

# Southridge Wednesday

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13-14  
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## Head of School

### The Seagull

Over the summer, my family visited Cape Cod. We like Cape Cod – the architecture, the beaches and the ocean. It is a bit far away from Vancouver, but I used to go there when I was young(er) so it has a special connection for me. My family lovingly humours me with our pilgrimage to the east coast in the summer. Sometimes it's good to get away.

One day, when we were sitting on the beach reading – which was in line with our usual practice – a seagull happened upon the scene. I find seagulls to be pesky birds. I do not appreciate their bold scavenger tendencies, and I usually dismiss them as a common nuisance associated with visiting the beach. I, like most other beach goers, simply put up with them.

Anyway, on this day, the seagull in question visited our unsuspecting beach neighbours, a man and a woman from Boston. The bird had spotted a bag of beef jerky tucked away in the couple's tote. While the man was busy speaking on his phone and the woman was buried in her novel, the devil of a bird grabbed the jerky and took off.

But it did not get far because the bag was heavier than the bird expected and it landed a few metres away from us. The victimized man was incensed, hurled all sorts of rude comments at the gull, took pictures of the incident and flailed his arms in outrage – all the while carrying on a conversation with his buddy over the phone. After a few seconds, our neighbour to the other side lunged unexpected at the bird causing it to back off the jerky . . . but only by a few feet as the gull was loathe to abandon its next meal. I grabbed my tennis ball and was at the ready to launch it should the need arise.

And that is when the heroics happened. Although I had thought my wife, Ms. McCaw, was busy reading (or snoozing) she too was engaged in the drama unfolding in front of us. Like a cobra springing at the neck of its prey, Ms. McCaw uncoiled from her chair and struck. Within a millisecond or two (almost faster than the eye . . . really) she was out of her beach chair and had the jerky, safe and sound, back in the hands of its rightful owner. The bird was stunned. So was I. I didn't even need to launch my tennis ball, although, on reflection, I felt good about playing a support role in the background. I guess.

Wow! Seeing Ms. McCaw take action not only made me proud to be sitting beside her for the rest of the day but it also reminded me of Southridge. At Southridge, we are a community. And in a community we take care of one another. We stand up for injustice and take action when we feel the need or hear the calling to show up and make a difference. That's just what we do. And that's what makes Southridge a special place to be.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

Important Dates 2013-2014			
Event	Date	Time	Location
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
Jr School Teach Your Parents Band Night	Tuesday, Oct 22	6:30 – 8:00 PM	Jr School Great Hall
Jr School Pumpkin Day	Tuesday, Oct 29	All Day	Jr School Foyer
Sr Midterm Report Cards Home	Wednesday, Oct 30		
Halloween	Thursday, Oct 31	All Day	Both Schools

## Junior School News

### Head of Junior School

*...Has an appreciation of, and desire for, life- long physical activity and fitness...*

Part of our mission statement at Southridge includes the phrase: *'Has an appreciation of, and desire for life- long physical activity and fitness.'*

We are pleased to be offering a very unique implementation of DPA in the junior school. Our teacher intern, Ms. Megan Fretter, has been scheduled into our primary classes three times/six day cycle in order to deliver a very structured DPA experience. The BC Ministry of Education has mandated that all school-aged children participate in a DPA session per day. Given that we have Physical Education classes three times per cycle, we needed to supplement our offering. However, with our plan of DPA, we have also met a desired request of our primary classroom teachers; working with smaller groups for core subject areas such as Math, Reading and Writing. In kindergarten to grade four, Ms. Fretter will take half of one class, and half of another scheduled class for DPA. This leaves the remaining portion with the classroom teacher. So instead of working on reading/ writing/ or math with 20 students, the teachers are now able to work on reading/ writing/ or math with 10 students. Inherent in this plan is the opportunity for teachers to diversify education and provide more for the individual needs of the students. The benefit to the student obviously is a great DPA programme, but also opportunity to have 'a few classes' with the other students in the other class. The groupings are flexible, at the teachers' request and based on student need.

In grade four to seven, we offer lunchtime intramurals and therefore have only scheduled DPA two times per cycle on those days that the students do not have PE. On those days, Mr. Perry Harder, our MYP teacher intern and specialist teachers will take the groups with Mr. Gallant and complete a DPA activity.

Because we have DPA every day, it is imperative that every student have a pair of PE shoes at school. We do insist that shoes are worn on our fields at all times, and when involved in fitness, our preference is for the students to wear athletic shoes. In grade four to seven, students need to keep these PE shoes in their locker, as they will be needed every day. We do not change out of uniform for DPA, but we feel that that appropriate footwear is essential. If students who do not have this footwear, it will be deemed to be a uniform infraction which has the consequence of Supervised Study. Thank you for your support; if you have any questions, please speak to your child's class room teacher, or myself. We are very pleased to be offering such a diverse programme of fitness, and seeing our fields and our students busy, is a great thing.

