

THE KING'S HERALD

...a positive high school experience and positioned for Godly leadership...

FROM THE PRINCIPAL'S DESK...

I am back.

It was good to be away and it is great to be back! During my research absence from the King's office, I was privileged to observe other schools, attend interesting conferences, engage with experts in the profession and reflect on a significant body of literature.

In the weeks to come and at the next Membership Meeting, I will share some of my experiences and findings.

I wish to publicly acknowledge the masterful manner in which Mr. De Boer and Ms. Conlin administered the school in my absence. My confidence in their abilities provided me with the freedom to completely immerse myself in the research without concern for the smooth continuation of all the daily King's activities. My deepest appreciation and acknowledgement to Mr. De Boer, Ms. Conlin and the entire staff for a most successful semester.

It will be our challenge to continue the vision of prayer and obedience in shaping the future for King's. As a staff, we are committed to fully respect each student and thereby seek to instruct each student in a style consistent with their best approaches towards learning. We will continue to set high standards for behaviour and learning. As before, mediocrity will not be tolerated. It is our

goal that every student increasingly see and hear our Creator God in the everyday. As in previous years, our graduates will be ready to face their future, ready to climb the mountains of life, to seek out new horizons. As they reach each new mountain type they will be in a position to view new horizons worthy of their exploration. This past semester our students again enjoyed great success in their scholarship and activities. Parents and students, won't you join us in prayer that these blessings will continue in this second semester? Your support for this respectful vision for schooling is valued by all the staff.



Mr. Vanderkooy, Principal

KING'S OPEN HOUSE

Saturday, February 7, 2009

10:00 am to 2:00 pm

KING'S CHRISTIAN COLLEGIATE OFFERS INDIVIDUALIZED PHYS-ED PROGRAM

Program helps students maintain a healthy lifestyle

Wednesday January 21, 2009 -- Jennifer Higgs (originally published on www.oacs.org)

[King's Christian Collegiate](http://www.oacs.org) high school in Oakville has developed a unique physical-education program for its Grade 9 and 10 students that implements an individualized approach to fitness.

Nic Armstrong, the school's Director of Athletics, designed the program, which is called TOTAL HEALTH.

"It's an individualized concept of physical education where each student has their own mat, their own log book, their own tracking record of their physical development," says Armstrong.

The program directs student's attention towards body awareness, muscle development, body composition transformation and works on building up the cardiovascular system. Armstrong says the program aims to give students a similar feeling of personal development that they may experience in other school subjects. Physical education is year round and mandatory for Grades 9 and 10 students at the school.

The program is set up so students have two power-packed weeks where each day focuses on a different activity or exercise corresponding with the TOTAL HEALTH acronym:

- T – Testing
- O – Core exercises
- T – Tens and abs
- A – Active stretching
- L – Legs and back day
- H – High Intensity Interval Training
- E – Extensors and flexers
- A – Active stretching
- L – Plyometrics (form of jump training)
- TH – Thanks day (quite often a game)

**NIC ARMSTRONG,
DIRECTOR OF ATHLETICS**



After the two weeks there is a rest week when core sports, such as basketball and volleyball, are played. This gives students a physical and mental break. "It really actually allows them to enjoy those sports even more when they come around," Armstrong says.

The class runs 40 minutes, allowing for a "half hour of power." Students watch the gym clock and a screen that accounts for each minute of activity. "It's very intense," says Armstrong.

The program started in September 2008, and has just completed its inaugural semester. At the beginning of the semester Armstrong says students were apprehensive about working hard, but they now have gained self-esteem and have seen physical improvements.

Through their log sheet tracking students can see the improvements they have made, for example from completing two push-ups to 10. By the end of this first term we've seen kids skyrocket at that level, really improving their physicality in several areas," says Armstrong. The program aims to give students the tools to maintain a healthy lifestyle. Every month there is an education day, when an expert comes into talk about nutrition and food education.

A spinoff benefit to the TOTAL HEALTH program is it is helping to propel the school's athletic program. Students are noticing an improvement in their extra-curricular varsity team performance. Armstrong says students have told him they have more endurance, are jumping higher and running faster.

