

# Southridge Wednesday

13-14  
No. 22

*A Weekly Publication of Southridge School*

*February 19th, 2014*

## Head of School

### Congratulations to Our Junior School and Our Senior School

In late January, Southridge was asked to participate in two events that recognize the wonderful work of the teachers and staff in our Junior and Senior Schools. From our Junior School, Ms. Middelaer, Ms. Ramji-Motani and Ms. Graham were asked to address the International Baccalaureate cohort in the Faculty of Education at the University of British Columbia (UBC). UBC only recently initiated their IB cohort and Southridge's reputation within the IB community in our province influenced the invitation we received.

Speaking to Faculty of Education undergraduate students is an exciting opportunity for Southridge. It connects us to an excellent post-secondary institution that has the critically important responsibility of shaping the professional outlook, skills, attitudes and dispositions of the future teachers in our province. It also provides Ms. Middelaer with the opportunity to put Southridge on the map for many young teachers who will soon be joining the job market, and as such, the opportunity to speak at UBC will likely have a very favourable impact on our recruitment process later this spring.

From our Senior School, Mr. Palm has been asked to showcase the Senior School Educational Program and the Harkness approach to teaching and learning through the Canadian Accredited Independent School (CAIS). CAIS has very recently developed a unique portal on its website, called CAISConnect, to help provide independent school teachers and educational leaders from across our country with excellent examples of best practice approaches to meeting the challenge of educating students for the 21<sup>st</sup> century.

The Director of Programs from CAIS recently visited Southridge and noted the commitment our Senior School teachers have made to collectively address the changing dynamic of the educational landscape in a creative way. She thought other CAIS schools could learn a great deal from our approach and Southridge responded by providing background information about the SSEP and links to our website that help illustrate and explain what our Senior School teachers and leaders have dedicated themselves to over the past three years.

Congratulations to Ms. Middelaer, Mr. Palm, their leadership teams and the teachers and staff in our school for the work they have been doing to make Southridge even better!

Have a wonderful week!

Mr. Drew Stephens  
Head of School

| Important Dates  |  |                 |                          |
|--|--|-----------------|--------------------------|
| Event  | Date   | Time            | Location                 |
| Junior School Student Led Conferences                              | Thursday, February 20 <sup>th</sup>  | 1:00 - 8:00 pm  | Junior School Classrooms |
| Full School Assembly   | Friday, February 21 <sup>st</sup>  | 9:40 - 10:30 am | Senior School Gym        |
| Pink Shirt Day   | Wednesday, February 26 <sup>th</sup>   | All Day         | Both Schools             |
| Senior School Play   | Wednesday, February 26 <sup>th</sup><br>to Friday, February 28 <sup>th</sup> | 7:00 - 9:00 pm  | Alan Brown Great Hall    |
|  | Saturday, March 1 <sup>st</sup> and<br>Sunday, March 2 <sup>nd</sup>         | 2:00 - 4:00 pm  | Alan Brown Great Hall    |
| Casual Day   | Friday, February 28 <sup>th</sup>  | All Day         | Both Schools             |
| Guest Speaker Dr. David Helfand:<br>The Changing Face of Education | Wednesday, March 5 <sup>th</sup>   | 7:00 pm         |                          |

| <b>Important Dates</b>                                    |   |                 |                          |
|---|---|-----------------|--------------------------|
| <b>Event</b>  | <b>Date</b>   | <b>Time</b>     | <b>Location</b>          |
| Junior School Exhibition Presentation for Grade 4 Parents | Wednesday, March 5 <sup>th</sup>                                    | 6:30 - 7:30 pm  | Junior School Great Hall |
| Junior School Grandparents Day Tea                        | Tuesday, March 11 <sup>th</sup>                                     | 12:30 - 1:30 pm | Junior School Great Hall |
| PYP Matinee Performance                                   | Tuesday, March 11 <sup>th</sup>                                     | 1:30 - 3:00 pm  | Junior School Great Hall |
| PYP Evening Concert                                       | Wednesday, March 12 <sup>th</sup>                                   | 6:30 - 8:00 pm  | Junior School Great Hall |
| Casual Day  | Friday, March 14 <sup>th</sup>                                      | All Day         | Both Schools             |
| Spring Break - No School                                  | Monday, March 18 <sup>th</sup> to<br>Friday, March 28 <sup>th</sup> |                 | Both Schools             |
| Late Start  | Monday, March 31 <sup>st</sup>                                      | 10:25 am        | Both Schools             |

