

# Southridge Wednesday

13-14  
No. 02

*A Weekly Publication of Southridge School*

*September 11, 2013*

## Head of School

### Southridge Spirit

Welcome back everyone. It is so good to have all of our students back with us, and it is wonderful to say hello to our new students and families. September and October are my favourite months of the school year. Filled with excitement and enthusiasm for the upcoming challenges, our students, teachers, administrative staff and parents share a common sense of hope and possibility. Experts tell us that hope translates into academic achievement and when our entire community shares hopefulness, it makes our students feel supported and it creates positive energy.

This year, we are lucky to have an added feature in creating an atmosphere of possibility. The Southridge Spirit magazine was recently mailed home. If you have taken the time to read our new publication you will know that it features our alumni and all of the incredible things they are doing. The stories about the interests and career pathways of our graduates are inspiring to read. Striking are the diverse yet consistent ways our alumni are approaching their lives in terms of their collective commitment to making a difference in the world. I am very proud of our graduates, but I am just as proud of our school community's efforts to raise and educate young adults who understand the importance of reaching out to others as part of their own pathway to success and happiness.

I have often said that there are two metaphorical doors to enter when considering the vision of our school. Letting every spirit soar's front door is the obvious one and it relates to pursuing a passion that helps you feel fulfilled. We most certainly hope that our students discover and pursue their passions while they are at Southridge – and throughout their lives. Our vision's backdoor is sometimes less obvious yet it is just as powerful in helping to develop a sense of fulfillment. The backdoor relates to shifting the understanding of spirit soaring from me to we. In other words, it relates to focusing on others or the world beyond ourselves in our efforts to make a difference. The interdependency of the front and backdoor approaches to the vision of Southridge is really at the heart of Southridge spirit . . . and it is represented very well in our most appropriately entitled Southridge Spirit magazine.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

Important Dates			
Event	Date	Time	Location
Grade 8 & 9 Strathcona Parent Meeting	Wednesday, Sept 11	6:30 PM	Sr Great Hall
Grade 7 Bandathon	Thursday, Sept 12	8:30 AM – 3:00 PM	Jr School Great Hall
Sr School House Picnic/Terry Fox Run	Friday, Sept 13	10:30 – 2:30 PM	Crescent Park
Welcome Back Parent BBQ	Friday, Sept 13	3:00 – 5:00 PM	Jr School Field
Grade 9 Immunizations	Wednesday, Sept 18		Sr School Cafeteria
Jr School Terry Fox Run	Friday, Sept 20	1:00 – 3:00 PM	Commons
Grade 7 Outdoor Education Meeting	Thursday, Sept 19	6:00 – 7:00 PM	Jr School Classroom 229
Jr School Meet the Teacher Night	Thursday, Sept 19	7:00 – 8:00 PM	Jr School Great Hall

## Human Resources Update

We are delighted to share with you that Shelley Slaughter will be joining Southridge on Wednesday, September 11th as the Advancement Officer. Shelley brings to this position over 25 years of event management and administrative experience coupled with a proven track record of success in securing major and planned gifts that was gained while working with the Delta Hospital Foundation. During her time with the Foundation, she successfully organized and coordinated the annual gala and golf tournament and, prior to that, Shelley spent 12 years in Hong Kong where she organized gala events with up to 1,200 attendees. Shelley's outgoing personality and her ability to foster and cultivate strong relationships will be a wonderful asset to the Southridge team. She is looking forward to working with all members of the Southridge community.

Darcie Sagert  
Manager Human Resources

## Junior School News

### It's the Little Things That Make a Huge Difference

Recently I was reminded of how small deliberate changes can lead to a big difference over time. As we commence the school year, we try to set the tone for the year and the idea of—small, intentional changes, or the attention to detail, can lead to lasting change—was the perfect fit. With our IB programmes well in place, as a school, we feel that we are in a stage of fine tuning—careful tweaking, and deliberate analysis to make things better—stronger. These changes are not tumultuous, earth shattering swings of the pendulum, but rather careful, methodical adjustments. Sometime change happens with a great wave of exciting energy—sometimes it occurs with a gentle whisper. This year, we are focusing on innovation, fine tuning our programme for sustainability and for excellence for your child.

