

# Southridge Wednesday

13-14  
No. 03

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*September 18, 2013*

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## Head of School

### Why the Welcome Back Bar-b-que Makes a Difference

A special thank you goes out to all of you who made the effort to visit with one another and our teachers on Friday afternoon. It was so much fun to end the week with an opportunity to enjoy the sunshine in the company of families and friends at Southridge. Creating these kinds of events is really important because they help us come together as a community in an atmosphere of low-key interactions where the point of the gathering is to simply get to know one another a little better.

There are many positive elements of being a part of Southridge, but one of the highlights for me is the sense of togetherness we often feel during events like the bar-b-que. Although we have run very successful welcome back events in the past, we wanted to offer a new and convenient occasion for our families (both new and returning) to say hello and greet one another for another year.

The bar-b-que on Friday afternoon was a good way for us to remember why Southridge is such a special place. Of course, Southridge is a school and along with being a school comes a certain number of givens – the main one of which relates to learning. But Southridge is more than learning. It is more than our curriculum. It is more than test scores and exam results. It is more than the IB program and the Senior School Educational Program. It is more than graduation statistics and university entrances. Southridge is more than the sum of its individual parts.

Southridge is all about making a difference in the world, and to make a difference we need relationships. Relationships are built on shared experiences that draw us together and connect us to one another. Experiences can be challenges. They can be exhilarating. They can also be low key bar-b-ques in the sunshine on a warm Friday afternoon. Ultimately, when experiences build trust they serve to shape a strong foundation for reaching up and out beyond ourselves. Perhaps not evident at first, but your attendance at events like the welcome back bar-b-que helps Southridge make a difference by building a strong foundation for reaching up and beyond.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

| Important Dates                   |                    |                |                         |
|-----------------------------------|--------------------|----------------|-------------------------|
| 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    |
| Jr School Terry Fox Run           | Friday, Sept 20    | 1:00 – 3:00 PM |                         |
| Senior Spirit Day                 | Friday, Sept 20    |                |                         |
| Sr School Mini School Night       | Wednesday, Sept 25 | 6:30 – 9:00 PM | Alan Brown Great Hall   |
| Casual Day                        | Friday, Sept 27    | All Day        | Both Schools            |

## Junior School News

### Signing the Junior School Promise

Over the course of the last week, I have had the pleasure of visiting many of our classrooms where I discuss and sign the Junior School Promise. The promise is a commitment from the students, parents, teachers and myself regarding the expectations for the school year. These chats are most enjoyable to me; our students take this commitment seriously, and they are asked a series of questions related to the promise while they shake my hand:

- Do you promise to do your best work this year?
- Do you promise to ask for help when you need it?
- Do you promise to think about your classmates, and their needs in this room?
- Do you promise to keep your things neat and orderly?
- Do you promise to be caring and solve problems in a positive way?

Looking into the eyes of 5 year olds to 13 year olds, and asking for their commitment to these questions is quite a humbling experience. All our students inherently want to keep this promise—they are sincere and honest in their answers. The best part of my day is when I am in the classroom with our students. Working with young people is so refreshing and energizing as they tend to be raw and transparent in their answers. We do reiterate again that Southridge Junior School is a safe place to grow and develop. Through the process of growth, it is inevitable that young people will make mistakes. We believe in starting this journey with a promise indicating that they will ‘try’. Then, if a mistake is made, we can redirect back to their promise and know that a moment of growth has occurred for them. Candidly, these young people at Southridge have well developed characters, and we do know them to be respectful, honest students. We are just helping them to be their best—and it is an honour to witness their growth and developing maturity by making a commitment to this promise.

Have a great week,

Mrs. Middelaer  
Head of Junior School

### Meet the Teacher Evening- Thursday, September 19 from 7:00 – 8:00 p.m.

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 p.m.

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 p.m. - 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 p.m. - 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 p.m. - 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 p.m. – 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 p.m. so that we can explain the philosophy and teaching practices of an International Baccalaureate World School (IB). Ms. Shanaz Ramji-Motani, our PYP Coordinator, and Ms. Jo-Ann Murchie 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 p.m. 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.

### **Cops for Cancer**

On Friday, October 27, 2013 at 10:45- 11:15 a.m. Southridge School is honoured to be a stop on the last leg of the ‘Cops for Cancer’ Tour de Valley. A team of over 20 emergency response workers whom have been cycling for many days and will make a stop at our Junior School before they proceed on to other destinations. The purpose of their cycling trek is to raise awareness and funds for children’s cancer research. The team will speak at our assembly that morning, and cycle through our great hall before they resume their journey. It is a casual day that day so let’s welcome them in a sea of *blue and yellow* which are the theme colours of their ‘Cops for Cancer’ ride. Students may use temporary hair dye, and are encouraged to wear as much blue and yellow as possible. Temporary tattoos will also be provided for the cause. Parents are welcome to come and cheer on this team and support their efforts to raise funds for cancer research.