Laurel Middelaer  
Head of Junior School

### **Parent -Teacher Interviews - October 17, 2013 - Noon Dismissal**

Parents please mark your calendars for the upcoming parent teacher interview day on Thursday, Oct. 17, 2013 from 1:00 pm to 8:00 pm. Interviews will be 20 minutes in length and teachers look forward to discussing your child's progress thus far this term. We continue to be offering our interview schedule on 'Pick a Time' and have a few parents who still need to set up interviews. If you have not booked a time, please log into the parent portal and book an interview time. Thank you for your support and partnership.

### **Hallowe'en Activities**

On Thursday, October 31, 2013 (Day 4) we will be hosting a Hallowe'en assembly for our entire Junior School followed by a PYP parade of costumes to our Senior School. This assembly is great fun, and we ask that students select costumes that are engaging and appropriate. We do not allow any weapons to come to school, even 'fake' weapons such as sickles, axes, and others that may accompany costumes.

### **Pro-d Day and Half Term Holiday**

On Friday, November 1, 2013 (the day after Hallowe'en), our faculty will be spending time on professional development and the students will enjoy an extended weekend. On Monday, November 4, please enjoy the half term holiday as we extend the weekend for a family break. We look forward to seeing everyone on Tuesday, November 5, 2013. Please note that there is NO late start on that day, but a regular start of 8:05 a.m.

### **Crazy Head-to-Toe Day**

This Friday, October 18<sup>th</sup> is Crazy Head-to-Toe Day; students from kindergarten to Grade 7 are encouraged to dress from top to bottom in their zaniest items and style their hair in a wild and crazy fashion. Participants are asked to bring a toonie for the Grade 7 Legacy Fund, a year-long project to raise funds in support of a local, provincial, or global cause.

Ms. Susan McNeil

### **What Are You Doing on June 14<sup>th</sup> and 15<sup>th</sup>, 2014 – Want to Join Us?**

The Friends of Southridge Cycling team is inviting all of you to join us on The Ride to Conquer Cancer 2014. No previous experience necessary. All you need is a strong desire to help raise funds which are donated to the Cancer Society.

Cancer is not selective: man, woman, adult or child can be affected by this deadly disease. Fortunately, because of research, the outlook for cancer patients is much more positive than before. Research, however, is costly, and the net proceeds from this ride go to support: "Finding the right treatment for the right patient, at the right time."

Currently, there are 12 on the team, and Dr Rob Skleryk is the team captain. Some of our members are participating for the fourth or fifth time. It will be my third ride, and each year, I feel it is my small contribution to help those who are more greatly impacted by this disease than me.

We are hosting our first meeting on Sunday, November 3rd at 9:00 am in the Junior School conference room. Even if you are only curious about the ride, please plan to attend, or if you are unable to attend but interested, contact Rob at [drrob@laserhealth.ca](mailto:drrob@laserhealth.ca).

Fundraising as well as imaging that you need to be an accomplished cyclist tend to scare people away from participating. Yes, fundraising is a factor, but that is why we do this as a team, and it is much easier. As long as you have a bike, and you can ride it, the rest is easy. Everyone can do this especially when we know the impact cancer has on all of us who are near and dear to us.

"Bicycle bicycle bicycle  
I want to ride my bicycle bicycle bicycle  
I want to ride my bicycle" Queen

Mdm. Anne Boyle  
MYP French teacher and team member

## Senior School News

### Head of Senior School

#### The SSEP – A Historical Context

As you may have recalled from my Wednesday submission last week, I ended with two quotations that I had shared with the students at Monday's assembly. One of these was from Thomas Edison, the great American inventor and innovator. Perhaps it was a little bit of serendipity or just plain luck, but as I was looking through my twitter feed during the week, I noticed a tweet from Bill Gates (whom I follow) about a foreword he had been asked to write for a new book about Edison. This was one piece of information I couldn't turn away from – about a science figure I have been incredibly interested in from a present day innovator! After reading Mr. Gates remarks it got me thinking about our Senior School Educational Program (SSEP).

Gates explains in his foreword that he has always admired Edison in his own professional life and has been a source of inspiration for him. He also says that Edison holds a unique place in "the pantheon of American innovation".

"He became a symbol of American ingenuity and the conviction that inspiration and perspiration could lead to remarkable things."