## Junior School News

### Our Community Deepens - UBC Connections

Last week Ms. Graham, Ms. Ramji-Motani and I had a wonderful opportunity to speak to a class of teacher candidates (student teachers) at UBC. It was a great experience to be able to speak proudly about Southridge School and how the International Baccalaureate programmes of MYP and PYP are such a perfect fit to deliver our mission and vision to our Junior School students. Just previous to our speaking to this UBC class, on January 30 we hosted 6 student practicum teachers at Southridge for a visit. In May our Senior School will host 3 UBC practicum students, and in June our Junior School will host 3 as well.

After Ms. Graham, Ms. Ramji-Motani and I finished speaking, spontaneously one of the students who had visited our school reported to their cohort that what we said was exactly true about our school. She stated that there is a very unique culture to Southridge - an openness, friendliness, but an absolute professionalism. She openly spoke about anecdotal conversations she overheard in our staff room about teaching and learning and stated that our teachers are very passionate about their craft. She insisted that she had never been to a school like ours, and openly asked about career opportunities.

This open unexpected feedback, of course was welcome, but deep inside, it made me smile. These practicum students visited on one of our busiest days at Southridge - on the opening of the CAIS basketball tournament. However, I watched our teachers embrace these teacher candidates and just immerse them in the Southridge experience. Steve Burrage and Chris Mitchell actually had their teacher candidate playing trombone with them in the jazz ensemble in the gym as Southridge played. Alison Graham took all 3 Junior School candidates under her wing while we hosted the opening ceremonies for the 15 visiting schools. Paul Chiarenza, a known basketball fan, refrained from watching the games so that he could invest time in the English teacher candidate. The modern language teams in our Senior School surrounded their teacher candidate with so many opportunities for learning, and overall they each made an impression and endorsed the reputation of Southridge.

I am acutely aware of my own pride in Southridge, but when I witness the strength of our faculty as they embrace opportunities to mentor others and I hear unprompted feedback from visitors to our school I feel inspired. Southridge just keeps getting better - we are still a young school but as we deepen our relationships with our broader community with partners such as UBC, we will continue to grow and thrive.

Have a great week,

Mrs. Middelaer  
Deputy Head and Head of Junior School

### Attendance reminder

Once again we are reminding our parents to call in or email if their child is going to be absent. Ms. Schaub has been making several phone calls in the morning, as she needs to account for every single one of our students. Please respectfully assist her by doing your part and messaging our school at [attendance@southridge.bc.ca](mailto:attendance@southridge.bc.ca) or by calling the reception. Many thanks.

### **Wear Your Canadian Pride in Support of Olympic Hockey**

As Canadian fans enjoying the Sochi Olympics, we invite our students and faculty to show their spirit by wearing a red jersey or Olympic attire for the remainder of this week.

On Wednesday the men's hockey team plays in the quarter finals (looking like Latvia!), Thursday is the women's hockey gold medal game (vs. USA!) and Friday is the men's hockey semifinals (USA?!)

For each day we will invite everyone to wear a red jersey or t-shirt OVER their uniform but they must wear their shirt and tie underneath. If they have an accessory, such as a scarf or fun mittens, that would be fine as well. This is NOT a casual day, nor can students just wear a t-shirt without the uniform. Canada 2010 Olympic hoodies are fine as well. The point is it's all about red and white Canadian pride. Go Canada Go!

### **Full School Assembly on Friday, February 21<sup>st</sup>, 2014 from 9:40 - 10:30 am**

Please join us on Friday, February 21<sup>st</sup> in our Senior School gym as we meet as a full school to celebrate the arts, athletics, and service through our full school assembly.

### **PYP Musical - Tuesday, March 11<sup>th</sup> and Wednesday, March 12<sup>th</sup>, 2014**

Please make your plans to join us in celebration of our PYP musical as our PYP students present in song, dance and theatre. We extend an invitation to our grandparents to join us for tea on Tuesday, March 11<sup>th</sup> and then stay for the matinee performance at 1:30 pm. There is one other evening presentation on Wednesday, March 12<sup>th</sup> at 6:30 pm. Come and enjoy these enthusiastic and endearing presentations.

