

Central  
Alberta  
Christian  
High  
School

# Knights News

Do not let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity. 1 Tim. 4:12

## PRINCIPAL'S PONDERINGS

I remember Dr. Jim Parsons, not the lead actor on The Big Bang tv show, but one of my University of Alberta education professors, guiding my master's cohort through choosing topics for our major research papers. On the white board Dr. Parsons wrote his thoughts on what all of our papers should focus on one way or another – "school improvement for student success". U of A and Alberta Education work closely together, and since 2000 they have made a concerted effort to push up Alberta high school graduation rates from 64% (lowest of the 10 provinces) to the 84% (Canadian average) in 2020. In an effort to increase graduation rates various pathways to graduation have been created, and a cynical comment has developed regarding increased graduation rates "success by lower standards". No doubt there have been changes to standards and approaches to high school graduation, but I do believe that Dr. Parsons' idea that school improvement must always focus on student success and that success can look different for different students. Particularly over the past five years it has been very encouraging being part of the CACHS administrative team as facilities and program options have been added (e.g., industrial arts 2018, special needs 2020, and music 2020). CACHS has always maintained very high graduation rates, but adding these options for students has been a great blessing for students to see themselves succeed in disciplines that fit their interests and talents. Looking forward, our Board is following through with our CACHS Strategic Plan 2025 by having committees explore renovating or moving our science lab; reworking our art classroom to include a cosmetology lab; and rethinking our stationary computer lab. Potential school improvements such as these would allow us to engage students with a more relevant and inspiring education equipping them with meaningful courses making their high school experience a purposeful success.

## IMPORTANT DATES

Dec 12: Music Class Field Trip  
Dec 15: Farewell Social for Mrs. Oudman  
Dec 17: Alumni Basketball Tournament  
Dec 22-23: Alumni Volleyball Tournament  
Dec 23 - Jan 8: Christmas Break - No School  
Jan 9: Classes Resume

## IN THIS ISSUE...

- Athletics Update
- Outside the Classroom
- Assemblies
- CACHS Current

## OUTSIDE THE CLASSROOM

**Book Club:** On Nov 25th the CACHS Book Club and Drama Class along with LCS and PCS attended, "The Lion, the Witch and the Wardrobe" at the Rosebud Theatre. In total we had a group of 83 people take 2 buses and enjoyed a great day of community between our students and the three schools. It was an excellent way to encourage students and the fine arts programs in our schools!

**Christian University Advantage Tour:** On Nov. 16 CACHS hosted 10 schools. Students were able to attend sessions for schools of their choice.

**CACHS Ski Trip:** Scheduled for January 31, 2023.

## CLASSES AT A GLANCE

**Accounting 30:** Finishing business statements.

**Bible 10:** Exiting the exodus.

**CALM:** Changeover. Career and Life Management begins.

**Chemistry 20: (Reed)** Concentrating on solutions.

**Chemistry 20: (deBoon)** No snacks allowed.

**Drafting:** Pictorial drawings.

**English 20:** Who are the flies?

**English 30:** The darkness of night - to bring some light.

**First Aid:** Changeover. Learning to respond as first on scene

**Math 10:** You can do functional relationships.

**Math 20-1:** Snacks, snacks, snacks.

**Math 20-2:** Revisiting radicals.

**Math 20-3:** The price of borrowing money.

**Math 30-1, -3:** Finished our snacks.

**Math 30-2:** Polynomial and sinusoidal functions.

**Music:** More snack, snack, snack.

**PE 10:** Gym and outdoor activities.

**PE 20/30:** Canadian water sports - skating and swimming.

**Photography:** Out shooting.

**Psychology:** We are all biased.

**Physics 20:** Going around in circles.

**Resource:** Opportunities to learn.

**Science 10:** So much potential, but let's get moving.

**Social 10:** It is a small world - but is that a good thing?

**Social 20:** 19th century Europe to 20th century Europe. So little time, so much change.

**Woodshop:** Does this look stable to you?

## POWERSCHOOL

Parents are encouraged to login to the PowerSchool Parent Portal to check what courses your child is enrolled in. Contact Candace if you are having login issues.

