

# KNOX NEWS

February 2023

## JOINING IN GOD'S WORK

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*Jayden Kwan on a discovery mission (top left), Mark Kravtsov and Corban Lock in Christian Studies (top right), Grade 7 Band at Christmas Concert (middle left), Henry Sarabun on the rooftop (middle right), Teacher Jessica Menagé and Liam Sarabun (bottom left), Accounting class students Andrew Chu, Danica Neilson, Veronica Kaplya, Danica Neilson, Andrew Chu, Chun-Yat Tse, Marcus Bernardino, Zoe Wong, Annabelle Young (bottom right, left to right)*



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Our aim at John Knox is to support our students in stepping into the work that God is already doing in the world.

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### **Letters to the Editor**

We invite questions, comments, story ideas, as well as any general feedback you may have to the Knox News. Please email the editorial team at [development@johnknoxbc.org](mailto:development@johnknoxbc.org)

**JOHN KNOX**  
Christian School

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**Pictured on the Cover:** JKCS teachers Kelly Blackmore, Adriel Carey, Jacob Rodgers, Monica Elford, and Lara Alvarez

**Back Cover Photo:** John Knox Christian School's secondary campus







# JOINING IN GOD'S WORK

By Dr. David Ward, Superintendent

Some years ago, our family lived for a while in Portland, Oregon. During that time, we attended a church that had a significant impact on our lives and on our Christian walk. The church described themselves as: 'A group of churches in Portland that strives to love as God loves and proclaim the whole Gospel, to the whole person, to the whole world.'

As a family we were challenged regularly to keep our eyes open to see what God was doing; what was the work of the Kingdom around us? One challenge was called, "Advent Conspiracy" and the congregation focused on loving people more during the holiday season while spending less. Our family used a chunk of our regular Christmas money to buy a goat and chickens for our sponsorship child in Rwanda. It was a poignant moment for us and shifted our thinking and doing. We talked more about the gift of Jesus.

Christian schools are in a curious and inviting time in modern history. We have significant work to do in the Kingdom. Our eyes need to be open. In British Columbia we have a dynamic curriculum that serendipitously provides us an opportunity to help our students engage culture, community, and global issues with our faith at the forefront. The local Indigenous community has been an influence; the government now acknowledges the significance of faith and spirituality as it applies to curriculum - which is something we haven't seen so openly for many decades.

In October 2022 Frances Carlick, an Indigenous residential school survivor and a Christian, came and spoke to both our campuses. She told our students, "Forgiveness is the only way forward." Her message was a message of hope and reconciliation and one that allowed students to leave the gym thoughtful, sober, yet empowered.

Additionally, through the hard work of organizations such as FISA (Federation of Independent School Associations) and SCSBC (Society in Christian Schools of BC), Christian schools have a strong voice at the table when sitting with the Ministry of Education. We are in a time when our graduates and up and coming graduates can take their faith into the world to do the good works that God has prepared in advance for them to do.

In November 2022 members of TD Bank came to visit our secondary campus. As our primary lender they wanted to see the school in action. We stopped for a while to watch Ms. Anthony's class at work in the kitchen. The conversation drifted into how the kitchen at our school is used, how food is given to refugees and to those who are in need. The moment wasn't long - but it was obvious; the students of this school are active in the name of Jesus and loving others as themselves.

The task of preparing our graduates can be rigorous - but it is indeed good work. We are beset on many sides, by culture and media, by our own divisions and differences, and

by the forces of evil at work in the world. At John Knox we feel called to step into this work knowing the obstacles and differences are there, and knowing the work isn't easy. The good news however, includes the fact that God is already at work, already preparing. Our aim is to join in that work with eyes open, to support our students in stepping into that work as many of them are already doing. Soli Deo Gloria.

Photos:

Left page: Frances Carlick speaks at Truth and Reconciliation Day chapel (top left), Lunches 2 Share program for DTES Squamish Nation (top right), After school baking for outreach projects (middle row), Lunches 2 Share program for DTES Squamish Nation (bottom row)

Below: Dr. David Ward







# PRACTICING SERVANT LEADERSHIP

*By Kelly Blackmore, Instructional Lead and Grade 6 Teacher*

Grade 6 is an interesting year. It is a time of so much growth and reflection as our students prepare to make the transition to Grade 7. This is the last year our Grade 6's will walk these halls, visit our library, and be the "big" buddies. In a year of prepping for change, these students have done much to leave a lasting impression on the community they are about to leave behind.

