

The Viking Chronicle

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Seeing Quarantine Through the Eyes of a Senior *by Sawyer Shirley*

Now that all of BCS has gone through about seven weeks of quarantine, some people wonder what will happen to the seniors at Bellevue Christian School. Well, let's find out as we have an exclusive look at what some BCS seniors think of the weird time we're in. Josh Clark was asked what he does with his extra time. He responded saying, "I like to skateboard, read a book, and play with my dog." Now, all trips were canceled because of quarantine and that meant Josh and his family had to change too. He said "My family had a trip planned to go to Europe, which isn't going to happen now. Other than that, I'll be spending a lot of time at Starbucks, where I work, and hanging out with my friends as much as possible." Friends are important and keeping in touch can be difficult in quarantine.



Josh Clark (r) with Caden Pua (l)
Photo: Mrs. Janice Clark

Everyone struggles with their faith throughout their life and many are having a difficult time right now. Josh Clark has something to say about his experience walking with God through this unique time. "At first, I was very angry with God, which is probably how most of us reacted, but some smaller things have come out of this that I didn't expect. I've started to really appreciate the outdoors, fresh air, pretty views, more so than ever. The self-distancing has given me a brand new awe of God's creations."

Another person who was interviewed was Conner Anderson. When asked if he had any advice for future seniors if this happened again, he said "Look for ways to make the best of the situation. It is very disappointing (to put it nicely) to lose all the awesome opportunities that senior year offers. Despite that, look for ways to stay connected with your fellow seniors and have fun online."



Conner Anderson
Photo: Mr. Steve Sala

College is a big thing, and with the weird times people are experiencing, seniors don't really know how college applications will work out, but Connor is choosing not to worry about those. He said, "I don't plan on doing those until I have a

proper understanding of what I am doing." College is important and you should know every detail so you can make correct decisions. With homework and school online, people are debating whether they have more free time or less free time. It can depend on the day but in general, Conner says he has more time for fun activities but likes to only do them during the weekends because he is finding himself tired from looking at a computer all day.

Graduation is without a doubt, the biggest thing that will ever happen to students in high school. The class of 2020 could have graduation online which is weird to think but

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Editor's Note: Due to COVID-19 *The Viking Chronicle* 4.7 includes articles about students and teachers at all levels of Bellevue Christian School as well as how students and families are adapting to life in quarantine.

Senior Quarantine from page 1

what do the seniors themselves think? Well Samuel Tefft can answer that, he said “I feel it’ll be a new experience, but I’m not as excited about it as I would be if it were in person.” Graduation isn’t the only thing seniors miss out on this year. Other things that Seniors are going to miss this year are senior assassin, JSB, and senior sneak.

School that takes place in person is “normal school” but what do seniors miss most about normal school? Sam misses driving to school and working out in the weight room with his friends. Friends, acquaintances, all are one big community at BCS, so do some seniors miss their friends and teachers? Sam replied in one word, “Absolutely.”

This is a difficult time we are in right now and seniors are missing all the fun things they should be doing at school, but we will make it through this, and there is still college to look forward to where a new chapter of life unfolds.



Sam Tefft & Jack Vlahovich
Photo: BCS Communications

Missing School @ School? *by Grace Owen*

I interviewed Sofia Benavides, a BCS seventh grade student on what her thoughts are about what is going on and what she misses about school. I asked her a series of questions and we spent time on her thoughts and answers about the situation.

Sofia says she doesn’t mind the situation as much as everyone else does and she doesn’t miss school hardly at all. Even though she doesn’t miss normal school doesn’t mean she likes online. She says, “Online school is super boring and there is way too much screen time on the computer.” She says she doesn’t miss having to get up super early to get ready and go to school. Sofia states, “I wish the computers were a little better and didn’t lag as much. I also dislike the lesson that are just sitting and listening to the teacher talk.” Some things that she wishes she could still do but can’t are play softball since her season got canceled and hang out and spend time with friends and not have to social distance. She misses interacting with others at school and in the hallway and not having to just see people through a screen. She still stays connected with friends through Facetime, Teams, and texting. She says, “It is better than not talking at all. I do miss communicating and seeing friends in person though.” Sofia does not like online school because it is boring, and the homework is a bit harder and it is easy to get distracted.

