

Southridge Wednesday

13-14
No. 13

A Weekly Publication of Southridge School

November 27, 2013

Head of School

When there is an Emergency

Your children's safety is our number one priority at Southridge. As such, we regularly practice fire, earthquake and lockdown drills throughout the school year. From time to time, a real incident occurs and, due to our regular practices, we are able to respond in a calm and rational manner. Thankfully, our real incidents have not been catastrophic; however, when we are not in drill mode, and despite our composure, we tend to react to these real situations in slightly different ways than we do in a drill. As a result, we often notice small adjustments we can make to help improve our emergency response procedures.

A few weeks ago, the RCMP advised Southridge of a potential threat in the area due to a report they received of suspicious activity. Our school responded by enacting a lockdown, which remained in effect for approximately 12 minutes. I am very happy to report that the exercises we have practiced for lockdowns paid off extremely well. All of our students were safe and accounted for, the school was effectively secured in a very short period of time and the communication between our Junior and Senior School buildings was excellent.

Within an hour after the RCMP advised Southridge to lift the lockdown – incidentally, the reported suspicious activity was not considered a threat – we met with our teachers and staff to debrief the situation and to gather their feedback. The next week, our Risk Management Committee met to discuss the feedback we received from our employees and to consider ways our school can implement their ideas, which resulted in some modification to our emergency response protocols. For example, we will now use our electronic communication system in future cases of real lockdowns to ensure that our entire community is made aware of the situation.

Our electronic communication system distributes pre-recorded messages via email, voicemail and text. In the future, our pre-recorded messages will notify parents when a lockdown begins and when it ends. Keep in mind that because the messages are pre-recorded and stored in our database, they will not give details about the lockdown. However, Southridge will inform parents by email of the lockdown particulars once the event has ended. In addition, and depending on the situation, we will do our best to keep parents apprised of developments while the lockdown is taking place. These updates will only be distributed via email, though, as we will not be in a position to send texts or voice messages during a real lockdown situation.

I would also like to take this opportunity to remind all of our parents not to contact the school during a lockdown because we will need to keep our phone lines open for communication with the RCMP. It likely goes without saying, but please do not to come to campus during a lockdown. As part of our lockdown protocols, we will not be able to allow you entry into our school buildings; besides, it would be unsafe to visit campus if there is a real threat in our neighbourhood.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Event	Date	Time	Location
Casual Day	Friday, Nov 29	All Day	Both Schools
Grade 10 One Act Play	Monday, Dec 2	6:30 – 9:00 PM	Sr. Little Theatre
Prospective Parent Night	Thursday, Dec 5	7:00 – 8:30 PM	Jr School Great Hall
Senior Winter Concert	Wednesday, Dec 11 & Thursday, Dec 12	7:00 – 9:00 PM	Alan Brown Great Hall
Sr School Report Cards Home	Friday, Dec 13		

Junior School News

Head of Junior School One Small Act

If you think you're too small to
have an impact, try going to sleep
with a mosquito in the room.

Anita Roddick, Businesswoman

The past few weeks, many have been mindful of the families whom faced devastation with the recent Typhoon Haiyan that struck the Philippines - instinctively, we knew that our Southridge students would act. As we intentionally create an environment where our students are encouraged to make a small difference each and every day, it would be natural to expect the students to step forward. And come forward they did: with ideas of a lemonade stand and a 'Jelly Beans for Philippines' guessing jar designed to raise funds to be matched by our Canadian government.

These small acts, initiated and supported by our smaller students, have a huge impact. Not only do they assist in raising awareness and funds, they also provide a tangible example of the core fabric of our school—making a difference. At Southridge, we are building our leaders of tomorrow, who will be equipped academically, will be well rounded individuals with athletic and artistic appreciation, but moreso, will have that 'outward' disposition - simply put: a 'what shall I do' attitude.