We started the year brainstorming different ways we as a class could make a lasting impact on the community we would soon be leaving.

This is a group of servant leaders. The ideas came and came and came. Ideas of service and support for not only students but teachers and staff in our community. Ideas of service for those outside our school community, in the neighborhood and surrounding areas; there were even ideas that had a global reach.

The ideas were plentiful, then we put them into action. We started with a fundraiser: we sold apples! When the fruit arrived students sorted, labelled, and carried boxes of apples to cars. With the funds raised from apple sales

the class put together Blessing Bags for our Grade 4 classes to celebrate them as they worked hard to finish the Foundational Skills Assessment. Now that we are back from the Christmas break, we have plans to bless every other grade at the school in a different way using the money we raised.

In December, we helped to collect donations for the Union Gospel Mission. We encouraged students to bring items to donate. We collected donations from the classrooms and organized them in the lobby. We loaded Mr. Rodgers' van to capacity



with toiletries and non-perishable food items to be delivered to the UGM main donation center.

In the classrooms, we have visited primary grades to read aloud, play, and spend time with some of our youngest students. We have modeled community and service. We have delivered hotdogs, staying to squirt the ever-important ketchup and mustard. We have delivered and served hot chocolate with the help of our parent volunteers. We have showed up early and on time to report for crossing duty and chapel set up. We have offered to step in and help when someone is away.

I have seen first-hand a student's laughter and joy as a younger student approaches them in the hallway, thanking them for reading a book to their class. I have seen parents struggling to carry armloads of items to their cars and a student offer to help them. I have seen staff rushing to put out chairs for chapel, while a handful of students come in to help. I have seen Grade 6's walking an injured primary student to the first aid station, showing patience and compassion as tears stream down reddened cheeks.

Though the list is plentiful, we are far from done! There are many more ways in which the Grade 6's can sow

into this community before June. One thing is for certain, these students will do it and they will do it well and with servant hearts!

Photos:

Left page: Grade 4 students received "Blessing Bags" from Grade 6

Below: Grade 6 students supervising Kindergarten at lunch (top left), Grade 6 students organizing UGM food donations (top right), Grade 6 students on traffic duty (bottom left), Grade 6 students organizing UGM food donations (bottom right)







# GRADE 12 COLLABORATIVE MENU PROJECT

By Noah Herfst, Colette Visser, Karsten Dyck, and Louis Menco-Busch - Grade 12 students

## The mission:

1. Create a three-course Vietnamese menu with a partner
2. Cook the food in a safe and timely manner while ensuring it is delicious
3. Plate the food in an aesthetically pleasing manner... and, of course
4. Clean up.

This is what Foods teacher Mavis Anthony assigned to the Senior Foods class for their Collaborative Menu project last month. The result? An impressive feast that was gratefully devoured by a few lucky students and staff members!

After the event, students had time to reflect on how their menu execution went down. Here is what they had to say:

Noah - When I first received this project, it seemed like a scary one. There were so many components and I thought it wouldn't end well. After the first day Yuna and I had only made the tea. The next day we prayed before class for strength and to be productive and it got much better. Everything tasted wonderful and the judges were very happy with the food. One thing we could have improved was time management and our work plan.



Thanks for the fun project, we learned so much!

Colette – I am super proud of our time management. We followed our work plan perfectly and food was out on time. Karsten was an amazing partner and is really good at following recipes. The only thing I am not proud of is our jelly because it was a bit firm. Our chicken curry was absolutely fantastic!

Karsten – Time management was really good and we were very productive. Colette was a great

partner and an amazing cook. She did a great job of leading me and helping me when I didn't know what to do. I am very proud of us.

Louis – I am very proud of how my group worked together during the whole process and I am so glad we could make it to the end of this assignment. I expected it to be less stressful because we had so much time but in the end, there was less time than expected. I am very glad about how all the food turned out. Next time I would come in early to have more time. I am very glad we got

this assignment and loved how we all ate together at the end.

