

# Southridge Wednesday

13-14

A Weekly Publication of Southridge School

January 15, 2014

No. 17

## Head of School

### Welcome Back

I hope everyone enjoyed some time away from school to rest-up and rejuvenate. We are all very happy to have our students back with us, and we are excited about the next ten weeks of our winter term. This time of the year always seems to go by very quickly, and sometimes it is difficult to keep up with the pace – especially during the month of February. Please do your best to encourage good sleeping and eating habits at home. Proper nutrition, adequate sleep, and plenty of exercise are three really important ingredients for optimal learning.

### Southridge Strategic Plan 2014-17

Later this week or early next week you will receive a copy of our new strategic plan. The strategic plan brochure summarizes the key areas of concentration that Southridge will focus on over the next number of years to help make our school even better. There are five priorities in the plan, and they are related to our programs, accessibility, our campus, stewardship and community.

These five areas of priority are associated with eleven initiatives. All of our initiatives are described in the brochure, and a general outcome statement summarizes what we can expect the school to achieve moving forward within each priority. Not listed in the brochure are all of the annual action items that our school will be addressing to achieve its initiatives and priorities. This year, there are roughly forty actions that will require the attention of our Senior Management Team, our staff and our Board of Governors.

As described in the strategic plan brochure, our vision, mission and guiding principles have not changed; they are excellent and inspiring descriptors of what Southridge is all about, and they remain very clear points on the horizon that we will continue to use for our “compass bearings”. On a regular basis, the school will engage in a strategic refreshing exercise to ensure that our annual action items are relevant and on target. We will also report to our parent community about how we are progressing in the achievement of our strategic priorities and our initiatives through Wednesday articles and our website.

There will be opportunities for discussion and input as we work to clarify and refresh the plan over the next three years. We look forward to working together to make Southridge an even better school, one that provides each member a chance to learn and grow and belong to a community that has high aspirations for itself and the world.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

Important Dates			
Event	Date	Time	Location
Grade 6 - 7 Dance	Friday, Jan 17	7:00 - 10:00 PM	Jr School Gym
Presentation "Rethinking Body Image"	Wednesday, Jan 22	6:30 - 8:00 PM	Alan Brown Great Hall
Current Grade 7 Parent Information Evening	Thursday, Jan 23	7:00 - 8:00 PM	Alan Brown Great Hall
Jump Rope for Heart	Monday, February 3	8:30 AM - 3:00 PM	Jr School Gym

Important Dates			
Grad Photos	Friday, Jan 31		
Casual Day	Friday, Jan 31	All Day	Both Schools
Sr School Noon Dismissal	Tuesday, Feb 4	11:40 AM - 12:00 PM	
Grade 8-11 Student Led Conferences	Tuesday, Feb 4	1:00 - 8:00 PM	
Envision Jazzfest	Wednesday, Feb 5 & Thursday, Feb 6	8:00 AM - 3:00 PM	
Pro-D Day – No School	Friday, Feb 7	All Day	Both Schools
BC Family Day – No School	Monday, Feb 1	All Day	Both Schools
Half Term Holiday – No School	Tuesday, Feb 11	All Day	Both Schools
Kindergarten – No School	Friday, Feb 14	All Day	Jr School
Junior School Student Led Conferences	Thursday, Feb 20	1:00 – 8:00 PM	Jr School Classrooms
Full School Assembly	Friday, Feb 21	9:40 – 10:30 AM	Sr School

## Junior School News

### Head of Junior School

2014—the Year of Doing

Welcome Back and Happy New Year to everyone. I hope that you are refreshed and invested time in family and friends over the holidays. Usually New Year's Eve is a time to set goals and vision for the year ahead, but we find this odd in the middle of the school year, as we have already set the goals for the year, the previous May. Rather, I like to think of 2014 as the year of doing—just like the famous slogan for Nike—*just do it*. Doing, means executing on those initiatives that will lead to the goal being realized. It is quite simple—the thought and planning has been done—we now just need to 'do'. When I think of the programs at Southridge, the PYP and MYP in the Junior School, and the SSEP in the Senior School, I am very aware of the five year action plans that have been crafted. There are timelines and key performance measures that we have in place and we are methodically going about 'doing' as we work to meet our goals. It is rather reassuring to know the vision is set, and the doing is purposeful and intentional. We thank you for your support of our programs, and know that we are working diligently with thought and purpose to make Southridge even better.

