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Written by students for students, *Uknighthed* will help you stay up-to date on all current events and stories at Unity.

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Knights Battle Hills and Competitors in Cherokee

In Cherokee, Iowa, Unity Christian cross country teams raced their hearts out on October 6. The tough terrain challenged the runners as they raced up and down each steep hill. Around every curve, they faced the difficulty of being mentally and physically tough. It was a beautiful day to compete, with a high of 73 degrees and a slight breeze. Cherokee's course consisted of running two of the same loop. Both the girls' and boys' teams race for 3.1 miles, otherwise known as a 5K.

The Varsity Boys finished 7th, Varsity Girls came in 4th, and both JV teams placed 5th overall. Amaya Van Essen, junior, finished strong with a time of 21:35, bringing her in 4th place of the girls' varsity race. Close behind her was Megan Te Krony, sophomore, with a time of 21:37, giving her the 5th place position. Jacksen Dykstra finished 16th in the boys'



The JV girls sprinting off the starting line after the gun blasts.

varsity race with a time of 18:24. Unity's competition consisted of eight teams: Sioux Center, Cherokee, Western, Storm Lake, MOC-FV, Spirit Lake, Sheldon, and Trinity Christian. Looking back on her race, Amaya Van Essen said, "That meet went pretty well for me, actually. I felt very confident and very strong. Even though there were a few hills, I felt good!" Amaya's positive attitude helped her stay mentally tough before and during the race.

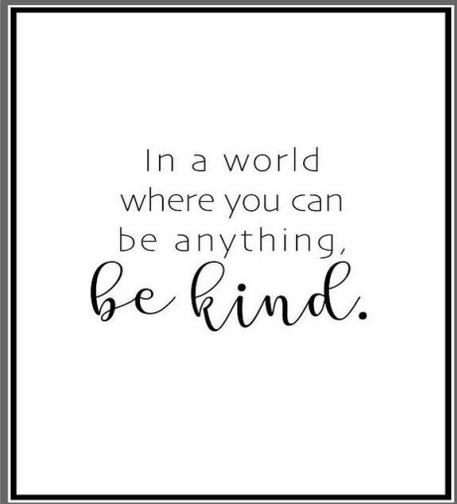
Be The Change

Our world isn't perfect, but we can make a small change. We aren't perfect, but we all know that we can be better humans. We can be better at how we treat other people, whether it's just helping someone take their groceries to their car or saying something encouraging--it could be anything. Something like this could brighten someone's day. With everything going on in the world right now, showing some kindness could make a difference, even if it's not a huge difference.

Why is it so hard for all of us to care for one another? I wonder this a lot. It doesn't take much for us to be kind, to say something nice, or to help one another. I know a lot of people in our world think they are "better" than the "uncool" people. But that isn't the case. We think more highly of ourselves and think less of everyone else, even when we should do the opposite of that. John 14:34-35 says, "A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another." This verse shows that we must love one another because we are to set a Christ-like example to everyone around us.

I found this quote about kindness, "In a world where you can be anything, be kind." With what is happening our world: Black Lives Matter, COVID-19, and the election, our world could use some kindness and love. We could have so much impact if we just treated everyone equally. We aren't perfect, but I know everyone could be better. I asked sophomore, Ava Nykamp, how we can be better people. "I think we can encourage one another and support each other in the decisions they make," says Nykamp.

Being kind could potentially change our world. If we started to be more kind or loving, we could see a change. It doesn't have to be anything big--you can say a nice comment to someone, help someone with their homework, treat everyone equally, etc. It is the simple things in life that matter sometimes.



In a world
where you can
be anything,
be kind.

*Picture found
on Google*

See Miss Van Dyke Differently

Almost all of us at Unity have been taught by Miss Van Dyke at some point in high school, and many students would agree upon the passion in which she teaches and lives out her life.