Photos:

Left page: Colette and Karsten's menu (top left), Colette and Karsten's curry (top right)

Below: Noah and Yuna's vanilla slice (top left), Noah and Yuna's vermicelli bowl (top right), Jayden and Nicole (bottom left), Noah and Yuna (bottom middle), Colette and Karsten (bottom right)







# PARENT VOLUNTEERS, YOU ARE THE KETCHUP!

*By Jacob Rodgers, Elementary Principal*

Have you ever imagined the world without ketchup? Some of you might find that a little concerning. Yes, you could still chomp through that hot dog, munch on some fries, or consume a scrambled egg, but something wonderful would be missing. It wouldn't be the same, and it wouldn't be nearly as good. That is why 87% of Canadians have a bottle of ketchup in their refrigerator, and over 50% declare ketchup to be their favourite condiment; on just the right dish, ketchup can make anything better. Parent volunteers, you are the ketchup of our community. In those

just-right areas, you make the school experience richer and more flavourful!

Let's take a look at some of these areas:

## **CHAPEL WORSHIP**

Has your child ever seen their classroom teacher outside of school, maybe at a restaurant or the mall? Sometimes young children feel surprised to see their teacher outside the classroom. It doesn't feel normal, and it takes a moment to realise

teachers are real people who also buy groceries, go to church, and enjoy walks along the beach. A similar experience can happen when parents lead worship at chapel. Children may feel surprised to see someone other than a teacher leading worship at school. It doesn't feel normal, and it takes a moment to realise that parents are just like their teachers – people focused on worshipping Jesus in every aspect of their life.

Parents, when you volunteer to lead worship, you model to the whole school community that worship





is something we do everywhere.  
Thank you.

## COACHING

Have you ever coached a child's sport team? To quote Charles Dickens, it can be the best of times, and it can be the worst of times. As coach you might have to get up early, or stay at school late; you might have to research strategies, rules, and drills; you might have to give up a Saturday, or stand in the rain; you might lose a game, your voice, and your cool, all on the same day. But Wow! It is so worth it! The excitement of eager children; the patience of developing technique; the challenge of fostering teamwork; the intense emotions of a close match; the deep comradery of struggling together; the thrill of victory; the pang of defeat... it is a roller coaster of emotion that might prove difficult, but will never be a regret.

Parents, when you volunteer to help coach, you show everyone that our community cares about more than

pure academics, but about every single gift, ability, passion, and interest God bestows. Thank you.

## READING AND MATH CENTRES

Have you ever seen those people handing out water cups at a marathon? They aren't running or competing in the race themselves, but they're helping others, cheering them on and validating the activity just by being there.

Parents, when you volunteer in primary grade classes to read and/or explore math concepts with children, you may not be learning the concepts yourself, but you are encouraging others, validating what they are doing. When you are present and involved, children understand that what they are doing is important and valuable. It's not about the end result, but the process, and a child who experiences personal satisfaction in the process of learning is set for success.

I could keep going, highlighting the impact of traffic volunteers, field trip supervisors, hot-lunch preparation

teams, library organisers, and many more. You all play such an important role in the school. I know not everyone can volunteer during school hours, and that is okay. There are many ways to invest and support the school and we thank you for them all. But we do want to highlight the deep blessing it is to have parent volunteers on-site.

Volunteers, you have a deep and profound impact on the lives of students and families in our community, and as a school committed to partnering with parents, we are so grateful for your involvement and support. As someone once said, "You can never have too much ketchup," and that's exactly how we feel about you.

Photos:

Left page: Parents helping with Math Centres

Above: Parents leading worship at chapel









#### Photos:

Left page: Grade 7 band (top left), Student Tim Glenu in Art Class (top right), Yuna Kim in Foods Class (middle left), Students baking cookies for seniors after school (middle right), Kindergarten students on Hot Chocolate Day (bottom left), Grade 7 students racing Spheros (bottom right)

Right page: Kindergarten celebrating Christmas (top left), Teacher Adriel Carey leading singing at secondary Christmas concert (top right), Students pose with teacher and senior grades vice principal Leanne Arevski (middle left), Audiences enjoying secondary Christmas concert (middle middle), Grade 7 student Tim Rodgers (middle right), Ping pong in the courtyard (bottom left), Grade 5 visits Capilano River (bottom right)





# STEM CLUB: FROM ELECTRICITY PRODUCING CRYSTALS TO A MAZE-SOLVING ROBOT

*By Sergio Brock, Senior Teacher*

There's a new club at the Secondary Campus this year which meets weekly at my Physics lab. It's the STEM Club, run by me, Sergio Brock, along with support from Network Administrator, Luke Qi. STEM stands for Science, Technology, Engineering, and Math. I started this club because

I wanted to give students the space, time, and support to explore their own interests while having the opportunity to work with other students from various grades.

