

# 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



**MERRY CHRISTMAS AND A HAPPY NEW YEAR!**

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## *Contact us*

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 Vice-principal: Jenna VanderVeen  
 Administrative Assistant: Cassandra Krause  
 Business Administrator: Dorien VanderKooi  
 Development Director: Myla Trenchuk

# Principal's Ponderings

By Travis Eggink

In November independent school principals write their Annual Education Results Report (AERR). Through this link ([2024 CACHS AERR](#)) and on our website you can find our completed 2024 AERR. The AERR comes together through various data collections. In February Alberta Education sends surveys to parents, students, and teachers of each school. Another data sample is created by diploma exams taken in January and June. Beyond the provincial surveys and exams, Alberta Education requires schools to use local measures to assess their performance. For our AERR, we used data from our [Strategic Plan 2025](#), Application to CACHS Graduation 2024, and discussions during Board and Committee meetings during the 2023-24 school year. From these pools of information, I am then required by Alberta Education to digest the data and respond to the identified strengths and weaknesses of our school.

The summary of results once again confirms our reputation as an excellent school. Of the eighteen measures with a measure evaluation, CACHS overall scored “excellent” in fourteen measures and “good” in two measures.



## Required Alberta Education Assurance Measures - Overall Summary Fall 2024

Authority: 9294 Central Alberta Christian High School Society

Assurance Domain	Measure	Central Alta Christ HS Soc.			Alberta			Measure Evaluation		
		Current Result	Prev Year Result	Prev 3 Year Average	Current Result	Prev Year Result	Prev 3 Year Average	Achievement	Improvement	Overall
Student Growth and Achievement	<a href="#">Student Learning Engagement</a>	86.6	88.5	88.0	83.7	84.4	84.8	n/a	Maintained	n/a
	<a href="#">Citizenship</a>	91.2	94.2	93.6	79.4	80.3	80.9	Very High	Maintained	Excellent
	<a href="#">3-year High School Completion</a>	85.7	97.0	84.4	80.4	80.7	82.4	High	Maintained	Good
	<a href="#">5-year High School Completion</a>	72.5	89.5	92.4	88.1	88.6	87.3	Very Low	Declined	Concern
	<a href="#">PAT6: Acceptable</a>	n/a	n/a	n/a	68.5	66.2	66.2	n/a	n/a	n/a
	<a href="#">PAT6: Excellence</a>	n/a	n/a	n/a	19.8	18.0	18.0	n/a	n/a	n/a
	<a href="#">PAT9: Acceptable</a>	n/a	n/a	n/a	62.5	62.6	62.6	n/a	n/a	n/a
	<a href="#">PAT9: Excellence</a>	n/a	n/a	n/a	15.4	15.5	15.5	n/a	n/a	n/a
	<a href="#">Diploma: Acceptable</a>	93.6	88.9	88.9	81.5	80.3	80.3	Very High	Maintained	Excellent
Teaching & Leading	<a href="#">Diploma: Excellence</a>	25.5	28.4	28.4	22.6	21.2	21.2	Very High	Maintained	Excellent
	<a href="#">Education Quality</a>	91.9	92.3	92.7	87.6	88.1	88.6	Very High	Maintained	Excellent
Learning Supports	<a href="#">Welcoming, Caring, Respectful and Safe Learning Environments (WCRSLE)</a>	94.8	94.0	95.2	84.0	84.7	85.4	n/a	Maintained	n/a
	<a href="#">Access to Supports and Services</a>	90.1	93.2	92.8	79.9	80.6	81.1	n/a	Maintained	n/a
Governance	<a href="#">Parental Involvement</a>	92.7	95.2	95.0	79.5	79.1	78.9	Very High	Maintained	Excellent

*Question: What will you miss most about CACHS/high school?*

*Response: "Being in a community and learning in a space where Christian values can be shared and discussed. CACHS is a safe place where I could grow in my faith while being surrounded by people that shared similar values to mine."*

*- CACHS Graduate response, collected in Graduation Application 2024*

Two measures – “Transition Rate (6 yr)” and “5-Year High School Completion Rate” – overall scored “low” due to significant drops when compared to results from the previous year and previous 3-year averages. Our decrease in “5-Year High School Completion Rate” results from the continued effects of our 2020-21 graduating classes which had a low 3-year graduation rate, 4-year graduation rate, and now 5-year graduation rate.