While in most schools phys ed is mandatory only for Grade 9 students, Armstrong says with the increase in obesity in society there may be more schools pushing for mandatory physical education for other grades.

Armstrong says they are still working out the details of the program and sharpening the days. He has also started to develop similar programs for the upper-year grades. He says they will be looking to "shop" the program around, adding some other teachers he knows are excited about the program.

SCHEDULE OF EVENTS

- *Thursday, Jan 29 - Monday, Feb 2*
Graduation Photos
- *Monday, Feb 16*
Family Day holiday - no school
- *Friday, February 20*
Marks updated on Maplewood
- *Thursday, March 5 (4 - 5:30 & 6:30 - 9:00)*
Learning Dialogues
- *Fri. March 13 - Mon. March 23 (inclusive)*
March break - school is closed
- *Wednesday, April 1*
Mid-Semester 2 Learning Reports
Distributed
- *Thursday, April 2*
Grade 10 Literacy test
- *Fri. April 10 - Mon. April 13 (inclusive)*
Easter Break - school is closed

A GREAT OPTION...

If you're looking for a great venue for a banquet, party or other social or business gathering, consider booking the fabulous facilities at King's. Contact Mrs. Sharon Van Beilen at 905-257-5464 ext 503.

ATTENDANCE

Please remember to call (905-257-5464 ext. 501) or email the school (snoseworthy@kingschristian.net) before 8:30 am if a student is expected to be late or absent from school. We miss our students when they're not here with us!

JOIN US FOR PRAYER...

Join a growing group of committed parents who pray for King's, its students and staff every Thursday morning at 8:45 in the conference room in the main office area. All are warmly welcomed - and we're done by 9:30.

DOMINICAN TRIP 2009 ...

A REPORT FROM ASHLEIGH DAVIS

Last week I was privileged to be one of the 43 participants to attend the mission trip to the Dominican Republic. The experience took me out of my comfort zone. The living conditions were different and took some time getting accustomed to. The mosquitoes were not friendly and I was with 42 other strangers who I had to live with for a week - this did not seem like it was going to work. Little did I realize how much my life would change and my perspective on thinking would be altered forever.

Each day began with breakfast, after which we took part in our personal devotions. We found a quiet place on our own and looked in depth into the Fruits of the Spirit; each day we focused on a different attribute. Afterwards, we spent approximately three hours doing manual labour: mixing cement, cutting rebar, digging trenches, moving dirt from one area to another area and then back again to same area.



Lunch was quite satisfying and was followed by a period of relaxation also known as "Siesta" time; however with 37 students and six wild teachers, not a lot of rest actually was taken. After Siesta, we returned to the work site for another three hours. Our day concluded with dinner, cleaning-up, resting, large group devotions and then small group devotions. Large group devotions took place in a fairly large room where we sat in a circle and joined in praise and worship songs. The first couple of days the singing was a little quiet. By the end of the week students were fighting over which song to sing - imagine that, King's students wanting to sing! (cont'd...)

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During the large group devotional time teachers would give a meditation on one of the specific attributes of the Fruit of the Spirit that we had read about during personal devotions. Students also had a time to share with the group their personal testimonies of their individual experiences and continual journey with God. This was a powerful part of our devotions as we were actually able to open up and discuss our lives, both the good and the hurts. Listening to each other's stories made us feel “normal” and part of a bigger community. The time in our small groups was used to discuss our day, our thoughts and our experiences. The devotional times we had (personal, large, small groups) allowed individuals to share their struggles and hardships with Christianity. As we shared our lives, the group became closer and more aware of the similarities we shared.



The trip to Dominican Republic not only allowed for us help make a difference in people's lives in the community but also in our personal life. The whole concept of “learning to serve and serving to learn” came true in so many different ways. Despite the lack of sleep at night, the vicious dogs, the crowing roosters, mosquitoes and bedbugs, and the occasional swollen uvula, I am confident in saying that the trip was a life altering and memorable experience and filled with lots of treasured memories. **ASHLEIGH DAVIS**