### **Head Lice**

This is the time of year when head lice can become an issue. Lice do not pose a serious health risk, but they are unpleasant and a nuisance to deal with. Contrary to popular thought, lice actually prefer clean hair, and although they do not jump, they are spread by head to head contact, or shared items. We strongly urge our students not to share brushes, hats, barrettes and other items that come close to the head. We also suggest that parents check their own children at least once a week. If you are aware that your son or daughter has head lice or nits, it is essential, and our expectation, that this information be communicated to the school. Treatment for lice has improved and we need to eliminate the possibility of head lice spreading. Once we have received information from the parent, and the child has been treated, we ensure the child is clear of lice before they return to class. Our goal is provide the best learning environment for all our students, whilst maintaining the dignity of the individual child. Thank you for your cooperation in this matter.

### **Junior School Terry Fox Run is this Friday!**

Terry Fox was a British Columbian who had bone cancer in his right leg; it was so bad, he had to get his right leg amputated. Terry was so sympathetic for the other cancer patients while he was in the hospital that he decided to run across Canada to raise money for cancer research. He trained by running every day. To start his run, he dipped his right leg into the ocean at St. Johns, Newfoundland. He called the run “The Marathon of Hope,” and he ran the equivalent of a marathon every day for 143 days until he had to stop near Thunder Bay, Ontario. Unfortunately, the cancer had spread to his lungs and he died less than a year later back home at Royal Columbian Hospital. His hope was that others would continue to run in his name and to help all of those people in the world who suffered with cancer.

Southridge is hosting their 17th Terry Fox Run this Friday, September 20th. The Run will happen on school grounds, and our Grade 7 students are excited to host the event again this year. We will start with a short assembly after lunch, and then the Run will begin about 1:30 PM and go until end of day. You should bring your own water bottle, wear your house colours, and run as many laps as you can. You will also earn points for your house team for every lap you run. Family members are welcome to join us that afternoon, and freebies will be available to Junior School students at the end of the Run. Please bring a minimum \$5.00 donation and hand it in at homeroom before this Friday.

Keep in mind we are running to cure cancer, so remember Terry’s spirit and let this be our best Terry Fox Run ever!

Andrew Datcu-Romano, 7CB

### **Grade 4 Students to Visit Breakfast Television**

The Grade 4 program is off to a running start! Under our current theme, “How the world works”, the students are investigating how “Communities adapt to changes in weather.” Last week, the students had an opportunity to visit Science World, where they learned about the various techniques used to measure and observe weather. On Wednesday and Thursday of this week, the Grade 4’s will go to the Breakfast Television studio to watch the filming of the weather report. They will also have a chance to meet the meteorologist and ask him questions. Tune in to Breakfast Television and you may even see the students on TV!

Ms. Jacklyn Birch

### **3CK Hosts Inspirational Guest Speaker on Disabilities**

We are in full swing with valuable conversations and enriching guest speakers. This afternoon our classes were delighted to welcome Jan Marika who had worked for the Rick Hansen Foundation for many years. She is now living her dream to be a life coach and just recently been certified. She has spinal bifida and discussed growing up as a paraplegic in a society that had not fully understood people with physical challenges. Some circumstances she experienced included not having access through doors because of the size of her wheelchair, not being able to have her son use the playground because she couldn’t move around the equipment to keep him safe and being put into a special school because people made assumptions to her cognitive abilities because of her physical challenges. Her messages were to look at a person’s abilities and not disabilities, no matter what you face anyone can make a difference in this world, and to believe that anyone can achieve a dream. She was a very inspirational and warm speaker who the students connected to immediately. She was left with warm hugs from your children. Her compliment was “this was her best class in all her visits to Southridge”! We were very impressed with the student’s depth of questions.

Hope you can enjoy some dinner conversations tonight!

Cindy Khangura  
3CK

### **Grade 3s Learn about Special “Surfs Up for Autism Event”**

Friday, September 13<sup>th</sup>, I had the pleasure of introducing an inspirational guest speaker, Dennis Nerpio, to the grade three classes. Dennis spoke about his personal experience of having a child who lives with autism and some of the challenges that his son faced, including social struggles, sensory and communication issues. The Nerpio family was inspired to create a surf camp for children living with autism after a family trip to Tofino. Dennis, an avid surfer, placed his son on his surf board and found he had an immediate connection with the ocean and surfing. Dennis described how he would never forget the smile on his son’s face that day. Inspired by his son’s incredible connection to surfing and the ocean, Dennis and his family decided to take action to share this experience with other families. He reached out to Rip Curl and Harmony House to help him achieve his dream. Together they planned for over year and found sponsors and volunteers to help. He described how the community of Tofino rallied around his family to help make his dream happen.

In 2012, the first Surfs Up Event – A Day to Hang Ten for Children and Families living with Autism started with twelve families. The 2013 Event doubled in size and included a young girl who was blind as well as having autism. Along with Rip Curl, Harmony House, and the community of Tofino, they provided volunteer surf instructors, behaviour interventionists and consultants to support the children, equipment and wet suits, and even supplied medals at the end of the day. Dennis described how the whole community came together to support these amazing children and how it was a life changing experience for not only the children, but all involved in the event. His story was a great example of the innovation that can come from challenging personal experiences and of people joining together to take action.

