

# 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



**WELCOME TO ALL OUR NEW STUDENTS!**

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Development Director: Myla Trenchuk

*Contact us*

# Principal's Ponderings

By Travis Eggink



The 2024-25 school year marks the 35th school year that CACHS has been in existence. Some other fun facts about this year is that we have 130 students, of which 59 are in their first year at our school. Furthermore, among our staff we have 5 new teachers. So the vets at CACHS are only slightly in the majority!

Our vision at CACHS remains “Striving for Excellence through Christ”, and our mission remains “Transformative Education within a Christian Community”. These are lofty statements that can be difficult to assess our level of success in achieving them. To strive is to labour towards a goal with great effort, and so we should ask the question of ourselves, are we willing to give our best effort to our education? Teachers and students to class discussions? Teachers in their lesson preparation? Students studying for tests? All of us in our personal hygiene? Teacher feedback when grading? Friendships? Clubs? Athletics? These are tall tasks that we have accepted when we entered our school. But where to begin as teachers? As students? Support staff?

The theme at our school wide Retreat was “Intentional Community”. To me the idea of intentional community rests on a group of individuals willingly pursuing “agape love,” or in english “sacrificial love.” The idea of sacrificial or selfless love is counter cultural and maybe even at odds with our fallen human nature.

Society tells us that we need to love ourselves first and celebrate everything about ourselves all the time. Take a selfie, post the highlights, edit our lives into public idols of self worship. We are trained to only find self worth when we receive ‘likes’ and comments. Jesus explains love as something quite different; so different that society might even call it peculiar.

In Luke chapter 10, Jesus said that the second greatest commandment is to “love our neighbour as ourselves.” We know that Jesus then used the story of the Good Samaritan to explain what he meant by neighbour. In no uncertain terms Jesus declares that we are to love those that society and even our closest social circles would tell us is okay to hate, pick on, make fun of or bully.

## Principal's Ponderings Continued

It is good for each of us to wonder who our neighbours are. Who might Jesus use to get our attention regarding who our neighbour is? Would it be the student standing on their own in the hallway? The one with the shiny car but no one wants to go with for a ride? The person who everyone wants to use to get a good grade on a partner project, but outside of class no one wants to spend time with? The person who dresses differently? The one that didn't make the sports team? Maybe those that aren't on sports teams? And further, who in the student body and staff are we hesitant to extend the care that every neighbour deserves? Chances are, the person that comes to mind is probably someone that the Lord is using to trial our faith in Him.

When we think about Transformative Education within a Christian Community, we are not thinking about creating a community that looks like every other school. We don't aim to have cliques and stratified groups where some belong and others don't. A Christian community shouldn't be dominated by peer pressure, bullying, jokes at the expense of others, circles of friends that don't make space for others, and the like.

How do we evaluate if we have achieved our vision and mission statements? Our theme of intentional community? We might start by considering where we see the Fruit of the Spirit (Galatians 5). So what does that look like?

- We are people that pick up garbage that is left in the hallway.
- We say good morning to each other as we enter the school and classroom.
- We seek every educational opportunity to find our place in God's story of love for His Creation.
- At the start of each school day our staff prays together for our students, staff and other schools.
- Our families sacrifice financially to commit to a Christ-centered school.
- We bear each other's burdens and joys through classroom devotions and prayer.
- We eat meals together and thank the Lord for them.
- We celebrate character development through our Student of the Month program.
- We are equally proud of our athletic sportsmanship as we are of our championships.
- We sing together.



*First day of school pancake breakfast open to all school families to attend.*

## Principal's Ponderings Continued

We are not perfect, but through Christ we will continue to strive for His Excellence. This year I have asked students to stretch themselves and allow a little sanctification to take place. I asked them the following questions at our opening assembly:

- Will you be happy for others when they succeed and you don't?
- Will you care for someone when you don't want to?
- Will you decide to not pass along a vengeful or inappropriate message, text or photo when you know it would make your friends laugh while also really hurting someone else.
- Are you willing to give up a short laugh with your friends to protect the dignity and worth of others in our school community?
- Will you help someone in class who is struggling with a concept?
- Will you ask someone how their day has been after you have had great success in sports, academics, or other achievement?
- Will you seek peace between classmates when feelings have been hurt?
- Will you encourage a teammate when they need extra reps, or will you just see it as an opportunity for you to get more playing time while they struggle?