Sofia is not super upset about the situation like others are but online school and the work is definitely a downside for her. She continues to stay social with friends and family. Sofia is doing her best with the quarantine and social distancing and will continue to miss softball and other things she may be missing out on but overall, she thinks it's not too bad!

Missing School @ School? *by Tristan Drummond*

School hasn’t been the best lately with not seeing our friends. I just wish we could go back to our normal lives. Hanging out with our friends, eating lunch with them, I miss it all especially going to open gym with my boys. I wanted to interview some other people about what they miss about school.

Jack Vlahovich, 7th grader, said, “I miss hanging out with friends in the b-hall and going to play basketball at open lunch.” I also asked Jack if he misses switching classes and he said, “Kind of because sometimes I struggle to open my locker and I’m late to class and it’s really easy to just open my computer and go to class.”

Ryder Brickman, 7th grader, was asked if he would rather go to school online or physically go to school and Ryder chose go to school physically in a heartbeat because he doesn’t like to be away from his friends for too long and it’s weird not seeing them. Ryder said he misses every single one of his teachers too.

Mason Hill, 7th grader, misses open gym, “because we always have good time playing basketball not caring about the score; just everyone having fun.”

School Online *by Kayla Wilgus*

I interviewed seventh grader Sachi Culver. She told me what she likes about online school and what she misses about real school. What do you like about online school? "We get to do more things with our family and sometimes get out of school early. And I am able to eat whenever I want. We also get a lot of breaks during the day between classes." What is harder about it? "There is a lot more homework and we can't do any group activities. Also I like to visualize things like in person not on a screen." What is easier? "It is easier to do home work online because it is so simple to just go and have a list of thing in each class that need to be done. And if you forget to do an assignment it will give you a notice that you have to turn the assignment in." Are the teachers nicer? "Yes the teacher are a lot nicer to us online than in school, maybe because they are less stressed without us in the class." Are the teachers helpful in online learning? "Yes, they are very helpful and will pretty much respond to us whenever we have a question or concern." Is the homework more than you are used to? "Yes, there is a lot more homework but it is fine because we have lots of breaks during the day to get it done and we have office hours." Is online learning boring or hard to focus on? "It is a little boring, but we are lucky that our school has given us the tools and great teachers to get through this online learning and global pandemic." Do you miss your friends. "Yes, I very much miss everyone but I'm looking forward to seeing them after this is all over and safe to go back."

School Online @ Mack Elementary

by Ian Nelson

I interviewed my 7-year-old sister, Claire, about online school. She is in first grade at Mack in Mrs. Ribera's class. What do you like about online school? She said, "Getting on the computer and meeting with my class." Is online school easier than real school? "Yes, because there are less distractions at home than there are at school." What do you not like about online school? "I don't like doing a lot of work." Do you miss your teacher? "Yes, because she is nice and always smiles at me." Do you think the online school is better than real school? "No, I don't get to see my friends or my teacher." What do you do when your meet with your teacher on voice chat? "I raise my hand and when she turns on my mic I talk." What do you do on your breaks? "I play with my little brother or play by myself if he's busy." What do you like about staying home all the time? "It isn't that great and it's also really boring cause all I do is sit around all day." What do you do for fun when online school is over? "I play outside or I play with my little brother and now that we have more time off of school that means we have more time to organize and clean."

School Online

by Katherine Young

In a survey of junior high students most felt that the online learning was ok but sometimes confusing. They felt that there was more homework and that it was harder to do, but there was also more time to do the homework. They also feel like it's easier to miss something or get behind. There are more breaks in the day and that is nice. Students are comfortable with online school, but it is stressful and complicated. The hope is that school will be back to normal next year.



Mrs. Laura Ribera - Claire's awesome 1st grade teacher @ Mack Elementary

Quarantine in Beijing *by Tony Mi*

My cousin Peter lives in Beijing, China. This is a snapshot of what his life has been like with the quarantine there. The situation in China is better than before.

