

Southridge Wednesday

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Head of School

Keep Your Eye on the Ball

As some of you know from previous Southridge Wednesday articles, I love human movement; from dance to rugby – and everything in between. In fact, one of my favourite hobbies is people watching. I imagine stories about people as they stroll by – their histories, their feelings, their personalities – all based on the way they walk and move. Through my eyes, movement is poetry, and all of us tell our own stories through the way we move.

Not surprisingly, I completed my undergraduate degree in physical education. At the time, I couldn't imagine studying anything else, and after I got my fill of human movement science in graduate school I was excited to start teaching. With my background in physical education and my interest in human movement, I took to the gym with the goal of helping children develop their confidence and character through play and games - and if one or two of them appreciated beauty through movement then that was completely fine with me as well (although I never told them that).

Regardless, teaching for success was very important to me. While teaching striking skills, for example, through the game of baseball, I would lob big, juicy “watermelon” pitches to my students (think Grade 2) and watch the joy on their faces when they connected to send the ball flying. Keeping things simple was the key to their success, and so was limiting distractions to help them focus and concentrate. If they could keep their eye on the ball they would hit it . . . every time.

Leading for success is just like teaching for success – keep things simple and focused. So here's a big, juicy “watermelon” pitch for you to think about: the reason that Southridge exists is to make a difference in the world. Now keep your eye on that ball (as simple as it is), focus on that target, take a nice, easy gentle swing and see how it feels to let your spirit soar when you connect with it. And don't worry if you miss it at first because I know you'll hit it eventually. We all do.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Event	Date	Time	Location
Full School Assembly	Tuesday, Oct 8	9:40 – 10:30 AM	Sr School Gym
MYP Mid-term Report Card Home	Thursday, Oct 10		Jr School
Thanksgiving Holiday – No School	Monday, Oct 14	All Day	Both Schools
Late Start	Tuesday, Oct 15	10:25 AM	Both Schools
Jr School Parent Teacher Interviews	Thursday, Oct 17	1:00 – 8:00 PM	Jr School Classrooms
Jr School House Captain Theme Day	Friday, Oct 18	All Day	Jr School
WE Day	Friday, Oct 18	All Day	Sr School
Casual Day	Friday, Oct 25	All Day	Both Schools

Junior School News

Southridge School Hosts the BC Association of IB World Schools - Specialist Day

At Southridge, we are proud to be part of a bigger community, the BC Association of IB World Schools. This Friday the Southridge Junior School is hosting over 60 Primary Years Program educators from over 12 different IB schools, both here and on the Island. These teachers are 'specialist' teachers meaning teachers of Physical Education, the Arts, Second Languages, and teacher librarians. They will gather at Southridge to study conceptual learning and to engage in meaningful dialogues with our subject specialty teachers.

We are pleased to have our own faculty involved in these sessions with some taking leadership roles: Donna Winterburn will be leading the music specialist session, Jo-Ann Murchie and Shanaz Ramji- Motani will be presenting the general session on conceptual learning, Allison Redies will be leading the art specialists, and Joyce Chong will be leading the session for teacher librarians. We are proud of our faculty, and know that our specialist teachers add such strength to our program.

Well balanced programs include a balance of all specialty areas, and we are proud to support the growth of all educators in their area of specialty.

*Leadership and learning are indispensable to each other.
John F. Kennedy*

If we are truly aspiring to build leaders at Southridge, we must in turn, provide opportunities to lead. For some time, we have been carefully considering ways to expand student leadership opportunities, especially for our upper grade levels. This is in keeping with our focus on community service, and also providing developmentally appropriate chances for older students to experience increased responsibilities.

Our oldest students may now assume a position as a Student Ambassador; in total, 18 positions will be available in each of the 3 terms. Student Ambassadors include the traditional 8 House Captains, as well as 4 Birthday Ambassadors, 2 Athletic Ambassadors, and 4 School Tour Ambassadors. In a variety of ways, each of these positions allows students to connect with others in their community, act as a role model, and spread positive school spirit. Students can serve as an Ambassador in more than one term, but they cannot serve more than once in the same position. We are so proud to have them serve our school, making a difference each and every day.

The Student Ambassadors for this term are as follows:

Birthday Ambassadors:

Jason Kitikul
Michael Golos
Dilly Cooner
Reesa Osing

House Captains:

Amran Aujla (Otter Boy)
Rachel Stephens (Otter Girl)
Harrison French (Chinook Boy)
Mikaela Wilson (Chinook Girl)
Braedon Ellemo (Hawk Boy)
Paige Doig (Hawk Girl)
Jaden Sanghe (Raven Boy)
Kyla Edelman (Raven Girl)

Athletic Ambassadors:

Michaela Blake
Arman Soheili

School Tour Ambassadors:

Cayla Smith
Stephanie Mrakuzic
McKenna Gill
Arshia Dhanju
Tareeq Mangalji
Malcolm Beaton

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Have a great week serving others and making a difference.