*Small daily—seemingly insignificant—improvements and innovations lead to staggering achievements over time*

### Parent Coffee Hours

Although Southridge is a very busy place, we strongly believe in making connections with our parents and teachers. As such, we have organized a coffee hour for each grade level to provide an opportunity to meet other parents in the grade class, and also to meet the Specialist teachers. The coffee hour is from 7:30 – 8:30 AM in the Great Hall, and we would love to see as many parents as possible. Please check this list below and mark your calendar—we look forward to connecting.

Grade	Date
Kindergarten	Wednesday, November 6, 2013
Grade One	Thursday, September 26, 2013
Grade Two	Wednesday, September 25, 2013
Grade Three	Friday, November 8, 2013
Grade Four	Tuesday, October 29, 2013
Grade Five	Tuesday, September 24, 2013
Grade Six	Tuesday, October 8, 2013
Grade Seven	Wednesday, October 2, 2013

### Meet the Teacher Evening - Thursday, September 19th from 7:00 – 8:00 PM

As parents, you are an important partner in your child's education, and we seek to have very strong relationships with you. As such, we are pleased to have our 'Meet the Teacher' on Thursday, September 19 at 7:00 – 8:00 PM

The format of 'Meet the Teacher' evening will be somewhat altered to provide opportunity for parents to meet with all their children's teachers. This evening is important in that our teachers have some very specific information about how their class is organized and the routines that are in place. The format will be as follows:

7:00 – 7:10 PM - Introductory Meeting in Junior School Great Hall –Mrs. Middelaer will introduce specialist teachers and present a brief overview of our programme. Mr. Anderson will briefly touch on Schoology and school communication.

7:10 – 7:40 PM - Formal presentation by class room teachers in your child’s homeroom. Please be on time for this as our teachers have a lot of information to convey, and will be as efficient as they can in presenting. We highly recommend that if parents have 2 or more children, they attend the session of the youngest child.

7:40 – 8:00 PM - Mix and Mingle in classrooms- if you did not get to attend the formal presentation in one of your children’s classrooms, please visit that room during this time. This time is designed to be less formal, and the teachers can provide you with any handouts that you missed. However, it is really important to make that connection with the teacher. Specialist teachers (music, French, PE and art) will also be in the Great Hall at this time for a chat or visit.

8:00 PM – Dismissal- Everyone will depart to their respective families, teachers as well.

Earlier in the evening in our Great Hall, we are also offering an ‘Introduction to PYP’ (Primary Years Programme) for any of our new families from 6:00 – 6:45 PM so that we can explain the philosophy and teaching practices of an International Baccalaureate World School (IB). Ms. Shanaz Ramji-Motani, our PYP Coordinator, will be pleased and honoured to explain our programme.

Additionally, we are also offering an ‘Introduction to MYP’ (Middle Years Programme) for any of our new families from 6:00 – 6:45 PM in our music room so that we can explain the philosophy and teaching practices of an International Baccalaureate World School (IB). Ms. Alison Graham, our MYP Coordinator, will be pleased and honoured to explain our programme.

We thank you for your commitment to Southridge and are honoured that you entrust your children into our care. Thank you for taking the time to build these lasting relationships as we partner in your child’s education. We look forward to our time together on Thursday.

### **Accelerated Reader Program**

The Accelerated Reader Program will commence on September 16 beneath the guidance of Ms. Joyce Chong and Ms. Sue McNeil, and our literacy teachers in Grade 3 – 10. Through this independent reading program, students set goals and reading objectives. This helps focus attention on careful reading of books through a system of assessment and challenge, which improves students’ critical thinking skills and builds the intrinsic love of reading from a young age. The extensive selection of books for the AR program offers various genre all within the students’ particular reading zone. We are proud of the AR program, and endorse it as a valued aspect of our literacy initiative at Southridge. Please note that our Grade 3 students will start the AR reading program in October.

### **STAT (Student Teacher Access Time aka Homework Club) Every Monday at noon**

In an effort to provide balance for our students, we are offering a homework drop in club on Mondays at noon. Students will bring their lunch, and can use this time to catch up on homework and work on assignments. In the spirit of a true study, there is no social conversation, but rather a place to concentrate and focus. There will always be one teacher supervising, and help can be sought when required. We encourage students in Grade 5-7 to attend when they deem it necessary. STAT will be held in Ms. McNeil’s class room—room 229, and will commence September 30, 2013.