Recently in an assembly, I showed a video, about the power of one small act. Logically it involves an amazing domino demonstration of which I have embedded here: <http://www.youtube.com/watch?v=ARM42-eorzE> The domino metaphor is powerful in that it clearly shows the power of cause and effect, and one action affecting other things around it. Although this video is quite spectacular in terms of dominoes, hopefully the meaning the students derived from it is that one small act—one choice—can have a significant impact. Choice of response is incredibly powerful. Let's choose our acts deliberately. Thank you to our students for your support of these student initiated action for the families that faced such devastation, and responding with care.

Have a great week,

Mrs. Middelaer
Head of Junior School

Upcoming Christmas Concerts

Being mindful of the upcoming season and busy schedules, we would like to announce the dates of our Christmas concerts: Matinee performance on Tuesday, December 17, 2013 at 1:30 PM and an evening performance on Wednesday, December 18th, 2013 at 6:30 PM. We hope that our families will be able to attend one of these presentations.

Dismissal for Christmas Holidays and Return for Monday, January 13th, 2014 - Late Start

On Friday, December 20, 2013, all students are dismissed at 12:00 noon. At this time, all students will receive their report card. Our Christmas break is three weeks this year and please ensure your calendar is clearly marked for a return date of Monday, January 13th, 2014 (Day 2). Please also note that we have a late start that day and students need to arrive between

10:10 and 10:20 AM for a start time of 10:25 AM. Please do not bring students any earlier as the faculty will be in meetings and unavailable to supervise.

Scholastic Book Fair

The Junior School library is hosting a Scholastic Book Fair. It is a fund-raiser for new books for the library, our hamper families and for W. E. Kinvig Elementary. It will be held in the Junior Great Hall on the following days:

- December 4th from 2-4 p.m.
- December 5th from 7:45 – 9:00 a.m. and 2-3:30 p.m.
- December 6th from 7:45 – 9:00 a.m. and 2-4:00 p.m.

There will be an assortment of pre-K – Grade 9 books and many book related gifts. Please come and browse.

Classes will preview the book fair on Wednesday and Thursday and a flyer will be sent home with your child with a few of your child's choices. Purchasing is optional. If you cannot make it to the book fair and you wish to purchase, please send the flyer back with your child with your selection circled and your signature and we can bill on your school account or you can send cash or cheques made out to the school.

Don't forget to look for a flyer with an opportunity to win \$25.00 worth of books for both your family and your classroom.

If you have any questions, please contact Ms. Chong at the Jr. School.

Annual Christmas Hampers

As the holiday season approaches we think of those less fortunate than we are and help them to enjoy a more comfortable time. Through a local organization, Options, we have been linked to many needy people in the Surrey area. To start, this Casual Day on Friday, November 29th, we will support mentally-challenged single clients from Options, who, because of their single status, are not eligible for Christmas Bureau or other sponsoring opportunities.

Please send \$5.00 with your child this Friday for this part of the overall project. As well, we are sponsoring sixteen families. Each class, from Kindergarten to Grade 7, will adopt one family and fill a Christmas hamper with non-perishable food items, toiletries, and cleaning supplies. Today your child will bring home an individualized letter requesting specific donations that should be brought in over the next two weeks until December 13th, to your child's classroom. You may also then check with your child's teacher for more information about the family he or she is sponsoring. If you have any strong boxes that may be useful, please offer them to your child's teacher(s) or me, as we always seem to need more. The hampers will then be picked up and delivered by the case workers during the week before the break. Thank you so much for your generosity and support. Giving to others is a rewarding and important experience for children.

Jo-Ann Murchie
Junior School Service Coordinator

Grade 2 Action

One little girl named Muskan, in Grade 2 learned of a girl name Malala, from Pakistan, who at 15 years old spoke at the United Nations to campaign for the education of girls and about the challenges she had to face just to get an education. From this she wanted to take action to create awareness in our community about the less fortunate kids who do not get to go to school in different parts of our world for different reasons.

As a result, the Grade 2 classes will be taking action on Thursday, November 28th, to make bracelets and package popcorn to sell on Friday, November 29th to raise money to support educational initiatives in different parts of the world. Please come by our stand at recess and lunch break to support our stand. Our bracelets and popcorn are by donation.

