



Principal's Post

Recently I had a conversation with a student who wondered why we call it 'Good' Friday when this is the day we remember that Jesus had to die on the cross for us. We had a good conversation about what the word 'good' really means. In Mark 10:18 Jesus states 'only God is good'. When we look intently at the character of God, we begin to see with clarity what the word 'good' really means. The word is closely akin to holiness, which may imply that our actions are set apart for God's glory. In the death of Christ on the cross we see holiness outworked. This act of holiness or 'goodness' leads one into a very quiet, reflective, solemn place that causes us to truly believe that Christ himself and his work on the cross are truly 'good'.

Following our Easter break, high school students will be busy preparing themselves for the end of term exams. We hope that each one experiences success during these few days. This will then lead us into our fourth and final term of the academic year.

In Elementary School, our house competition is moving along with many great success stories. Our spelling bee was a hit with the Badgers proving to be successful again. Currently the Badgers are in first place, but the Grizzlies are making a late and rapid charge for that coveted top spot. Currently the Hornets hold the tiniest of margins over the fourth placed Cougars. Good luck to all Teams!

We hope and pray that your Easter celebration is one that reflects on the Holiness of God while embracing the joy and freedom that is highlighted on Easter Sunday!

In Christ,

David Cameron

Vice - Principal



Days to Remember

April 2	Good Friday (No School)
April 5-9	Easter Break (No School)
April 15 & 16	Quarter 3 Exams (Grades 7-12)
April 19	Quarter 4 Begins
April 20	Report Cards (Grades 7-12)
April 20 & 22	K-12 Interviews
April 23	Day in Lieu (No School)



School Interviews

Parent/teacher interviews will be on April 20th and April 22nd. We will be conducting them through phone calls instead of face to face again. As in previous years, you are able to book your 10 min phone interview with the teachers through schoolinterviews.ca using the event code **ctesc** . Whichever name of parent is listed in the interview slot will be the parent that the teacher will contact. As in face to face meetings, we only have a limited amount of time for each parent (10 min) to be able to fit everyone in. Please be aware that the number on your phone may not show “Valley Christian Academy” but it may be from an unknown number or it may show as coming from out of province, as teachers may be using their computers for calling you. Please answer the call if it’s coming at the appointed time of your interview.

Swimming Lessons Grades 1—6



We usually offer swimming lessons through school for Grades 1—6 in the Spring with Harry Bailey. We have looked into the possibility of being able to go ahead with swimming this year hoping that we would be able to. Unfortunately, with the restrictions still in place, we are unable to offer swimming lessons through school this year. We are hopeful that next year we will be back at it!



Around the School....

This quarter I have had the privilege of working with the Grade 9 class in Health. Often Health is overlooked as an “unimportant” subject, but I would like to advocate it as one of the most useful subjects for teaching disease prevention, health promotion, good decision making and career education. The topics addressed in Health are the things that all people need to know and apply to live healthy lifestyles as they grow into adults and start making decisions about their future.

This quarter we studied several Chronic Illnesses, and the students were able to put into action some health promotion around avoiding health risking behaviors that could contribute to developing Chronic Illness. Students created individually packaged healthy snacks for the class, created work out programs for their friends, created Health promotion through education on Instagram and created education power points and posters to share with the school in various mediums. Following this, students were able to learn about the importance of Mental Health and the stigma that is ever so present in our society about Mental Illness. Students have a better understanding of the language to use around mental health and the importance of seeking help and talking about mental distress and mental problems they may have in their life. The highlight of this unit was the presentations created by the students about different Mental Illness. I am always amazed at the creativity of our students when I get to watch educational videos, unique poems and raps performed that bring to light some of the issues around different mental illnesses. We will complete our health course by talking about Healthy Relationships. I would encourage all parents to have conversations with their children about what healthy relationships (friendships, dating and marriage) look like. We will be looking at God’s design for healthy relationships and what the Bible has to teach us about his plan for the relationships in our lives.

It has been a joy to work with this group of students this quarter and see them grow in their health knowledge. They are smart, motivated to learn and creative. It is easy to come to work when I get to work with such great students.

God Bless as we head into a much-deserved break. I hope that everyone can find rest as they reflect on the sacrifice that Jesus made for us on the cross, and the hope and redemption that we receive through his resurrection.

Oh, and remember to get outside and be active in the beautiful weather to come—it’s healthy!

- Mrs. Schmidt



From Mrs. Stogsz

What would that Friday have been like for the disciples? For Mary? For all those who followed Jesus with the hopes that he was the long awaited Messiah—the one who would save them. They watched in horror as he was beaten, mocked, spit on, unfairly accused and then led to be nailed to a cross. They watched him die, and with his last breaths forgive those who crucified him, crying out “It is finished”. They took his body down, prepared it for burial and placed him in a tomb. They rolled the stone in front and watched as they sealed it, and saw the Roman guards standing guard—for they feared someone might steal his body. It was a dark, ugly, unbelievable day for the disciples and those who loved Jesus. How could this be? How could he be dead? Now what? What would happen to them? So many questions and no answers. As they gathered together in a room somewhere in the city, there must have been a heaviness, a cloud of hopelessness that enveloped them. They must’ve tried to remember as much of what Jesus said, what he taught, looking for a clue of what came next.

We, as Christ followers today, have the advantage of knowing how the story continues—that Jesus didn’t stay in the tomb, he rose on the third day and is alive! We may think—why didn’t they just have faith? Couldn’t they see what was happening? But what would we have done in their shoes? Would we have chosen to trust, have faith and believe that there was a greater plan in progress?

This Easter weekend, let’s feel the weight of Friday, the heaviness and darkness of that day—that Jesus laid down his life for us because of our sin. May that realization bring a deep gratitude and humbling of ourselves. Then, on Sunday—let’s feel the weight being lifted, the sun shining through the darkness, celebrate the tomb being empty. Feel the amazement of the miracle of Jesus being alive! Feel the freedom of our sins being forgiven, the deep love that God has for us and the joy we have knowing that we will one day live with him.

He is Alive! He is Alive Indeed!

“Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. (Mark 16:6)