*Students at the Retreat*



*Vice Principal Mrs. Vander Veen and Principal Mr. Eggink ready and excited about the new school year!*

As I close, I ask that each of us – students, parents, staff, supporters, etc – reflect on our willingness to take on personal responsibility for building our 2024-25 Christian community at CACHS. I ask that we don't seek excuses for when things go wrong, but instead that we own and correct our mistakes, self-reflect and ask ourselves what we could have done differently or still can do to make it right.

Perhaps we should ask ourselves the same question the expert in the law asked Jesus so many years ago... who is my neighbour? And then follow the lesson on neighbourliness that the expert in the law received from the Parable of the Good Samaritan. The expert in the law came to realise that the neighbour to the injured man was "the one who had mercy on him". Maybe then with open hearts each of us follow Jesus' direction for all of us to "Go and do likewise" (Luke 10). **✝**

# Board Notes

By Andrea Thalen, Board Secretary

We are well into our new school year at CACHS and are so grateful for God's faithfulness to the CACHS community. CACHS continues to grow as we welcomed 51 new grade 10 students, 47 grade 11 students, and 32 grade 12 students. We are thankful for this growth and the ability and opportunity we have at CACHS to educate these students to serve in Christ's kingdom in various ways.

We also welcome a few new staff members: Rachel Baong, Christy de Gier and Michaela Lindhout are teaching various subjects across the grades and Patricia Collette is teaching cosmetology. We pray for a smooth transition as everyone settles into their new roles.



Girl's Bathroom



Boy's Bathroom

Over the summer months the renovations of the science lab and the bathrooms were completed. We thank the building/reno committee for their work on this, as well as Darrell Stang for his involvement in this project. We are excited for these upgrades in our school, and if you are ever in the school we welcome you to take a look at these renovated spaces!

## 2024-2025 BOARD OF DIRECTORS

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*Finance*

Our next Board Meeting will be October 28. Feel free to email me at [secretary@cachs.ca](mailto:secretary@cachs.ca) or talk to any other board member if you have any questions or concerns.

*"I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High." Psalm 7:17 🙏*



Science Lab

# New Staff Feature



Michaela  
Lindhout

I am very excited to be joining the staff at CACHS this year. I am originally from Sioux Center, Iowa, where I graduated from Dordt University in 2018 with my teaching degree and have been teaching or subbing off and on for the last 6 years.

My husband, Luke and I got married in 2019 and together we have two beautiful daughters, Jayde and Joelle. We moved to Lacombe, AB from Chilliwack, BC in 2022 and have loved living here ever since. I look forward to getting to know the community here at CACHS and thank God for this wonderful opportunity. 🏡

Rachel  
Baong



I grew up in Smithers, British Columbia, before moving to Alberta to complete a degree in English and History and an after degree in Secondary Education at The King's University. Although I originally intended to move back to BC after graduating, God had other plans for me!

I relocated to Central Alberta in 2022 and soon after began working as a teacher and artist, both of which have allowed me to fulfill my passions for learning and creating. I am blessed to be joining the CACHS community this year. My goal as an educator is to walk alongside my students as they become kingdom-builders who are inspired to learn, empowered to advocate, and enabled to fulfill their place in God's story. 🏡



Christy  
de Gier

I grew up in Neerlandia, AB and I come from a family full of fellow teachers, including my identical twin. I graduated from The King's University in 2005 and have called Central AB home ever since. For over 10 years, I had the privilege of staying home and raising my four wonderful kids who currently attend LCS.

It is exciting to re-enter the world of teaching, and by that I mean learning right alongside my students. Throughout all of life's celebrations and agonies, I have experienced God's amazing love and faithfulness and I am grateful every day for His redemption that has weaved its way among them. As I teach and support students at CACHS, it is my prayer that God will make me His instrument of love and grace. 🏡

# CACHS Knights Athletics

Our CACHS Knights athletic season is in full swing with student-athletes participating in golf, cross country and volleyball. We are grateful once again to our wonderful coaches that give so much time and energy to our teams! If you can, please take a moment to thank them for the excellent work they do in our school community.

## Junior Varsity Girls Volleyball Team

The junior girls volleyball team is competing in the 3A zone this year. We started the season with a Power Weekend on September 13-14 and will have played three league games by the end of the fourth week of September. The group of eight girls is led by coaches Kayla Vanderlinde and Torey Tenbrinke and are looking forward to a great season of volleyball.