Ms. Wray and Mrs. Murchie

Lost Item at Grade 6/7 school dance

A light-weight, down filled, dark-coloured vest; brand name UNIQLO was placed in our Lost and Found this past Friday evening, and its owner is looking for it. If you see this vest, please turn it in to Ms. McNeil as soon as possible.

Senior School News

Safety is a Priority

Over the past few weeks I have noticed as I complete my daily parking duty at the end of the day, that it would help to remind everyone of the route and routine we have in place for you to pick up your children from the Senior School. In addition, as the weather becomes more winter like (read wet!) along with the daylight receding more quickly, it is important that we ensure we are making safety the most important priority during this time.

To review, if you are picking up or dropping off a Senior School student, please be certain to enter the school from the gate where the traffic light is located. Travel along the roadway around the turf field and towards the Senior School building. You will note that there are two lanes. The lane closest to the fields is designated as a waiting lane. This doesn't mean that we wish you to stop and wait in this lane, but if you plan on waiting on either side of the through lanes once you have arrived at the School, please remain in this lane. The 'inside' lane is a through lane and should only be used if you plan to drive by the school or if your child is ready to "jump" into the car right away. You may loop around the commons area if you wish to remain in the through lane, but please do not stop and wait for a parking stall or an area of the wait lanes to open up.

Once you have turned the corner towards the Senior School, the roadway splits into three lanes. The centre lane remains the through lane. The two outside lanes allow you to wait (only when they are free) for your child to come. If there are no openings here, please wait patiently in the outside waiting lane by the field.

I have noticed that some cars have tried to turn into the waiting lane furthest away from the building from the through lane often when there is not enough room for the entire car to get into the waiting area. As a result, the through lane becomes blocked and this completely stops traffic. Please do not attempt to do this. You may see me walk over to this area to wave you on and I ask that you respect our procedures to ensure an efficient pick up.

As a final thought, please remember that at 3:00 p.m. we have over 600 students being picked up at both schools. Although the time it takes is only roughly 20 minutes, there is a reality that this will take some time even with the most efficient plan in place. Driving cautiously and with a heightened sense that many students are walking out on the roadway to get into cars will help immensely to ensure we are keeping our important people in our community safe. This is especially true on those raining afternoons when the light is dimmer and the windshield can be less clear. I also note that often students try to run to their cars to stay dry!

Thank you for your attention in this regard and please contact me if you have any further questions or concerns.

Follow-up to My Weekend Celebrating My Aunt

I know that a number of you have been asking about my aunt receiving the Order of Canada and I wanted to let you know that it was a wonderful celebration for her and for my family. I was so glad to be able to be a part of it all and to visit with many of my family members and friends I haven't seen in some time! It would be much too long to write all of my reflections here, but I will promise to mention some key reflections I took from this experience in future Wednesday posts and assemblies. Thank you to everyone for the well wishes and congratulations on behalf of my family.

Have a great week and stay safe!

Doug Palm
Head of Senior School

Regional Crystal Growing Competition Results

The BC Regional Crystal Growing Competition took place this past week-end at Science World. Southridge students in Grade 11 chemistry have been growing alum crystals over the past 5 weeks. Their task was to grow a single, large, high quality crystal. Carson Llewellyn and Coltin Porter produced the best Southridge crystal in the "Best Overall Category". It is the large crystal in the picture. Their crystal achieved 10th in the province. Taehyo Kim, Kyu Young Park and Alan Kniel produced the best Southridge Crystal in the "Quality Division". It is the smaller crystal in the picture. Their crystal narrowly missed 1st place in the provincials. I could hear the judges arguing over which crystal was the best. I nearly had a heart attack. In the end, Southridge achieved 2nd place. Mr. Weaver, Mr. DiPietro and I congratulate all Grade 11 chemistry

students on their hard work and effort growing crystals over the past 5 weeks. Many of you came in at lunch and after school to work on your crystals. Thank-you!