My approach with the club is to encourage students to find something

they're interested in and work through roadblocks and challenges themselves while offering gentle help and ideas when needed. I hope that the students learn to experiment, problem-solve, and take ownership of their projects. I purposely didn't have anything pre-planned going into this so that the





students could come up with their own ideas of projects they wanted to pursue.

One interesting project being worked on by a pair of Grade 12 and Grade 8 students is exploring piezoelectricity, converting kinetic energy into electrical energy using crystals. These students are looking into crystals that produce electricity when they are pressed or walked on. Although the students' first attempt hasn't worked, I hope they will continue pursuing their project.

Another initiative is being taken by Grade 8 student Daniel Wong. He is working on a statistics project that collects data from the JKCS basketball team. He hopes that by analyzing the data he will be able to offer ideas to improve their performance.

Sophia Varga in Grade 10 was curious

about precision surgery so she has teamed up with Mr. Qi and is using the school's robotic arm.

Grade 10 student Beatrice Leahu has been working on a wind-powered turbine. She made great strides in researching and has now been using the school's 3D printer to design and build prototypes.

It has also been awesome to watch Michael Chen develop his capstone project with support from Mr. Qi in building a maze for a robot to find its way out of.

Many students in the club have been deeply involved in the research phase and I am now encouraging them to start building prototypes. I hope that they will continue to persevere and learn by trying things.

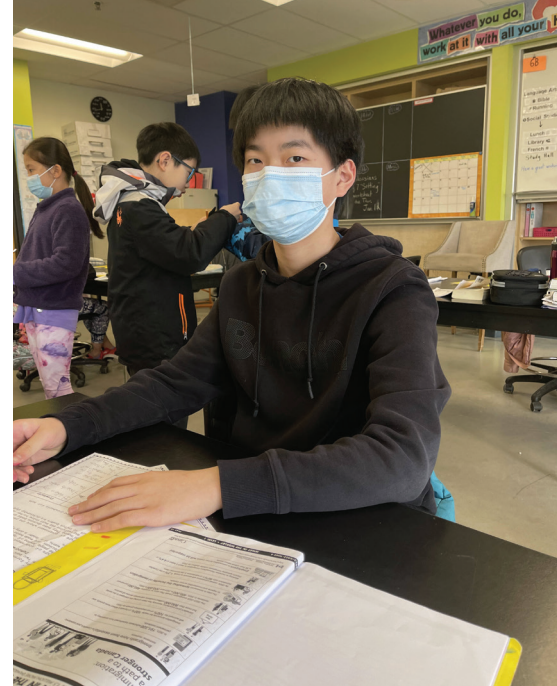
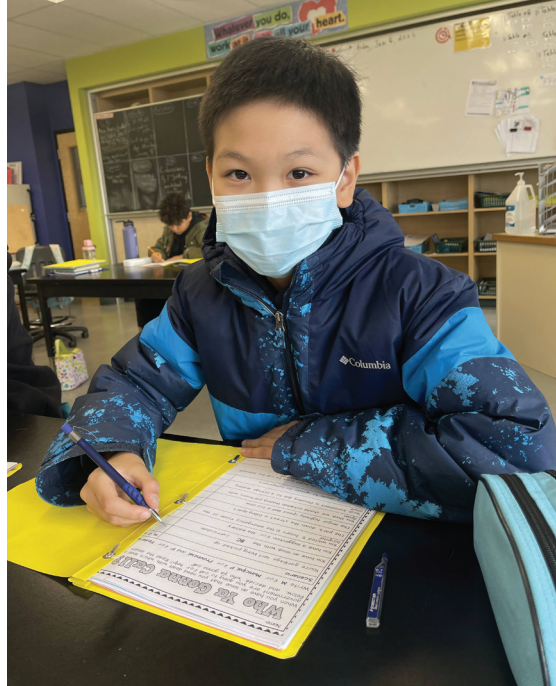
Although this club is in the very early stages, I dream about what it could look like in the future. I envision projects expanding and evolving from year to year, with older students mentoring younger students, and then returning once they are in university and beyond. I am also hoping graduates will come back to share what they have learned.

