

Southridge Wednesday

13-14
No. 09

A Weekly Publication of Southridge School

October 30, 2013

Head of School

The Revenge of the Seagull

The bird came back a couple of days later. I swear it was the same seagull Ms. McCaw had stolen (ah . . . I mean rescued) the beef jerky from a couple of days before. It certainly looked like the same bird to me, right down to the beady eyes and the little red mark on the right side of its beak.

One of the places on the beach in Cape Cod my family and I like to visit for lunch is called the Barnacle. Just a few steps across the road, a favourite of ours is the grilled cheese sandwich. A simple combination of processed cheese, white bread and extra butter slapped on a grill and browned to perfection. The cheese stretches for a good 20 cm before snapping. They're the best, and the Barnacle has been making them the same way for 40 years.

I was elected to take the lunch run on this day so I trekked over to the Barnacle and loaded up my cardboard tray with the famous sandwiches, excited to extend our grilled cheese tradition another day. We were all really hungry and my kids jumped right into the cheesy delights as soon as I returned. With my son, Tim, sitting beside me, we stared out toward the ocean as we relaxed in our beach chairs – Tim with his sandwich and me with my favourite fruit plate (my gluten sensitivity sidelining me from the complete beach experience).

When you're on the sidelines, sometimes your attention drifts. Mine did on this day, but just in time to see the gull out of the corner of my eye. Our nemesis had caught an on-shore breeze and was riding the current expertly just over Tim's left shoulder. For a split second I was mesmerized by the skill of the bird, but my slight hesitation to warn Tim of the beast lingering over his shoulder worked in favour of the bird. As I was opening my mouth to alert Tim of the potential hazard, the seagull struck with pin point precision.

With the slightest contraction of its pectoralis muscles the devil bird elevated gracefully over the back of Tim's chair and plucked the remaining portion of his sandwich from his hand. The only thing we could do was watch in stunned silence as the sandwich disappeared down the creature's gullet. It felt like survival of the fittest out there on the beach that day. Completely uncivilized.

I even threw my tennis ball at the bird . . . but missed.

Unlike the heroics of Ms. McCaw, there is nothing inspiring about the revenge of the seagull; however, the experience reminded me of something important about communities. Whether it's in a family community or in a school community we need to watch out for one another and speak up before it's too late.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Sr Midterm Report Cards Home	Wednesday, Oct 30		
Halloween	Thursday, Oct 31	All Day	Both Schools
Pro-D Day – No School	Friday, Nov 1	All Day	Both Schools
Half- Term Holiday – No School	Monday, Nov 4	All Day	Both Schools
Open House	Wednesday, Nov 6	6:00 – 8:30 PM	
Jr School Remembrance Day Assembly	Thursday, Nov 7	8:10 - 8:30 AM	Jr School Great Hall
Full School Remembrance Day Assembly	Friday, Nov 8		Sr. School Gym
Remembrance Day – No School	Monday, Nov 11	All Day	Both Schools
Late Start	Tuesday, Nov 12	10:25 AM	Both Schools

Junior School News

Head of Junior School

How will you spend your life?

In this day when electronics and technology infuse our lives, we have to be very deliberate about making personal connections with our families, friends and coworkers/ peers. Yesterday, I shared two poignant videos (both of which are included as links in this article) with our students about time—how we choose to spend it. The first is a visual representation of the number of days most humans have on this planet, demonstrating each day as being one jelly bean—a tasty metaphor for sure. Throughout the video is a representation of how various tasks, including commuting, grooming, eating etc. take up our time. The amount of time we sleep is quite staggering—*although as parents we all seem to suffer from a lack of it*—and the amount of time spent watching TV was quite surprising. The message to the students was that we all have a new day each day—how will you invest your time today.

The second video is appropriate for every parent who has a child with an iPod, iPad, a personal device where they can play Mine Craft or Angry Birds or any other interesting game, or to each of us that use our personal devices extensively. Please understand that the overall message is balance with any technology usage. We infuse technology into our program at Southridge, but understand that it is a tool of our programming, balanced with connection time for teachers, peers and individual work and thought. The video articulates the message in a vivid manner, and although the language of the video is Thai, the message is universally understood. Please enjoy.

http://www.youtube.com/watch?v=BOksW_NabEk

<http://www.youtube.com/watch?v=oLxU8yORYI0>

Finally, as we understand the importance of family connections, I reminded our students to be especially mindful of spending time with grandparents and older family members as they may have fewer ‘jellybeans’ left to spend and these are such precious relationships to nurture. Sometimes a simple visual representation for children can be a very powerful teaching tool, and I hope these prove helpful as we all grow our young people together.