## Principal's Ponderings Continued

We also see a “low result in “Transition Rate (6 yr) due to the lack of 2020 grads that have entered post-secondary and apprenticeship programs. We are encouraged to see that our 2023 4-year transition rate to post-secondary and apprenticeship programming has rebounded back to our pre-COVID norms. We believe that our transition and graduation rates will continue returning to our historic averages at or above the provincial averages.



**Supplemental Alberta Education Assurance Measures - Overall Summary**  
Fall 2024

Authority: 9294 Central Alberta Christian High School Society

Measure	Central Alta Christ HS Soc.			Alberta			Measure Evaluation		
	Current Result	Prev Year Result	Prev 3 Year Average	Current Result	Prev Year Result	Prev 3 Year Average	Achievement	Improvement	Overall
Diploma Exam Participation Rate (4+ Exams)	61.9	0.0	n/a	52.7	3.5	n/a	High	n/a	n/a
Drop Out Rate	1.0	1.0	1.6	2.5	2.5	2.4	Very High	Maintained	Excellent
In-Service Jurisdiction Needs	94.4	81.0	90.5	81.1	82.2	83.0	Very High	Maintained	Excellent
Lifelong Learning	96.9	97.6	93.5	79.9	80.4	80.7	Very High	Maintained	Excellent
Program of Studies	86.3	89.6	88.5	82.8	82.9	82.9	Very High	Maintained	Excellent
Program of Studies - At Risk Students	89.9	93.4	93.0	80.6	81.2	81.5	High	Maintained	Good
Rutherford Scholarship Eligibility Rate	85.0	61.8	65.7	70.7	71.9	70.0	Very High	Improved	Excellent
Safe and Caring	96.7	95.2	96.1	87.1	87.5	88.1	Very High	Maintained	Excellent
Satisfaction with Program Access	89.1	85.3	86.8	71.9	72.9	72.7	Very High	Maintained	Excellent
School Improvement	86.0	85.2	88.6	75.8	75.2	74.7	Very High	Maintained	Excellent
Transition Rate (6 yr)	35.9	62.6	65.8	60.1	59.7	60.0	Low	Declined Significantly	Concern
Work Preparation	100.0	97.6	96.5	82.8	83.1	84.0	Very High	Improved	Excellent

“CACHS integrates a Christian worldview into every class. Through school we get involved in the community through Circle of Friends serving a meal to the community and being encouraged and given the opportunity to volunteer. The teachers at CACHS push us to do our best in all our classes.” - CACHS Graduate response, collected in Graduation Application 2024

We are pleased to find “In-service jurisdiction needs”, “Rutherford Scholarship Eligibility Rates”, and “Workplace Preparation” improvements year-over-year and over the previous 3-year averages. The supplemental AEAMs help to round out the picture of our school especially when measuring the progress made toward our Education Plan goals of Faith Formation, Quality Teaching and Learning, Wellness and Engagement and Improvement. In conclusion, our overall summary results largely remain highly positive and serve as a reminder that we must strive to adhere to practices and attitudes that have led to the confidence our constituency clearly expresses in our institution.

We will continue to cultivate a model of education which is based upon the shared responsibility of home, school and church. These results affirm an educational philosophy in which parents are central to all facets of their child’s education, which is not limited to the formal instruction offered during the regular hours of a school’s operation. Education in the broadest sense takes place in the context of community. A child experiences the greatest success when all facets of their lives are nurtured in a cohesive, harmonious and authentic manner. Our philosophical model rejects the notion that school is solely responsible for the education of a student. Excellent education takes place only when the school is viewed as one of several partners in the intellectual, moral, emotional, physical and spiritual development of the child. We will strive to maintain these partnerships.

These are the summary results and a short comment from the 2024 CACHS AERR. If you would like to read more please check our complete report linked above and also available on our website.