## Senior Varsity Girls Volleyball Team

This year the senior girls are competing in the 2A volleyball league. The year started off strong with a first place finish in The King's University tournament and second place finish in the RDP tournament the following weekend. They have won two of their first league games by sizable margins! They have experienced even more fame as one of their instagram and facebook videos went viral, gaining over 10K likes overnight! Be sure to check it out! This year the team is composed of eleven girls and led by coaches Tashelle Loov, Kayla Vreugdenhil and Mrs. de Boon.

## Senior Varsity Boys Volleyball Team

Our team is made up of three Grade 12's, three grade 11's and seven grade 10's. They have three very able coaches in Kurtis Dykstra, Paul Doef, and Eric Talsma. This year the boys are once again competing in the 3A volleyball league. We have participated in the FOG/UofA tournament and placed 3rd out of 32 teams - many of which were 4A teams from Edmonton. Our 2nd tournament was at RDP - where we placed 2nd out of 16 teams. We've played one league match against HJ Cody School from Sylvan Lake and won the match three sets straight. A big thank you to all the fans who attended these matches and supported the team well. Come out and support us as we play in the CACHS Invitational on October 11-12.



## CACHS Knights Athletics Continued



Scan QR code to check  
out our Instagram reel!



### Golf

Our golf team this year consisted of Asher Doef, Luke Dykstra, Dani Kuipers and Jordan Kuipers. The team was coached once again by Jeremy Dreise, and finished up their season with a good showing at the CASAA Zone 1A/2A championships, but did not qualify for the ASAA provincial championships.



### Cross country

Our cross country runners have been training steadily all year around, but picked up as a team again in August. The team is coached by Roger VanHaren, Janet VandeGlind, and Kayla de Regt. We are partnering again this year with LCS and some homeschool students to make a larger group to train with. We have already enjoyed meets in Kalispell, Montana and the Peace Hills Invitational in Camrose. Cross country runners are looking forward to more meets before their zone and provincial championships in the coming weeks.

### Hockey

Our hockey season is just getting started with our first practices in October and looking forward to our regular season games getting underway in the next week or so. We have about twenty student-athletes in our hockey program, so we are looking forward to a competitive season under head coach Craig Haan, and assistant coaches Henry Thalen, Damien Thalen, Elijah Kraay, Kalum Mantel, and Mitch Maddox.



## CACHS Knights Athletics Continued

### CACHS Volleyball Invitational Tournament

Our home tournament will be held October 11-12 when we will be hosting 19 teams from around the province. Come on out and enjoy a great weekend of volleyball in the CACHS and LCHS gyms!

### CACHS Athletics livestream

CACHS is on YouTube! Look us up @CACHSKnights to watch athletic events happening in our gym.

### Come out and watch a Knights game!

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](http://www.cachs.ca).

Go! Knights! Go!



Scan QR code to access the YouTube Channel!

Thank-you to coaches for all the work they put in to make CACHS Athletics happen!

### 2024-2025 COACHES

#### CROSS COUNTRY:

Roger Van Haren, Adrian Schermers, Janey VandeGlind

#### BOYS VOLLEYBALL:

Kurt Dykstra, Eric Talsma, Paul Doef, Mr. Reed

#### SENIOR GIRLS VOLLEYBALL:

Tashelle Loov, Kayla Vreugdenhil, Mrs. de Boon

#### JUNIOR GIRLS VOLLEYBALL:

Kayla Ingwersen, Torey Tenbrinke

#### HOCKEY:

Craig Haan, Henry Thalen, Elijah Kraay, Damien Thalen, Mitch Maddox

#### GOLF:

Jeremy Dreise

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403.782.9511 Volunteers Welcome!

To donate items, please drop off inside the back door during store hours



# Outside the Classroom



## Outdoors Club

53 students and 6 chaperones traveled to Waterton on September 20th. We left at 6:00 am and stopped at the Payne lake campground to set up our tents. Before we left a windstorm blew through the site. We hiked the Carthew-Anderson Trail while experiencing inclement weather. Some hiked further than others. All were tired and wet. Students enjoyed warming up at camp and making their own food. Saturday, since the Crypt lake trail was closed due to bear activity, we traveled to the Akamina Ridge trailhead. All students went to Forum lake, and many continued on to the ridge and summit. Students hiked anywhere from 30-40 km over the weekend. We arrived back at CACHS at 10:00 PM after a long bus ride home. It was an incredible experience for all.

## Society News

If you want to be able to vote at the CACHS annual society meeting in May 2025, the cut-off is November 14. Past members, please check your email for more information. Families currently paying tuition are already members.