Have a great week, a safe Halloween, and a wonderful extended weekend.

Mrs. Middelaer
Head of Junior School

Open House- Wednesday, November 6, 2013

On Wednesday, November 6, 2013 we are proud to host an Open House for our community to come and converse with our great people about our educational program at Southridge. The event begins at 6:00 p.m. and many of our students, including all our grade seven ambassadors, will be here to host new families to Southridge.

Medication

If your child requires medication for allergies or for other reasons, please stop by our junior school office to see Ms. Rickard to check that the medicine is dated and current. We have been going through our supplies, and have noticed some outdated medicine. Thank you in advance.

Remembrance Day Ceremonies

In the Junior School, we offer a Remembrance Day ceremony on Thursday, November 7 at 8:10 – 8:30. Students will hear a message of peace, but also practice the formal aspect of the moment of silence ended with the trumpet playing of “The Last Post”. On that day, we ask students to bring in donations for the Canadian Legion, and they receive a poppy. We do collect the poppies, as on Friday, November 8, the students in grade three to seven have a full school Remembrance Day ceremony at 10:15- 11:15 a.m. Please ensure that all students wear their green cardigan, sweater, or vest that day, and we will distribute the poppies again. Please join us as we honour those men and women who have fought for, and continue to guard our freedoms. Please note that in honour of Remembrance Day, there will be no school on Monday, November 11, 2013.

We Scare Hunger

Millions of people around the world go hungry everyday. Many of them are children. 38% of the people who use food banks are youth and kids. At “WE Day”, we were inspired to take action. We began brain storming ideas to take action. We choose to do WE SCARE HUNGER on October 31. Did you know that in Canada the Food Bank use has gone up by 20% in the last 10 years? 1 in 5 children in Canada lives in poverty. Almost 1 million people in Canada use the Food Bank every year. That is a huge number. No one should have to live in poverty and hunger, especially not in Canada.

Over 870 million people world wide go hungry every day. It’s scary to think that so many people go hungry in the world. How would it feel to have no shelter and little food when you’re my age? WE SCARE HUNGER gave over 833 thousand pounds of food to food banks around the world.

Why are we doing WE SCARE HUNGER? We all thought that the idea of helping people that do not have enough food to eat was a good idea. 950 000 people reach for food banks in Canada. When we heard this fact we were amazed that so many people are in poverty, so we had to take action fast. We wanted to take action by asking our Junior School to bring in non perishable foods like rice and soup to give to the local food bank in South Surrey. During March in 2012, 882 thousand people received assistance from a food bank. That is just in March. One in five parents said they had skipped meals to ensure there was enough food for their children.

Between 2008 and 2012, there has been a 31% increase in use of food banks. At “WE Day” we learned about WE SCARE HUNGER. “WE Day” has really inspired our group to take action and scare hunger. Once again, our group is inviting ALL students to bring in non perishable foods on October 30th and October 31st. We Hope we can scare away hunger forever!

Brandt Muncey Buckley, Ethan Tregobov
Grade 6 students / WE Day participants

Calling All Swimmers!

The Junior School swim team will be starting on Friday, November 15, 2013 for MYP and Friday, November 22 for all grades 3-7 and runs until January 31, 2014. I would like to invite all students in Grades 3 to 7 who are interested in swimming and competing at all the swim meets for their specific grade. Practices will be on Fridays, 3:45-4:45pm at the Surrey Sport and Leisure Complex on Fraser Hwy. Each swimmer needs to be comfortable and confident in deep water and have taken swim lessons up to level 5. This means that your child is able to complete 25 meters of freestyle (front crawl) and backstroke, and learning to dive.

Our swim meets this year are: Sunday Dec 8 at St. George's school (Grade 3-7) Monday, January 20th, ISEA Jamboree in Victoria (gr 3-5 only) and February 6th is the ISEA Invitational Championships meet (coach invites swimmers gr 3-7). All swimmers are expected to attend all swim meets at their grade level.

Please have your child sign up for the swim team starting next week, November 5 to 12, at Ms. Wray's classroom or by email. Please email me if you have any questions.