*Photos:*

*Left page: Sergio Brock meeting with Daniel Wong about statistics project (left), Luke Qi discussing medical project with a student (right)*

*Right page: Michael Chen's maze (left), Students researching their project (right top), Students discussing their liquid and solid state battery project (right bottom)*





# GRADE 6 PERSUASIVE ESSAYS

By *Hannah Buikema, Grade 6 Teacher*

In term one, students from 6B chose a topic to research for their persuasive writing essay. They had to write three main claims or reasons, consider a counter-argument, and respond to that counter-argument. They edited their essay to ensure every paragraph included only one idea, and peer edited for proper spelling, punctuation, and grammar. They added transition words and followed up with a conclusion to restate their main ideas and provide a call to action. They also had to determine who their audience was and write to that audience.

In the BC Grade 6 Language Arts curriculum, students are expected to exchange ideas and viewpoints to build shared understanding and extend thinking and assess and refine texts to improve their clarity, effectiveness, and impact according to purpose, audience, and message. The following are a few

examples of what our Grade 6 students wrote about.

Jayden Wu wrote an essay titled, “Why You Should Wear A Uniform in High School.” He argues that “...there are many advantages to wearing a uniform. It can provide safety, make you feel equal to others and you can be more efficient by saving time. So if I have the choice to wear a uniform I will always say yes.”

Ethan Guo tried to persuade us with his essay about, “Why You Should Watch Opera,” and made this compelling point: “The first reason why you should watch opera is because it calms your mind and makes you think clearly. According to scientists, opera makes us smarter by fifteen point seven percent every time you listen to opera. Did you know that opera promotes mental health immensely.”

Norah Lam, who is part of the ESS program at John Knox, worked with her EA, Elizabeth Loewen, to craft her essay called, “Benefit of Diamond Art.” She persuades using a personal example: “Diamond Art is a good way to reduce stress and anxiety. When I work hard in school, I need a Diamond Art break from school work, because it helps me feel relaxed.”

I am proud of all the students for their work in writing their persuasive essays and developing these skills to articulate their ideas.

Photos:

Photos: Nora Lan (left), Ethan Guo (middle), Jayden Wu (right)



# FUTURE SCIENCE LEADERS: EXPLORING TOPICS IN STEAM!

By Sydney Choi, Grade 10 student

This year, I have the opportunity to be a part of an amazing program with Science World called Future Science Leaders (FSL). The program strives to provide the resources and foster an environment for “future scientists” to enrich their STEAM (Science, Technology, Engineering, Arts, Math) aspirations.

I first heard of FSL from a friend who is an alumnus and I found that this opportunity was perfect for the direction I was headed. As someone who has had a passion in the field of STEAM ever since studying the human body in my Grade 5 Science class, Future Science Leaders was perfect. As I have been a student at John Knox Christian School since Kindergarten, the school has undoubtedly fostered my curiosity in science. I feel that a lot of my ideas and work I contribute to

FSL can be attributed to the community that I grew up in.

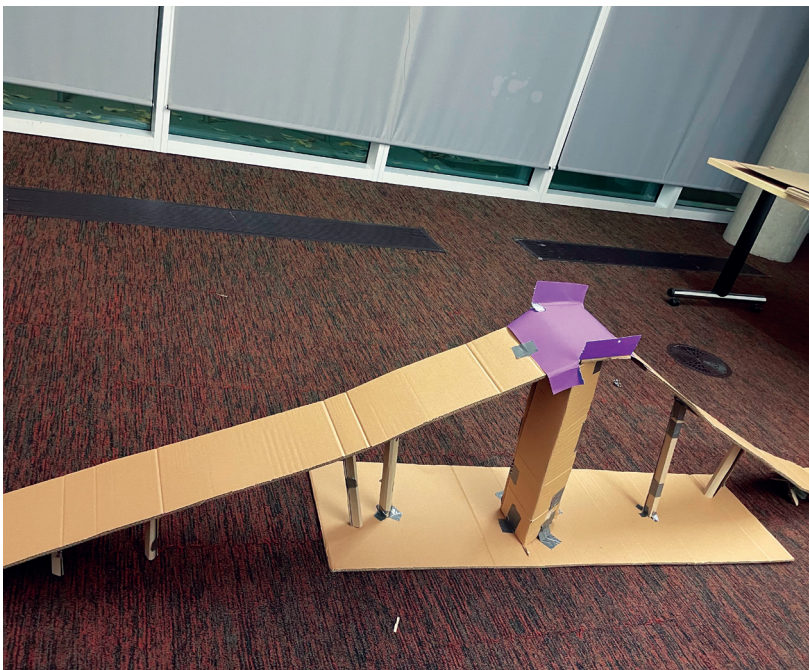
Currently, I, along with two other peers from JKCS, are a part of the “Year 1: Discovery Program” hosted in Surrey. Every Thursday, myself and 14 other students attend two-hour sessions where we explore various topics in STEAM and we often hear from guest speakers, attend field trips, and apply our learnings to projects and experiments.

