

# 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. | Tim. 4:12



## GRADE 10 HIKE

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Student of the Month

Central Alberta Christian High School  
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Principal: Travis Eggink  
Vice-principal: Jenna VanderVeen  
Administrative Assistant: Cassandra Krause  
Business Administrator: Dorien VanderKooi  
Development Director: Myla Trenchuk

*Contact us*

# Principal's Ponderings: Partners in Education

By Travis Eggink



During our October Board meeting I asked our Board members to reflect on our Education Plan Goal #4: Engagement and Improvement. While reflecting, a Board member asked me about our educational partners. The context of Goal #4 is "Central Alberta Christian High School is committed to ongoing communication and engagement with educational partners to improve decision-making and assurance." Since this short conversation at the Board meeting, I have considered the incredible educational partners CACHS is blessed with. It would be difficult to mention and celebrate all of our educational partners, but in October some have stood out.

Building Blocks Thrift Store has been a wonderful CACHS supporter for many years. Just this past month Building Blocks donated \$150,000 (!! ) to CACHS. Many parents, grandparents, friends, and relatives of our students have spent thousands of hours volunteering at Building Blocks to sort donations, stock shelves, fold clothes, run the till,

sit in meetings, etc. These people have ensured that Building Blocks continues as an integral supporter of independent Christian education in Lacombe.

Also in October I attended conferences held by the Prairie Centre for Christian Education (PCCE) and Alberta Independent Schools and Colleges Association (AISCA). At the PCCE Teachers' Convention our teaching staff was blessed to spend two days in Taber going through Christian worldview professional development with about 450 like-minded Christian educators. Accordingly, while at the AISCA convention I met with principals representing 34,000 K-12 students. If AISCA were a school district it would be the fifth largest in Alberta! On their own neither PCCE or AISCA fill all our needs, but together they provide excellent support for our school (i.e., government lobbying, professional development, school governance, policy development, government compliance, HR advice, etc.). Both PCCE and AISCA are instrumental to the existence of CACHS.

## Principal's Ponderings Continued

When we consider the greater Central Alberta community, another event with educational partners was our home volleyball tournament held in October. It was a great success with the bleachers full at both gyms – LCHS and CACHS – throughout the weekend. We are very blessed with our relationship with our local public high school, and we aim to continue as such for the benefit of the larger community. Furthermore, it was great seeing hundreds of family members, friends and alumni cheering on our student-athletes, coaches and our competition. Home athletics tournaments are wonderful events allowing us to spend time with our community.

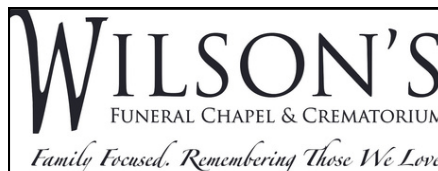
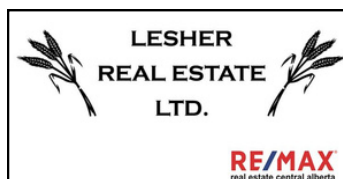
There are many other partners that continue to sustain CACHS, and I speak for our staff and students by saying thank-you for your faithful support of independent Christian education in Central Alberta!



*Not only do they learn, but they also play at Teacher's Convention!*



## Our Supporters



<b>Building Blocks</b> <b>THRIFT STORE</b> 403.782.9511 Volunteers Welcome!	QUALITY PRE-OWNED ITEMS: CLOTHING & FOOTWEAR FURNITURE & HOUSEHOLD SPORTING GOODS BOOKS & TOYS SEASONAL	5111 - 50 Ave, Lacombe Tuesday - Friday 9:30am - 5pm Saturday 11am - 4pm Closed Sundays, Mondays & Saturdays of long weekends
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# Board Notes

By Andrea Thalen, Board Secretary

This time of the year brings with it the start of our annual CACHS Fall Drive! The funds raised will be used to help with program funding and debt reduction. Please prayerfully consider how you can financially support CACHS and help us to continue providing quality Christian education to all of our students.

Thank you to the Development Committee along with the staff members who put on a parent information evening on September 26th. The goal of the evening was to inform and educate parents of current and future CACHS students on the use of PowerSchool, graduation requirements, post-secondary requirements, course selection, athletics, and extracurricular activities offered at CACHS. Various staff members spoke on each of the topics. The evening was valuable and informative and we encourage all current and future parents who haven't already attended, to check out this annual event next year!

CACHS has been blessed with organizations like the Building Blocks Thrift Store and CACHS Catering (working under HT Catering) who have generously donated funds to assist CACHS in its operations and special projects over the years. We thank all those who have volunteered in the past or on a consistent basis. We encourage all our parents and/or society members to help out in donating their time to assist in their work as opportunities arise. These organizations cannot continue with their work without volunteers!