Ms. Wray

The Friends of Southridge Cycling Team needs You and You and even You!!

The Friends of Southridge Cycling team is hosting its 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

Ms. Anne Boyle

Senior School News

Change and Challenge

This past few weeks, both on a personal level and as a school community, have brought with it some news that caused some pretty significant challenge and change. As I began to reflect on what to write this week, this theme seemed to continue to percolate to the surface.

Obviously, the news about our Head Girl, Serena Bonneville, had a significant impact to our School community on many levels. One of the students' and especially the Grad Class' chosen leaders had some life altering news given to her. This caused many to reflect on what it meant to them on a personal level and how it might impact the year looking forward.

Perhaps you have noticed, but I received some very new hearing aids over the past few weeks. Even though this is my 6th set of hearing devices in my life – close to 26 years of wearing such aids – there were significant differences to these compared with all of the others I have previously had to learn to use. It has certainly been a big change for me and has presented a challenge that affects not only me but also everyone whom comes into contact with me on a daily basis.

Finally, the last type of change and perhaps a challenge is the midterm report that will be coming out (likely you will have received this today!). I have noticed, even though the evaluation and assessment is shared with students on an ongoing basis, which the first formal report seems to fully apprise them of their standing in a class. This might be a change from a student's perspective and could likely lead to a challenge for them in the future.

Now, in no way does each of these three examples show a similar change or challenge presented. Surely, we can agree that the news received by Serena and her family holds a significance that is enormous when compared with my other two examples. And, this is a very important reminder as to how we need to react when faced with different levels of challenge. However, I do think that how we respond to challenge is the key to handling it and this can present a common element in all three examples.

I am reminded of the quote by Winston Churchill whom said, "The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." This is certainly a great starting point in facing a challenge. Another key strategy is to remember that we don't need to do this alone. The Grad Class reminded me of this important fact last Friday during our casual day. Two grade 12 boys, Neal Raja and Bryan Froh decided to allow their heads to be shaved as a show of support for Serena. The Grade 12 class sold tickets to allow students to take a turn with the clippers and also brought baked goods to sell during the event. They made over \$1000 but much more importantly they offered their support to Serena and her family in facing this difficult challenge. It was a very emotional and moving afternoon and I applaud the students for showing such a strong example to all of us how to act in the face of challenge. Finally, I think it is important to look at the challenge and how to face it in a step-by-step process. In essence, to break down your response in manageable and attainable pieces that can be celebrated along the way. These mini-successes provide further motivation to continue on the path towards the goal.

Looking at the two other examples, each of these strategies can be used to help with these challenges. In the case of my new hearing aids, the initial change of hearing new things, at a higher volume and with all of the intricacies of the technology and settings they possess becomes daunting and overwhelming. However, realizing that it will take time to become accustomed to the change and that each challenge can be looked at in smaller increments starts to make it seem smaller and more manageable. As I share this challenge with my family and colleagues and friends, they too can help to provide feedback and support.

This is exactly the same with a student facing an academic challenge and wishing to overcome it. I encourage you to sit down and map out a plan with your children and teachers. During our refresh of the student Code of Ethics last year, the student feedback was very strong that we needed to add another 'ethic' to our list in order to make it relevant to them: perseverance! It is never going to be an easy task to overcome a challenge and there will always be setbacks. But that perseverance is necessary to reach the goal.

On a final note, I will provide the last message I gave to the students at assembly on Monday. I provided two photos of Serena at the Grad Retreat and the following message which incorporates her blog she is writing to help her reflect on her journey: breedingoptimism.blogspot.ca

Enjoy your week; stay positive; embrace challenge; persevere...breed optimism!

Doug Palm
Head of Senior School

Writing 12 Trip to Writers Festival

Last Wednesday, a small group of aspiring Grade 12 writers and I, made our way to Granville Island to see two events at this year's Writers Festival: "Word!" and "A Taste of the Real Thing."

"Word" was a celebration of spoken word poetry and, as always, it was a highlight of the festival. This year's artists included: Tanya Evanson, the Director of The Spoken Word Program at the Banff Centre, Corin Raymond, who raised \$7,000 in Canadian Tire money to fund the recording of his most recent album, *Paper Nickels*, and Alison Wearing, who wrote one of my favourite memoirs, *Honeymoon in Purdah*. Each one of their performances was memorable in its own way but the biggest crowd pleaser seemed to be Corin Raymond, who performed an excerpt from his fringe show, entitled *Bookworm*, about how much he LOVED books.