# Students of the Month

November

*Student*  
of the month

**JESSICA  
DOLMAN**



We celebrate with Jessica Dolman in being awarded Student of the Month for November 2024. Jessica is a diligent student who works hard in the classroom to achieve excellence, and is always willing to approach her learning with a real desire to learn and grow. She is also active in her greater school community as she shares her musical talents in assemblies by participating on the Praise team. She lends her talents to the Student Council as well as serving an integral role as secretary of the Graduation Committee. We are blessed to have Jessica in our school as she builds community through humility, kindness, and service.

December

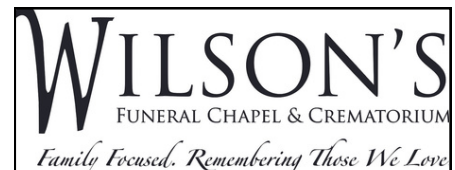
*Student*  
of the month

**ANTHONY  
VANDE GLIND**



Congratulations to Anthony Vande Glind on being student of the month for December 2024! Anthony is a worthy recipient of the title as he is a diligent student in the classroom and a committed member of the CACHS community. Not only is Anthony active in athletics, he is also involved in the school community through service on the Graduation Committee, as well as the Student Council. Anthony is in his grade 12 year at CACHS and looks forward to pursuing his passions as he studies biology at The King's University looking to a future in medicine. Anthony's responsible nature, humble attitude and sincere efforts are a blessing to our school community!

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





# Board Notes

By Andrea Thalen, Board Secretary

I hope you are all enjoying the beautiful winter wonderland outside! As we approach the Christmas season may you be reminded of God's love in the gift of His Son. We as a Board met November 18th and have a few updates to share with Society:

- 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, 2024 will receive a 2024 charity receipt.
- At our last Board Meeting the 2023-2024 Audited Financial Statements along with the Annual Education Results Report were reviewed and approved. Everything was in good order. Thanks to our Business Administrator Dorien VanderKooi, and Principal Travis Eggink for their work on these documents. Both these documents will be available to view on our website under Plans and Reports.
- THANK-YOU to all our coaches and volunteers at CACHS! We are blessed to have so many parents and members from our Society who help in various ways from coaching and helping out with sports teams to serving on committees to helping with CACHS Catering events. As a way to show our appreciation the Board has decided to host a "Partners in Education" dinner evening on January 13th for all coaches and volunteers along with staff and board members. This event will be in lieu of the annual board/staff Christmas gathering.

## 2024-2025 BOARD OF DIRECTORS

**Mrs. Cindy Ekkel**  
*Board Chair*

**Matt Kraay**  
*Vice Chair/Education Chair*

**Mrs. Andrea Thalen**  
*Secretary*

**Mrs. Annette Roseboom**  
*Treasurer/Finance Committee*

**Matthew Fraser**  
*Education Committee*

**Mr. Rick Wildeboer**  
*Maintenance*

**Mrs. Becky Kooiker**  
*Development*

**Mr. Steve TenHove**  
*Finance*

On behalf of the board, I would like to wish you all a blessed Christmas, and a happy new year!

Our next regular board meeting will be on January 6th. If you have any questions or concerns please contact a board member or email me at [secretary@cachs.ca](mailto:secretary@cachs.ca) 📧

*"And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth."*



# Alumni Feature

*Where are you now?*

**What is your full name:** Nicole Little (Ubels)

**What year did you graduate and how many years did you attend CACHS?**

I graduated in 2016 and I attended for 3 years.

**What is a core memory you have about CACHS?**

One memory I hold dear to my heart always, is the amazing sporting community that is encouraged at CACHS! My life centred around sports in high school so it is no surprise that my core memories would be athletic in nature. The CACHS community and sportsmanship is something I took to heart and continued to try to model in all my years of university sports!

**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?**

My biggest takeaway has been to continue always seeing the best in people, helping out in any way that I can (whether big or small), as well as aiming to keep God at the centre of my life. In any instances that I feel lost, frustrated, or confused, God truly does keep me grounded and I aim to demonstrate to those around me the grace that He gives to me.