Later in the year, we will conduct a Scientific Inquiry Project based on our personal area of interest. So far, some of the topics we have covered include Engineering and Biology where I had the chance to build bridge prototypes and analyze the environmental impacts.

One of the biggest things I have learned while being involved with FSL for the past couple of months is that making personal connections to topics plays a considerable role while working in STEAM. Overall, I am very grateful to be able to participate in Future Science Leaders and am excited to see where this program takes me over the next year!

Photos:

Bridge Prototype Challenge for Engineering (left),  
Future Science Leaders: Sydney Choi, Esther Kim, and  
Beatrice Leahu (right, left to right)







# BAKING, SCIENCE AND MATH

*By Monica Elford, Grade 7 Teacher*

With a dash of math and a sprinkle of kitchen skills, foods class and mathematics combine! This term, Mrs. Anthony and I (Ms. Elford) noticed that our newest secondary students could use a crash course in the kitchen, as well as practice their mathematics to see how these subjects are not solitary. Mrs. Anthony approached me with the observation that her new students weren't yet comfortable with measurements, weights, and volume as they apply to kitchen usage. We were able to design some curriculum materials that would teach these skills and allow students to apply their learning to hands-on experiences. They practiced measurement conversions, using imperial and metric measurements, and multiplying baking yields. Students were also able to discuss how chemical reactions occur during the baking process as they recently completed a chemistry unit in Science class.

The Foods program is a mandatory elective in Grade 7 and Mrs. Anthony provides students with practical kitchen skills and volunteer opportunities with organizations like Journey Home, who support newly arrived refugees in our neighbourhood. A chance to get acquainted in the Foods Lab can promote comfortability and a higher likelihood for

students to continue to express their passions in this way. It was wonderful to see all of the students engaging with their kitchen teams and being involved in the baking process of brownies. Students who are not always in leadership roles were given the opportunity, and many others surprised us with their enthusiasm, creativity, and previous knowledge. A random secret ingredient (pumpkin, apricot, lettuce, raspberries, cantaloupe, or apples) was supplied to each team, who then had the challenge of incorporating it into their brownie recipe. Afterwards, the class had a brownie sampling and shared their masterpieces. Many were surprised to try the flavours and enjoyed them! The experience was a success and the teachers involved would love to continue the lessons next year.

*Photos:*

*Grade 7 students measuring and baking*



# SERVING AT UNION GOSPEL MISSION: HUMBLING AND UNFORGETTABLE

*By Ashton Liang, Grade 12 student*

Every grade in the secondary campus has a mission and outreach focus for the year. In Grade 12, students serve their community by serving lunch every Thursday at the New Westminster Union Gospel Mission (UGM). Every Thursday four students travel to downtown New West to join the dedicated UGM staff members to provide lunch for an average of 150 guests each day. Students' tasks include serving coffee, taking tickets, plating meals, and washing dishes. A Grade 12 student often shares a devotion and prays for the guests before the meal, and occasionally Dale Lund (musician and husband of JKCS missions and outreach coordinator Jeyne Lund) sings a few songs.. It's a wonderful experience seeing what it means to work in local missions and meeting the guests who come in for lunch.

I had a chance to go to UGM - New Westminster and my time there was nothing short of humbling and unforgettable. When Megane, Joey, Grace, and I first arrived at UGM, I was intimidated by the environment and the people we were supposed to serve because I judged based on first impressions. However, I immediately got to know the wonderful, passionate UGM personnel, and I appreciated the way they welcomed each new visitor as if they were an old friend. The staff made me feel at home right away, and I was excited to assist those who entered UGM. I loved the interactions between staff, volunteers, and guests, and it was heartwarming to see how much we were helping them on that cold October day.