Mrs. Middelaer
Head of Junior School

Bear Creek Park Track and Field Meet

Last Saturday over 30 of our athletes braved the wind and heavy rain to represent our school at the South Fraser Track and Field club meet at Bear Creek Park. Well done to all participants. The following students placed in the top 8 runners (many of the races had at least 30 participants):

- Cayla Smith (1st)
- Liam Kobylanski (1st)
- Elizabeth Lawson (1st)
- Maya Kobylanski (4th)
- Jordyn Reed (4th)
- Graeme Lister (4th)
- Lucas Sorensen (6th)
- Anika Bond (7th)
- Lochlan Abell (7th)
- Pritam Conner (8th)

We look forward to our next race of the season at Crescent Park on Saturday, October 5th, 2013.

Ms. Samara Ridley-Thomas

Senior School News**Experiencing Learning Away From the Classroom**

As I write this submission I am sitting in a glorious dining hall at Rockridge Canyon in Princeton, BC! The view is unbelievable and I think we are experiencing the ‘best’ weather of all of the grades partaking in Leadership Experience Week. There are 9 other Senior School teachers here along with our Grad Class of 2014. The students are a cohesive, encouraging and delightful bunch to be a part of and best of all – there has been an amazing amount of learning taking place.

Mr. Doig, our Upper Division Coordinator has set up a program that allows a number of activities for the students to participate in. Some are simply to encourage the students to be together and enjoy one another’s company. Others are designed to encourage individuals to perhaps take a little bit of a risk away from their

comfort level. One such activity we enjoy on Tuesday morning was the high ropes course. There were 3 different routes that could be chosen: easy, somewhat harder, and quite difficult. As students decided on participating I could hear them speak to each other and try to figure out which route they wished to attempt. Many wanted to “push” themselves and go a bit harder than what they felt was going to be easy. Others felt that just by attempting to participate in the activity was showing a new boundary that had been broken.

To set the stage, in front of the ropes course is a set of bleachers for everyone to view. For some, this might represent another concern to overcome: what others are going to think as they watch me. This is perhaps where I witnessed the strength of this Grad Class. As the first student climbed the pole to begin, the entire group cheered and clapped encouragement! The Grad class was purely excited for one of their own to start. Two and a half hours later, as the last teacher went through the course (yes, even I gave it a whirl!), they were still clapping and voicing encouraging words. A few students went up to the course and found it to be just too high to continue. I quietly worried what the student would feel as they had to come back down; however, a friend would be waiting as they returned to the group to give them a hug and tell them they were proud of them for trying!

It is so uplifting to see youth support their peers and encourage them to continue to learn. As you will obviously know, when anyone feels good about themselves and feels safe in their environment their success in learning becomes exponential. The Grad Retreat is set up for our Grade 12's to have these opportunities for growth which then helps them continue to grow throughout their final year. It allows students new opportunities to learn about themselves.

I am very much looking forward to hearing about all of the other grades' adventures at the end of the week! I know there will be many other experiences that will show how students have grown as people whether it was at Strathcona Park Lodge, service learning, first aid or restorative action. Even our long canoe trip, despite all of the wet weather, enjoyed a shared experience where they can look back and say: “We overcame the tough conditions and still had a fun time learning!”

It would be remiss of me for not mentioning our talented faculty that have spent countless hours thinking and designing these activities and instilling an energy and enthusiasm into the week. I want to thank everyone for giving so much of their time often to be away from family.

Experiential education is such an important part of our Senior School Educational Program (SSEP) and this week helps to focus us toward the reasons why. Have a great week!

Doug Palm
Head of Senior School

South East Asia Tour - Last Notice

If you are still interested in having your child participate in the SE Asia tour this summer, please email Mr. Knihniski as soon as possible. We need to know if there still is enough interest in the tour to go ahead or else we will have to cancel the tour. Don't enrol directly for the tour just yet; please just email Mr. Knihniski by October 15th so that we can see that there is enough interest to move forward. Thank you.

Mr. Knihniski
jknihniski@southeridge.bc.ca

News for Both Schools

Photo Retake Day

This is a reminder about photo retake day in the morning on Friday, October 11th. It will take place in the Junior School Great Hall.

If you missed photo day in September, please make sure that you have your picture taken on Friday, October 11th. Thank you.

Online Volunteer Sign-up

Thank you to everyone who has signed up for a volunteer shift already this year. We also appreciate everyone's patience with the new online sign-up system and other new requirements, like the Criminal Record Check.