### **Assembly Reminders**

We have assemblies in the Junior School on Days 1 and 5. Please ensure that students wear their green sweaters or vests on those days. The assemblies are at 8:10 am and usually are complete at 8:30 am. Day 5 assemblies are Merit Assemblies where students are given recognition for demonstrating examples of sound character and principled behaviour. We believe that all our students act in a principled manner and are looking to recognize all our students individually over the course of the year.

### **E-mail Addresses**

Just a reminder to any parents that have a change to personal email addresses to notify the school office and also their child’s homeroom teacher. We utilize parent email addresses extensively in the Junior School and with Schoology and are hoping to make our contact information as accurate as possible. Thank you for your cooperation in this matter.

### **Outdoor Education**

Outdoor education experiences will occur at the end of this month for our older MYP students. The Grade 7 classes are attending Summit Outdoor Education Camp for their excursion and the Grade 6 students are attending Camp Qwanoes for their challenging outdoor education experience. These outdoor education trips provide an opportunity for students to further appreciate and understand their natural environment. Leadership, cooperation and interpersonal skills are developed as students are challenged, comfort levels are extended, and confidence is built. We wish our Grade 6 and 7 students a

wonderful time on these trips. Both groups leave on Tuesday, September 24 and return on Friday, September 27, 2013. Parent information sessions will be held in the upcoming week: Grade 6 information evening for Camp Qwanoes will be held on Thursday, September 19 before Meet the Teacher in Ms. Mauricio's room (227) from 6:00 – 7:00 pm. Grade 7 information evening for Camp Summit will occur before Meet the Teacher on Thursday, Sept. 19 from 6:00 – 7:00 PM in Ms. McNeil's classroom (229).

If you face a conflict as a new family regarding whether to attend the camp parent session, or the MYP session, we strongly endorse the camp meeting. Our MYP Coordinator will have the information available via Power Point for any families who face this conflict.

### **Please sign in**

We appreciate our parent volunteers that help with many activities in the Junior School. Your time commitment to our school tangibly demonstrates your partnership with the school and, we really value your presence and involvement. Please ensure that you sign in with Ms. Schaub at the front reception desk so that we know who is in our building. In adherence to fire drill protocol, we need to account for everyone in our building. Thank you for your cooperation.

Have a great week.

Mrs. Laurel Middelaer  
Head of Junior School

### **Sandwich Making Club**

Thank you so much to all of the parents and students who participated in our highly successful sandwich club last school year. We are ready to begin our weekly sessions next week for delivery on Friday, September 20<sup>th</sup>. Parents, if you are interested in helping to organize this club please meet in my classroom, Room 128, just after 3:00 today, September 11<sup>th</sup>. Students, stay tuned for an upcoming assembly announcement about your welcomed participation next week. Thank you all so much for your support.

Mrs. Jo-Ann Murchie  
Junior School Service Coordinator

### **Be a part of the National Championship!**

Southridge School is proud to host the Canadian Accredited Independent Schools (CAIS) U13 Boys Basketball Championship. This is an annual National tournament that consists of teams from Quebec, Ontario, Manitoba, Alberta, and British Columbia. It will take place from January 30 to February 1st, 2014. The event is a huge undertaking and we need the Southridge community's help in the hosting and billeting of 156 boys. We are looking for 55-60 families to take the boys from January 29 to February 1st, 2014. If you are able to help out and be a part of this amazing event, please email me at [kgallant@southridge.bc.ca](mailto:kgallant@southridge.bc.ca).

Kirby Gallant  
Junior School Athletics Director

### **Covered Playground Update**

In the interest of keeping everyone up to date, the School submitted a permit application to the City of Surrey over the summer for a covered area on the Junior School playground. As of today, we have not yet received approval to proceed with construction. A very special thank you to parent volunteer, Sukhi Sanghe, who has been working diligently on this project for months. As you know, the funds required to complete the project were raised at the Gala in November and we are fully committed to ensuring that this project is completed as quickly as possible.

Thank you for your patience and understanding.