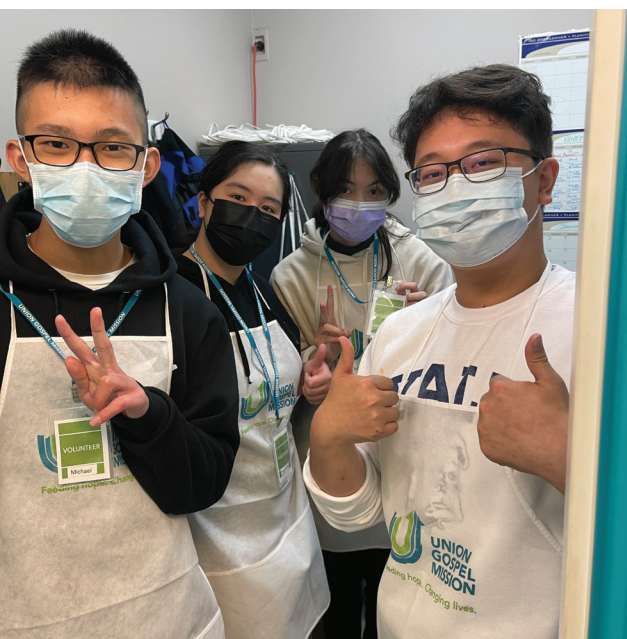
I was assigned behind the window to serve food onto plates and place them

on the counter for classmate Megane to give to the folks waiting in line. I could see that many of the visitors were having a difficult day when they arrived, so watching how their spirits improved when they found that there was a hot meal waiting for them was pretty satisfying. Overall, I had a great time during my visit to UGM since it allowed me to give back to my community, cheer up some people, and learn a crucial lesson about never taking things for granted.

Photos:

Gr 12 students gearing up to serve (left),

Gr 12 students plating and serving lunch (right)







# GRADE 3 WRITES CHRISTMAS SONGS

*By Arusha Vegt, Development Director*

If you were at the primary Christmas program last month, you witnessed the world premiere of three brand new Christmas songs. Even more impressive, they were written by our very own Grade 3 students (with a little bit of help).

Music teacher Rebecca Visser wanted her Grade 3 students to connect with the Christmas story and Christmas music in a new way – by writing songs that were meaningful to them. She brought in songwriter Laura Koch who runs a program called SnapTunes. Laura visited each Grade 3 class, asking them what Christmas means to them and brainstorming the thoughts, feelings, and words that come up at this special time of year.

Students talked about the miracle of Christ's birth, Mary and Joseph, the wise men, shepherds, and angels. They thought about the special foods we eat at Christmas time, the fun and excitement, as well as some of the harder feelings that some of us experience at Christmas. Using her guitar and a whiteboard, Laura created a melody and helped the students craft rhyming sentences following the theme that they most wanted to share.

After a surprisingly short time, each class had written their very own Christmas song! Mrs. Visser practiced the songs with the students leading up to the Christmas program where they performed the brand new songs in front of a huge live audience. The songs were titled "Follow the Star" (written by 3BK), "At Christmas Time" (written by 3A), and "Long Long Ago" (written by 3F)

If you'd like to listen to the three songs, which were performed at our Christmas concert, go to:

[johnknoxbc.org/knoxnews](https://johnknoxbc.org/knoxnews)

Photos:

Grade 3 classes perform at the primary Christmas concert in December





# EXCITING TIMES FOR GRADE 6 SOCCER AND VOLLEYBALL

*By Hannah Buikema, Grade 6 Teacher and Coach*

We have had an exciting Fall sports season in Grade 6. The Grade 6 co-ed soccer team won first place in the “A” division tournament at Mennonite Educational Institute (M.E.I.) in October. A big thank you to Tony Habib who was able to coach this year. Highlights include Keon’s never-ending runs with the ball, Hunter’s leadership abilities and Julianne’s fearlessness when faced with an opponent. It was a pleasure to help coach a team that consistently encouraged each other, communicated well on the field, and displayed a Christ-like attitude. This tournament was something many of the players have been looking forward to for years. Well done!

In November, the Grade 6 girl’s Tripleball (Volleyball) team competed at Abbotsford Christian School and the boy’s team competed at Langley Christian School. Being a new sport for many students, the learning curve was steep. Both teams played against 15 other schools, playing about 10 20-minutes games throughout the tournament. The boy’s

team achieved 8th place, and the girl’s team took 2nd place in tier 2. Highlights from the girl’s day include powerful serves from Lauryn and calm and consistent passing and hitting from Samantha and Kaitlyn. The girls enjoyed Italian sodas and lattes in the ACS cafe during their break. The girl’s team was calm and focused and kept their emotions in check. They were encouraging and positive toward each other. Great job everyone!