If you haven't signed up yet, now is the time. We are recruiting volunteers for the following:

- More playground supervisors! Days are flexible - from 1 day a month to twice a week. Four volunteers are required per school day, 12:20 to 1:20 PM
- The uniform shop is looking for someone who can volunteer either Tuesday or Wednesday from 2:00 until 4:00. The position requires someone to partner with another volunteer who is currently active in the uniform shop. This is a weekly volunteer position and requires dedication for the school year. It involves providing service to our community and it is best if you've had some work experience with a POS system and enjoy working with people and merchandise. One important prerequisite is to help fit the new students' uniforms, fittings start May 1st and run to the end of June.
- Gala Volunteer Opportunities opened on October 1st. Sign-up online for 50/50 shifts, set-up, etc.!

Finally, there still seems to be some confusion about the Criminal Record Check requirement for some positions. Even if you sent in your form, you are still required to sign-up online for the position. Happy Volunteering!

Kim Bay
(on behalf of the Volunteer Committee)

Come celebrate our spirit of community - The ONE Gala 2013 is Saturday, November 16th, 2013

Join us for The ONE Gala where we will celebrate our true spirit of contribution and service at Southridge School. This is sure to be an amazing evening filled with great friends, fabulous music, delicious food and fun times! Watch for your ONE Gala invitation and registration information will be online soon.

How you can help: There are many ways you can participate in the evening. You can show your support by attending the event as a guest, inviting others to join you, volunteering during, before or after the event, sponsoring an item, or donating items for the live and silent auctions (see below).

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! Auction items are needed: As we are now in October, we are asking our school families to consider making a donation that would complement what has been received to date.

There are many ways to donate:

1. Donate an item to the auction on behalf of your family or business. We are hoping for some priceless, one-of-a kind experiences, or specialty items. Here are some suggestions:
 - Wine, Spirits and Dining: fine dining gift certificates, catered dinner packages, wine collections, private wine tasting, cooking classes
 - Sports and Vacations: sporting event tickets, signed jersey, theatre tickets, golf packages and golf wear, weekend getaways, trips
 - Spa, Health and Fitness: personal training sessions, spa/massage treatments, spa gift certificates
 - Fashion and Jewelry: gift certificates, jewelry for him and her, teen shopping spree, fashion accessories
 - Fun for the Kids: unique birthday party package, passes to local attractions, concert tickets, driving lessons, gift certificates to their favorite clothing stores
2. Help procure an item for the auction through a personal or business connection.
3. Let us do the shopping – make a cash donation and we will purchase an item for you.

Please help us assemble an array of items that will appeal to a variety of interests. Please fill out the attached donation form and submit it to Lisa Boudot at the Senior School. T: 604-542-2303 or lboudot@southridge.bc.ca. Your donations for our live and silent auction greatly contribute to the success of our gala fundraiser! Thank you.

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

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 jmcgarry@southridge.bc.ca or Christiane Hodson, Director of Advancement at chodson@southridge.bc.ca. Thank you!

Ms. Christiane Hodson
Director of Advancement

Uniform Shop

Tuesday, October 1st ushered in the winter uniform while the summer uniform is tucked away until May 1st. The uniform shop supplies accessories such as belts, ties, socks and tights for the winter uniform.

Southridge Café - Chartwells Food Services Management Transition

I would like to take this opportunity to introduce Michael Leif as the new of Manager, Southridge School. Mike will be responsible for the day to day operations of the dining services.

Mike will be assuming the position from Marat Dreyshner as Marat has accepted a new and exciting opportunity within the Compass Group Canada family. I want to thank Marat for all his hard work and dedication to Southridge School Dining and wish him the best in his new role.

Mike comes with extensive experience in the food services industry. A Red Seal Chef, Mike's recently held the position of Chef at Kwantlen Polytechnic University. His background includes executive chef positions on Vancouver Island as well as the lower Mainland.

Michael has been cooking for 20 years. He is a graduate of the Vancouver Community College Culinary program. He is passionate about food and serving customers. His menu creativity and homestyle cooking techniques positions him to offer wholesome meals which will meet the healthy eating objectives students require.

With Mike's experience and Can Do attitude, I am very excited to have Mike join the Chartwells team at Southridge School.

Please feel free to contact Mike in person at the Cafeteria, by phone or email. He will be more than happy to assist you with your dining needs.

Celebrate Autumn

WEEKLY MENU

October 7TH – October 11TH

Monday

Chicken Quesdilla
Vegetarian Quesdilla

Tuesday

Poached Cod with Vegetables in a Tomato Broth
Served over Rice

Wednesday

(Mild) Chicken & Vegetable Curry
Served with Naan Bread

Thursday

BBQ Pulled Pork Sandwich
Served with Coleslaw

Friday

Beef and Vegetarian Lasagna

Featured Panni

Roast Chicken Breast , Pesto Mayo, Ham, Roma
Tomato melt with Swiss Cheese