As a high schooler, Miss Van Dyke involved herself in many school plays and yearbook, as well as speech. As she moved on to college, she didn't know she was going to be a teacher at first. "It was when I was sitting in an English class taught by a man named Mike Vandebosh. I was like, 'Huh, I think I could do this,'" she says. After college, she went to southern California to teach 150 eighth graders for one year. Then, she taught at a small Christian college in Illinois, before working at Edgerton for 13 years, and finally coming to Unity.

Many people associate their job with mostly negative feelings and hold no passion in their work, but the dedication that Miss Van Dyke teaches with is shown through her faith, which has been made stronger through her time teaching.

"I have learned a lot about faith from my students and their lives, and have been impressed with their willingness to share their stories," she says. "The toughest times in life are probably the times I have grown most in my faith."

Her deep hope for students is that they see life differently through the eyes of things that we can do for others. Her hope is "that it isn't just an assignment, but that it becomes a habit in our lives, that we are a people of action and that we see needs, and we do something about those needs."

Along with the work she does in the classroom, she also gets involved around the community. You can often see her volunteering at Bibles for Missions, and she gets involved in Tulip Festival in May.

"I like to be involved in some things that aren't necessarily a group of people I go to church with or teach with. I think it's important that in any community you are in you get involved in somehow and you are an active part of that."



Spirit Week 2020

Time to show some school spirit! This past week at Unity, we had Spirit Week to celebrate all of our co-curricular fall teams. Each day had a different dress-up theme and a game in the afternoon. On Monday, we celebrated the cross country teams. The dress-up theme was Christmas morning or pajama day with a holiday twist. The game we played in the afternoon was living group trivia in the Knight Center. Sam Westra was the grand prize winner of the game and won \$25 to Los Tulipanes!

Tourist Tuesday was the next dress-up day. The student body looked like they were ready for a vacation! We used this day to celebrate the dance and cheer teams. Musical chairs were the activity for the day. The winners were Teague Ver Velde, Cassady Dekkers, Tyler Stoub, and Tyrell Hulself.

As Spirit Week continued, we had favorites day on Wednesday. This theme is was a little different than what we have done in the past for dress-up days. You could dress as your favorite anything, such as favorite character, sports team, food, teacher, or



Aubrey De Groot, Cassady Dekkers, and Ella Poppema enjoying "Christmas Morning" with their matching pajamas.

color. The possibilities were endless. The volleyball teams at Unity were recognized on Wednesday. Corn hole and basketball games were played in the gym on this day.

Thursday came, and it was time to dress up as memes and Vines. We celebrated the football teams. Their regional game is on Friday, October 16! Instead of a game today, we had a chapel. The speaker was Clevey Ragsdale.

On Friday, we had school spirit day and celebrated all things Unity. There were no games in the afternoon because of the 1:30 dismissal. Spirit Week was an exciting way to show school spirit and have fun as a student body!

Benefits of Block Periods

Block periods on Wednesdays and Thursdays should be brought back. There are many benefits to having these 80 minute class periods for two days a week.

There is more time to do big projects and experiments. This is especially important to consider for science classes who spend a large amount of time doing labs and experiments. Miss Peschau, one of our science teachers, said, "There are many pros and cons to having block, but as a science teacher there are more pros than cons." Some of the pros, she said, are having more time for labs, tests, presentations, and getting to know her students better. Even though time management during block can be difficult, Miss Peschau said that overall, she loves block.

According to National Education Association, block is beneficial to both students and teachers because they

don't have to constantly switch gears throughout the day. They are able to focus and reflect more on the few classes that they have that day. Teachers can be more intentional about helping the students that they have that day.

Additionally, with block, there are only four days of homework, rather than having to do homework every night for every class. This is very helpful to students, especially considering sports, extracurriculars, and youth group. Instead of trying to do eight classes of homework before or after these activities everyday, students only have to worry about half of their classes for two nights of the week.

Change is good, so I think it is good for us to try something new for a few weeks. However, after these few weeks are over, it would be good to consider switching back to having block on Wednesdays and Thursdays.