Southridge Facilities Team

## **Senior School News**

### **Making a Difference and Supporting Others to Make Their Difference, Too!**

During the Senior School opening assembly, there is always a very real energy in the air! If you were present at our Thursday event last week, you would have seen the students happy, smiling and greeting each other. They looked sharp in

their uniforms that always seem as clean as they will be for the whole year. You would have also seen many veteran students making sure that their new 'buddy' students were nearby, had found a seat and felt a part of everything. Finally, our new Grad Class of 2014, were wearing their Grad t-shirts and looking the part as our student leaders this year.

I do have a small confession to make here though. I always wish that the first assembly was less one of information and ensuring of "things to be told" and more about just setting the tone for the year and having some inspirational or thoughtful speakers to begin the year. However, there are so many important points to share with our students that this always seems to be the way. Even in my own opening remarks, I had a number of points to make with regards to new uniform items, full school assemblies and the like that I got away from my wish as well. However, I did end with two thoughts for the year that I wanted to share with you in my Wednesday submission for this week.

The two points came from two different events that occurred in the late summer and they seemed to fit together well in crafting a message. The first event was one that came from my past. I spent 22 years attending and working at a summer camp in Ontario during my youth called Camp Tawingo. Very simply, it was one of my most favourite places for me and I hold a place for it that is very 'near and dear' to my heart. Sadly, the event (or news) was that the founding director, Mr. Jack Pearse, had passed away. I was quite affected by this news and in our time of social media, found many other campers and staff members had been as well. In fact, over the ensuing days, the number of postings that gave tribute to the director was amazing. So many had felt that the camp had allowed them to grow and develop as people and leaders. I told the students and faculty that I probably wouldn't be up in front of them as the Head of Senior School if I hadn't attending the camp. I was able to take so many healthy risks in so many different ways to allow myself to grow; learning about myself and realizing what my strength and weakness were. The camp began in 1960 and I reflected on the amazing amount of campers and staff that this environment had fostered similarly to me. Think about how many people had and will make a difference in the world because of this environment that had been created by Mr. Pearse. Similarly, I told the students that I view Southridge in the same lens as this camp. We have an amazing environment that encourages and supports students to learn and grow and push themselves to make a difference in the world now and in their future.

The second event happened in the present. My family and I were fortunate to be visiting my brother and his family in Whistler during the inaugural Whistler Ironman competition in August. There were a few people that we knew that were participating (including our own Ms. Fretter in Junior School!) and wanted to watch. We decided on viewing the transition from the grueling 180km cycling stage where the athletes begin a run (only a marathon?!). Many looked quite stiff and sore and incredibly tired and I was concerned if all were going to complete the race. I was incredibly impressed by the sheer will power exhibited! However, what gave me 'goosebumps' were the thousands of people waiting to catch a quick glimpse of a friend or family member. They wore themed shirts and signs with messages and hats and noise makers with a ready energy to release! And when they finally connected with the particular athlete and cheered like crazy, the effect it had on the participant was magical! The runner would straighten up, smile, and be a little lighter on their feet. Some even stopped to "touch" their loved ones seemingly to gain energy or a quick kiss from family to help them on. I shared this with the students because I wanted to remind them that we also need to be keenly aware of our peers and friends in supporting their desire to make a difference. I told them there would be days that we needed to let them know that they had our support by cheering them on. Each day, I try to find a few students and let them know they have my support in all of the ways they are trying to grow at Southridge. If you watch carefully over this year, you will see this happening many times a day with teachers and staff and students as they interact. It is why we have a pretty magical and special place here at 160th Street!

This school year, I ask you all to help encourage our students to make a difference by challenging themselves all year and also to be certain that they help others to reach these goals through their support. It should be another fantastic journey for the next ten months.

Have a great week!

Doug Palm  
Head of Senior School

**Strathcona Parent Meeting**  
**Wednesday, September 11<sup>th</sup>, 6:30 PM**

All Grade 8 and 9 parents are asked to attend an information meeting regarding the upcoming trip to Strathcona Park Lodge. At this time we will distribute important dates and times, emergency contact information, and an extra copy of the packing list. There will be a presentation of what to expect for activities, food, weather, and how to be best prepared to make this experience as enjoyable and memorable as possible. There will also be plenty of time for Q & A. We look forward to seeing you all there,

Anna Szymczak & Norman Dods

## **Congratulations to all of Our Royal Commonwealth Essay Award Winners!**

There has been a great deal of excitement at Southridge this past week due to the news that Abby Wells' composition, "The Little Girl in Me," was recognized by the Royal Commonwealth Society as being one of the top entries in their annual writing competition. In a year that this prestigious competition received in excess of 11,000 entries from 830 schools across 55 Commonwealth countries and territories, Abby was awarded the title of "Senior Runner-Up." It is an impressive achievement and we are all very proud of her. You can read her essay in the attached PDF file.