However, that part of the foreword that stood for me was the emphasis that Gates places on the way that Edison worked and how it led to much of his success. First, Edison consciously built on ideas from his predecessors and contemporaries. He acknowledged that he (and others) had important knowledge and as he learned this, he could then build new knowledge.

This is mirrored in our belief of how students learn. Unlike the idea that students are empty vessels and need to gain understanding by being filled with knowledge, we believe that everyone has existing knowledge and brings this to their learning. As they ask new questions and new concepts are introduced, these challenge their existing knowledge. This healthy tension leads to the ability to build new knowledge and understanding. Our SSEP is based on this idea and the importance of asking questions.

Second, Edison didn't work in isolation as a number of his contemporaries did. He assembled a team of people – engineers, chemists, mathematicians and machinists. In addition he showed a great deal of trust towards them and empowered them to carry out many of his ideas.

Our student-centred, discussion-based approach (Harkness) is a collaborative style of learning. Each student comes to the table with questions that they wish to be answered and knowledge that can be used to help themselves and others to answer these questions. Through communicating, critical thinking and problem solving, students collaborate to build their understanding.

Finally, that Edison realized that inventions rarely came in a single flash of inspiration. It took a careful plan. As Gates describes, "you set a goal, measure progress using data, see what's working – and what isn't working – adjust your plan, and try again." Further expanding on this idea he explains how this can be quite frustrating because you can run into many dead ends. However, knowing what doesn't work can be equally important in order to find the correct way.

There are some key attitudes that our SSEP focusses on: optimism, integrity and commitment. Specifically, from the above example, there is a need for continued optimism in one's learning. As Edison shows, learning is not always a quick process and some concepts will need a strong, sustained focus to practice prior to completely understanding. In addition, perseverance needs to be prevalent in a learner's attitude as there is no doubt that setbacks will occur. In fact, this attitude was added to the SS Code of Ethics by our students this past year! In addition, the importance of trust in the learning process is vital and Edison's clear trust in his team was one of the reasons for his success. So, too, is this idea important when our students are at school. Not only do they need to trust one another to build a safe and positive environment, but this trust needs to be prevalent as they ask for and give help to one another in the classroom.

As you can see, this specific example helps to show a historical context of how these ideas in learning are really not very new and certainly there are many more 'real life' examples similar to this one from the past. Perhaps what is a bit new is that these skills are vital for students today to have and to master in order to be successful in future learning, both in a post-

Secondary environment and in any future careers. Schools need to ensure that learning includes being able to practice and refine these skills and Southridge's SSEP has a clear focus to develop these abilities in our students.

Have a great week!

Mr. Doug Palm  
Head of Senior School

### **Big White Ski Trip**

This is 2-day Destination Snow ski/boarding trip to Big White Ski Resort. Students and teacher chaperons will be staying at the Inn at Big White at Big White Resort and traveling by motor coach that has been chartered specifically for this trip.

Package includes:

- 2 night's accommodation at the Inn at Big White
- 2 day lift ticket to Big White including night skiing
- 2 breakfasts, and a dinner on Saturday night
- Bon fire, hot chocolate and tube park on the Sat night
- Video equipped motor-coach
- Free giveaways (Blistex, etc.) and prizes on the coaches
- Destination Snow guide(s)

\*\* All students are required to wear a helmet. If your child does not have one, they can be rented at Big White for \$9 per day. Registration deadline is **this Friday, October 18<sup>th</sup>, 2013.**

Ms. Anna Szymczak  
Outdoor Education Coordinator

### **Sports Psychology Sessions**

On Wednesday, October 9<sup>th</sup>, the Senior Boys' soccer team participated in their second session with Sports Psychology consultant, Niki Lacey. It opened with a team building activity involving trust and communication. Team members partnered up and took turns wearing a blindfold while their partner attempted to help them play a mini soccer game against other blindfolded players. It was both amusing and revealing.

From there the team were led through a series of scenarios that they might encounter on the day of a match, including during the game. These ranged from pre-game preparation, to conceding a goal or making a mistake with the focus on the internal dialogue they would have individually at these critical moments. The concluding activity involved each player taking the turn in the centre of a circle, with their teammates seated around the perimeter. In turn, each player on the outside gave a positive comment about the play and / or attitude of the individuals in the middle. Although there were some light-hearted moments throughout the session, there were also many valuable insights provided in support of their teammate's contribution.

Coach Smith

### **News for Both Schools**

#### **Fall Cleaning??**

What better time to start clearing out and putting things aside for the Country Fair in May, than this Thanksgiving weekend?!