## 2024-2025 BOARD OF DIRECTORS

**Mrs. Cindy Ekkel**  
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*Vice Chair/Education Chair*

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*Education Committee*

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**Mrs. Becky Kooiker**  
*Development*

**Mr. Steve TenHove**  
*Finance*

Lacombe Christian School will be hosting a Board Governance Workshop put on by Prairie Center for Christian Education (PCCE) on November 12th. We hope this will be a time of learning and growth for all board members attending as we continue to serve our local Christian schools in this role.

Our next Board meeting is Monday, November 18th. If you have any questions or concerns please contact a board member or email me at [secretary@cachs.ca](mailto:secretary@cachs.ca) 📧

*"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."*

1 Corinthians 15:28

# Outside the Classroom



## Highway Cleanup

On October 10th, under the bright fall sun, the Bible 10 class took part in a meaningful community service project: the clean-up of Highway 2A. Divided into small groups, students armed themselves with orange vests and bags then scoured the ditches and road edges, collecting trash and other “treasures” left behind.

The students worked together to clean the area, making a visible difference in their local environment. Not only did the clean-up help beautify the area, but it also provided an opportunity for the class to live out the values of stewardship and service they are learning in their Bible studies.

A big thank you to the Bible 10 class for their hard work and dedication to keeping our community clean!

## CACHS Wear

Support CACHS by wearing official school gear! From t-shirts and hoodies to hats and accessories, our collection lets you show your school spirit in style. Plus, a portion of proceeds goes back to the school to fund programs and activities.

### Why Order?

- Support CACHS programs
- Quality and comfortable apparel
- Convenient online ordering

### How to Order:

1. Visit our online store:  
<https://cachsschoolapparel.itemorder.com/shop/home/>
2. Choose your items.
3. Checkout securely.
4. Get your gear delivered!

Get your CACHS gear today — order now!

## Outside the Classroom Continued

Student

of the month

**RIAN  
BOUWER**



Walking the hallways of CACHS, you may pass a friendly, good-natured young man who, more often than not, is sporting a genuine smile. This grade 12 student enjoys basketball and soccer and is planning to study engineering after graduation. Recently he offered to help assemble the new ping pong table that staff and students have been enjoying. Thank you for your kindness and quiet acts of service. Congratulations Riaan Bouwer on being chosen as the October Student of the Month at CACHS!



Alumni

News/Events

This year's CACHS Alumni Volleyball tournament will be held December 20 and 21. If you have any questions or have a team to enter please contact Colleen by phone at 403-302-2659 or by email at lc.schee@gmail.com.

The Alumni Basketball tournament is on January 4, 2025. If you would like to participate or have questions, please contact Veronica Den Oudsten at vdenoudsten@cachs.ca.

Post Secondary Day

On Thursday, October 17th, students had the opportunity to learn about their options for their future university experience. School representatives came for the day and shared a presentation, answered questions, and handed out pens and brochures showcasing their offerings.

Thank you to the following institutions for visiting CACHS:



Ambrose University  
Burman University  
Mount Carmel Bible College  
Olds College  
Pacific Life Bible College  
Prairie College  
Providence University College  
Red Deer Polytechnic  
Redeemer University  
The King's University  
Trinity Western University  
Tyndale University  
Vanguard College

## Outside the Classroom Continued



### Teacher Appreciation Lunch

In October, CACHS celebrated Teacher Appreciation Day with a special gesture of thanks to our incredible teachers and staff. The Development Committee sponsored a delicious lunch as a small token of gratitude for all they do to keep our school running smoothly.

Our teachers and staff are the heart of CACHS, and their hard work, dedication, and care make our school community truly special. We are blessed to have such a devoted team who go above and beyond every day to support our students.

Thank you to all the teachers and staff for your tireless efforts — your impact on our school is immeasurable!

### Grade 12 News

Thank you for supporting the grad fundraisers! Delivery/pick-up will be on November 27-29. Please connect with the grad you are supporting to arrange delivery.



### CACHS Catering

CACHS Catering is off and running again this year, and we need people to step up to this great fundraising opportunity for our school!

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.

If you would like to help out at a CACHS Catering event please keep an eye out for events shared by Mrs. Trenchuk or contact Lance Goedhart by calling or texting him at 403-963-0553 to get your name on the volunteer list.

You can also sign up online to be on the list: [volunteersignup.org/JAD89](http://volunteersignup.org/JAD89)

Thank you to those who over the many years have helped CACHS Catering support of independent Christian secondary education in Central Alberta!