For the afternoon session, we listened to two authors, Maureen Johnson and Silvia Moreno-Garcia, talk about the craft of writing and the challenges of publishing. Maureen Johnson is a New York Times bestselling author who has written more than ten young adult novels, including *13 Little Blue Envelopes*. She is also the author of a tweet about cover art in book publishing that challenged the idea that books by female authors should have "girly" covers. If you are interested in following this discussion, google "Cover Flip" for some surprising insights into the publishing industry.

Thanks to Bruce, our amazing bus driver, and all of the students who were a part of this glorious outing. I can't think of a nicer way to spend a beautiful fall day than celebrating great writing on Granville Island.

Gail Robinson
English Curriculum Leader

From Mighty 6 to Mighty 13 at Fraser Valleys

Thirteen Southridge swimmers along with over 600 others (!) from 41 schools had a very long but successful day at Fleetwood Pool last Thursday, October 24th. The excitement began when Melissa Liu won the 50m freestyle race in the open category with a personal best time as well as a Fraser Valley record time of 27.46 seconds. Way to swim, Melissa! Consequently Isabelle Lei won silver in the 100 free, and bronze in the 100 fly while Nicole Ure placed third in the 100m backstroke. Two mixed 4X50 free junior relays also raced very successfully. Melissa, Isabelle, Karl and Tony won, and the second relay made up of Katherine, Nicole, Alan and Peter M. placed fourth. At the very end of the day, after 9 hours on the pool deck, Melissa, Nicole, Katherine and Isabelle won the 4X50 girls junior open freestyle relay breaking the previous Fraser Valley record by 2/100 of a second, and to top it off the Alan, Peter, Karl and Tony won the same event on the boys' race. Overall Southridge placed eleventh out of the 41 participating school. The winning school – Semiahmoo Secondary –

had 57 swimmers entered, not 13. Size matters here. These are only some highlights of a very successful swim meet. Congratulations to all swimmers!

I would like to thank Jessica Lee for timing and jumping into a relay at the very last minute, and of course Mrs. Wendy Lei who faithfully wrote down all the results, and drove 6 students to Rockridge Resort near Princeton after a good 10 hours at the pool. Thank you also to all swimmers! You guys make a lot of waves – good waves! Good luck at Provincials in mid November at Watermania!

Ms. Beer (who is very excited!!)

Jazz Retreat to Rockridge Canyon - October 24-26

Last week students from the Southridge Music department travelled to beautiful Rockridge Canyon Retreat Centre in Princeton, BC for the annual Jazz Retreat. The Grade 8, 9, 10, and Senior jazz bands, as well as the choir and students of jazz studies had an opportunity to work closely with clinicians in intense workshops during the day and listen to amazing music at night!

On Thursday night they were treated to a mind-blowing concert by the clinicians, and on Friday night students from all groups joined clinicians on the stage. The final concert was the highlight of Saturday morning and saw all of the jazz bands perform before returning to Southridge. Many students commented that this trip was a fantastic musical experience, and that the basketball court, hockey rink, games room, clear blue skies and delicious food helped to make it even better.

Special thanks to our parent chaperones, Shelley Galbraith, Nancy Chong, Sarah Ewing, Wendy Liu, and Guixiong Zhang. Thank you as well to Mr. Doig, our teacher chaperone. All of you helped to make this trip possible!

Chris Mitchell
Senior Music Department

Grad Bottle Drive

The grads will be having another bottle drive on November 12, 13 & 14. Please save your bottles over the next two weeks and drop them off in front of the senior school from 10:00-10:30 on Tuesday November 12th and from 7:30-8:00 on Wednesday November 13th and Thursday November 14th. We appreciate your support!!!

Grad 2014

Gala Clean-Up

Parents, please note that all grads will be expected to assist in the Gala Clean-Up which happens the morning after the Gala. More details will be coming as to the times on Sunday morning via the Schoology group, please let Ms. Mosher know if your son/daughter is unable to help.

News for Both Schools

Open House is Next Week!