In April, we'll be asking you to bring in your recycled treasures, so start putting them aside now!

Your Country Fair Chairs,  
Preet and Grant

#### **Gala Procurement Item Deadline Extended to FRIDAY, OCTOBER 25<sup>th</sup>!!!**

Thank you to everyone who has generously donated a procurement item to The ONE Gala 2013. We have received some amazing gifts and will be showcasing a number of the items on the website shortly.

In the meantime, in order for this year's Gala to be another great success we are still in need of more auction items. Below is a suggested list of gifts that are sure to be crowd pleasers:

- Sporting event , theatre, concert, museum or theme park tickets, restaurant gift certificates
- Weekend getaway packages to hotels, health spas or golf resorts, adventure travel packages, ski or beach vacations, boat cruises
- Unique jewelry items, fashion gift cards, massage packages, hair styling or make-over experience, spa services
- Gardening or landscaping services, website design, car servicing packages, home repairs
- Wine tasting evening, personal chef services for an evening, flower bouquet delivery, dinner cruise, theme food/gift baskets
- Children's birthday party entertainment, skiing/snowboarding or tennis lessons, item autographed by a sports celebrity/team, gift certificates for online retailers (ie: Amazon, iTunes etc), ride to school in a police car or fire truck
- Donate credit card points to cash in for trips, hotel stays or car rentals

Please [click here](#) for donation forms, or stop by the Gala information table in the Junior School Great Hall to pick up a form. If you have any questions about auction donations, **please contact Lisa Boudot [lboudot@southridge.bc.ca](mailto:lboudot@southridge.bc.ca) or 604-542-2303.**

There are still a number of fantastic sponsorships available, so check out the great opportunities and let us know how you would like to help. For more information and a printable version of the sponsorship form, please [click here](#)

The Gala is a great way to network with parents or meet new friends, so please purchase your tickets soon to ensure priority seating. If you are new to the school or purchasing a single ticket, just let us know and we'll seat you with guests from your child's grade. To purchase tickets on-line, please [click here](#)

We are counting on the support of our school families to make The ONE Gala 2013 one of the best, so don't miss out on the opportunity to help us celebrate our spirit of community!

**For further event details, please contact Shelley Slaughter [sslaughter@southridge.bc.ca](mailto:sslaughter@southridge.bc.ca) or 604-542-2334.**

### **Light the Night Walk**

On Saturday the 19<sup>th</sup>, the Leukemia and Lymphoma Society of Canada is holding a Light the Night 5km walk at Stanley Park. A couple of us have already started a team on their website to support Serena on this night. If you are interested in participating or donating, please follow the directions on the website to register, and join the team named "For Serena." The walk is from 4:00- 7:30pm. We would like to see as many people as we can support the cause by walking or donating. I know that Serena appreciates it! I hope all of you can make it! If you have any questions about the registration process, feel free to send me an email!

Here is the link! <http://www.lighththenight.ca/bc/>

Abby Wells

### **Thank you from the Grad Committee!!**

We wanted to thank all the parents who have donated used clothing items for the Used Uniform Sales. We will continue to collect clothing for the next sale, which will not be until the week before the spring uniform. If you are donating clothing, please bring them to Ms. Mosher's office (Room 238B in the senior school). Thank you for all of your support!

Ms. Mosher & the Grad Committee

### **Grad Bottle Drives**

The grad committee will be holding bottle drives after every long weekend (including half-term holidays). On October 17<sup>th</sup> please drop off your bottles from 7:30 to 8:00 in front of the senior school. We appreciate you saving your bottles for us over the year!!

Ms. Mosher & the Grad Committee

### **Uniform Shop**

North End waterproof jackets with removable hoods have arrived, youth sizes only, limited supply. Junior School 16" and 14" Clip-on ties are marked down from \$20.00 to \$12.99, while supplies last.

Don't forget our hours of operation are:

Monday to Thursday:

7:45 – 9:00 mornings

2:00 – 4:00 afternoons

[uniformshop@southeridge.bc.ca](mailto:uniformshop@southeridge.bc.ca)

**604-542-2337**

# *Celebrate Autumn*

## WEEKLY MENU

October 21<sup>TH</sup> – October 25<sup>TH</sup>

### Monday

Sweet and Sour Meatballs  
Served over Rice

### Tuesday

Honey Garlic Chicken or Vegetarian Stir Fry  
Served Rice

### Wednesday

BBQ Salmon Burger

### Thursday

Salisbury Steak  
Mashed Potatoes and Seasonal Vegetables

### Featured Panni

Turkey , Bacon, Chipolte Ranch, Roma Tomato,  
melt with Swiss Cheese