

>>> 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



GIRLS HANDBALL TEAM - ASAA TIER II PROVINCIAL CHAMPIONS!

IN THIS ISSUE

News, news, and more news!



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 Administrative Assistant: Cassandra Krause
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 Development Director: Myla Trenchuk

CONTACT US

We are here for you!

PRINCIPAL'S PONDERINGS

By Travis Eggink

»»» MAY IS A WONDERFUL TIME OF

year at CACHS, and May 2024 has been a real treat. Being principal allows me to watch the culmination of so many student, volunteer and staff efforts. And so, here is a public celebration of our students and their accomplishments that have been well earned this past month.

"May, more than any other month of the year, wants us to feel most alive."


- Fennel Hudson

In athletics, our girls and boys handball teams won gold and silver medals at their provincial championships showcasing excellence in athletics and sportsmanship!

In articulating our educational process, our grade 12s developed their personal Deep Hope statements regarding how their Christian education journey has readied them for life after high school.

In the arts, our fine and industrial arts students put on a wonderful gala showcasing their talents in metal work, watercolour painting, machining, musical composition, sculpting, design, hydraulics, and many other creative creations.

May also brings exciting field trips that extend classroom learning to "real world" applications and service opportunities. Furthermore, students participated in a great Grad Trip, and interesting trade and vocational fairs. Looking forward to our drama production, sport performance hike, exams and graduation, there are many things for students to celebrate, enjoy, and maybe fear.

May is a nerve wracking and celebratory time of year that seems to highlight the reasons many of us love working with high school students – the journey from childhood to adulthood. What a blessing it is to recognize the fruits of our labours, and at CACHS what a joy it is knowing that these efforts are offerings pleasing to our Lord! 



Mr. Eggink checking out the Mechanics' class creation during Gallery Night.

CACHS KNIGHTS ATHLETICS

➤➤➤ MAY HIGHLIGHTS

The girls CACHS Knights handball team had lots of new and returning players this year, including nine grade 12s who brought a lot of leadership to the court. Everyone grew and learned together throughout the season as we faced a high level of competition in league and various tournaments. Some highlights include winning the CACHS Invitational, the Central Zone Tournament, and the Girls Tier 2 Provincial Championships!



This was the second year for a Boys Handball team at CACHS. Many of the boys returned, with only 3 new players for a total of 12 players. There was a lot of growth with this team and strong leadership skills developed. They worked together, played hard and this helped them to secure many wins. Highlights for the boys include, placing first in zones and winning Silver at provincials.

Track and Field started right after Spring Break with regular Monday practices at the Lindsay Thurber Track. The team is made up of four grade 11 boys: Austin, Riaan, Tony and Sammy. May was a busy month with track meets in Calgary and Grande Prairie. Unfortunately due to smoke from a nearby forest fire the boys had to head home early from Grande Prairie. They stopped near Edmonton and joined up with the Go Athletics team to run a few races for fun. Area meets were held at Lindsay Thurber where all boys did very well winning many first and second places to qualify to compete in Zones the next week. In Zones Austin qualified for provincials for the 400m which will be in Edmonton the first week of June. Thank you to Roger Van Haren for coaching!



Photos credit: Mr. Van Haren & Mrs. Beukema

CACHS KNIGHTS ATHLETICS

>>> MAY HIGHLIGHTS CONTINUED FROM PAGE 3

Our boys soccer team is competing in the Central Alberta High School Soccer League and learning lots as we go along! We only have grade 10 and 11 students playing, and so we are building a competitive team for the next couple of years. Our team has yet to win in league play, but we did get our first draw against Parkview Adventist Academy! Although we have only tied once, you can tell they have the Christ-like perseverance to keep going. Thank you Jon Bell, Shelby Goedhart, Lance Goedhart, Trevor Luymes, and Mr. Eggink for stepping up to coach our boys team this year! 🏈



Photos credit: Mr. Bell & Mrs. VanderVeen



Fans and spectators are welcome and encouraged to come out and cheer on the CACHS Knights at all games and events. All competitions are posted on the school calendar located at the bottom of the school website homepage - www.cachs.ca.

Livestream: CACHS is now on YouTube! We have tested our livestream equipment and we are now broadcasting athletic events in our gym on our YouTube channel @CACHSKnights.