Mrs. Allison Redies

<http://www.cbc.ca/ontheisland/2013/08/29/surf-camp-for-kids-with-autism/>

**Hot Lunch orders due on Monday, September 23rd.**

Please return the orange colored hot lunch forms by Monday, September 23, 2013. The forms should be returned to the box located on the fireplace behind Mrs. Schaub's desk. If you have lost your form, we have attached a copy of it. Please direct any questions to [hotlunch@southridge.bc.ca](mailto:hotlunch@southridge.bc.ca). And remember, hot lunch starts on Wednesday, October 2<sup>nd</sup>, 2013.

Thank you.

Jackie and Shaida  
Hot Lunch Coordinators

**Senior School News****Senior School Code of Ethics**

This week during our Monday Assembly, our Head Boy and Head Girl, Harris Wong and Serena Bonneville unveiled our newly refreshed Code of Ethics in Senior School. They adeptly showed the changes and explained the collaborative process that allowed these to be completed. In this week's Long Advisory on Thursday, each Advisory will fulfill a promise to abide by this code for the year. I wanted to use my Wednesday submission to give some further detail to you about this important aspect of our School.

Historically, the original Code of Ethics was created by the students to give a framework and an agreement on how students would act as members of the Senior School at Southridge. This was done through a collaborative practice a number of years ago that allowed every student the opportunity to be a part of this creation and through the process, helped to instill a responsibility and ownership to abide by it. However, the last of the students involved in this process had graduated and we felt that it was important to ensure that the current students felt the Code was relevant to them during their time as Senior School students. So, we felt an opportunity to 'refresh' the current Code would help in this regard. We felt, however, that we should begin with the current Code as a framework to respect the efforts that the past students had made.

Each Advisory group was surveyed to ask whether the five main ethics: respect, integrity, compassion, honesty and responsibility still resonated with them along with the descriptors that help to further explain these ethics. In addition, the students were asked if there were any other 'ethics' that were missing from this group and to submit these. We then had grade representatives, the current and future school captains and the Advisory Committee (faculty) meet to analyze all of the this data. From this process, a smaller group met to edit the current Code and bring back a drafted and refreshed Code for approval by the students through the representatives. As you can see it was a very collaborative process and allowed each student in the Senior School a chance to have real input.

I found it very interesting to see what changes the students made and, as usual, they continued to show me that youth are incredibly intelligent and capable of amazing insight! They felt the five ethics should remain and did some tweaking to the descriptors especially in areas where the student body gave feedback that there was either redundancy or lack of clarity. However, most of the student body felt overwhelmingly that there was a missing ethic to which they added: perseverance! To help explain this, the students added these five descriptors.

Perseverance means to us:

- Showing determination
- Having the courage to overcome obstacles
- Following your passion
- Being resilient and bouncing back after failure
- Fulfilling commitments

Current research in education shows that perseverance (studies have used the terms resilience and grit as well) is a vital skill to have in learning and success beyond high school. Our own students (and your children) showed that they already realized this importance and felt that they needed to ensure that it was on the Code they abide by! I couldn't be prouder of the students and feel it shows they are keenly aware of what will give them success in terms of character.

Finally, during this Thursday's Long Advisory, the students will sign a large poster of the Code of Ethics that will be posted in their Advisory location. In addition this year, the students will sign a pledge found in their Student Handbook that promises they will uphold this Code. They will sign it, their Advisor, their parents and finally I will sign each student's pledge. It was very apparent throughout this whole process that the students take great pride in their Code of Ethics and the importance of each student's responsibility to live by these ideals.

### **Mini-School Night**

I also wanted to ensure that Senior School parents are aware of our Mini School Night on September 25<sup>th</sup>, 2013 beginning at 6:30 PM and take advantage of this great opportunity. You will be able to meet your child's teachers and Advisor and hear about the courses that they will be involved in this year. This is always a highlight for parents and I urge you to attend if at all possible. I look forward to seeing you there! Have a great week!

Doug Palm  
Head of Senior School

### **Show Your Spirit!**

This Friday, the entire Senior school is going to have their first opportunity to show their true spirit. This year, Southridge is hosting the Senior boys soccer CAIS tournament so we are allowing all 8-12 students to come dressed in our school colours: Blue, white and orange. This is an official senior school spirit day! Their first game starts at 11:00 am and the teachers will have an option to let their class go to watch the game. Aside from that, it will be a normal regulated school day with typical scheduled classes. With all the senior students cheering our boys on dressed in blue, white and orange, we'll show the visiting teams just how supportive our school can get!

Serena Bonneville  
Head Girl

### **Thank you!**

A big thank-you goes to Theresa Andreou for buying and delivering 400 freezies to the Senior School picnic without mishap on Friday the 13th! They were devoured with appreciation and enthusiasm.