People are allowed to go outside or places with a lot of people. If you are sick you have to go to the hospital even if you don't want to. If you go outside you don't have to wear a mask, but everyone wears it anyway. If you leave your house (In China, everyone lives in a community of House or apartment. Because all the buildings are owned by large companies.) or apartment you have to take a test. They will just scan you with a heat detector. And after like 10 second you are allowed to leave. If they say you are not allowed to leave, then the doctor or police will take you to a quarantine facility.

Schools are closed, but High school will be open soon. Students love that the school is closed. In China everyone above 6th grade has to go to school for 15 hours or more, and most people only go back home on weekends. Now they only have to go to school for 3 to 5 hours, and they only have to go to math, Chinese, and English. They can skip all the other 10 to 13 subject, because only the main subjects are worth points. Also, they don't take tests anymore. In China your score is dependent on 4 test every school year, if you are about to graduate (from elementary to junior high or from junior high to high school to college) you also have to take on more tests. These tests will change your life. If you do poorly then most likely you have to go to a bad school (where most of the horrible kid who smoke and drink end up.) Everyone loves the fact that they don't have to take a test because everyone only gets one try, and no one knows what they are going to be tested on. But they don't have to take it because the testing department is closed for now, and none of the schools even bothers to make a test that has 200 question. Every student gets to do whatever they want because they don't have to go to school.

So, the current situation in China is pretty good. Everything is opened but school. Even malls are opened. Everything is normal but most people don't want to go outside and stay at home for their own good.

How to Help

by Meredith Wetter

This time that we are living in currently is a very strange time. People have lost their jobs, people are scared, people are getting sick, businesses are suffering, our everyday activities are closed. Special events are canceled and our lives have changed. We can come together and help each other, but we need to keep our distance to keep us safe and others. You can give money, send flowers for encouragement, volunteer and pray for everyone that is affected by this. You can give to World Vision, Feeding America, Union Gospel Mission and local churches or food banks. Students and parents are very thankful for BCS donating medical equipment to Overlake hospital. Also we are all proud and thankful for our teachers and faculty for making a smooth transition to online school.

BCS donated PPE from the emergency kits to Overlake Hospital



How Can We See God during COVID-19?

by Caitlin Edison

We've all been struggling at one point or another during this time. So here are a few tips from D'Anna Edison, of how we can see God through all of this chaos. I asked her a series of questions and here was her response. She says that she's seen many people being generous with their time and resources. God could use this as an opportunity to help us realize how important relationships are. We can help others by being encouragers and reaching out to the people around us who need help. She thinks COVID-19 is working in God's big picture by waking people up to realize how precious life really is. She's been inspired to love others by looking around seeing others as scared as they are, needing help. So how can we help? We can help by reaching out to one another going out of your way to help someone else and if your feeling down she recommends looking at Psalm 9:9-10 "God's a safe-house for the battered, a sanctuary during bad times. The moment you arrive, you relax; you're never sorry you knocked."

"During this time our view of the world has shifted. He helped me see what was really important in my life and what I need to hold onto. Even though social distancing is good for now we still need to realize that physical interactions are really important," said Mrs. Edison. She hopes that her neighbors start realizing that they're loved and supported. Thank you for reading. I hope you use some of these tips in the future!



Check out the [REVCast](#) as another way work on your spiritual life.

The Love Continues

by Mrs. Graves

Mrs. Kristin LeClair, Mack kindergarten teacher, has been taking her classes to Lakeview of Kirkland, a retirement community, for the last three years. Her students have been visiting about once a month with their grandma and grandpa buddies because Mrs. LeClair's deep hope is, "that students know they are an active part in God's story." Students play games, read stories and take crafts to do with their buddies. The residents at Lakeview of Kirkland are in a particularly high-risk category for COVID-19 and they can no longer receive any visitors. They really miss the smiling faces of the kindergarten students. For Easter, Mrs. LeClair gathered many cards and letters from kindergarten families (and anyone else who wanted to send an encouraging note) and took those along with flowers to Lakeview. The residents were thrilled to receive them and continue their connection with the children and families of Bellevue Christian School.