## CONTACT US

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## BOARD OF DIRECTORS

**Chair - Hendrik de Gier**

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**Vice Chair - Paul Linker**

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**Education Chair - Cindy Ekel**

**E: education@cachs.ca P: 403-396-3621**

**Education - Kim Haan**

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## ASSEMBLIES

Students are expected to attend all assemblies and Open Parachute time. Assemblies start at 10:10am and alternate Fridays with Open Parachute. Parents are welcome to attend assemblies at any time. Sometimes special guests will be invited to speak at our assemblies.

Upcoming Assemblies:

Dec 2 - Mrs. McLeod

Dec 9 - Mr. Reed - Open Parachute

Dec 16 - Mrs. Baltzer



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## BOARD NOTES

As this year draws to a close we look back on 2022 and praise God for the many ways He has blessed our school and school community. In this Christmas season we especially remember and give thanks for the greatest gift God has given us: Jesus our Saviour!

A few updates from the Board that have been happening in the last while at CACHS:

- We welcome Karen Postmus as the new Development Director at CACHS and pray that she will be a blessing here.
- A retirement celebration will be held for Ann Oudman on Thursday, December 15 at the school with a short assembly starting at 11:00 am followed by cake and refreshments. We invite all past and present CACHS supporters to join us as we recognize the contributions Ann has made to our school community in her many years of service at CACHS. It is our prayer that God will continue to bless her in this new chapter of her life.
- The CACHS Fall Drive is currently underway with a goal of \$200,000. Please prayerfully consider what you can contribute in your year-end donations. Donations received by December 31, 2022 will receive a 2022 charity receipt.
- As the Board continues to use the Strategic Plan as a guide for planning for the future of CACHS, we are putting together a Building Committee to look at possibilities and make concrete plans for a new science lab and cosmetology lab in our school.
- Our next board meeting is scheduled for January 16th where we will have Gayle Monsma from PCCE leading us in a Board Development workshop. Feel free to contact one of us if you have any questions or concerns.

On behalf of the Board, may you and your families have a safe and joyous Christmas Season and a blessed New Year!

Andrea Thalen, Board Secretary

*"The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth."*

John 1:14

## ATHLETICS UPDATE

Volleyball season wrapped up for the boys team at the CASAA 2A boys zone championships held at CACHS. The boys won the silver zone medal after losing a tough match against an excellent team from Our Lady of Mount Pleasant Catholic School (Camrose). Although it was disappointing to not qualify for the provincial championships, the boys had another excellent season under coach Kim Keating, Eric Talsma and Kurt Dykstra.

The senior girls qualified for the ASAA 1A girls provincial championships in Picture Butte by winning the silver medal and wildcard provincial berth at the CASAA 1A girls zone championships in Bawlf. The girls finished second in the provincial tournament. It was another great season for the girls with lots of team bonding, and tournament and league wins. The girls were blessed to be coached again this year by Tashelle Loov and Shalyn de Boon.

The JV girls volleyball team completed their season by winning the CASAA 1A/2A volleyball league championship for a second straight year. The girls also won a tournament in Stettler and placed second in both the Consort and Lacombe Composite tournaments. It was a great season for the girls and a big thank you goes out to the coaches Taylor Salomons and Kayla Ingwersen for all their work coaching again this year!

The hockey team continues to enjoy their 7am Monday morning practices in Lacombe, and have now played a few games as well. The hockey team has been a great way for our students to compete with other recreation teams from around Central Alberta. Coaches for the hockey team this year are Craig Haan, Darren Van Eeden Petersman, Henry Thalen, Connor Heidelberg, Reuben Kraay, and Adrian Van Loo.