Ms. Kierstan McCaw

### **Canadian Battlefields Tour**

During the first two weeks of July, 25 students and 3 chaperones embarked on a trip to Europe to study the Canadian battlefields. We spent time in France, Belgium, and England. The trip was a tremendous success and all the participants created memories that will last them a lifetime. We have tried to capture those memories in words and pictures and created a blog to share our adventure. The web address for the blog is:

[http://www.southridge.bc.ca/student-life/student\\_trips/Battlefields\\_Tour/index.aspx](http://www.southridge.bc.ca/student-life/student_trips/Battlefields_Tour/index.aspx). Please visit the site.

We were also able to include the Junior School in our trip by inviting them to honour the soldiers, whose graves we visited, by creating flags decorated with their poems and images, which we left behind. Their work was so powerful that we have received letters, through the summer, from strangers who visited the cemeteries that we had visited. They were moved to contact the school and let us know how much the words of these students had meant to them. Thank you to Mrs. Redies and Mr. Best and the rest of the Junior School teachers for giving up their valuable class time to complete this project.

I would also like to give a huge thank you to Gail Robinson and Deb Davies who helped chaperone our students and plan the trip. Their support, advice, and energy was most appreciated by all the students and myself.

Please visit the blog, seek out the participants, and the chaperones to ask them about the trip. The stories are incredible. The next Canadian Battlefields Tour is scheduled for the summer of 2016.

Mr. Dale Kurylyk

### **Leadership Experience Week 2013**

We are excited for our second annual Leadership Experience Week in the Senior School, which will take place from September 30th – October 4th, 2013. This is an opportunity for all of our senior school students to learn outside of the

classroom, building practical and leadership skills in real-world situations. Instead of the regular class schedule, each grade will be involved in a specialized program:

### ***Grade 8***

Theme: Identity: exploring personal character through challenging themselves in order to start developing leadership and their grade identity

Location: Strathcona Park Lodge

Timing: Sunday, September 29 – Friday, October 4

Cost: Approx. \$540.00

Attire: Appropriate outdoor wear as per packing list

### ***Grade 9***

Theme: Cooperation: focusing on specific small group challenges and building leadership and teamwork to further develop grade cohesion

Location: Strathcona Park Lodge

Timing: Sunday, September 29 – Friday, October 5

Cost: Approx. \$540.00

Attire: Appropriate outdoor wear as per packing list

### ***Grade 10***

Theme: Service: learning the leadership skills to allow students to move beyond themselves to helping others in their local community

Location: Southridge School (Monday and Friday); 10 Non-Profit Organizations in the local community (Tuesday - Thursday)

Timing: Monday, September 30 – Friday, October 4, regular school hours

Cost: \$250.00 (to cover transport & professional Me to We facilitators)

Clothing: Casual but appropriate to be active at school and specific to the volunteer work being done.

### ***Grade 11***

Theme: Leadership I: Exploration: exploring future options and developing valuable skills, notably those of restorative justice, to prepare students for making a contribution

Components: Career Day, Monday; First Aid Training, Tuesday; Restorative Justice Training, Wednesday - Friday

Location: Southridge (Monday - Tuesday), Alexandra House (2916 McBride Ave, Crescent Beach) – students will be bussed together to and from Southridge

Timing: Monday, September 30 – Friday, October 4, regular school hours

Clothing: Professional attire (as for a job interview) Monday; Active athletic wear Tuesday; Comfortable but appropriate casual wear Wednesday - Friday

Cost: Approx. \$250.00 (for Justice Institute mediation professionals & St John's Ambulance)

### ***Grade 12***

Theme: Leadership II: Legacy - looking back at contributions made, looking forward to university life, and assuming leadership in our school community in the present

Components: Career Day, Monday; Grad Retreat, Monday - Wednesday, SFU Visit, Thursday; UBC Visit, Friday

\*Grade 12 University Parent Evening Monday, September 30<sup>th</sup> at 7:00 PM

**\*\*Students wishing to use Thursday – Friday to tour other universities need to have their parents contact Mr. Weaver or Ms. Livingston**

Location: Southridge (Monday); Rockridge Resort, Princeton, (leave Monday at 3:00 PM, return Wednesday at 7:00 PM by bus from Southridge) SFU & UBC (Thursday, Friday, by bus from Southridge)

Timing: Monday, September 30, regular school hours; Monday, 3:00 PM depart – Wednesday, 7:00 PM return, Thursday 8:00 AM – 4:00 PM, Friday 8:00 AM – 3:00 PM

Clothing: Professional attire (as for a job interview) Monday; Comfortable but appropriate casual wear Tuesday -Friday

Cost: Approx. \$300.00 (for Grad Retreat)

This will definitely be a highlight of the school year for all of our students. We appreciate your support and encourage any input, assistance or queries. Please contact Daryl Weaver at [dweaver@southridge.bc.ca](mailto:dweaver@southridge.bc.ca) or 604-542-1796 for more information.