Next Wednesday, November 6th from 6:00 to 8:30 pm we will open our doors and invite the community to join us as we host our annual OPEN HOUSE. Prospective families will have an opportunity to visit our classrooms, tour the facilities, and meet our faculty and students. We know that our greatest source of advertising is our own community, so we encourage you to invite anyone who might be interested in becoming a part of Southridge. Thank you for sharing your pride of School!

The Admissions Team

Our Recent Lockdown

Thank you for your response and feedback to the recent lockdown that occurred at our school. We were very pleased with the excellent response displayed by our staff and students, showing that our drills are worthwhile and effective.

I would like to remind you that in the case of a lockdown, we ask that you do not call the school. It is essential to have the phone lines open to communicate with RCMP and other emergency services. Therefore, we will communicate all information with you as quickly as we can, using our email and emergency call-out systems.

Thank you for helping us to keep your children safe.

Daryl Weaver
Director of Experiential Education

Don't miss out on the event of the year - The ONE Gala 2013 is Saturday, November 16, 2013!

There are only a few weeks to go before The ONE Gala 2013, but there are still lots of great opportunities left to participate in the evening! Here's how you can help:

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.

Gala auction items still needed: All donations are greatly appreciated and item categories can include entertainment (concert and theatre tickets, private performances or sporting event tickets); getaways (weekends or mini-vacation home escapes, spa services); food (restaurant certificates or food gift baskets); fashion or jewelry certificates, toys or games - this list is endless!

**All donations must be received by FRIDAY, November 1st. Please click here <http://southridge-events.ca/donations> for a donation form and bring in your item(s) as soon as possible. Last year at this time, we had 200 items and we are currently at 150 items - every single gift counts towards making this a great gala!

If you have any donation questions, please contact Lisa Boudot lboudot@southridge.bc.ca or 604-542-2303 or Shelley Slaughter sslaughter@southridge.bc.ca or 604-542-2334.

Get your tickets: We've had a great response on the ticket sales so far and have sold 175 seats, but we still need to fill the gym with guests to help ensure the night is a success. If you haven't already done so, click here <http://southridge-events.ca/> to purchase your tickets online.

Spouse is away? We will coordinate a table for you: There are many parents whose spouse happens to be away during gala time. Don't fret as we are organizing single ticket tables so that you can still have an opportunity to attend this wonderful event with your school community! For those who have never attended the gala or may be new to the school, we will help coordinate a table for you with other parents in your child's grade.

Bring a can of food to support the food bank: In the spirit of our community theme, we are asking all our guests to please bring a can of non-perishable food to The ONE Gala. We know that the holiday season is the time of greatest need for our local food banks and collectively this one act will make a difference for those in need. We can't think of a more stylish accessory than doing something good for someone else!

Thank you: We send our gratitude to everyone who has stepped up to support the gala with donations for our live and silent auction, sponsoring an item, by purchasing tickets or simply by spreading the word about this important school event! Thank you!

The Advancement Team and
The ONE Gala 2013, Co-chairs Karen Dosanjh & Krinder Rai

Where the Gala Profit Goes

Through the generosity of our families, our annual fall gala has been a significant source of revenue for our school. The success of 2012's True Colours Gala, for example, allowed us to purchase, among many other things, two Harkness tables for the Senior School and new staging that was used in the production of My Fair Lady. We are also still planning to build a cover over a portion of the Junior School playground area. This was a special project identified for the 2012 gala, and we are working diligently with the City to acquire the appropriate permits, so that we may proceed with construction as soon as possible.

The 2013 ONE Gala will support important capital items at the school, like athletics equipment and uniforms, library acquisitions, lab equipment, art supplies, building improvements and upgrades. In fact, each year, 50% of the total gala revenue is allocated to these important capital items.

The remaining 50% of the gala profits are earmarked for special projects, items and initiatives that are identified through a comprehensive budget process. This year, these include:

Technology - Southridge is a leader in the use of educational hardware and software in its classrooms. In fact, we want our students to use educational technology in seamless, authentic, and effective ways that will help them realize their full potential as learners. Technology is changing and in order for Southridge to remain a leader in the implementation and use of school technology, we are continuing to investigate the use of new technologies to become even better at what we do. Your support of the gala will allow us to purchase class sets of tablets and Kindles and USB writing pads.