**If you had to go back and do your high school experience all over again, what would you change and why?**

I think if I were to change anything, I would try to have more of a balance between school work, sports, and being involved in the community or school groups. As I said previously, my life centered around the athletics of CACHS, but as I have learned over the last few years: a person's value is not defined by their athletic ability.



*Nicole married Jared Little September 14, 2024*

**Where did you go after high school and where do you live now?**

After high school, I completed a Bachelor of Arts in Kinesiology at Augustana, Camrose while playing on the women's basketball and soccer teams. Following that, I went and finished my Masters of Science in Physical Therapy at the University of Alberta, Edmonton. I am now graduated and living back in my hometown of Lacombe, Alberta!

**What career path did you take and where are you working right now?**

After 7 years of schooling, I am now working as a Physiotherapist at Lacombe Physiotherapy!

**What is the best part about your job or the work you are doing?**

The best part of my job is that I get to use the talents that I have been blessed with on a daily basis! I get to work with my hands while helping people return to their lives stronger, pain-free, and with more confidence in themselves! I love getting to know all of my patients and working with them to determine how we can improve their lives and reach each of their individual goals!

**If you could give advice to your high school self, what would it be?**

I would tell myself that high school is one, small blimp in time. I would tell myself to work on loving who I am and that I do not need to change who I am to make other people happy.



## Outside the Classroom Continued



### 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!



## BASKETBALL

### DROP IN DATES:

Open to everyone:	DEC 27	11 AM - 1 PM
Open to girls only:	DEC 27	1 PM - 3 PM
Open to everyone:	DEC 31	11 AM - 1 PM
Open to girls only:	DEC 31	1 PM - 3 PM

JAN 3

CACHS Alumni & Friends Basketball Tournament

Please come to CACHS at 9am.

Teams will be determined that day.

### Alumni

#### News/Events

This years' Alumni Basketball tournament is on January 3, 2025 at the CACHS gym. If you would like to participate or have questions, please contact Veronica Den Oudsten at [vdenoudsten@cachs.ca](mailto:vdenoudsten@cachs.ca).

If you are OR know of any CACHS alumni, please email us your current contact information as we are working on updating our alumni database. Please send the information to [developmentdirector@cach.ca](mailto:developmentdirector@cach.ca) Thank you!

## Outside the Classroom Continued



### Building Blocks Appreciation

For a week in December the Development Committee brought treats to the staff and volunteers at Building Blocks.

We want to highlight two of their volunteers: Hilda, who is 90 years old (pictured above in the white vest) and Emma, who is 89 years old (pictured above wearing red). They are sisters and Building Blocks' oldest volunteers!

Thank you to all of the volunteers for their dedication, hard work, and gift of time! We appreciate you very much!

- When was Building Blocks established?
  - 2003
- What is the purpose and mission?
  - Provide tuition relief for families sending their children to Lacombe Christian School and CACHS
  - Funds are donated to the schools for the schools to decide where they are needed
  - In past years, each school received a sum of \$100,000!
  - The purpose was intended to support Christian education for the glory of God



Thank you to all the amazing Building Blocks volunteers!



### Grade 12 News

Thank you for your incredible support to the Grade 12 fundraisers. We truly appreciate you! The top Purdys Chocolatier Fundraiser is Brandon Kooiker and the top Growing Smiles Fundraiser is Jessica Dolman. Congratulations to both!

Grad plans are underway and the class recently voted on their theme and Bible verse. The theme is *Working for the Lord* and the verse is Colossians 3:23

Grad trip plans are underway and we hope to have more information to you by the end of January with dates and location. Stay tuned!



## Outside the Classroom Continued

### Athletic Awards

#### First Semester Edition

Congratulations to the following students:

CACHS 2024-25 Boys Volleyball  
Coaches' Award  
Corey Vreugdenhil

CACHS 2024-25 Girls Volleyball  
Coaches' Award  
Alanna Taekema

CACHS 2024-25 Girls JV Volleyball  
Coaches' Award  
Peyton Tenbrinke

CACHS 2024-25 Girls JV Volleyball  
Coaches' Award  
Kaylee Zandberg

CACHS 2024-25 Cross Country  
Coaches' Award  
Anthony Vande Glind

### 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.

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 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



*Provincials*

The Senior Girls Volleyball team had an excellent year! The team grew in their skills and sportsmanship throughout the season performing well in practices, league play, and tournaments. Despite a disappointing second place finish at Zones, the team had the opportunity to participate in Provincials in Wainwright in late November.