### **Welcome to the Southridge Senior School Mini School Evening**

On Wednesday, September 25<sup>th</sup>, 2013 from 6:30 to 9:15 PM there is an opportunity to follow your son or daughter's schedule and to meet his or her teachers. This popular event has received excellent feedback from parents who have found it to be a very informative and valuable experience. Please come and join us and learn a little more about the varied curriculum and daily lives of our students in the Senior School.

Registration begins promptly at 6:30 PM in the Senior School foyer. We look forward to seeing you there.

Ms. Jan Holt  
Senior School Academic Program Director

### **SE Asia Summer Tour 2014 – Parent & Student Information Night on Wednesday, September 25th**

For those students interested in going to Vietnam, Cambodia & Thailand this coming summer, there will be an information session just prior to the Senior School Mini School on the 25th from 6:00 to 6:20 PM in Room 202.

This tour is filled with so many highlights and contains a huge focus on culture, history, and geography. Some of the highlights include:

- Guided tour of Ho Chi Minh City
- Going through the VC tunnels from the Vietnam War
- Meeting and talking to an actual Vietnam War survivor about their experiences
- Going to Angkor Wat, probably the most famous Buddhist Temple in the world
- Cruise on Tonle Sap Lake and also visiting a floating village
- Guided tour of Bangkok
- Visiting the Grand Palace
- Eating a traditional Thai buffet dinner
- Visiting the Khao Wang Palace and Caves
- Plus so much more!

This trip is a once in a lifetime experience and also delves into so many aspects of our Social Studies curriculum here at Southridge. If you are interested, please come to Room 202 at 6:00 PM just prior to Mini-School Night at Southridge on September 25<sup>th</sup>. I hope to see you there.

If you have any questions or concerns, please feel free to contact me anytime at [jknihniski@southridge.bc.ca](mailto:jknihniski@southridge.bc.ca). Thank you.

Mr. James Knihniski



## University Events and Information Sessions

University Counseling activities are in full swing at Southridge. Each year, independent and public schools host reciprocal events throughout the Lower Mainland that enable representatives from post-secondary institutions to efficiently use their time to meet with and answer questions. Please note the following events and activities to assist in researching universities and programs that Southridge families are invited to participate in:

### ***Ivy-Plus Information Night – Wednesday, September 25th, 2013 at 7:00 PM***

St. George's School, 4175 West 29th Avenue, Vancouver

Representatives from Brown, Columbia, Dartmouth, Harvard, Princeton, Stanford and U of Pennsylvania will be present to answer questions and provide information about programs, admissions, costs and financial aid and student life. No RSVP necessary

### ***UK Mini Fair – Wednesday, September 25th, 2013 from 6:00 to 8:00 PM***

Crofton House School, 3200 W 41st Avenue, Vancouver

This will be an excellent opportunity for families to learn more about studying in the UK while having a chance to speak with representatives one-on-one. There will be over 20 respected UK universities, who will be highlighting their institutions and presenting the benefits of UK study.

To reserve places at this free event, e-mail [ca-education@britishcouncil.org](mailto:ca-education@britishcouncil.org) indicating the event you are attending.

### ***Canadian Universities Event (CUE) – Monday, September 30th, 2013 1:50 to 3:00 PM***

Southridge School, Senior Gymnasium

All Grade 11 and 12 students (and parents) are invited to attend this event to speak with, and obtain information, from representatives of universities across the country. We will have about 35 institutions setting up information booths in the gymnasium. Please note this event is open to other schools in our area.

### ***Vancouver Area Independent School Fair – Thursday, October 24th, 2013 1:00 to 3:00 PM***

West Point Grey Academy, Vancouver

Every year West Point Grey hosts around 40 representatives from colleges in the United States. Students in Grades 10 and 11 who are interested in attending in studying in the US can sign up through their Planning classes to attend. Southridge will be bussing students to this event.

### ***Grade 12 Parents Information Session***

Do you want to know more about the Portfolio 12 class that your student is attending? Do you have questions about the university admissions process? Come to the Grade 12 Parent Information Night - Monday, September 30<sup>th</sup> at 7:00 PM in the Alan Brown Great Hall.

Please RSVP to Ms. Livingston at [ylivingston@southridge.bc.ca](mailto:ylivingston@southridge.bc.ca) and include in your e-mail any specific questions/concerns you would like addressed during this session.

Ms. Yvette Livingston

### ***Jazz Retreat from October 24<sup>th</sup> to 26<sup>th</sup>, 2013 - Rockridge Canyon***

This will be our eighth Jazz Retreat, but this year we are at new location, the beautiful Rockridge Canyon Retreat Centre in Princeton, BC. Truly, this has become a bit of a Southridge tradition! If you speak with anyone who has been in previous years, I'm sure they'll tell you it was a great time... musically and in every other way! This year's retreat will be held from Thursday through Saturday, October 24 - 26.

Our days will be filled with full band sessions, sectional rehearsals, as well as workshops on improvisation. Each evening, we'll be treated to a jazz jam session extraordinaire with our clinicians. Also, they'll be lots of free time for relaxing or playing a game of cards or soccer, or simply soaking up the awe inspiring scenery. Students will stay in dormitory style accommodations.