Easter Donations left outside
Photo: Mrs. Kristin LeClair

Staying Active in Quarantine! *by Bennett Schwarz*

As of right now, we are stuck in quarantine and we do not know exactly when this is going to be all over. Even though we're stuck at home it is important to stay active. Those of you who were hoping to run on the track team can still do those types of activities, but with the right knowledge of drills and workouts. It is important before running or working out to do a warmup. For track and field related exercises, dynamics is the way to go. Next, is the body, or main part of the exercise. These drills vary for different types of runners. Long distance runners will want to do paced runs, and sprinters will want to do short bursts. And finally, a cool down is absolutely necessary to stretch the muscles after a hard workout. These are mostly stretching of the legs. Unlike the drills and warmups, these aren't specific actions, they can be any motion that stretches the muscles you used the most that day.

As a warmup, dynamics are the way to go. Some examples of these are side skips, knee hugs, high knees, quad pulls, toy soldiers, and scoops. All of these and more combine to stretch all of your muscles before working out. Distance Runners, sprinters, and throwers would want to do different drills to help with their preferred style. Distance runners should aim for long runs like 20-30 minutes long. Sprinters will want to do short bursts of running like moving up from 20 meters all the way up until 200 meters. Throwers should practice working on their form. If you don't have shot put or Javelin available, just a wooden dowel or a heavy rock. It doesn't matter if it is the correct shape or size, the practice is mostly for form. Lastly, after working hard, a cool down is a good way to stretch the muscles afterward. Anything that stretches the muscles you used depending on your style is recommended to do. Even a short jog can help cool down. If you don't have access to a big field or yard, you can still time yourself instead of using a track or measured distance. The warmups and cool downs can easily be done in a small space like a living room. This entire sequence of events should be done every day for optimal progress and improvement, but they can be done every other day if you have another activity to do on the off days. So, get out there and stay active!



Sports will be Back!

Staying active for Baseball and Softball *by Luke Evenson*

Since all this quarantine is happening, baseball and softball have been canceled. Your coaches have been sending your parents drills for you to do to stay active. We don't know when baseball and softball are going to come back so we need to stay in shape and active. So when the sports come back we'll be so ready that it doesn't even look like quarantine happened.

One drill that may not be the most exciting, is just to go hit of the tee into a net. During all of this going on in the world going outside and hitting off a tee will relieve you a lot. If you are able to access a field right now, you could take your parent and have them hit you some groundballs or some flyball work. One specific drill for outfield, is the "Run, Run, Reach" drill. You set 3 cones 10 feet apart and start at the first, you then run to the second and have somebody throw you a flyball, then the same to the next cone. For the third one the one throwing should try and make you reach and see how far you can catch the ball.

During all of this a lot of people are just sitting around doing nothing, but one thing you could do to improve yourself in life and sports, is to go out and do a workout. Or go onto YouTube and find an agility or speed workout that will help you with your feet on the sports field. Those are some baseball and softball drills you can do during this time of quarantine and I hope your season goes well.

Family Game Night in Quarantine *by Sachi Culver*

Family game night is a night with family and guaranteed laughter. It's a time where you and your family get around the dining room table or the sofa at your home to play games such as Uno, Exploding Kittens and other card games. Families can play whenever, whether it's on a Friday night at 8 o'clock or Sunday morning at 10 am, all that matters is spending time with your family and friends to build a stronger bond. How family game night works is to find your favorite games and get together and sit down to play. Anyone can play, dads, moms, older siblings, and younger siblings, it doesn't matter. Many families are very different when it comes to family game night, some families can be very competitive while others are just goofy and fun. Family game night is very important, especially with everything that is happening in the world. With coronavirus and being quarantined, being with the people that love you is very meaningful. Karen Culver, a 7th grade student's mom, thinks that we should do more family game nights, it's important to spend time together.



Puzzling night at the Culver House
Photo: Culver family

Cooking with the Hazeur family *by Ryan Hazeur*

When you are stuck at home with your family, it can get boring quickly. One thing you can do that could be fun is cooking a meal together. It is a great bonding experience for everyone and a chance to try new things. After you are done, you feel satisfied with your work, and then you can enjoy it. Easter is a big deal in the Hazeur household. After church services, we typically have a large dinner with large groups of family and friends. This year things were different. Church service was online, and the entire family prepared dinner. Prep work for our dinner starts the night before. "We're doing things differently everybody. This year everyone is helping," said Tabitha Hazeur. She gave everyone a job. The night started with baking cakes, chopping seasonings, and shredding cheese. Her youngest son was given the task to peel potatoes. He did not want to. But that day, he learned how to peel them. When we made food together, we learned new things and ate delicious food like cabbage, pork roast, coconut cake, and macaroni and cheese. Everyone should try to cook as a family and see what happens.