As the Royal Commonwealth Essay Competition strives to recognize excellence, and encourage young writers, Abby is not the only Southridge student to receive recognition from them this year. Here is a list of our other award winners;

### **Senior Silver Award**

- Aidan Frost

### **Senior Bronze Award**

- Julia Lukaski-Dolecki
- Randeep Dhatt

### **Junior Gold Award**

- Angad Maan
- Azra Panjwani
- Emma Doig

### **Junior Silver Award**

- Shane Killoran
- Jacqueline Mrakuzic
- Josephine Carter
- Miranda Buchinski

### **Junior Bronze Award**

- Jade Zanatta
- Mia Schellenberg
- Stephanie Naas
- Queeni Wu
- Ronik Jagpal
- Taylor Sidhu

We are proud of all of you and the English Department, in particular, is looking forward to reading more of your amazing compositions as the new school year unfolds.

Congratulations to everyone!

Gail Robinson  
English Curriculum Leader

## **Senior School Picnic**

This year's senior school picnic is on Friday September 13th. Hopefully, we will not encounter any bad luck! After a short day of classes, students will get on the buses (10:40) and travel a short distance to Crescent Park. Students will enjoy a picnic and participating in welcoming rituals, tug of wars and finally, the Terry Fox Run. We will return to school by 3:00. Students need to come to school on this day wearing their house colours/costumes and bring:

- Bag lunch
- Water Bottle/water
- Running Shoes

- Clothes should be old clothes in house colours that they don't mind getting dirty
- Students can dress up in house coloured crazy costumes
- Students can paint their faces/hair in their house colour
- A towel to clean up after welcoming ritual/change of clothes
- Donation for Terry Fox

Rain coat or suntan lotion...we go rain or shine

Ms. Kierstan McCaw

### **Be a part of the National Championship!**

Southridge School is proud to host the Canadian Accredited Independent Schools (CAIS) U13 Boys Basketball Championship. This is an annual National tournament that consists of teams from Quebec, Ontario, Manitoba, Alberta, and British Columbia. It will take place from January 30 to February 1st, 2014. The event is a huge undertaking and we need the Southridge community's help in the hosting and billeting of 156 boys. We are looking for 55-60 families to take the boys from January 29 to February 1st, 2014. If you are able to help out and be a part of this amazing event, please email Mr. Gallant at [kgallant@southridge.bc.ca](mailto:kgallant@southridge.bc.ca).

Mr. James Porpaczy  
Athletics Director

### **Grad Committee Parent Volunteers**

As the teacher sponsor of the Grad Committee, I am looking for two parents to help the student-led committee this year. I require one parent to be my liaison to the parents regarding volunteering opportunities over the year. The other job is to be the parent organizer of the photobook project. If you are interested in assisting the grad committee, please contact me at [hmosher@southridge.bc.ca](mailto:hmosher@southridge.bc.ca). The students will be leading the grad dinner/dance plans and all details are organized through this group of students. There are many opportunities for parents to help lead, or assist with, specific fundraising events throughout the year and the parent liaison will be contacting you all regarding these opportunities. I am looking forward to an exciting year with the 2014 grads and I hope to get to know many parents this year as we prepare for their big day!

Thank you.

Ms. Heather Mosher  
Grad Coordinator

### **God's Little Acre**

For those who want an extra early head start on their service hours, we have a new service opportunity coming up. God's Little Acre is a farm that started out as an only 4 acre farm that donated their produce to the food bank. Now they have expanded to 40 acres over the period of 2 years and they need our help to pick the vegetables before they start rotting. All the vegetables sans the cucumbers go to food banks all around BC, and volunteers also get to take home some fresh organic vegetables. It is going to be every Wednesdays for Southridge students, from after to school till 5:00. It is really fun and the work isn't hard at all. It would be great if a lot of you could come out and help them. Please email myself, Iksha or Mr. Weaver if you are interested.

