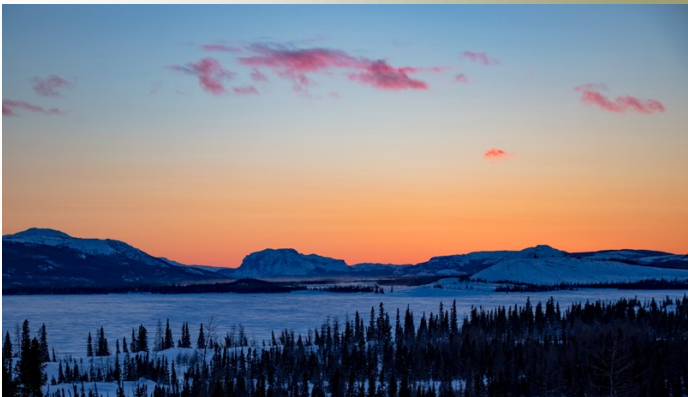


## Natuashish

**Brrr,,!**

The winter weather has had a bit of a slow start; however, December has been making up for it in spades. We've had some deep cold in the minus forties and have been buried in by snowstorms. However, our spirits couldn't be higher. I'm proud to say that we have had a very successful year so far. Many students have been making rapid progress and classroom moral is very high, although that might have to do with the sheer amount of tea consumed on site. Our darling Marie Pijogge has been keeping us going by regularly supplying us with water for the kettle and tea biscuits.

Winter is harsh, but we have a saying up here on the coast "there's no such thing as bad weather, just bad gear." We are looking forward to returning in the new year and setting up Rob's canvas tent to have some tea and biscuits on the land.



## Nain

Congratulations to Regina Karpik. She started level II in September 2018 and now she will be taking Office Administration at CNA this fall. Way to go, Regina!

We toured the Illusuak Centre early December. Igloo, carving, fossils & campsite are just a few of the many displays to be seen. Illusuak (sod house) is the new Cultural Centre opened this year.

We had a gift exchange and lunch at our learning centre, just prior to the holidays. In the afternoon we helped with the decorating at the daycare. A few students helped Santa who was stuck in a snowbank.



***Congratulations Regina!***



***ABE students helping to prepare the daycare for Santa's arrival.***



***Julius and Sam checking out the igloo display***



***Santa's sleigh needed a little push.***

## Baie Verte



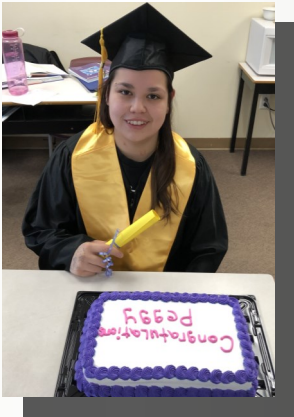
What better way to start of the holidays than with a Christmas movie, a feed of Greco pizza and garlic fingers, all while reminiscing about how fast this year went. It was amazing to realize how much success the students have had this year. Here's to another great year!



# Happy Valley Goose Bay



November and December months have flown by at the HV-GB campus. We have seen 2 students graduate, and we attended a tour at CNA. Peggy Ann Heard wrote her last 2 exams on Nov. 8 and completed the ABE program. Ivan Elliott completed his last course on Dec. 11 and graduated, however, he is still with us for some further upgrading.



***Congratulations Peggy Ann and Ivan!***

On Nov. 27, we attended a tour at CNA and got to see their shops and learn about their programs. We were presented with information on the HDET, Welding, Electrical, Powerline, and Nursing programs and had the opportunity to take part in a chemistry lab. In the Powerline shop we saw a demonstration by Daniel Saunders, an Academy Canada graduate from last year! The tour was very informative and got the students thinking about program choices after completing ABE.

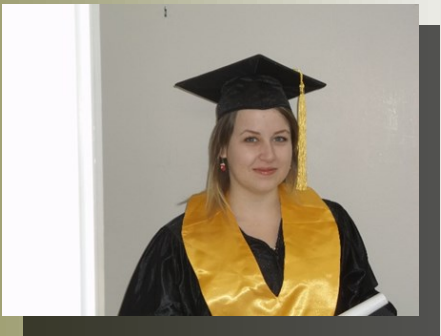


December 19th, we had a class Christmas party that helped get us all into the Christmas spirit. The students were treated to a feed of Mary Brown's chicken, which they thoroughly enjoyed and then we played games for the afternoon. A great time was enjoyed by all!



***College of the North Atlantic tour and demonstrations***

## Deer Lake



Congratulations to our December graduates, Chandell Bennett and Clint Hann . We wish them all the best in their future endeavors.

**Adult Basic Education**

## Deer Lake (continued)

Students and staff were in a festive mood prior to the Christmas break. Stockings were hung by the chimney with care.

Of course, you cannot celebrate without food and gifts. Santa came a little early this year.



Gifts for all



Stockings were hung by the chimney with care.