### **Jumpin' Jump Rope for Heart Results Released**

Thank you all so much for your amazing generosity in support of the Heart and Stroke Foundation at the end of January. Our school and on-line donations again earned almost \$10,810.00 for research, education and medical equipment.

A special thanks to Ms. Fretter and Ms. Reid for scheduling and running the event. The equivalent of 10% of our funds raised will later be donated to W.E. Kinvig Elementary School to purchase more sports equipment for its students. Your commitment to the Heart and Stroke Foundation is wonderful, as so many people directly and indirectly benefit from your generous spirit. Thank you again!

Ms. Jo-Ann Murchie  
Grade 2 Teacher

### **iPads in Kindergarten and Grade 1 Classrooms**

Over the years Southridge has implemented several technologies that are used within our classrooms on a daily basis. We are fortunate to have a laptop program, Apple TV's, SMART Boards, and tablet PC's to name a few. Newly added to this technology list are iPads that will be used in the kindergarten and grade 1 classrooms. iPads are quickly becoming a popular and powerful educational tool for classrooms. In our kindergarten and grade 1 classrooms, our students will use the iPad to supplement their learning with age specific applications. This will reduce the time spent setting up and maximize instructional time. The factors that excite the kindergarten and grade 1 teachers are the long battery life, light weight, the portability, flexibility, student familiarity, and less startup time than laptops or netbooks. Thank you for your continued support as we look for new ways to embrace technology in our classrooms.

Steve Anderson  
Junior School Education Technology Coordinator

## **Senior School News**

### **Showing Character**

In our Personal Growth and Development Program we define character development as follows:

*"We believe in the goodness of people and the importance of our relationships with one another. We seek to develop, through experiential learning, the knowledge of what is right and the desire and the courage to do it."*

In our Senior School Educational Program (SSEP), not only are there key attitudes such as integrity, honesty and respect but the word ‘character’ actually surrounds the entire SSEP graphic. It is important at Southridge to build our knowledge, but equally so to develop one’s goodness and character. So, whenever I can find a tangible example of showing one’s character to share with the students, it helps to make the idea more concrete. These past few weeks, I had not one but three separate examples and want to share these with you. The first two come from an event on the world stage, the final one much closer to home!

The first two came from the Sochi Olympics. If you are like me, it has been hard not to watch the competition continuously! Even those events I am not very familiar with seem mesmerizing as you watch the efforts and focus of the athletes, regardless of country or where they place. The first story centres around Canadian cross-country ski coach Justin Wadsworth. He is married to former cross country ski Olympian, Beckie Scott and an American by birth. As his own athletes failed to make the finals of an event, he was left watching the races without much to do. Near the end of the race, a Russian skier came upon him on the course and he had a broken ski that was in pieces. The skier desperately wanted to finish as it was on his home soil and he was struggling mightily. Without thinking, the Canadian coach leaped over two snow banks and gave the Russian skier the extra ski he was holding. As he said, he wanted to let the skier finish with dignity. The skier finished last in the race but enjoyed finishing strong and with wonderful cheers from many fans. As the Canadian coach explained when asked later about his gesture, “anyone would do this” he said. However, no one else had done so, and the selfless act had a wonderful sense of sportsmanship.

The second example also came from the Winter Olympics and this time had as the central figure Canadian speed skater, Gilmore Junio. Perhaps you heard about this story because of the result of his wonderfully selfless act - a silver medal...for his teammate, Denny Morrison. You see, Gilmore had earned a berth in the 1000m event at the Olympics at the National Championships. Morrison had fallen during the qualification race, even though this was his best distance and he was a medal hopeful for Canada. In looking at the team first and realizing that his friend and teammate should be skating, Gilmore Junio offered his spot for the race. Morrison was overwhelmed by this offer and went out and skated to a silver medal! He even offered to cut the medal in half to show how much he appreciated the gesture.

Finally, the last, and for me the most meaningful example, comes from our own Austin Chang, who is a Grade 12 student in this year’s grad class. In a pre-season practice he tore and displaced his left knee meniscus. As a co-captain of the team, he worked hard to try and rehab the knee, went to games, practices and all of the trips, tours and tournaments with the team. His perseverance, dedication and efforts set a huge example for his teammates and this showed amazing character. Last week the team had the last home game of the season and Austin really wasn’t ready to play but the coaches wanted to give him a chance to play in his Grade 12 season. They put him out for the last minute of the game. His teammates wanted to give him a chance to shoot a basket for the last time as a Southridge student in competition. Watch the video link below to see what happened. Especially, watch the reaction that the team has in support of Austin and the wonderful character he has displayed all season long. It is clear he was a valued member of the team and of our community!