Thanks,

Simrat Dial  
[sdial@southridge.bc.ca](mailto:sdial@southridge.bc.ca)

## **News for Both Schools**

### **Storage Needed**

Do you have access to a warehouse or shop with a lot of extra space? The School currently has 12 pallets of Country Fair 'stuff' in storage at a family's warehouse that needs to find a new home as soon as possible. The stuff isn't extremely valuable, but it is very important and needed for the Country Fair every year. The alternative is paying for storage (which we really do not want to do). So, if you have access to such a facility AND you can load/unload the pallets and get them to the school for a week in May, we want to hear from you! Contact Jim McGarry, Facilities Manager, at 604-542-2332 or via email a [jmccgarry@southridge.bc.ca](mailto:jmccgarry@southridge.bc.ca) or Christiane Hodson, Director of Advancement at [chodson@southridge.bc.ca](mailto:chodson@southridge.bc.ca). Thank you!

**The Southridge Welcome Back BBQ is this Friday, September 13th from 3:00 – 5:00 PM**

Our first full school event of the year will be a fantastic time to catch up with old friends and to welcome our new families!

Here's what you can expect:

- Free food! Burgers, hot dogs, snacks, coffee, and the famous root beer float! Weather permitting, the BBQ area will be in the commons.
- Get more information about volunteering in the Junior School Great Hall – Parents will be there to help you sign-up online for great positions!
- Meet your child's teachers and fellow parents in your grade! Junior School teachers will be in their classrooms right at 3:00, Senior School teachers will all be in the Alan Brown Great Hall/Cafeteria area at 3:00pm.
- A scavenger hunt for Junior School families with awesome prizes – Pick up the form at the Registration area.
- Get your name tags at the Registration table at either the SS or JS front entrances.
- Get your family photo taken in the SS Gym – photos will be available to download online after the BBQ.
- Send your children to the Junior School gym for a movie and some popcorn. Parent volunteers will be there to supervise.
- Visit the uniform shop! It will be open from 3:00 until 5:00 that day!

Don't forget: Parking will be VERY limited! Park offsite and walk to the school for the BBQ/pick-up on Friday!

We still need a few volunteers! Contact Will Chow @ [dr.willchow@gmail.com](mailto:dr.willchow@gmail.com) to help! See you all on Friday!

Will Chow and Wendy Tang  
Co-Chairs

**Important Information for Welcome Back BBQ**

As you know, our Welcome Back BBQ is this Friday, September 13th from 3:00 to 5:00 PM. This is a full school event and all our parents are invited and encouraged to attend.

It will be a wonderful opportunity to meet your child's teachers, enjoy some great food, mingle and meet new friends. As you can imagine, parking onsite on Friday afternoon will be very limited.

Please note:

- The road to the Senior School around the grassy commons area will be gated off at 2:30pm on Friday. Parents will NOT be able to drive to the Senior School to pick up their children.
- Junior School parents who are used to parking on the road in front of the Kindergarten and Grade 1 classroom doors, will NOT be able to do so on Friday.
- We are asking EVERYONE to PLEASE park off-site and WALK to the school for the BBQ or to pick up your children if you aren't able to stay. Parking in our neighbourhood is also limited, so plan accordingly. Thank you!

**Volunteer Corner News**

Welcome Back BBQ is calling for volunteers to assist with the set up and tear down of the event. Please contact Will Chow at [dr.willchow@gmail.com](mailto:dr.willchow@gmail.com) to offer to help!

Don't forget to sign-up online to volunteer! Sign into the parent portal, go to the Volunteer Corner page and click on the big orange buttons that say "Volunteer Opportunities" and "Volunteer Now". If you haven't created a login name and password yet this year, you may use the same information that you used to log into the parent portal. Once you have selected a job or



several jobs, don't forget to hit "Submit." If you are having trouble, contact Lisa Boudot at [lboudot@southridge.bc.ca](mailto:lboudot@southridge.bc.ca). Also, at the Welcome Back BBQ in the Junior School Great Hall, there will be parent volunteers helping people to sign up online. Stop by for some extra assistance. Playground Supervision and Hot Lunch are still looking for a lot of volunteers!