## Outside the Classroom Continued

### Alberta Education

#### Budget Announcement

We are thankful for the lobbying efforts of AISCA regarding the interests of independent schools in Alberta. AISCA has been a great partner of CACHS and our Central Alberta Christian schools for many years, and we are confident that executive director John Jaegersma continues to pursue our best interests as he is in regular contact with our Education Minister.

Premier Smith's recent School Construction Accelerator Program announcement that included independent school growth and facility needs is proof of AISCA's important work lobbying on our behalf.

AISCA is now looking for ideas for how independent schools would be willing to receive government funding for school expansion projects. If you have ideas then please contact our board chair, Mrs. Cindy Ekkel at [boardchair@cachs.ca](mailto:boardchair@cachs.ca) or principal, Travis Eggink at [teggink@cachs.ca](mailto:teggink@cachs.ca) so that they can share these ideas back to AISCA.

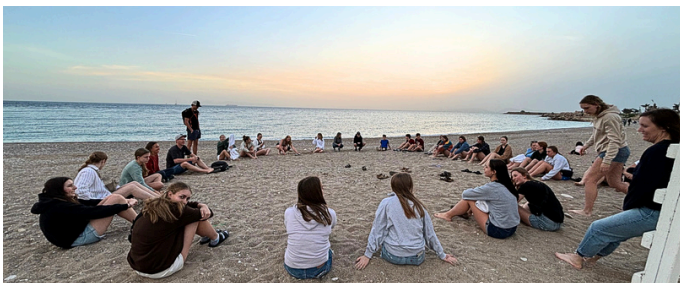
Please also consider sending a thank you letter to AISCA ([office@aisca.ca](mailto:office@aisca.ca)), our Premier Danielle Smith at [premier@gov.ab.ca](mailto:premier@gov.ab.ca), and our Minister of Education, Demetrios Nicolaidis at [education.minister@gov.ab.ca](mailto:education.minister@gov.ab.ca) for their support of independent schools.

### Europe Trip 2026

Current Grade 10 and 11 CACHS families are invited to join us on a once-in-a-lifetime travel experience through Central Europe with their peers over the March 2026 break. For those interested in more information about our trip please join us for an information session on **Thursday November 28th at 7:30pm at CACHS in Room 108. We encourage interested students and parents to attend this meeting.**

When students travel, they expand their knowledge of the world around them by engaging with other cultures, discovering more about themselves, developing independence, confidence, empathy, and self-awareness. They get the opportunity to consider their impact in the world and become inspired to embrace new opportunities. These skills are critical to encouraging personal development and growth within students and creating the global citizens of tomorrow.

To receive the meeting information and any updates about the meeting, please register using this link: <https://bit.ly/4dtH71n>. Can't make the meeting but want more information? Register and select "No but send info." To view details of our March 2026 Europe trip and to register for the trip use this link: [www.eftours.ca/2769627SX](http://www.eftours.ca/2769627SX)





# CACHS Knights Athletics

## Junior Varsity Girls Volleyball Team

The JV girls volleyball season wrapped up on Tuesday, November 5 with a Zone JV Championship Playoffs in Stettler where the girls finished fifth in the 3A Zone. The team also competed well with some of their best games at the LCHS JV Ramp It Up tournament, finishing second in their pool, and fourth overall. Big thanks go out to coaches Kayla Vanderlinde and Torey Tenbrinke for their commitment to the team's development this season!



## Senior Varsity Girls Volleyball Team

The Senior Girls' Volleyball team has had a great season so far! Our team has competed in numerous tournaments throughout the season, earning strong results. Highlights include 1st place at the Magrath tournament, 1st at our home tournament, and 2nd at the Hunting Hills tournament. The team is now gearing up for Zones, which will be held in Camrose on November 15 and 16. With a solid performance there, we hope to qualify for the ASAA Provincial Championships, which will take place in Wainwright the following week. A huge thank you to our dedicated coaches, Tashelle, Kayla, and Mrs. de Boon, for their work in preparing and guiding the players throughout the season. We also appreciate the support from all our parents and fans who have cheered us on every step of the way!

## Senior Varsity Boys Volleyball Team

Our Senior Boys' Volleyball season is close to wrapping up. We have been able to go undefeated in 5 league games this year. We have participated in 6 tournaments and have played well through the matches involved. We finished 3rd at U of A, 2nd at RDP, 2nd at our home tournament, 2nd at Magrath, 5th at Scona (only losing to Lindsay Thurber) and 1st at Hunting Hills. At Hunting Hills we were able to win the final match against Lindsay Thurber who is the number 1 ranked 4A team in Alberta. We are ramping up for Zones here at CACHS on November 16 and with success there we will be able to return to ASAA Provincials in Lloydminster in the week after zones. Thank you to Kurtis, Paul, and Eric for all their work and time preparing and coaching the boys. A big thank you to all the fans who have come out to support us.



