

Activities



Physical Education

As a regular part of the daily schedule, students participate in a variety of sports (e.g., baseball, volleyball, hockey, softball, swimming, etc.) including exercises and practice drills. Additionally, Rock Solid Refuge is a member of the Saskatchewan High School Athletics Association and has signed a co-op which allows our students to elect to play football on the Shaunavon Shadows football team.

Stewardship

Through daily chores, our students learn the importance of caring for personal property as well as Rock Solid Refuge property. Students are responsible for keeping their personal areas neat. They learn to take pride in hard work as they and the staff faithfully preserve our facility, to be enjoyed for years to come.

Spiritual Development

Rock Solid Refuge students attend church and youth group regularly. We also hold a weekly chapel on site as a time of growing together, sharing victories, and helping to bear one another's burdens. Short, daily morning devotions with students and staff help us start the day of on a positive note. Every evening before "lights out", students take 30 minutes of quiet time for reading scripture, reflection, and prayer.

Student Leadership Group

Students can join a student leadership group which meets weekly with the Student Life Director to discuss some of the struggles of the student group. This group gives the students a voice of influence within the organization while helping the individual students learn additional responsibility, organization, and leadership.

Recreational Activities

There are many opportunities for recreation at Rock Solid. Students enjoy indoor activities such as ping pong, pool, and board games in the student lounge. They go swimming and fishing in the summer and attend intramural sports at a nearby college throughout the school year. Regular special outings, such as youth retreats, concerts, sport events, and camps throughout the year demonstrate that they can live a life that honours God and still have fun! Rock Solid staff get creative in planning special on-site events such as round robin tournaments, staff vs. students hockey, team-building activities, and the annual pre-Christmas vacation party-day.

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