Ms. McCaw

Senior School Christmas Concert: An Evening in December

Wednesday, December 11th and Thursday December 12th at 7:00 PM

The annual Senior School Concert, An Evening in December, is rapidly approaching. Familiar holiday tunes can be heard resounding through the school and the ensembles are really beginning to make music out of the notes on the page. The concerts will be held at 7pm on Wednesday and Thursday, December 11 and 12 in the Alan Brown Great Hall. Join us for an evening of live music, featuring our concert and jazz bands, choir and selected soloists. In addition, the visual arts, media arts and drama departments are making presentations during the show. There is no charge for the concert.

All of the students involved in the music program are expected to attend the concerts on both evenings. Please reschedule lessons and practices as needed. If you suspect an unavoidable conflict, please email me at jparker@southridge.bc.ca as soon as possible so that we can try to work out a solution. Each musician plays an important role in the concerts, and we can only give our best performance if every student is in attendance.

Please note: Technical Rehearsal for all jazz studies classes, choir and solo performers
Monday, December 9, 2013 – 3pm to 5pm

See you in December!

The Music Department

Reporting Student Marks to Post Secondary Institutions.

Grade 12 can be an anxious time for both students and their parents. Ms. Livingston, Mr. Weaver and I have been talking to our grade 12 students to advise them of the best procedure for ensuring that their marks are reported in an accurate and timely manner. The criteria and deadlines for applying to different institutions and programs have become much more varied and complex, as institutions vie for the very best students, and we need to help our students advocate for themselves in an appropriate manner. To this end I have clarified what is, and is not, appropriate in discussing marks with their teachers. Students should not approach teachers directly for additional marks, or ask for extra assignments to generate better marks. They can, and should, ask for help in developing their skills and understanding, attend additional tutorials, work with a peer tutor – all of which may lead to the desired improvement in performance.

I have advised students that if they need to advocate for an increased mark – they are just shy of an average for a competitive program or a major scholarship for example - then the correct pathway would be to go directly to Mr. Weaver or Ms. Livingston. Similarly we would ask that parents follow the same procedure and approach the University Counsellors with any specific requests. Together Mr. Weaver, Ms. Livingston and I would discuss the legitimacy of the request and approach the teachers concerned. Please be assured that, though we must maintain our integrity as an academic institution, we will always work for the optimum benefit of our students.

Jan Holt
Academic Program Director

Five Southridge ZoomFest Teams nominated for ZoomFest Awards!

Five teams of Southridge Students have been nominated for awards at the 2013 ZoomFest gala! ZoomFest is an intensive 48 hour film competition for teens that took place the weekend of October 25-27 this year. Teams from across the province are given the secret criteria at 5PM on Friday of the contest weekend. They must hand in a completed film by 5PM on Sunday of the same weekend.

The awards gala will take place this Saturday, Nov.20 at 7:00PM at Mulgrave School's Linda Hammer Theatre. Congratulations to all Southridge Students that entered this year's competition! (Parents please note: Only award-winning films will be shown at the gala and award winners are not announced until the gala ceremony.)

To see a highlight reel of Southridge student work from this year's festival please click here:

<https://vimeo.com/80405243>

ZoomFest Awards Nominees 2013:

“Here’s my Number” (Junior)

- Claudia Mitzel
- Natia Vabson
- Tavi Eggertson II
- Nathan Sanghe
- Shayla Tocher
- Rachel Edelmeier
- Nick Chan

“Moving On” (Senior)

- Nick Pinette
- Tevin Gill
- Liam Friesen
- Aidan Fehr

“Derail” (Senior)

- Alan Madsen
- Peter Kwak
- Nick Tennant
- Tristan Ferguson
- Matt Nguyen
- Drew Coles

“Terminal Finding” (Senior)

- Anthony Hernandez
- Murray Dennis

“Tormented” (Senior)

- Cassia Armstrong
- Simarpreet Pattar
- Gurleen Grewal
- Sami McBryer

Mulgrave ZOOM Film Festival is in its 13th year and has one of the highest participation rates of any student film competition in the province of British Columbia. Filmmakers have 48 hours to plan, shoot and produce a finished film. During the tension-packed 48 hours students will conceptualize, write, shoot, edit, post and drop-off their six-minute film to be judged by BC industry professionals. Zoomfest films are a true look into today’s youth culture, last year there were over 100 films from more than 40 BC schools.