If you are playing in one of the Jazz Bands or sing in the Vocal Jazz Ensemble this year, you will not want to miss this amazing retreat. The sign up forms will be available by Friday of this week (September 20<sup>th</sup>); check in front of the bulletin board outside Room 103. We will also post them to Schoology and attach them to an announcement in next week's Wednesday.

Parents, if you are willing to help, please email [sburrage@southridge.bc.ca](mailto:sburrage@southridge.bc.ca). Each year we are delighted to have several parents join us to help with the younger students' cabin supervision and some of the food. The evening concerts are definitely a highlight.

Ms. Parker, Mr. Mitchell & Mr. Burrage

## **News for Both Schools**

### **Bring in Those Auction Items!**

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.

Also, we are looking for one or two more procurers! If you are able to contact 8-10 local businesses (contact information is provided) next week, please contact Christiane Hodson right away at [chodson@southridge.bc.ca](mailto:chodson@southridge.bc.ca).

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

### **Volunteer Corner News**

Thank you to our Welcome Back BBQ volunteers! A very special thank-you to Dr. Wilbur Chow and Dr. Wendy Tang for chairing the Welcome Back BBQ on Friday. In total, more than 50 parent volunteers were involved from parking to BBQ duty! Thank you to all for a job very well done!

### **Playground Supervisors Needed!**

We need your help! As of today, we have only half of the number of parent volunteers needed to ensure the safety of our children on the playground. We need 4 parent volunteers each day from 12:20 - 1:20 PM. The scheduling is flexible, you can commit to one shift per month or twice a week. We are happy to accommodate your busy schedule. Please visit the Volunteer Corner on the website for more details.

### **Criminal Record Check**

In order to streamline the process for you, we have included all of the necessary documents in one link! Please print out all of the forms and take them to the Surrey detachment, with 2 pieces of ID. It is important to note that a family member CANNOT submit the forms on your behalf. You will need to be there, in person, to submit the forms. To make it even more convenient, the detachment is open on weekends! Thank you for your cooperation!

[http://www.southridge.bc.ca/data/files/gallery/ContentGallery/Criminal\\_Record\\_Check\\_Forms\\_Consolidated.pdf](http://www.southridge.bc.ca/data/files/gallery/ContentGallery/Criminal_Record_Check_Forms_Consolidated.pdf)

Thank you,  
Kim Bay (on behalf of the volunteer committee)

### **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 at [jmcgarry@southridge.bc.ca](mailto:jmcgarry@southridge.bc.ca) or Christiane Hodson, Director of Advancement at [chodson@southridge.bc.ca](mailto:chodson@southridge.bc.ca). Thank you!

### **New Cases of Measles in Fraser Health**

Since August, there have been four confirmed cases of measles across the Fraser Valley. Measles has been circulating in the Abbotsford/Chilliwack area for likely the past two months. More recently, cases have also been identified in Burnaby and Surrey, which means the risk of exposure to measles is more widespread.

### **Why is Measles a Concern?**

Measles is a serious infection caused by the measles virus. Measles can cause severe illness and complications such as pneumonia, brain damage, blindness, and deafness. Among the most serious potential complications is brain inflammation (encephalitis), which occurs in approximately one in 1,000 cases. Approximately one in 3,000 cases will die from measles.

### **What are the symptoms of Measles?**

People infected with measles have symptoms of fever, cough runny nose, and red and inflamed eyes. These symptoms are followed by a rash, which starts first on the face and neck, and spreads to the chest, arms and legs, and lasts at least three days. Spots may also appear inside the mouth and look like small grains of sand on a red base.

### **How is Measles Spread?**

Measles is a very contagious disease. It spreads easily through the air when an infected person breathes, coughs, or sneezes, and can survive in the air for several hours. An infected person can spread the measles virus even before they know they are sick, and can spread the virus from four days before their rash until four days after their rash.

### **What should you do if you/your child develop(s) symptoms?**

If you or your child develops a fever and cough or other symptoms that may be measles, you or your child should stay at home and keep away from others who may not be immune. You or your child should be examined by a doctor. It is best to call ahead so that you or your child can be seen quickly and not expose other people by sitting in a waiting room for any period of time.

### **Protection**

The most effective protection against measles is two (2) doses of MMR (Measles, Mumps and Rubella) vaccine after one year of age to all those born after 1957.

If you or your children have not received 2 doses of measles vaccine after one year of age we encourage you to contact your Family Physician or local Public Health Unit to book an appointment. The vaccine is also available at some local Pharmacies and can be given there to adults and children over five years old.

Please call your Pharmacy or visit the FH website for a map of Pharmacists offering the vaccine (<http://www.fraserhealth.ca/>). We also recommend making sure your child is up to date for all of their other immunizations. For more information on measles, please visit [http://www.bccdc.ca/dis-cond/a-z/\\_m/Measles/default.htm](http://www.bccdc.ca/dis-cond/a-z/_m/Measles/default.htm)

### **The Value of CAIS Accreditation**

Southridge is proud to be a Canadian Accredited Independent Schools (CAIS) member. Learn more about what membership means to Southridge and our students as well as the benefits provided by this association by reading the attached PDF file.