## CACHS Knights Athletics Continued



### Hockey

Our hockey season continues along with games on Friday or Saturday evenings, and practices every Monday morning at 7am. Our next game is Nov. 30 vs. Stettler at the Stettler arena. Come on out to see some good competition! Thank you to our coaches for all their work with our student athletes!



Scan QR code and follow  
our Instagram stories!

Or tap the link below:

[www.instagram.com/cachsknights](http://www.instagram.com/cachsknights)



### Cross country

Our cross country team was coached by Roger VanHaren, Janet VandeGlind, Adrian Schermers and Kayla de Regt. Our team placed 3rd at the 2A level at the Central Zone championships, and 7th as a team at the 2A level at the muddy ASAA provincial championships in Grand Prairie! At provincials Anthony VandeGlind finished 33rd and Austin Gallagher 42nd in the senior boys division. In the junior boys division Owen de Regt finished 44th. Overall it was a great season for our runners!

### Boys Basketball

Boys basketball tryouts start November 5th. The final team will be determined by November 13th. Our first games will be on November 29-30th at the LCHS tournament. League games will begin in December.

### Girls Basketball

Girls basketball tryouts will be November 7th and 14th. We will be competing in 3 tournaments with games starting in December and going until March. We are excited for a competitive year of basketball in the 2A league!

## CACHS Knights Athletics Continued

### 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!  
Or tap the link: <https://www.youtube.com/@CACHSKnights>

## Our Supporters

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

### CURRENT COACHES

**BOYS BASKETBALL:**  
Mrs. DenOudsten, Ben Ford

**GIRLS BASKETBALL:**  
Mr. Bell, Shelby Goedhart,  
Brooklyn Zandberg

**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



# UPCOMING EVENTS AT A GLANCE

- November 15-16:** GVB Zone Championships
- November 16:** BVB Zone Championships
- November 18:** Board Meeting
- November 21:** BVB/GVB  
ASAA Provincial Championships
- November 28:** Europe Trip Meeting | 7:30pm
- November 29-30:** BBB - BCHS  
Snowfest Tournament
- November 30:** CACHS Hockey vs. Stettler  
Stettler Arena
- December 7:** CACHS Hockey vs. Winfield  
Winfield Arena
- December 13:** BBB/GBB Edmonton Tournament
- December 13:** CACHS Hockey vs. Rimbey  
Rimbey Arena
- December 20-21:** CACHS Alumni  
Volleyball Tournament
- December 21:** CACHS Hockey vs. Rimbey  
Blackfalds Arena 1
- December 22:** No School - Christmas Break
- December 27-28:** Hockey - Calgary Moose Hockey  
Invitational Tournament
- January 4:** Alumni Basketball Tournament
- January 6:** Back to School - classes in session



Christian School  
Foundation

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

Discover effective giving strategies that maximize your gift and your impact on the charities you love and support.

Tuesday, November 19th

11:00am Pacific / 12:00pm Mountain  
1:00pm Central / 2:00pm Eastern /  
3:00pm Atlantic

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



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 so much to all the parents and teachers who contributed this month!



First class in the newly renovated lab

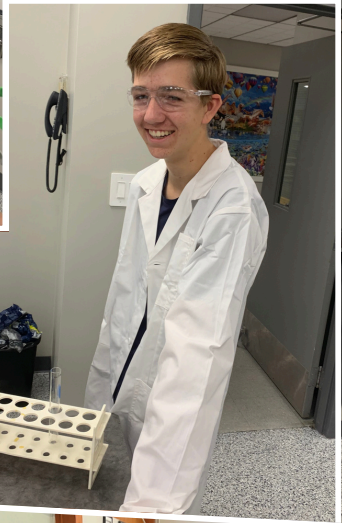


Photo dump!



Grade 10s at the Mustard Seed



Twin Day



Post-secondary day





# 2024 Fall Drive

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Rising to His Challenge  
1 Timothy 4:12



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# Fall Drive Goal \$200,000

Please send your donation to your church canvasser or mail it to:  
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22 Eagle Road · Lacombe, AB · T4L 1G7  
CACHS contact person:  
Cassandra Krause  
403.782.4535 · business@cachs.ca



We invite you to prayerfully consider supporting our school financially. Scan the QR code for our students' responses to your donations last year!



To donate online please visit [www.cachs.ca](http://www.cachs.ca) and click DONATE.  
Your donation will go towards operating expenses and debt reduction.  
Donations received by December 31, 2024 will receive a 2024 Charity Receipt.



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Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Amount: \_\_\_\_\_

Please cut and send stub with your cash or cheque donation.

Cheques payable to CACHS. E-transfer: business@cachs.ca  
\*Please add note: Fall Drive\*

Charity number: 131789562 RR001