Mr. Chris Westendorf
Media Arts

Grade 11 Student is Honoured in Victoria

Melissa Liu met the Lieutenant Governor and the President of the BC/YUKON Legion in Victoria on November 11, 2013. She was honoured with her invite to lay a wreath at the War Memorial site in Victoria on

Remembrance Day. Melissa was chosen to participate in this ceremony because of her achievement in winning first in the senior essay contest held annually by the BC/Yukon Legion.

Ira Alexandra

What a Deal! Senior Boys Winter Storm \$5.00 Lunch Special

What better way to spend your Friday lunch hour than to eat a delicious hot lunch while watching your Senior Boys Basketball Team play their first game in the Annual Winter Storm Basketball Tournament!!

Please support your SENIOR BOYS BASKETBALL TEAM by purchasing a 4 item lunch special. See the attached order form. ALL orders must be received no later than 3:00pm on Monday December 2, 2013. Delivery is lunch time on FRIDAY, DECEMBER 6th, 2013.

Go STORM!!!

University Night Follow-Up

Thank you to those of you who attended our University Planning Night last Wednesday evening. Unfortunately, our presentation from the evening is too large to be shared through the Wednesday, but feel free to drop by the University Centre if you'd really like a copy. For those of you who didn't attend the evening (as well as those that did!), please be aware that we are available for continued conversations about career preparation, university selection, application, and admissions. We can be contacted through email at ylivingston@southridge.bc.ca or dweaver@southridge.bc.ca or by phone at 604-542-5391 (Ms. Livingston) or at 604-542-1796 (Mr. Weaver).

Ms. Livingston & Mr. Weaver

One Act Plays

It has been a busy time in the Little Theatre over the past few months as the Grade10 Drama class has been enthusiastically directing and rehearsing four entertaining One Act Plays from a variety of genres. The students will be performing their plays on Monday, December 2nd at 6:30pm in the Little Theatre. Parents and students are invited to attend this performance.

Ms. Kelly
Drama Teacher

Grad Rings

Jostens will be at the Senior school during lunch time on Monday and Tuesday to display and size Grad rings. Please take a look at the attached flyer to see the styles they are offering.

News for Both Schools

Southridge Spirit

The next issue of the Southridge Spirit will highlight the valuable contribution the volunteers make to our community. Whether you volunteer for a short time or a big event you are important to Southridge and we want to hear from you. We would like you to tell us your story: what you do and what it means to you. Please contact Dorothy Podmore, editor of the Spirit, at Spirit@Southridge.bc.ca by December 8th.

Dorothy Podmore

2013 Gala Results

I am thrilled to announce that this year's The ONE Gala raised approximately \$188,000 - which is almost exactly what we raised last year! This is an amazing result and a testament to the generosity and support of our community.

A few interesting statistics about this year's gala:

- 311 people attended – the EXACT same number as last year!

- 75% of our Kindergarten families were in attendance!
- Only 28 people attended that were not teachers, current or alumni parents

As you may know, 50% of the gala revenue is earmarked for important budgeted capital items at the school, like athletics equipment and uniforms, library acquisitions, lab equipment, art supplies, building improvements and upgrades. The remaining 50% of the gala profits are used for special projects, items and initiatives that are identified through a comprehensive budget process. This year, these include:

- \$10,000 towards support for our Senior School international service trips to Kenya and Ecuador
- 2 Harkness Tables and white boards
- Technology – USB Writing Pads, replacement SmartBoards and TV’s, sets of tablets and Kindles

If you have any comments or suggestions about this or future galas, send them to Shelley at sslaughter@southridge.bc.ca. Also, a warm welcome and thank-you to our 2014 and 2015 Gala Chairs – Anita Hundal and Robyn Eriksen.

Thank you again to everyone that was involved – the organizing committee, staff, volunteers, guests and sponsors. We could not have done it without you!

Christiane Hodson
Director of Advancement

Prospective Parent Night is next week!