Badminton: Anyone (students and adults) interested in playing badminton are invited to CACHS Wednesdays from 7:30-9:30. Students who wish to compete will receive coaching.

Basketball season is underway with our boys and girls teams! We are excited to see what the season brings for both teams and are thankful to our coaches for their commitment to our student-athletes! League play and tournaments start for both teams in December. Boys coaches this year are Veronica Den Oudsten, Dan Luymes and Matt Weenink. The girls coaches are Aaron Den Oudsten, Ashley Den Oudsten and Kevin Reed.

For all the latest athletics games and practice times please visit [www.cachs.ca](http://www.cachs.ca) and scroll to the bottom to view the calendar.



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## STUDENT OF THE MONTH

CACHS' November student of the month goes to Dasha Ulianova! Dasha joined CACHS in May last year and has proved to be an exceptional student. She is diligent and conscientious and her work ethic is extraordinary. Dasha is an enthusiastic member of the book club and recently took on the role of manager for the boys basketball team. It has been a pleasure to have Dasha in our school and we enjoy her selfless attitude and insightful perspective.



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## ALUMNI TOURNAMENTS

### Alumni Volleyball - Dec 22&23 from 4:30-9:30 pm

- Teams must not have more than 2 non-alumni.
- Cost is \$150/team
- Deadline to enter is December 15.

For more information or to enter your men's or women's team please text Colleen @ 403-302-2659

### Alumni Basketball - Dec 17th at 9:00 am

Get the dust off your sneakers!

The CACHS basketball teams would like to invite anyone from the CACHS community to play! Call Mrs. Den Oudsten at 403-318-0349 if you have any questions.



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## STAFF SPOTLIGHT



**Q.** What is your name and what is your role at CACHS?

**A.** Kevin Reed - Teacher.

**Q.** Would you go to space if you knew that you could never come back to earth? **A.** Probably not, my family is quite important to me and leaving them behind would be hard. If they were willing to come with me, I'd go for it. I'm a bit of a sci-fi buff and would like to see what it's really like.

**Q.** Complete the sentence, "I wish everyone could...." **A.** Learn about Jesus and His love for us because it's the most important thing.

**Q.** What would you do if you had all the money in the world? **A.** I'd love to have a cabin on a lake where I could fish and canoe. Just after I graduated from high school we moved to a similar

place near Rocky Mountain House. It was always a peaceful place to come home to from college or work.

**Q.** Describe your worst day ever. **A.** My worst day was the day my Dad died. It was hard to lose him, but because of his failing health, I didn't want to keep him here.

**Q.** Describe your best day ever. **A.** I've got five days to choose from: the day I got married or the days that my 4 children were born. All of them incredibly joyful occasions.

**Q.** Do you prefer sweet or savoury? **A.** Savoury, I love Doritos - cheese flavoured. Cinnamon buns might come close though.

**Q.** Would you rather be able to run at 160 km/hr or fly at 20 km/hr? **A.** I choose flying. I envy birds who can soar above the trees and look down on mountains. Their freedom is incredible.

**Q.** What do you think is the most important thing for a workplace to have? **A.** It's great when people love each other with God's love - it leads to grace, forgiveness, caring and helpful, joyful spirit.

**Q.** Have you ever had an imaginary friend? **A.** No, although I did have a calico, stuffed dog named Ruff.

**Q.** What would your entrance theme song be? **A.** How Great Thou Art.

**Q.** What did you want to be when you grew up, when you were 6 years old? **A.** A Forest Ranger.

**Q.** Who should be featured in our next Staff Spotlight and how would you describe them in 3 words or less? **A.** Diane McLeod - She really cares about her students.

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## SPECTATORS WELCOME

Fans and spectators are welcome and encouraged to come out and cheer on the CACHS Knights at all games and events. All games are posted on the school calendar located at the bottom of the home page of the school website, [www.cachs.ca](http://www.cachs.ca).



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