Have a great week,

Mrs. Middelaer  
Head of Junior School

### Grade 7 Parent Information Session - Thursday, January 23<sup>rd</sup>, 2014

Next Thursday, January 23<sup>rd</sup>, there is a Grade 7 parent night in the Senior School Great Hall from 7:00 – 8:00 PM. This is a great opportunity to meet some of the senior school team, receive information about life in the senior school, and to hear how we prepare the students for this important transition. See you there!

### FSA Test Dates

This is a reminder to parents for the upcoming important dates for our FSA (Foundations Skills Assessment) testing. Grade 4 students will write during the month of February; Mrs. Raber and Ms. Birch will send home a complete schedule to parents. Due to the CAIS basketball tournament, Grade 7 students have their testing scheduled shortly before, and during the following few weeks of February. Our Grade 7 teachers will send home the schedule shortly. If you have any comments or concerns, please contact me directly at the Junior School office.

**Pro-D Day, Friday, February 7<sup>th</sup>, 2014,  
BC Family Day, Monday, February 10<sup>th</sup>, 2104  
Half Term Holiday, Tuesday, February 11<sup>th</sup>, 2014**

As a faculty, we greatly value time together for professional collaboration and growth. On Friday, February 7<sup>th</sup>, 2014 we will have a professional development day so there will be no school for the students. February 7 is a collaborative Pro-D day with all the ISA BC (Independent Schools Association of BC) schools, and we look forward to our time together. Thank you for your support of our faculty's growth. The following Monday is BC's Family Day holiday and Tuesday will be our half term holiday, so please enjoy this extended weekend with your family.

**Student Led Conferences: Thursday, February 20<sup>th</sup>, 2014 (noon dismissal)**

Throughout the school term, students have been actively selecting their own pieces of work to secure in a portfolio. These pieces reflect many different subject disciplines and should demonstrate their own personal growth as a student. On Thursday, February 20<sup>th</sup>, 2014 we will be holding student led conferences so that the students can share their portfolios with their parents. This opportunity is empowering for students as they can share their own journey as a learner and actively reflect on each piece. Please be aware also that there will be a 12:00 noon dismissal on that day to accommodate the conferences.

**Kindergarten Parents - No school on February 14<sup>th</sup>, 2014**

Just a reminder to our kindergarten parents that there will be no school for their children on Friday, February 14<sup>th</sup>, 2014 due to entrance testing for prospective kindergarten students. Thank you for making alternate arrangements for your children on that day.

**Dance at Junior School**

This Friday, January 17<sup>th</sup> from 7:00 - 10:00 PM the Grade 7 House Captains are hosting a dance for Grade 6 and 7 students in the Junior School gymnasium. Music will be provided by our in-house DJ's: Malcolm Beaton, Brian Rickard, Arman Soheili, and Luca Sthankiya. There is a \$7.00 admission fee. Students can also purchase snacks and drinks from the concession. All proceeds are for the Haiti Orphanage Fund.

Ms. McNeil  
Grade 7 Teacher

**Christmas Ornament Sale for GF Strong**

Thank you very much for your donations to our foundation fundraiser at the Christmas concerts. We have accomplished a lot in making the ornaments and selling them to earn much more than we expected. The \$500 raised will be helpful because it is going to be used to buy an iPad. This will help treat adolescents head injuries.

This issue was first brought to our attention last year when it was an Exhibition topic. We wanted to continue to support people who have head injuries so they can improve their lives.

We would also like to thank Mrs. Murchie for helping us make our PowerPoint and organizing our stand! You were a great mentor!

Brooke Fowler, Alyssa Wellar,  
and Leah Wilson, Grade 5

**Jump Rope for Heart – Monday, February 3<sup>rd</sup>**

This week we are launching the Heart and Stroke Foundation's annual Jump Rope for Heart campaign. As so many of our community members have been touched by family members or friends with heart and stroke conditions, this event is widely appealing. The money earned supports research projects, medical intervention for existing patients, and preventative educational initiatives. Another benefit to this fundraiser is that Southridge School receives a percentage of all funds raised, which we later donate to our local Surrey school connection, W.E. Kinvig. Its staff uses this fund to buy additional sports equipment for its students.

To begin with, we will have Carolyn Dones from the Surrey Heart and Stroke Foundation speak to the students at our assembly tomorrow. Please come if you are able to. Then your child should receive a pledge envelope via the homeroom teachers; please feel free to use one envelope per family. Donations are due by Friday, January 31<sup>st</sup>, which is our first Casual Day of the year. Please send your child to school that day in pink and/or red. The children will then look forward to

a day of jump rope activities on Monday, February 3<sup>rd</sup> during their regularly scheduled PE and DPA times due to the CAIS basketball tournament the week before.