The team went undefeated at Provincials, earning themselves a gold medal! Thank you to coaches Tashelle, Mrs. de Boon, and Kayla for your leadership and encouragement this season.

Congratulations to Alanna Taekema for winning the Coaches' Award!



*Provincials*

Boys Volleyball had a very good year with all players increasing their skill. Each player had opportunities to play a role in practices, league play, and tournament play. The season ended with two weekends of playoffs.

November 16, the team won Gold at the Central Zones Playoff that was hosted at CACHS. This earned us a berth at Provincials in Lloydminster. We were seeded third so that placed us in a pool against the other top teams. We were able to win 1 of 3 matches in pool play and then another win in the quarterfinals. Our last two games, although the boys played well we were unable to win. This placed us 4th overall.

Congratulations to Corey Vreugdenhil for winning the Coaches' Award.

*The Senior Girls team after their final game at Provincials with their fans!*





## CACHS Knights Athletics Continued



### Hockey

Our hockey season continues along with games on Friday or Saturday evenings, and practices every Monday morning at 6.45 am. Our team is attending the Calgary Moose Hockey Invitational Tournament during Christmas Break in Strathmore (Dec. 27-28). We are looking forward to competition outside of Central Alberta! Thank you to our coaches for all their work with our student athletes!

### Boys Basketball

The boys basketball team has been practicing all of November and had a busy game schedule of two tournaments and four games prior to Christmas.

### Girls Basketball

The girls are off to a strong start in our league. We have played Pigeon Lake, Ponoka Composite School and Rimbey and have won all three games. We also competed in the Elevate tournament in Edmonton where we competed against some very strong teams and managed to get a win!

We look forward to a restful Christmas break but will still have drop in basketball times on Dec. 27th and Dec. 31st at 1pm.

The girls will be facing David Thompson on January 8th at CACHS. We will also have our CACHS invitational tournament January 10th and the 11th. We will play our first game against St. Augustine.

We are looking forward to a strong start to the season in 2025!



Scan QR code and follow  
our Instagram stories!

Or tap the link below:

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



## 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>

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

### CURRENT COACHES

#### BOYS BASKETBALL:

Mrs. DenOudsten, Ben Ford, Matt Weenink

#### GIRLS BASKETBALL:

Mr. Bell, Shelby Goedhart, Brooklyn Zandberg, Nathan Baong

#### 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

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# UPCOMING EVENTS AT A GLANCE

**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:** Calgary Moose Hockey  
Invitational Tournament

**January 4:** Alumni Basketball Tournament

**January 6:** Back to School - classes in session

**January 8:** GBB/BBB - DTHS at CACHS

**January 10-11:** BBB/GBB - CACHS Invitational  
Basketball Tournament

**January 11:** CACHS Hockey vs. Redeemer URC  
Clive Arena

**January 13:** Partner In Education (PIE) Night

**January 15:** GBB/BBB - CACHS at St. Dominic

**January 18:** CACHS Hockey vs. Winfield  
Blackfalds Arena 1

**January 25:** CACHS Hockey vs. Ponoka #2  
Ponoka Arena

**January 31:** CACHS Ski Trip / NO SCHOOL

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 to be directed to our website:



## STUDENT COUNCIL UPDATE:

The Fill-a-Fridge Fundraiser for the Lacombe District FCSS, through students' generosity raised \$2,309. Thank you for your support!

**Thank you** to Winn at Karamoon Counselling Services Ltd. for helping lead discussions and activities with some of our Mental Health Monday groups this semester!

For more information, visit their website: [www.karamoon.com](http://www.karamoon.com)



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 to the Knights News November/December issue and social media!





*Photo dump!*