Time to eat

## St. Anthony

Student book report for English 2102B



**Staying Strong: 365 Days A Year**  
**Written by:** Demi Lovato  
**Published by:** Headlines, 2013  
320 pages

The book “Staying Strong: 365 Days A Year” is a non-fiction autobiography. It includes Demi’s personal thoughts and struggles for a year in her recovery. The purpose of the book is to help people be inspired to recover from their issues and try to grow and be better people.

The book is written much like a journal: from January 1<sup>st</sup> right up to December 31<sup>st</sup>, one whole year. Demi opens up to everyone about her own struggles in life. Not only does she talk about her faults and where things have gone wrong but a majority of the book is positive messages, and how to stay strong every day when you feel yourself falling short. The book is very informative. She talks about what it was like to live with eating disorders and addictions in order to help people who may not see that in their own lives and to understand the struggles that people face in the world, even when we don’t see it firsthand.

The book is really well written and structured, with the top of each page having a quote or a positive message of some kind, the middle having almost a diary like entry, and at the end of each page containing a goal. I think this is a very effective way of writing and a good way to help the reader understand her life. The reader can see for themselves what Demi is trying to do first hand, as a role model for young people.

I connected with the book really well. I rarely enjoy reading but this was a refreshing one. Demi’s openness and honesty with everyone about her faults and the things she’s done wrong is inspiring to me. For her to look back and say I’m embarrassed of the things I did then, but I’ve grown, is a good message for young people growing up to hear. The book is a second chance book for some, but for me it helped me with my anxiety.

All the positive quotes on every single page, combined with a goal for each day, was an intriguing way to go about writing the book. It gives you the opportunity to read the book fast and develop lots of good ideas and messages. You could also read a page a day and try to do each goal daily. This would be a really cool way to read it as every page has a goal for the day.



CBS

The staff and students at the CBS campus joined together to celebrate the season in a number of ways throughout the month. There was hot chocolate and tree trimming, Christmas Trivia, gingerbread house and sugar cookie ornament decorating, and a wonderful (and delicious!) potluck. It was enjoyed by all. We are excited to see what the new year will bring...hopefully more pot-lucks....

Peter Heath also received an award this month for 5 years of teaching with Academy Canada! Congratulations Peter!



Congratulations  
Peter!



Adult Basic Education



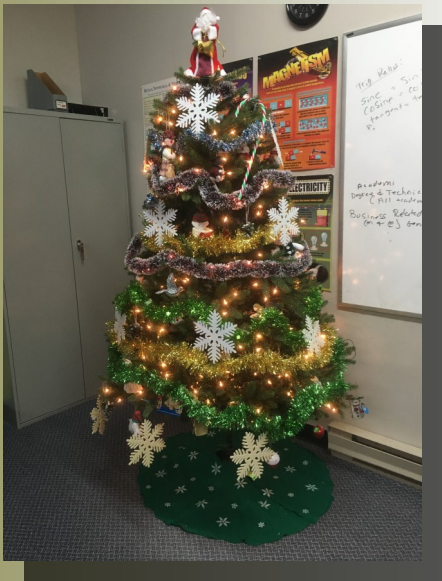
# Bonavista

Students and staff at the Bonavista campus brought in December by putting up Christmas decorations and enjoyed a holiday lunch at the Hotel Bonavista dining room on December 19.

We would also like to congratulate Nicholas Reid, who successfully completed the ABE program in early December. Nicholas is a dedicated student who is considering post-secondary studies. We wish him all the best in his future endeavors.



***Congratulations Nicholas!***



***Nice decorating job!***

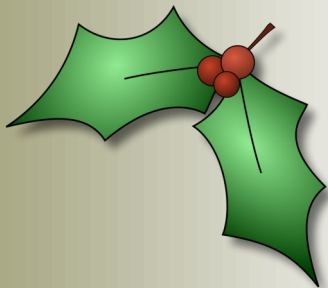


***Merry Christmas from students and staff in Bonavista.***

# Labrador West

## One of our Highlights in November

After a lot of hard work and determination, Sandra Colbert, one of our students who started with Level 11 courses in Sept 2017, has completed EN3102C; her final English course. Recently, she presented her research paper on Princess Diana to the class. We are very proud of Sandra!



***Lots of laughs at our Christmas lunch.***

Labrador West (continued)



*Santa's elves are in the building and there's magic in the air.*



Well, it wasn't all fun and games. Students worked hard trying to finish their courses before Christmas break.

Hopedale

Giving back

The ABE students in Hopedale generously donated their time to help others. Each year the Moravian Church here in Hopedale give out hampers to seniors and low income families to help make Christmas a little easier. We decided to go and help fill and deliver the Christmas hampers. Their help was greatly appreciated by the Moravian Church.





# Hopedale (continued)

December 19th, the students from Academy Canada's ABE class went and sang Christmas carols to the seniors who were enjoying a Christmas dinner courtesy of the students and staff of Amos Comenius Memorial School. They were a little nervous about singing in front of a group of people and were relieved when the school choir agreed to join them. After the entertainment, the students had dinner with the seniors.