Many thanks to Ms. Reid and Ms. Fritter for their organization and implementation of such a fun and purposeful event. Thank you very kindly for your attention and donations toward two worthy causes.

Jo-Ann Murchie  
Junior School Service Coordinator

## **Senior School News**

### **Head of Senior School**

Happy New Year!

I certainly hope that everyone enjoyed the holiday break and took some time to relax, recharge and spend time doing something a little different than you are able to do during the busy term. The Winter term, although relatively short in duration, is always very busy and burns brightly all the way until the March break. Having the ability to make the most of this time by being organized and diligent certainly helps to retain and even improve one's success at school.

As is the custom at the New Year, making resolutions and reflecting on ways to improve one's success often fills people's thinking and "To Do's" lists. For me personally, as a fairly reflective person, I enjoy doing this because it allows me step back a bit and honestly look at ways to improve. From a high school aged student's perspective, this might be harder to accomplish. I think the fact that it doesn't really feel like a new year because we are in the middle of the current year is one reason. But it is also hard to look critically at oneself during this developmental time.

In reading Paul Tough's book *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character*, he touches on some interesting research in setting successful goals. One key point to realize is that in order to be successful in setting a goal or a resolution is that the individual needs both motivation and volition. Often the motivation is there to do something, but a person lacks the willpower or volition to actually follow through.

The second point, which I mentioned at Monday's assembly to the students, is that a person focus needs to contain two key aspects to have success when mapping out how the goal will be attained. The first aspect is one that most people have little trouble completing and this is imagining what the successful goal will be. For example, I want to increase my grade in my math class by 5% over the term. However, the second aspect is one that many forget to include in the process which is to consider the obstacles that could get in the way of the successful vision. To remain with the math example, one possible obstacle might be: "what will I do when I really get stuck on a problem that I don't understand?" By looking at this possible obstacle, the individual can plan a response when it occurs, overcome it and remain focused on reaching the goal.

As a note with the above example, our Harkness approach to learning that is part of the Senior School Educational Program (SSEP), allows students to bring these types of obstacles to their classes to solve together as a class and gain understanding to increase success.

I encourage you to help your children set some goals or resolutions for this term and as you do, be sure to remember these key points to help them reach the success that we all want them to achieve!

I hope you all had a wonderful holiday break and best of all success for 2014!

Mr. Doug Palm  
Head of Senior School

### **Exercise Boosts Brainpower**

It's that time of the year for new resolutions, new gym memberships, and new hope that we will actually follow through on all those promises to ourselves. Our brains, our capacity to think can be demonstrably improved through exercise. I think at some level we all know this, but the brain science that confirms it is the topic of a book I have been reading over the break:

Brain Rules by John Medina. So to give you a little added impetus to start on your fitness regime, here are a few of his key points.

Medina argues that in man's evolutionary process our ancestors were creatures who moved, often covering up to 12 miles a day, and that the human brain developed under conditions where motion was a constant presence. His research, and those of many others he cites, confirms the benefits of exercise over a lifetime. He writes, "A lifetime of exercise can result in sometimes astonishing elevation in cognitive performance, compared with those who are sedentary". He claims that your lifetime risk of dementia is halved if you participate in recreational physical activity and that the effect is even greater in reducing your odds of succumbing to Alzheimers. The greatest benefit comes from aerobic exercise completed for periods of at least thirty minutes two or three times a week. If you add in a weight training regime you get even more cognitive benefit. We know that exercise improves cardio vascular fitness, but Medina makes a compelling case for the correlation with physical fitness and superior mental functioning. But this research has largely been conducted on aging populations, so is it relevant to school age students?

The answer would appear to be yes. Medina refers to Dr. Antronette Yancey's research on developing minds and her studies reveal that physically fit children identify visual stimuli much faster than their sedentary counterparts. Brain activity studies also demonstrate that they concentrate more effectively and are able to do so for longer periods of time. "Kids pay better attention to their subjects when they've been active. Kids are less likely to be disruptive...Kids feel better about themselves, have higher self-esteem, less anxiety. All those things that can impair academic performance and attentiveness."

The science that underpins this research hinges on the understanding that the blood flow to the brain is increased as a result of exercise. This in turn increases the supply of glucose and oxygen to the brain: the glucose supplying energy and the oxygen soaking up surplus toxic electrons. Exercise also appears to stimulate the protein in the brain that keeps neurons connecting. Medina elaborates much more lucidly than I can in his very accessible book.