Delicacies Done at Home *by Caleb Wood*

When staying home with your family lots of us get bored easily, but a way to overcome this you can cook a meal. It is a great past time and it gives you a sense of satisfaction when you're done. A fun recipe to do with your family is cooking some type of meat or a roasted vegetable, because it doesn't require a lot of skill. A fun thing to cook with your family is pulled pork because even if it is cooked wrong it is still usually good and it doesn't require a lot of prep. Cooking this with my family was super fun and my favorite part of it was of course eating it. So as you cook this with your family you should think about these questions: What was your favorite part? What went well? and What could you do better next time?

<https://amazingribs.com/tested-recipes/pork-recipes/perfect-pulled-pork-recipe>

Easter in Quarantine

by Emma Tkach

Everyone spends Easter in their own way. Most of us got our amazingly fun vacations or parties canceled, which is a huge bummer, but we got to spend it with our families. My family celebrated by seeing my newly born little brother in the hospital, which made it much more appealing than usual. But this article isn't about just me. I interviewed a couple people and asked them what they did for their Easter vacation. Caitlin Edison said she binge-watched *Friends*, which is chill. She also did social distancing Easter egg hunt, which seems quite hard to do, but fun! Katie Metteer went to Arizona with her family. I'm sure lots of people had similar plans like hanging with the family or reading from the bible.

YouTube Review: Braille Skateboarding

by Collin Whalen

Would you like to know and learn how to skateboard? If yes, then Braille is the best YouTube channel for you. This channel teaches all tricks from an "ollie" to "dolphin flips". The channel also makes other types of videos such as challenges. Braille skateboarding is a good YouTube channel and I believe you should check it out!

Braille skateboarding is a great channel to watch if you

Spring Break *by Jack Vlahovich*

The coronavirus has canceled many things, one of which is spring break, (not really, we were just not supposed to go anywhere, see anybody, or play anything). Options were limited to indoor activities, walking the dog, staying while social distancing, or playing baseball with my brother. After much consideration my family and I took a road trip to Spokane to see family.

After a really long drive we reached Spokane. We also brought the dog with us to play with my cousins' dog. We made this spring break fun by traveling to Spokane and have fun with cousins. When we got there my brother and I were ecstatic to see my cousins that we rarely see. We got there late so for the rest of the night my cousins and I just played video games

The next day we decided to have my cousin drive us to a park so that we could walk and of course staying six feet apart. We went on a walk in this park with our dogs and we had a nice walk but this park ranger came and we waited for him to come over to us and then he said "NO DOGS!" We didn't know that there were no dogs but we said sorry sir, and left. After we got into the car, I said "Well, he must be a cat person," and we all started laughing.

We have a lake house in Idaho which is decently close to Spokane so we went for an early Easter with my dad's side of the family. Normally we go there every fourth of July but we decided to do it now and at fourth of July. We did an Extreme Easter egg hunt with 400 eggs which was really fun. My brother and I got a lot of candy and some of the golden eggs had money in them. My brother was so excited that he ate half of the candy. We also do a big beer hunt for the parents.

Even though we were quarantined we still had a lot of fun and we ended up with a lot of candy.

Hopefully we can get over this quickly, so just stay 6 feet apart and wash your hands.

want to learn how to skateboard. It taught me how to do many tricks such as "ollie", "kickflip", and "tre flip" just to mention a few. Everybody can learn something from their channel if you want to, or you can just watch their videos for fun. If you like skateboarding, then it is likely that you will like Braille.

Most of their skateboarders are also sponsored by Revive which is a well-known skate brand. If you are interested in skateboarding, you most likely know about Revive. When it

comes to business, they have their own shop and sell clothes, skateboards, and more. Because of their close relationship with Revive, the skateboards they sell are high quality products.

I believe Braille skateboarding is a very good channel if you are interested in skateboarding. They have very fun and good videos, and they can teach you how to skateboard. In addition to this, they are also good business-wise, which is a plus.