We All Need Sleep

Sleep is one thing that all teenagers dream about and love to do. I am very passionate about sleep, especially these days where I feel like I am too busy to even sleep.

Getting enough sleep even though you might think you are too busy actually helps your health and overall body function throughout the day. Cambree De Jong, a sophomore here at Unity, says “Sleep is important to get me through the day. Sleep also gives me rest and refuels me for the next day. When I get a good night’s sleep I feel ready to go the next day.”

Many things hinder us teenagers from getting the right amount of sleep. Some of these things are homework, studying for tests, and after-school activities such as sports or other rehearsals. Other things that also hinder teens from getting enough sleep are playing video games and going on our electronics until late at night when we should be sleeping.

Most of the time in my personal life, I don’t even find myself going to bed until around 11 pm when I know I should be going to bed at around 10 pm to feel fully rested. I wanted to ask others what their view on sleep was, so I asked sophomore, Paige De Boom. She said “I think sleep is important because it reduces stress, and it improves your memory.”

In conclusion, getting the right amount of sleep is not only beneficial to your physical health but also your mental health.



Sophomores Molly Zylstra and Katelyn Zevenbergen pretending to sleep for the photo

Home From 6,951 Miles Away, Amy Zhang

When Amy Zhang first arrived to Iowa, she was nervous. Nervous about meeting her new family, and for her English speaking abilities. Though she's been learning English for a long time, it was still scary to be in a new place where almost everyone's first language is English. She had been in the US before. Her aunt lives in California, but in the community she was in, many people that spoke Chinese.

Her parents had her go to Unity due to the fact that it was a Christian school, and it was in America. Amy had attended a school in Canada during middle school, "In Canada it's so different with education, so I wanted a new experience." That being said, after she graduates Unity, Amy plans to attend college in Australia, or go back to Canada. She's not exactly sure yet what she wants to major in, but she knows she would like to experience new places and cultures.

Family is a big thing for many of us, and a lot of us would find it hard to be apart from our families for such a long time.

"When I left my home for the US, it felt the same as if I was leaving for middle school. I don't usually go to school around my family anyways, so I'm used to it and it didn't affect me much. I still am able to talk to them over social media, so it isn't too difficult," Amy said. But one of the biggest things Amy had to adjust to was our culture, more importantly our food. At Amy's house, they have a special jar of spices just for her because the food is too dull or sweet for her taste, "In China we have really different food" Amy said. She also has gotten to be around another local Chinese family to make food together with the rest of the international students.

Adjusting to new things can be difficult, and it can be especially difficult when it's as big as leaving your home and going to a new country alone. Amy Zhang was able to make changes really well to be able to enjoy her time at Unity, and in the US.



Fall Festival Night,
Amy Zhang in
yellow

October Spirit

October is finally here, and there's plenty to be excited for. However, there's no need to wait for the October spirit to fall on you. Here are 4 family-friendly movies guaranteed to get you in the spooky mood (in no particular order).

#1. Coraline



Easily one of the creepiest stop-motion movies out there, *Coraline* is about an adventurous young girl who discovers a secret door in her room. This door leads her to an idealistic parallel reality. Coraline, however, quickly discovers its dark and scary secrets.

#2. Hocus Pocus



This 1993 cult classic is about a villainous trio of witches who are inadvertently resurrected by a teenage boy on Halloween night in Salem, Massachusetts. These comedic witches reign terror on the town. While not so scary, this hilarious movie has all the classic Halloween feels.

#3 The Addams Family



The Addams are a bizarre and gothic family. They live in all things spooky, and they delight in being creepy and mysterious. A group of con artists plans to fleece the family using an accomplice who claims to be a part of the Addams family.

#4 The Nightmare Before Christmas



Whether you argue if it's a Christmas movie or a Halloween movie, *The Nightmare Before Christmas* is a beloved holiday movie for everyone. Jack Skellington the pumpkin king of Halloweentown, becomes infatuated with Christmas. He takes it into his own boney hands to celebrate Christmas, in his own spooky way.