In essence the message is: "To improve your thinking skills – move". Physical activity is integral to our Senior School Educational Program and there are many opportunities to get involved with competitive sports and physical activities at Southridge. We include mandatory physical education classes in our curriculum up to the end of grade 11 and offer a 4 credit elective in PE in grade 12. Our PE faculty work hard to build an understanding of the value of life-long physical activity, offering many opportunities to try out a wide range of competitive team sports and recreational activities. There are numerous outdoor education opportunities ranging from climbing Black Tusk, to kayaking and biking on Galiano Island, to skiing and snowboarding at Big White as many students will do later this month.

Why not get involved? Why not get moving on a regular basis? It will certainly improve your physical well-being, and it just might boost your brainpower too.

Jan Holt  
Director of Academics

### **Bottle Drives**

The grads will be having their bottle drives this week from 7:30 - 8:00 AM in front of the senior school! Please support our grads as they brave the cold morning collecting your bottles!

Thanks!  
Grad Committee

### **Grad Fashion Show**

The grads are putting on their annual fashion show this Thursday evening from 6:00 - 8:00. Tickets are \$15.00 at the door and there will be food, door prizes and a raffle! The grads are excited to show off the tuxedos and dresses and the invitation is extended to students, parents and family friends!

Thank you to our sponsors this year who will be supplying the outfits from After Five Fashions and Moores Clothing and Formal Wear.

Grad Committee

## **Cinderella Project**

Statistics indicate that twenty percent of all children in Canada are living below the poverty line. Lack of education is certainly a contributing factor to poverty in Canada, as many of these children come from families with little or no education, and eventually form their families likewise.

The Cinderella Project is a 100% volunteer-based organization stationed in Vancouver that strives to change these statistics. By providing underprivileged teens with dresses, suits, jewelry, accessories, hair and makeup styling for free on their graduation night, the Cinderella Project helps to celebrate the success of these teens, who against all odds, managed to graduate. Their mission statement is "In the spirit of community sharing and support, The Cinderella Project celebrates the achievements of high school students in the Lower Mainland (Vancouver, British Columbia) who have overcome adversity in reaching the milestone of graduation."

For many years, Southridge has worked in partnership with the Cinderella Project. Southridge has made great donations to the Cinderella Project in previous years, and this year, we hope to make our largest donation yet!

In the front foyer of the Senior School, there will be a rack where you can drop off any gently used dresses, jewelry, accessories, or suits that have been cluttering your closet for donation. From long ball gowns, to short cocktail dresses, and suits of any size or style, everything is welcome!

This year, help us help provide local teens with the graduations they deserve, and donate! Thank-you in advance for your support!

The Cinderella Project Team

## **Rethinking Body Image: Exploring How Parents and Teens Can Move Towards Positive Dialogue and Body Image**

This interactive presentation on Wednesday, January 22 from 6:30 - 8:00 PM by Alison Bell, MA, RCC, will focus on early intervention, supporting healthy and positive image, and opening up a dialogue about how we as family members, society, parents and teens view, discuss and are impacted by body image. Ways to support someone you may be concerned about who is struggling with negative body image or related issues will also be explored.

Alison Bell has been a therapist working for the last 15 years with adults, adolescents and families who are impacted and struggle with eating issues, negative body image and the devastating emotional and physical impacts it can have on a person and those that love them. Alison welcomes the opportunity to engage with teens and their families in a proactive and empowering way to explore body image, emotional and physical health.

Natasha Bains  
Senior School Counsellor

## **Peru Expedition, July 2015 - Rainforest Conservation Research & Outdoor Education**

In July 2015 there will be an opportunity for Grade 10-12 Senior School students to travel up river in the Pacaya-Samiria National Reserve, one of the largest protected areas of Amazonian Rainforest in Peru, contributing to ongoing research in rainforest biodiversity and conservation. The science part of this trip takes place over two weeks, upon a large research boat with several decks containing bedrooms, bathrooms, lecture and dining hall. As the boat travels up river, students are engaged in Amazonian Wildlife and Conservation courses. During the course students will also get the opportunity to visit a Cocama Indian community. Once moored, students will be engaged in biodiversity monitoring and data collection to contribute to long term sustainability studies. Students will have the opportunity to take part in the following projects: Primate, large mammal and game bird transects, macaw and wading bird surveys, river dolphin transects, fish surveys, and night time caiman surveys.

As a potential addition to this trip, we will spend a third week to hike the Inca trail and visit Machu Piccu. After leaving the Amazon, we will travel within Peru from Iquitos to Cusco, spend 2 days to acclimatize, then follow a 3-4 day hike along the ancient Inca trail, visiting many ruins along the way, to end in the Lost City of the Inca's!

If you would like to hear more, please attend the upcoming parent information night in the Alderdice Library:  
Thursday, January 30<sup>th</sup> at 7:00 PM.