### **Southridge Café Menu for the Week of September 23<sup>rd</sup> – 27<sup>th</sup>**

Southridge Café is looking forward to have you come in and enjoy all the flavours of the season. Soon we will have pumpkin muffins, squash soup and roasted seasonal vegetables as an option.

While we would love to accommodate every child that would like to purchase our delicious and nutritious creations, please remember that the students cannot purchase anything without cash in hand or money on their account. Quite often we have students that assume the Café account is attached to the school registration. The Café account is the sole responsibility of the customer and has no affiliation with the school registration. If your children have not given us a cheque or cash to input into their account, they would not have any money attached to their student number. We don't like to turn away any student but our policy is not to allow any person to purchase without payment as it's the only fair way to dealing with the situation.

Also please ask your children not to try to put money on their account right in the middle of lunch as it holds up the line discussing with your child their account number, and how much they would like to add and the process of adding it into our

computer system. Sometimes if it is a slower and steadier day we can make that exception but it's not fair to all the students who are waiting patiently to pay for their lunch in order to have the time to enjoy it through the lunch break.

We look forward to serving you at the Southridge Café.

Marat Dreyshner  
Chef  
Southridge Café



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Dear CAIS school Parent:

Choosing the right school for your child is one of the most important responsibilities of a parent. Congratulations on choosing CAIS school, one of the best schools represented by the Canadian Accredited Independent Schools (CAIS).

**CAIS is a community of the best schools in Canada.**

To be accredited, CAIS schools value ongoing improvement and commit to a voluntary assessment process that is rigorous and thorough. As a result of this commitment, CAIS schools are widely regarded to be among the best in the world.

Why should this matter to you as a parent?

We know all parents seek and expect the best for their children. You want your child to grow, learn and thrive, to be exposed to great teaching and learning opportunities, and to reach his/her potential in every area of academic and social development.

In a school accredited by CAIS, you can be assured that your child is going to receive all this and more.

CAIS member schools meet the highest of National Standards – not just Ministry of Education requirements – in all aspects of program and operation including Co-Curriculum and Learning Environment; Academic Program; Human Resources; Admissions; Governance; Finance; Physical Plant; and Health and Safety. Our 12 National Standards are congruent with the internationally accepted criteria adopted by the National Association of Independent Schools (NAIS) International Commission on Accreditation. Visit our website for details on the National Standards.

CAIS schools are, therefore, by definition, committed to unmatched educational experiences and an ongoing commitment to improvement in every aspect of school life. A CAIS review is holistic, comprehensive and rigorous. CAIS accreditation is a peer-reviewed, exhaustive process that examines school operations from every angle.

No other Canadian accreditation or standards organization in education is as complete or as thorough.

And because it is arm's length from the school's own administration, evaluation enables schools like CAIS school to be more accountable to parents, and ultimately, to students themselves. This is a win-win and gives a school the platform upon which to grow, improve and expand.

How does CAIS impact your child directly?

In addition to school accreditation, CAIS offers a wide variety of programs including National Student Leadership Conferences at both the Middle and Senior School levels; National Sports Tournaments; Professional Development for teachers and school administrators and much more. You can learn about these exciting opportunities at [www.cais.ca](http://www.cais.ca).

Thank you for your support of our school, and please remember that as a parent in a CAIS accredited school, you have made a choice to give your child an outstanding educational opportunity.

We wish you and your family a happy, healthy and successful 2012-2013 school year.

Sincerely,

A handwritten signature in cursive script, appearing to read 'AmKee'.

Anne Marie Kee  
Executive Director, CAIS

## AMENDED

Please return form with Cheque by **Monday, Sept 23rd**

### Hot Lunch Order Form 2013-2014

Student Name: \_\_\_\_\_

Student ID Number: \_\_\_\_\_

Homeroom Teacher: \_\_\_\_\_

***Please circle only one food item, dessert and one drink choice per meal***

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#### **Pizza on Whole Wheat Thin Crust**

(Served Oct 2, Nov 13, Jan 15, Feb 26, April 23, June 4)

**Circle One:**                      Pepperoni                                      Cheese

**Circle One:**                      2% Choc Milk              2% Milk              Bottle Water              Apple Juice

*Includes: Raw Veggie Sticks with Ranch Dressing and Seasonal Fresh Fruit for Dessert*

**6 Meals @ \$6.75 (Tax Incl.) = \$40.50**

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#### **Breaded Chicken Strips**

(Served - Oct 30, Dec 11, Feb 12, April 9, May 21)

**Circle One:**                      3 - All White Chicken Breast Strips                      4 - Breaded Veggie Nuggets

**Circle One:**                      2% Choc Milk              2% Milk              Bottle Water              Apple Juice