If you have not done so already, please do not forget to submit your Criminal Record Check and Driver's Abstract as soon as possible. Please note, any individual who is planning on volunteering in a position that requires you to interact with the children, you will not be able to do so without these forms being submitted first. All forms can be found on our website under Volunteer Corner.

Thank you to everyone who volunteered to be a Buddy Family to welcome all of our new families to our community. We appreciate the time and effort that you have put into ensuring that their first experience with our School was such a welcoming one. Thank you.

Kim Bay  
(on behalf of the Volunteer Committee)

### **Mark Your Calendars: The ONE Gala 2013 – Saturday, November 16th, 2013**

Join us for The ONE Gala where we will celebrate our true spirit of contribution and service at Southridge School. As members of the Southridge family, contribution to community and 'service with purpose' is at the very heart of who we are and what we stand for.

About the event: This year's event will be similar in format to last year. In fact, last year we had one of the most successful galas in terms of fundraising and general feedback from our attendees. What's more, the ticket price was reduced significantly, general event expenses were also greatly cut-back. Yet our guests were offered an extraordinary culinary and overall event experience with lots of fun and creative surprises throughout the night. You can expect more of the same and we have exciting new surprises up our sleeves for you this year!

What to wear: Every year, the biggest question that comes up about the gala is "what should we wear?" The ONE Gala will be a formal affair, similar to last year. We are encouraging everyone to embrace a black & white theme. Think crisp, clean all-white a la Diner on Blanc. Or your go-to tux and favourite little black dress will set you apart in high style! Royal purple reflects the brand of our service pillar at Southridge, and is the signature colour of the night. Of course, feel free to arrive in any colour and simply have fun with this optional black and white theme!

How to support the gala: While our parent volunteers are actively procuring items from external businesses for our live and silent auctions, we are looking to our parent community for donation items. If you have a business, connections to a business, a vacation property, or access to any other item you think would make a great auction prize, we would love to hear from you! Please contact Lisa Boudot at [lboudot@southridge.bc.ca](mailto:lboudot@southridge.bc.ca) or by phone at 604-542-2303 for more information or to make a donation today. Your donations for our live and silent auction greatly contribute to the success of our gala fundraiser! Thank you.

Stay tuned for more details about this amazing event for our school community.

The Advancement Team and  
The ONE Gala, Co-chairs Karen Dosanjh & Krinder Rai

### **The Uniform Shop**

With the arrival of all the new P.E. tops, shorts and tracksuits the uniform shop is selling off the "Grandfathered" clothing, the clearance is 25% to 40% off the selected items.

We are clearing the grandfathered cardigans, vests, pullovers, fleece pants, swim tees, swim wear, shorts and gym tees.

### **Name Embroidery for the New Track Jacket**

If you want to add your child's last name to the new track jacket, we ask that your embroiderer use a (white) font size closest to the Southridge logo on the jacket. The name should be placed either 5" below the neck on the back of the jacket or initials can be added on to the black part of the right arm, half way between the shoulder and elbow.

## **Southridge Café Menu for the Week of September 16<sup>th</sup> – 20<sup>th</sup>**

Hello Southridge parents, staff and students,

We would like to welcome you back to another exciting culinary year. More great choices including many new items and of course all your favourites are here to stay. We hope that the new school year started off on the right foot and continues with the right foods.

We look forward to preparing healthy and delicious meals at your Southridge Café.

Bon Appetite,

Chef Marat, Judy and Eric  
Southridge Café



Senior Runner-Up – Abby Wells, age 16, Canada  
Commonwealth Essay Competition 2013

### The Little Girl in Me

I have faint memories of my early childhood; a birthday party here, a Christmas there. I recently found a picture, which brings a flood of memories back to me. This picture was taken when I was four years old. The little girl in the picture is me.

The most carefree and joyous days of my life were spent in companionship with the little girl in the picture, the little girl inside of me. As far as I can remember, the little girl and I only strongly desired a few things. We wanted to re-read our copy of *Charlotte's Web* over and over again, we wanted to never take off our favorite green floral dress, and we wanted to drink our weight in apple juice.

The little girl and I would frolic through life without a care in the world. We would dance around the backyard and try to count the blades of grass. We would paint wild pictures on paper that seemed to only make sense to us, and when the paper became tiresome, we took our brushes to the walls. We would giggle mischievously at our mother's furious expression, when she discovered our works of art. We were very happy.