Photos:

Grade 4-7 cross country team (left), Grade 6 co-ed soccer team (right)





# JOHN KNOX HAWKS UPDATE

*By Christian Loro, Athletic Director*

This school year has been an exciting time for our athletics program. Here are a few highlights:

## **VOLLEYBALL**

Congratulations to our Grade 7 Girls Volleyball team who finished 3rd at the Christian Elementary School Sports Volleyball Championship hosted by Vancouver Christian School. It was a fun day of volleyball with lots of laughs, tears, and cheers!

The Grade 9 girls participated in the BC Christian Schools Junior Girls Volleyball Championship at MEI in Abbotsford as well as the BMSS Cake Tournament at Burnaby Mountain Secondary. In November, they finished 3rd at the Fraser North Zone Championship at Terry Fox Secondary School in Port Coquitlam by beating Burnaby Mountain 3-0. The girls had an amazing season and really exceeded everyone's expectations. Great job, ladies!

The Senior Girls Volleyball team participated in the BMSS Cake Tournament at Burnaby Mountain Secondary and finished 3rd at Fraser North 1A Senior Girls Volleyball Championship hosted by John Knox Christian. The girls played great all season. Thank you to Mrs. Arevski for coaching this group of young women!

## **SOCCER**

A highlight for our Junior Boys Soccer team was qualifying for the playoffs



after a 6-1 victory against Burnaby South. They finished the regular season in 6th place and competed valiantly in the quarter-finals of the playoffs. Congratulations to a solid season, boys!

## AQUATICS

The John Knox Aquatics team performed well this season. At the Burnaby New Westminster (BNWSAA) Swim Meet at Central Park, our top performer was Caleb Quon in Grade 10 who finished 5th at the 50m freestyle with a time of 31.28 seconds. In October, the Aquatics team travelled to Watermania in Richmond for the Independent Schools Association Swim Championship. We had some fantastic showings from our swimmers in a very competitive field.

Also exciting: our Aquatics Team took home the Fraser North 1A Aquatics Championship banner on October 25th at the Fraser North Aquatics Championship! Our Boys Relay team qualified for the Provincials in November and performed well at the provincials. Congratulations to the Aquatic Team!

## CROSS COUNTRY

Our Cross Country team had a strong season this year. Highlights included travelling to Mundy Park in Coquitlam

to compete at the Triple C Invitational where Elliott Scott in Grade 12 finished in the Top 15 in Senior Boys. Another highlight was the Cross Country team battled pouring rain, mud, and wind on October 26th at the Fraser North Cross Country Championship at Central Park. Congratulations to Timothy Li in Grade 10 who qualified for the BC School Sports Cross Country Provincial Championship at this event and went on to place 69th out of 238 of the top runners in BC with a 4km time of 14:50. Amazing job, Tim! We're proud of you!

## BASKETBALL

In late November, we saw the return of the Alumni Basketball game as a group of former JKCS & Carver students came back and played against our Senior Boys Basketball Team. It was a great game and fantastic to see former students come back and connect with our current students. It was also great to see many students and parents come out and watch the first game of the season.

In December, JKCS hosted the Knox Ball, which is an annual tournament where other schools were invited to participate. Our Junior Boys finished first out of 4 teams, our Senior Girls finished 2nd out of 4 teams, and our Senior Boys finished 2nd out of 8 teams.

In early January, our Senior Boys came home with bronze medals after beating Vancouver Christian School in the Bronze Medal match at the BCCSSAA Div 2 Basketball Championship hosted by Nanaimo Christian School. It was a great time of basketball and team bonding as we head to the big stretch of the season. Aryh Khan was named to the Tournament All-Star team.

Currently, our Boys and Girls teams are preparing for the Zone championships in February, which is the pathway to go to the provincials. We are excited to see how the rest of the season unfolds!

Photos:

Left Page: Grade 7 girls volleyball team that finished 3rd at the Christian Elementary Schools Championship (left), Grade 9 girls Volleyball team that finished 3rd at the Fraser North Zone Championship (top right), Timothy Li who ran at the BC School Sports Cross Country Championship in Victoria (bottom right)

Right page: Senior boys basketball team who finished 3rd at the BC Christian Schools Championship in Nanaimo (left), Fraser North 1A Aquatics Champions (right)





Return undeliverable addresses to:

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