We would like to remind everyone of our upcoming annual Prospective Parent Night Thursday, December 5th . Once again we will open our doors to potential Southridge families and students, giving them an opportunity to explore our facility, hear about our mission and vision and get a feel for what being a part of Southridge is all about. Presentations begin at 7:00 pm, followed by student-led tours of the schools. We encourage you to take a moment to personally invite anyone you know who has expressed interest in our school. Thank you for helping us spread the word!

The Admissions Department

Just a Reminder: Admissions Application Deadline is next Friday, December 6th

Last week for Gift Card Sales

The grads are wrapping up their sales for the gift card fundraiser this week. Please make sure you have dropped off your orders at the senior school front desk!! The order form is attached.

We appreciate all of your support!!

Ms. Mosher

Uniform Shop

P.E. shirts, shorts and tracksuit have arrived! This is a reminder that the track jacket and pant are mandatory for all students’ kindergarten to grade 12. The tracksuit is worn for most field trips and travel unless you are wearing the school uniform.

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
604.542.2337

Southridge Café Menu for the Week of December 2nd – 6th

Please see the attached menu for the week of December 2nd – 6th .

Basketball Lunch Pre-order Form

JUNIOR SCHOOL Pre-order Form \$5

Your order will include ONE Sandwich, ONE Juice Box, and Cookies and or Grapes.
Please indicate below by circling your choice.

6" SUBWAY Sandwich
Turkey & lettuce OR Ham & lettuce OR Pizza OR Vegetarian

Juice box (Apple OR Orange)

1 cookie and grapes

Child's name: _____

Classroom teacher and room number: _____

SENIOR SCHOOL Pre-Order Form \$5

Your order will include ONE Sandwich OR ONE Pizza, ONE Juice Box, and Cookies and or Grapes.
Please indicate below by circling your choice.

6" Subway Sandwich
Turkey & lettuce OR Ham & lettuce OR Pizza OR Vegetarian

OR

One slice pizza
Cheese OR Pepperoni

juice box (Apple or orange)

1 cookie and grapes

Child's name: _____

Grade: _____

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
(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. Dec. 2nd – Dec. 6th

Monday

Perogies and Cabbage Rolls

Tuesday

Beef Pot Pies

Wednesday

Penne Bolgnaise with Garlic Bread

Thursday

Chicken Cacciatore served with Rice

Friday

BBQ Pulled Pork Sandwich

Featured Panni

Roasted Chicken Breast, Bacon , Pepperoni,
Bell Peppers, Mayo and Roma Tomato,
melt with Cheddar Cheese

Menu Subject to Change do to Availability

Sunkist

Kids

back to

COOL
facts



COOL
fact

lemons

lemons were once so rare that kings presented them as gifts to one another.

01

Lemon trees bloom and produce fruit year-round. Each tree can produce between 500 and 600 pounds of lemons in a year.

02

Next time you have a sore throat, reach for a lemon!
Add the juice of one lemon to an equal amount of hot water for an anti-bacterial gargle.

03

Food historians say lemons have been in cultivation around the Mediterranean from as early as the first century A.D.

04

High in vitamin C, lemons prevent scurvy, a disease that causes bleeding gums, loose teeth and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of juice a day.

05

The demand for lemons and their scurvy-preventing properties hit a peak during the California Gold Rush of 1849. Miners were willing to pay huge sums for a single lemon. As a result, lemon trees were planted in abundance throughout California.

06

During the European Renaissance, fashionable ladies used lemon juice as a way to redden their lips.

07

California and Arizona produce 95% of the entire U.S. lemon crop.



Invisible Ink with Lemon Juice

What you'll need:

- Half a lemon
- Water
- Spoon
- Bowl
- Cotton bud
- White paper
- Lamp or other light bulb

Instructions:

1. Squeeze some lemon juice into the bowl and add a few drops of water.
2. Mix the water and lemon juice with the spoon.
3. Dip the cotton bud into the mixture and write a message onto the white paper.
4. Wait for the juice to dry so it becomes completely invisible.
5. When you are ready to read your secret message or show it to someone else, heat the paper by holding it close to a light bulb.

Making invisible ink is a lot of fun, you can pretend you are a secret agent as you keep all your secret codes and messages hidden from others. All you need is some basic household objects and the hidden power of lemon juice.

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