Go! Knights! Go!

Scan QR code to access the YouTube Channel!



Thank you to everyone who submitted photos from our events this month!

BOARD NOTES

By Andrea Thalen, Board Secretary

>>> WE HAD A GOOD TURN-OUT AT OUR ANNUAL

Society Meeting on May 6th. Some of the highlights of the meeting included voting in new Board Members (welcome to Matthew Fraser and Matt Kraay!), approving next year's budget, and acknowledging Jenna VanderVeen for 10 years of service at CACHS. The Board approved the "Staff Service Recognition Policy" this past year and will be taking time at each Society Meeting to acknowledge staff members who have been at CACHS for a certain number of years and present them with a card and/or gift as per the policy guidelines. We are thankful for all our dedicated staff, committee members, and volunteers who continue to put their time and effort into supporting the vision and mission of CACHS and creating an environment where students can grow and develop their faith and Christian character.



CACHS Board Chair, Mrs. Ekkel, congratulating Mrs. VanderVeen for 10 years of service to CACHS!

BOARD OF DIRECTORS

Mrs. Cindy Ekkel
Board Chair

Mrs. Kim Haan
Vice Chair/Education Committee

Mrs. Andrea Thalen
Secretary

Mrs. Annette Roseboom
Treasurer/Finance Committee

Mr. Paul Linker
Education Committee

Mr. Rick Wildeboer
Maintenance

Mrs. Becky Kooiker
Development

Mr. Steve TenHove
Finance

The principal review has been completed and we have received a formal report from PCCE with all the final results. As a board we were very encouraged by this process and we are grateful for the leadership we have in Travis Eggink at CACHS. We thank all our parents and students for their input in this process as well. As in any review there are areas that we can grow and the board has put together a subcommittee to plan strategies and timelines to work towards goals in response to the recommendations set out in the report.

A few other quick updates from the Board:


- The following board positions were decided at our last board meeting: Cindy Ekkel (Board Chair), Matt Kraay (Vice Chair & Education Chair), Annette Roseboom (Treasurer), Andrea Thalen (Secretary), Rick Wildeboer (Maintenance), Becky Kooiker (Development), Matthew Fraser (Education) & Steve TenHove (Finance). On behalf of the board, I would like to thank Kim Haan and Paul Linker for their time and commitment serving on the CACHS Board for the past three years.

BOARD NOTES

What's going on?

»»» CONTINUED FROM PAGE 5

- As this school year wraps up, we would also like to acknowledge those staff members who will not be returning next year: Hailey Goedhart, Adrian Van Loo, and Sonja Zacharias. We thank them for their work at CACHS and pray that God will bless them in their next steps.
- The renovation of the Science Lab is starting in June!
- Please keep all our students in your prayers as they prepare to write their final exams.

We are looking forward to our annual board and staff BBQ on August 29th. Our next board meeting is scheduled for August 26th. Feel free to contact one of us if you have any questions or concerns. 

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Matthew 5:16

COMMUNITY NEWS

What's going on?

»»» VOLUNTEERS NEEDED!

CACHS Catering is a group of volunteers that partner with HT Catering to provide high quality meals and service for large events. Proceeds from these events are given to CACHS to enhance programming for students.

They are in need of 11 volunteers for the CACHS Grad Dinner on June 21. If you would like to help out please contact Lance Goedhart by phone at 403-963-0553. Or you can sign up online at the following link: volunteersignup.org/BEQKW.

Thank you to those who have helped CACHS Catering in support of independent Christian Secondary Education in Central Alberta!



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PLUMBING & HEATING

ALUMNI NEWS

What's going on?

>>> ALUMNI SPOTLIGHT: SAY HELLO TO KARMEN!