**Circle One:**                      Vanilla Yogurt                                      Berry Yogurt

*Includes: Mixed Vegetable Rice and Green Salad with Dressing, and Yogurt for dessert*

**5 Meals @ \$6.75 (Tax Incl.) = \$33.75**

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#### **Homemade Chili**

(Served – Nov 6, Feb 19, April 16, May 28)

**Circle One:**                      Meat                                      Vegetarian

**Circle One:**                      2% Choc Milk              2% Milk              Bottle Water              Apple Juice

*Includes: Green Salad with Dressing and Ice Cream Cup for dessert*

**4 Meals @ \$6.75 (Tax Incl.) = \$27.00**

### Hamburger on a whole-wheat bun

(Served Oct 23, Dec 4, Feb 5, April 2, May 14)

**Circle One:** Beef Patty Veggie Patty  
**Circle One:** with cheese without cheese  
**Circle One:** 2% Choc Milk 2% Milk Bottle Water Apple Juice

*Includes: Veggie Sticks and Ranch Dressing and Seasonal Fresh Fruit for dessert*

**5 Meals @ \$6.75 (Tax Incl.) = \$33.75**

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### Penne Pasta with Choice of Sauce

(Served Oct 9, Nov 20, Jan 22, Mar 5, April 30, June 11)

**Circle One:** Meat Sauce Tomato Sauce No Sauce  
**Circle One:** 2% Choc Milk 2% Milk Bottle Water Apple Juice

*Includes: Crazy Bread, Green Salad with Dressing and Ice cream cup for dessert*

**6 Meals @ \$7.00 (Tax Incl.) = \$42.00**

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### Chicken Souvlaki with Tzatziki

(Served Oct 16, Nov 27, Jan 29, Mar 12, May 7)

**Circle One:** Chicken Marinated Tofu (lemon and herb)  
**Circle One:** 2% Choc Milk 2% Milk Bottle Water Apple Juice  
**Circle One:** Vanilla Yogurt Berry Yogurt

*Includes: Pita Bread, Green Salad with Dressing and Yogurt for dessert*

**5 Meals @ \$7.00 (Tax Incl.) = \$35.00**

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*\*\*Please note that there are no food or drink substitutions*

**Total number of meals** \_\_\_\_\_

**Total Payable** \$ \_\_\_\_\_ (\$212.00 if you have ordered all of the meals.)

**\*PLEASE MAKE CHEQUES PAYABLE TO "COMPASS GROUP"**

|   |
|---|
| To ensure the safety of your child, we are not able to accommodate any allergies or dietary restrictions. |
|---|



**STUDENTS, PARENTS, AND HIGH SCHOOL COUNSELORS**  
are cordially invited to  
an evening program with representatives from the  
**Undergraduate Admission Offices**  
of



**BROWN UNIVERSITY**  
Providence, Rhode Island



**COLUMBIA UNIVERSITY**  
New York, New York



**DARTMOUTH COLLEGE**  
Hanover, New Hampshire



**HARVARD UNIVERSITY**  
Cambridge, Massachusetts



**PRINCETON UNIVERSITY**  
Princeton, New Jersey



**STANFORD UNIVERSITY**  
Stanford, California



**UNIVERSITY OF PENNSYLVANIA**  
Philadelphia, Pennsylvania

Admission officers will address issues of particular concern to students applying from Canada. Topics to be covered include: academic programs, admission policies, costs and financial aid, and student life. There will be a general question and answer period as well as an opportunity to speak with individual representatives.

Seating is limited, so we ask you to join us for only one of the following programs:

**Tuesday, September 24, 2013**  
**7:00 p.m.**

St. Michaels University School  
3400 Richmond Road  
Victoria, BC V8P 4P5  
(250) 592-2411

**Wednesday, September 25, 2013**  
**7:00 p.m.**

St. George's School  
4175 West 29<sup>th</sup> Avenue  
Vancouver, BC V6S 1V1  
(604) 224-1304

**No RSVP necessary**

Directions:

<http://www.smus.ca/contact>

<http://www.stgeorges.bc.ca/podium/default.aspx?t=132966>

Please note that these programs are intended only for students seeking information on the undergraduate divisions of these universities.

# *Eat* *What You Want Day!*

Week of  
Sept. 23rd – 27<sup>th</sup>, 2013  
Feature Menu

## **Monday**

Tex Mex Poutine  
Topped with chili con carne  
On homemade fries

## **Tuesday**

Hamburger Kebab

## **Wednesday**

Chicken Pot Pie  
Home made

## **Thursday**

Perogies

## **Friday**

Daily Pasta

**Fresh salads served daily as an option with the meals**







# Cruciferous VEGETABLES

Cauliflower, broccoli, cabbage, brussel sprouts, bok choy, kale

Cruciferous vegetables contain rich isothiocyanates and indoles that may help prevent cancer. These crucifer or cross-like vegetables combine a variety of nutrients including beta-carotene, fibre, Vitamin C, calcium, iron and folate.



Eurest

Chartwells

MORRISON

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MARQUISE

Members of Compass Group Canada