As I, now a young adult, reflect on the foundations of our utter happiness, I concur that it stems from complete lack of knowledge. It sounds foolish, but I firmly believe that it is our complete disregard for our safety and those around us, combined with our blissful ignorance on how the world worked, coalesced to create the happiest people on Earth.

As a couple of years passed during elementary school, the relationship between the little girl and I changed. The little girl continued to be my kindred spirit, but I had to attend school, and not all of my attention could be focused on her. She understood. She offered to help me with my art projects, and what a great job she did. Her creative mind helped me write stories for English. She helped me perform in the elementary school play, and together, we sang our hearts out. I even let her doodle on the side of my notebook from time to time. But at the end of the day, when I got home, I would change out of that

constricting uniform that willed me to be standardized, and put on my flowered green dress again. It was as if we never put a pause to our childish behavior. We were very happy.

I used to enjoy jumping. First, I jumped rope. Then, I jumped off of couches and chairs. Then I jumped off of tables and down staircases. Finally, my obsession reached its peak when I jumped off a jungle gym. It was the highest jump that I had ever done, nothing but air below me. I bent my knees and sprang upward into the air, spread my arms out, pretending to be a bird, and soared. Even if it was just for a few seconds, I flew. I also nearly broke my arm. Strangely enough, the predominant memory that young adult Abby recalls from this day is not the happiness that I felt soaring through the air, but the consequence of such behavior.

Elementary school flew by, and before we knew it, high school rolled around, a stage of our lives that we were both reluctant to enter. Believing that the first day of high school was the most important day of my life, I woke very early to curl my hair, thinking that the prettier I looked, the more friends I would make. The little girl rolled her eyes at me, and told me not to fret. She reminded me that we were kind and likeable, and we would make plenty of friends. Furthermore, she promised me that we would always have each other, a promise I knew she would keep. A sigh of relief escaped my mouth at her reassuring words. I turned on the radio, and we danced in our room. We were very happy.

I wish I could report that I and the little girl lived the rest of our lives in blissful harmony; however, this is not the case. One of us began to grow up.

"Little girl," I begin, "I regret to inform you that I have been somewhat busy lately, and I haven't gotten a chance to read *Charlotte's Web* in a while. There is only so much time in the day, and other things come first." She asks me what could come before happiness. "Well," I try to explain, "School does. Homework, extracurricular activities, and getting into a good university all do. These are the things that I need to focus on." Her eyebrows furrow in puzzlement, but she relents. "Also, little girl," I say, "I don't know if you are aware, but apple juice has a very high concentration of sugar, and I've been trying to cut back." Her big, blue, innocent eyes blink twice, a blank look on her face. She does not know what concentration of sugar means. I roll my eyes at her ignorance. "And before I forget, I must tell you, I haven't worn the green flowered dress in nearly ten years; I'm afraid I've outgrown it."

These are my pitiable excuses, which I deliver without repentance, to the little girl inside of me, when her quivering voice asks me why I want to push her away.

Now, the little girl inside of me sits quietly in the back of my mind, waiting to be happy once again. She asks me if I want to go dance in the backyard, or paint a picture, or make up a story. "No!" I reply harshly, "Can't you see I have a math test tomorrow?!" She curls into a ball and buries her face into her knees. We never yell at each other.

As I am inevitably growing up, I have made many sacrifices at the cost of this little girl. I love her very much, and I do not want to lose her, however, every day I feel her warm little hands slipping through my fingers. Every time I choose to do something sensible, or every time I act my age, her image gets blurrier and blurrier. Her voice inside of my head gets quieter and quieter. My greatest fear is one day picking up a paint brush, or sitting down with a pen and paper, and not having the slightest idea what to do next. I fear that one day, I will look at this picture, and simply see an old photo of "Abby Wells when she was four years-old", rather than seeing the face of the little girl inside of me.



*Taking it to the*  
**Macs!**

September 9<sup>th</sup> -13<sup>th</sup>, 2013

**MONDAY**

CHICKEN POT PIE

**TUESDAY**

BEEF STIRFRY

**WEDNESDAY**

PENNE PASTA  
MARINARA

**THURSDAY**

STICKY CHICKEN

**FRIDAY**

MAC N CHEESE