## Reunion Class of 2004

CACHS Class of 2004 celebrated their 20 year reunion this summer! Some of the alumni and their spouses gathered together for an evening at Ferdinand and Sandra (Lindemulder) VanderVlugt's place. Thank you for hosting and to everyone who took the time to come. It was a great night of reminiscing and catching up with past classmates!



Christian School  
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### Giving Well: Year-End Generosity with Lasting Impact

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Tuesday, November 19th

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3:00pm Atlantic

RSVP for this online event at  
[christianschoolfoundation.ca/events](https://christianschoolfoundation.ca/events)



# Outside the Classroom Continued

## Student of the month

**COREY VRUGENHILL**



Corey has been a great CACHS ambassador and leader during his first month of Grade 12. His positive attitude towards his courses, willingness to help others, and eagerness to lead make him a great candidate for our September Student of the Month. In athletics, Corey leads at a high level in his third year on our senior boys volleyball team. In school spirit, Corey has been a leader for Grade 10 and 11 students during our school Retreat and Outdoors Club hiking trip in Waterton. Corey, well done starting strong in your final year of high school!

## Volunteers Needed

CACHS volunteers 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 volunteers for a PCS Event on October 10 and 11. If you would like to help out please contact Lance Goedhart by phone at 403-963-0553. Or you can sign up online:

October 10: [volunteersignup.org/JTFJY](http://volunteersignup.org/JTFJY)

October 11: [volunteersignup.org/F77TH](http://volunteersignup.org/F77TH)

Thank you to those who have volunteered and continue to do so in support of independent Christian Secondary Education in Central Alberta!

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## Outside the Classroom Continued

### Grade 12 News

Grad committee nominations are completed this week. The committee is made up of: Alanna Taekema, Anthony Vande Glind, Sammy Bott, Ellen Roseboom and Jessica Dolman. It also includes Mrs. Jenna VanderVeen (teacher representative), Mrs. Cassandra Krause (staff representative) and Becky Kooiker (board/parent representative). The following positions will be assigned at our first meeting: president, vice-president, secretary, trip coordinator, and general adjunct.

Fundraisers are starting soon! Purdy's and Growing Smiles will launch October 10 and will close November 5. Order pickup or delivery from their graduating student will be from November 27-29. Order details will be shared via email, social media, and your grade 12 student. These are the ONLY fundraisers that our graduation class will be doing. Thank you for your support!

### Picture Retakes

October 18 is Picture Retake Day. Please let the office know by October 11 if you will be taking part in retakes. Thank you!

### Financial Update

#### 2024-2025 School Year

Total Students: 130

Total Families: 104

#### Fundraising during 23/24

*Total Fall Drive for 23/24: \$200,000*

Cause was principal mortgage payments and operating budget

*Swing into Spring 2024: \$158,786.00*

Contributed to portion of the science lab and bathroom renovations that included new countertop in changeroom and new ceiling tile in main area of the school

| <b>Mortgage</b>        |              |
|------------------------|--------------|
| Sept 2023              | \$483,250.00 |
| Principal Payment Made | \$ 65,250.00 |
| Mortgage Balance       | \$418,000.00 |

| <b>CSF Balances as of Jun 30, 2024</b> |              |
|--|--------------|
| Endowment Fund                         | \$481,785.08 |
| Long Term Sustainability               | \$ 49,663.23 |



# OCTOBER EVENTS AT A GLANCE

- October 2:** PE 10 Hike (all day)
- October 4:** JVGVB Camrose Tournament  
SVGVB Power Weekend
- October 7:** JVGVB CACHS at West Central  
SVGVB - Penhold at CACHS
- October 8:** SVBVB - CACHS at Camrose
- October 9:** XC Zone Championships - Camrose
- October 11:** NO SCHOOL - Staff Collaboration
- October 11-12:** CACHS Invitational Volleyball  
Tournament
- October 14:** NO SCHOOL
- October 16:** SVGVB - St. Dominic at CACHS
- October 17:** Post Secondary Day
- October 19:** XC ASAA Provincial Championships
- October 17:** CACHS Hockey vs. Ponoka - Blackfalds
- October 21:** JVGVB - HJ Cody at CACHS  
SVGVB - CACHS at Rimbey
- October 22:** SVBVB - Ponoka at CACHS
- October 24-25:** NO SCHOOL - Teacher's Convention
- October 25:** BVB/GVB - Magrath tournament
- October 28:** SVGVB - DTHS at CACHS
- October 28:** Board Meeting
- October 30:** JVGVB CACHS at Wetaskiwin



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](mailto:developmentdirector@cachs.ca). Thank you!



*Retreat*