International Service Projects in Ecuador and Kenya - At Southridge, one of our four defining pillars is the service we provide to each other and to the wider local and global communities. Indeed, we believe that through service we develop an even better understanding of our full potential. Each year, our senior school students have the opportunity to visit our sister communities in India, Guatemala, Ecuador, and Kenya through service trips. Your support of the gala will provide funding to build schools in Kenya and Ecuador as well as other community-based projects, like providing clean water, health services, alternative income projects, or addressing local food scarcity issues. In addition, we may also be able to provide funding for students who would otherwise be unable to afford the cost of the entire trip, an opportunity to travel to Ecuador or Kenya in March 2014.

Of course, we need your support to make this all happen! Thank you, in advance, for your generosity!

Christiane Hodson
Director of Advancement

Costumes and Toys needed

The Grade 9 Drama Class is looking for costumes and toys for their adaption of Toy Story, which will be presented this coming November.

If you would like to loan or get rid of any of [these toys and costumes](#) after Halloween, please contact Ms. Kelly. Thank you so much!

jkelly@southridge.bc.ca

News from the Volunteer Corner

Open House Volunteers – We are looking for parent volunteers to help out with the Open House on Wednesday, Nov 6. Sign up to be a Parent Information Officer online. Responsibilities include: helping with set-up, answering questions, assisting with parking, supervising students, etc.

Leadership Positions – The Volunteer Committee is looking for parents who are interested in serving as a ‘Leadership Volunteer’ in the next year or two. If you have volunteered for several events and operational positions in the past and are looking for more of a challenge, email volunteer@southridge.bc.ca.

Gala Volunteers – Gala positions have opened up online. Sign up today for 50/50 ticket sales, auction item wrapping, gym set-up, etc.!

Kim Bay on behalf of the Volunteer Committee

Grad Fundraiser - Safeway Gift Cards & More!!!

The grads are selling gift cards for the holidays! If you would like to give gift cards to family members, co-workers or friends as gifts over the holidays, we would greatly appreciate you purchasing them through our program. You can buy cards for groceries, coffee, dining out, movies and retail stores. If you buy cards for your work, we would love to get your bulk orders! The flyer is attached in this weeks Wednesday, and it is really easy to fill out the form:

- Determine which shopping cards you would like to purchase & in what denomination
- Return the completed order form in an envelope with a cheque written out to Southridge School to the senior school reception by November 27th
- Pick up your order starting December 12th , you will receive your gift cards in the value you requested

The money collected from the merchants will support the Grad's 2014 function, thank you for all of your support!

Grad Committee

Uniform Shop

Just arrived in the Uniform Shop:

Women's, girl's and men's Land End Fleece jackets

Get them while they're hot!

Don't forget our hours of operation are Monday to Thursday:

7:45 – 9:00 mornings

2:00 – 4:00 afternoons

Barb Collett
 Southridge School Uniform Shop
 T:604.542.2337 F:604.535.5056
www.southridge.bc.ca

Do You Know What is For Sale, Rent or Wanted?

We are happy that the new Bulletin Board page in the Parents' Portal is already being embraced by parents. The purpose is to provide the ability for parents, students, faculty and staff to post personal for sale, for rent or wanted items.

Here are just some of the postings:

- Ski condo for rent
- Crib and dresser/change table for sale
- Volkswagen Jetta for sale
- Lost glasses
- Babysitting services
- Clarinet for sale

What do you have to sell, rent or offer? You will find a form on the Bulletin Board page in the Parents' Portal that you can fill out for submitting posts. You can email a photo to go with your post to amcinnnes@southridge.bc.ca We hope this new service will be a great benefit to our community.

Alan McInnes
 Manager
 Web and AV Services

Southridge Café News and Menu for the Week of November 5th – 8th

Coming soon by requests... gluten bakery goods and sandwiches, breakfast items, feature salads, California rolls, in our display cooler.

Food Nutrition Facts:

- Apples are the fruit of apple trees and are one of the most widely grown tree fruit.
- Millions of tonnes of apples are grown every year.
- There are thousands of different varieties of apples including Fuji, Gala, Red Delicious, Golden Delicious, Pink Lady and Granny Smith.
- Granny Smith apples originated in Australia in 1868 accidentally after a chance seedling by a woman named Maria Ann Smith.
- While most apples are eaten fresh, they have other uses including juice making and cooking.
- The apple tree originated in Central Asia.
- China is the leading producer of apples.
- Apples were taken to North America by European settlers.
- Apple trees can be vulnerable to a number of different diseases and pests. Chemical sprays are often used to limit the damage but organic methods are also popular
- Honey bees are commonly used to pollinate apple trees.
- Apple trees typically blossom in spring with fruit maturing in autumn.
- Apple seeds contain a cyanide compound. Our body can handle small doses of this naturally occurring poison so you'd have to eat a huge number of seeds for it to have an effect, and even then the seeds are covered in a protective coating which keeps the cyanide compound safe inside.
- An average apple contains around 130 calories.
- It is believed that the saying "An apple a day keeps the doctor away" originated in Wales in the 19th century. Sadly eating apples doesn't guarantee good health but they do have nutritional value and potential health benefits.
- The apple genome was decoded in 2010.

Mike Leif Chef Manager
Compass Group-Canada
Southridge School



Grad Gift Card Fundraiser

Perfect gift for the Holidays & Birthdays
Choice of over 100 Merchants

When you purchase a \$25 gift card you will receive a \$25 gift card

Help Support the Southridge 2014 Grad Class!

Drop Order forms at Senior & Junior offices before
November 27th and receive your cards by Dec. 12th



SPA·UTOPIA
& SALON

CACTUS CLUB CAFE



SUPPORTER ORDER FORM

Parent Name:

Home Phone #:

Date:

Student Grade:

Cell Phone#:

Email:

This is a one time order

This is my new standing order.

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<u>Department Stores:</u>		
(DB) Giant Tiger	3.0% _____ x	\$25.00
	_____ x	\$100.00 \$ _____
(DB) Hudson's Bay (Hbc, Home Outfitters)	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) London Drugs	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Sears	2.0% _____ x	\$25.00
Reloadable	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
<u>Fuel:</u>		
(C) Chevron	2.0% _____ x	\$25.00 \$ _____
(DB) Esso	2.0% _____ x	\$25.00
Reloadable	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Petro-Canada	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
<u>Home Improvement:</u>		
(DB) Home Depot	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00 \$ _____
(DB) Home Hardware	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Lowe's	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Rona / Totem	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
<u>Grocery Stores:</u>		
(DB) Choices Market	7.0% _____ x	\$20.00
	_____ x	\$100.00
	_____ x	\$250.00 \$ _____
(DB) MarketPlace IGA	5.0% _____ x	\$50.00 \$ _____
Reloadable		
(C) Killarney Market	3.0% _____ x	\$25.00 \$ _____
(DB) Fairway Market	5.0% _____ x	\$25.00 \$ _____
**Vancouver Island Only*		

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<u>Grocery Stores:</u>		
(DB) Loblaws(Shop Easy, Extra Foods, Superstore,Lucky Dollar,No Frills,Canadian Wholesale)	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00 \$ _____
(DB) Safeway	3.0% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00 \$ _____
(DB) Stong's	6.0% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$500.00 \$ _____
(DB) T&T Supermarkets	2.0% _____ x	\$20.00
	_____ x	\$50.00 \$ _____
<u>Specialty Stores:</u>		
(DB) Aeropostale	7.0% _____ x	\$25.00 \$ _____
(DB) Aldo	7.0% _____ x	\$25.00 \$ _____
(DB) American Eagle	5.0% _____ x	\$25.00 \$ _____
(DB) Bath and Body Works	7.0% _____ x	\$25.00 \$ _____
(DB) Best Buy	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Canadian Tire	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Chapters/Indigo/Coles	10.0% _____ x	\$20.00
	_____ x	\$50.00 \$ _____
(DB) Claire's Stores	9.0% _____ x	\$25.00 \$ _____
(DB) Esquires Coffee	10.0% _____ x	\$10.00
	_____ x	\$25.00 \$ _____
(DB) Future Shop	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Gymboree	7.0% _____ x	\$25.00 \$ _____
(DB) i-Tunes	4.0% _____ x	\$10.00
	_____ x	\$25.00 \$ _____
(DB) La Senza	7.0% _____ x	\$25.00 \$ _____
(DB) M&M Meat Shops	3.0% _____ x	\$25.00 \$ _____
(DB) Mark's Work Wearhouse	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00 \$ _____
(DB) Options (Gap, Old Navy, Banana Republic)	7.0% _____ x	\$25.00
	_____ x	\$50.00 \$ _____
(DB) Payless Shoe Source	5.0% _____ x	\$25.00 \$ _____
(DB) Petsmart	3.0% _____ x	\$25.00 \$ _____
(DB) Pottery Barn	5.0% _____ x	\$25.00 \$ _____
(DB) Shoppers Drug Mart	3.0% _____ x	\$25.00
	_____ x	\$50.00 \$ _____
(DB) Sport Chek	4.0% _____ x	\$25.00 \$ _____