- **What is your full name?** Karmen Meyer
- **What year did you graduate from CACHS?** 2006
- **How many years did you attend CACHS?** 3 years
- **What is a core memory you have about CACHS?** Playing basketball, I am not sure I even realized it at the time but playing basketball in highschool created so many wonderful friendships and some life long skills. To this day I love the way that sports and the arts bring people together.
- **What is your biggest takeaway in values, beliefs and morals from CACHS that you feel has guided you or been a foundation piece in your life after high school?** I left CACHS with, and still value in the highest regard, both Love and Compassion. Both feel essential to the way we treat others and ourselves; And has been critical to navigating a world of conflicting viewpoints and life circumstances. My favourite stories from the Bible all focus on the way Jesus made safe spaces for people that others judged and even condemned. My hope is that I can always offer compassion and understanding and ideally support to others, regardless of whether or not we share a religion or lifestyle.
- **If you had to go back and do your high school experience all over again, what would you change and why?** I wouldn't change a thing. Lessons were learned and many good times were had. Can you ask for more?
- **Where did you go after high school and where do you live now?** I attended NAIT in Edmonton but eventually came back to Central Alberta.
- **What career path did you take and where are you working right now?** I went to school for Photography, and have continued to pursue a career in photography since. I am so grateful that my job has brought so many wonderful experiences and people into my life.
- **What is the best part about your job or the work you are doing?** I think that the greatest gift of my job is that I get to practice finding beauty every day. This practice is wonderful enough on its own, but being able to share that beauty with others is probably the greatest gift of all.
- **If you could give advice to your high school self, what would it be?** Trust yourself and have fun. 



Karmen stands on piece of iceberg in Diamond Beach, Iceland (with her instant film camera).

OUTSIDE THE CLASSROOM

What's going on?

PHYSICS FIELD TRIP

Friday, May 24, the Physics class had a blast on a field trip to West Edmonton Mall, where they split into groups and headed to the slides and rides of the Waterpark and Galaxyland.

They took some specific calculations and then enjoyed their favorite slides/rides for a few hours before we headed home. In the week that followed we spent time calculating the physics of these attractions which covered useful concepts from the curriculum; specifically, velocity, acceleration, gravitational potential energy, kinetic energy, force of friction, centripetal forces and the frequency, amplitude and velocity of the waves.

We enjoyed this valuable opportunity to participate in this physics program offered by West Edmonton Mall! Thank you to all the parents who drove and made the field trip possible!



Write up & photo credit: Mrs. Beukema



GRADUATION INFO

Grad Expenses owing will be sent out by the end of the week of June 7, if not sooner. Balance is due before 4pm June 20. For reimbursements, please submit receipts to the office by June 20, these will be processed the following week.



STUDENT OF THE MONTH

By CACHS Teachers

>>> MADDOX MANTEL, GR. 10

Maddox has established herself as an important member of our school community during her first year at CACHS. Including her classmates inside and outside of class time is important to Maddox, as evidenced by both the joy and warmth she brings everywhere she goes. She enjoys learning and has been a great blessing to her teachers and peers throughout her grade 10 year. **FA**



Quotable:



"It is so exciting to see the originality and inspiration of our art students become reality. The Gallery Night 2024 gave all of us the opportunity to appreciate the variety of visual art as it shined alongside music, mechanics and welding. I am thrilled that this night has become an enduring tradition at CACHS." -Mrs. Zacharias

See page 12 for photos from Gallery Night.

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JUNE EVENTS AT A GLANCE

June 5-6: Drama Production - *The Rubber Room*

June 7: ASAA Track & Field Provincials

June 10: Art 10, 20, 30 Field Trip

June 11: ELA 30 Part A Exam

June 12: Social 30 Part A Exam

June 13-15: Sport Performance Hike

June 14: No School - Staff Collaboration Day

June 17-20: Exam Week

June 17: Math 20 Exam

June 18: Biology 20, ELA 30 Part B, ELA 10,
Science 24 Exams

June 19: Social 10 & Social 30 Part B Exams

June 20: Biology 30 & Physics 20 Exams

June 21: Graduation Day!

For a more detailed calendar of events, please go to our website and scroll to the bottom of the home page. <https://www.cachs.ca/>

Or scan the QR code below to be directed to our website:



If you have photos or videos of any of our school events that you are able to share, please email them to developmentdirector@cachs.ca. Thank you!

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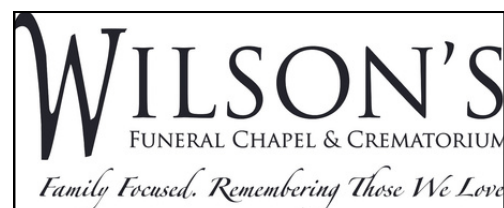
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