Anna Szymczak

## Into the Woods

This coming February, Southridge Senior School Drama Department presents *Into the Woods*, the Tony Award winning musical by Stephen Sondheim and James Lapine. It is a musical to entertain and delight audiences of all ages!

'ONCE UPON A TIME' in a magical kingdom, deep in the woods, timeless fairy tales were told. These stories were based on many of the Grimm Brothers' tales and were originally intended to enlighten us through moral lessons. *Into the Woods* creatively intertwines the adventures of many well-known fairy tale characters with the journey of a childless baker and his wife, who endeavor to lift their family curse. Along their path they encounter the familiar figures of Jack and the Beanstalk, Cinderella, Little Red Riding Hood, Rapunzel and her frightening mother, the witch, and a runaway father. Throughout their journeys the characters are reminded to, "Be careful what you wish for", for in seeking their hearts' desires they may affect the lives of others. The characters' innocent wishes provoke the audience to reflect on individual and community responsibility, and the role models that we provide for our children.

"Into the woods, but not too fast or what you wish, you lose at last.  
Into the woods, but mind the past.  
Into the woods, but mind the future."  
~Sondheim~

Show times in the Alan Brown Great Hall are as follows:

- Wednesday, February, 26th at 7:00pm
- Thursday, February, 27th at 7:00pm
- Friday, February, 28th at 7:00pm
- Saturday, March 1st at 2:00pm
- Sunday, March 2nd at 2:00pm

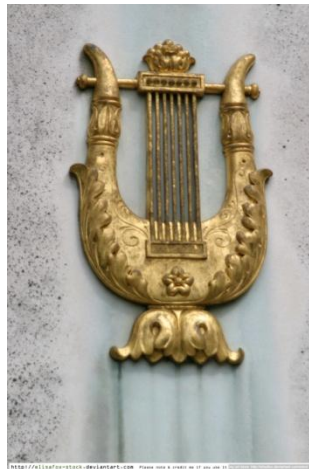
Tickets are \$10.00 and can be purchased by using [this link](#).

For more information please call 604-535-5056 or email [jkelly@southridge.bc.ca](mailto:jkelly@southridge.bc.ca)

Jennifer Kelly  
Senior Drama Teacher

## Props needed for *Into the Woods* Musical

The Senior School Drama Department is looking for three special props to loan for the upcoming musical production of *Into the Woods*.



If you any of these items to loan it would be greatly appreciated. Thank you so much!

Jennifer Kelly  
Drama Teacher  
[jkelly@southridge.bc.ca](mailto:jkelly@southridge.bc.ca)

## **Southridge Soccer Tour**

Senior Boys: Spring Break 2015

Senior Girls: Spring Break 2017

Southridge is offering a soccer tour to Spain for the Senior Boys Soccer Team in March of 2015. The tour will include exhibition games, practices run by FC Barcelona coaches, stadium and city tours, and tickets to an FC Barcelona match. A reminder for prospective players that the first deadline for expressing interest in participating in the tour is Friday, January 24<sup>th</sup>. Please contact Mr. Gordon Smith ([gsmith@southridge.bc.ca](mailto:gsmith@southridge.bc.ca)) if you have any questions or would like more information.

Gordon Smith

## **News for Both Schools**

### **Southridge Café Menu for the Week of January 20<sup>th</sup> – 24<sup>th</sup>**

Welcome Back to school. I hope you all had a good Christmas and a Happy New Year. To start off with the year we are going to start making some more breakfast items in the cafeteria which will be ready by 7:30. Some items include waffles with strawberries, whip cream and syrup, omelettes with hash browns and breakfast wraps. Also we are trying to make a balanced menu each week for students and teachers, incorporating fish, pasta, chicken, beef, pork and vegetarian options thru the week.

Mike Leif, Chef Manager  
[Michael.leif@compass-canada.com](mailto:Michael.leif@compass-canada.com)





*Week of: January 20<sup>th</sup> -24<sup>th</sup>*

**Monday**

**Chicken Chow Mein Stir Fry \$ 5**

**Tuesday**

**Curry Chicken \$ 6  
served with Naan and Basmati Rice**

**Wednesday**

**Penne Pasta in a Meat Sauce \$ 5  
Served with Garlic Bread**

**Thursday**

**Cabbage Rolls \$ 5  
Served with Rice**

**Friday**

**Pulled Pork Sandwich \$ 6**

**Featured Panini**

**Roasted Chicken Breast, Capicola, Swiss Cheese  
Roma Tomatoes, Pesto Mayo**