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
Specialty Stores:		
(DB) Staples **Reloadable**	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00
(DB) Starbucks	5.0% _____ x	\$10.00
	_____ x	\$25.00
	_____ x	\$50.00
(DB) The Children's Place	7.0% _____ x	\$25.00
(DB) The Shoe Company	7.0% _____ x	\$25.00
(DB) Town Shoes	7.0% _____ x	\$25.00
(DB) Toys 'R' Us	2.0% _____ x	\$25.00
(DB) Williams-Sonoma	5.0% _____ x	\$25.00
(DB) Winners / Marshalls	7.0% _____ x	\$25.00
	_____ x	\$50.00
Restaurants:		
(DB) Boathouse Restaurants	7.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Boston Pizza	7.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Browns Socialhouse	7.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Burger King	5.0% _____ x	\$10.00
	_____ x	\$25.00
(DB) Cactus Club	7.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Cara Multi-Brand (Milestone's, Kelsey's, Swiss Chalet, Montana's Cookhouse, Harvey's, Coza! Tuscan Grill)	3.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Domino's	10.0% _____ x	\$25.00
(DB) Darden Restaurants Olive Garden	7.0% _____ x	\$25.00
Red Lobster	7.0% _____ x	\$25.00
(DB) Earls	7.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Joey Restaurant	7.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Keg	7.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Moxie's	10.0% _____ x	\$25.00
(DB) Old Spaghetti Factory	5.0% _____ x	\$25.00
(DB) Prime Restaurant (Eastside Mario's, Casey's, RD's BBQ Blues, Pat&Mario's, BierMarkt)	7.0% _____ x	\$25.00
(DB) Red Robin	7.0% _____ x	\$25.00
(DB) Sammy J's Grill and Bar	10.0% _____ x	\$25.00
	_____ x	\$25.00
(DB) Subway	5.0% _____ x	\$10.00
	_____ x	\$25.00
	_____ x	\$50.00
(DB) Vancouver Dine (The Teahouse, Seasons in the Park, Cardero's, The Sandbar)	10.0% _____ x	\$50.00
(DB) Wendy's Restaurant	3.0% _____ x	\$10.00
(DB) White Spot	7.0% _____ x	\$25.00
(C) Triple O's	7.0% _____ x	\$10.00

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
Entertainment:		
(DB) Cineplex Odeon (Famous Players, Galaxy, SilverCity, Colossus, Paramount)	5.0% _____ x	\$10.00
	_____ x	\$25.00
(DB) Rogers Video	7.0% _____ x	\$10.00
	_____ x	\$20.00
Travel		
(NC) Avis Car Rental	7.0% _____ x	\$50.00
	_____ x	\$100.00
(NC) Budget Car Rental	7.0% _____ x	\$50.00
(DB) Fairmont Hotels	7.0% _____ x	\$100.00
(DB) Marriott Hotels (can be used at any participating Marriott properties)	7.0% _____ x	\$50.00
	_____ x	\$100.00
Spas		
(DB) Spa Utopia www.spautopia.ca	7.0% _____ x	\$50.00
	_____ x	\$100.00
(DB) WaySpa (over 450 spas across Canada) www.wayspa.com	10.0% _____ x	\$50.00
	_____ x	\$100.00
GRAND TOTAL:		\$ _____

DB: Declining Balance Shopping Card
C: Change Back Shopping Certificate
NC: No Change Back Shopping Certificate

Make Cheque payable to Southridge School

Total Order Amount\$:

Cheque#:

Southridge 2014 Grads Thank You for Your Support

Celebrate Autumn

WEEKLY MENU

Nov.5th – Nov.8th

Monday

Closed

Tuesday

Macaroni and Cheese

Wednesday

Beef and Veggie Chili w/ Garlic Bread

Thursday

Chicken Pot Pie

Friday

BBQ Pulled Pork Sandwich

Featured Panni

Roasted Turkey, Avocado, Chipolte Ranch,
Roma Tomato, melt with Swiss Cheese