<http://www.youtube.com/watch?v=a6kym9IfXHE>

In each of these cases the decisions the individuals made showed their true character. When faced with a decision, sometimes over a long period of time (a whole basketball season), very short (ski coach) or somewhere in between (speed skater), each individual knew the “right” thing to do in showing integrity, respect and empathy.

The best part of all of this is the emotional reaction that comes from these wonderful decisions. People are so supportive when they witness these actions and they value them as priceless! As the saying goes: “People may forget what you did, people may forget what you say, but people will never forget how you make them feel.”

It is encouraging to know that developing character is truly important at Southridge and I am continually inspired to see the thoughtful and caring decisions our students make on a daily basis in showing their “true character”!

Have a great week!

Mr. Doug Palm  
Head of Senior School

### **Peru: Biodiversity Studies in the Amazon Rainforest: June 26<sup>th</sup> - July 11<sup>th</sup>, 2015**

Registration has begun! To secure your spot, bring a \$1,000.00 deposit cheque to Ms. Szymczak soon - only 16 spots available. Registration deadline is February 28<sup>th</sup>, 2014. Participants will have the unique experience of joining a network of university academics, assisting in conducting biodiversity surveys in a remote part of the amazon rainforest.

Their involvement will help carry on the amazing field work started by Wallace and Darwin, while being part of a socially and environmentally responsible program! [Click Here](#) to learn more about how the biodiversity studies aid in conservation by setting a value on the forests beyond their carbon value.

Peru 2015 is an awesome opportunity to be active in making a difference, gain knowledge of tropical wildlife and how conservation can be linked to sustainable development in the tropics and beyond! [Click Here](#) to learn more about what we would be doing on this expedition.

For an informational brochure with flight itinerary, price and other details, please see Ms. Szymczak.

Ms. Anna Szymczak  
Outdoor Education Coordinator

### **Senior Concert Band Italy Tour Send-Off Concert**

On Tuesday, March 4<sup>th</sup> at 7:00 pm in the Alan Brown Great Hall, the Senior Concert Band that is heading to Italy during spring break this year will perform some of their selections. Additionally, several students who have been working on instrumental and vocal ensemble pieces will perform too. For parents of students on the tour, there will be an informational meeting to follow, but please consider joining us for the musical portion of the evening, which will likely be around an hour.

Mr. Steve Burrage  
Music Curriculum Leader

### **Grade 8 Students get their Heritage on in Heritage Week!**

On Monday, Heritage Week began with the grade 8 students enthusiastically dressing up as Canadian historical figures for the rest of the student body to guess. Figures included Emily Stowe, first Canadian female doctor, Roberta Bondar, the first female astronaut, and the extinct Canadian penny to name a few. Grade 8 students also participated in assisting with sending moris code messages in memory of famous inventor Marconi to students. We look forward to the final events in Heritage Week including knitting, basketball, and the grade 10 Heritage Bake Sale.

Ms Alexandra

### **Cinderella Project Presents The Great Grad Grub Grab!**

Tired of making lunches? Need something a little more exciting for his/her lunch? Well think no more. On Friday, February 28<sup>th</sup> the Grade 12s are fundraising for the Cinderella Project, which is a legacy event for our graduating Grade 12s.

They will be preparing lunches and auctioning them off starting at \$5.00. Last year we auctioned anything from peanut butter and jelly sandwiches to a full course steak dinner with Crème Brulee for dessert. Each lunch will include a drink, fruit, dessert and a main course. Please support our legacy by sending your child with money for lunch on Friday, February 28<sup>th</sup>. To learn more about our legacy, please visit [www.thecinderellaproject.com](http://www.thecinderellaproject.com).

The Cinderella Project Team

## **News for Both Schools**

### **Anxiety 101: Helping Parents Make Sense of Anxiety**

Below is an excerpt for a presentation by Vanessa Lapointe that will occur tonight, Wednesday, February 19<sup>th</sup>, 2014 at 7:00 pm in the Alan Brown Great Hall for parents of students in Grades 7 to 12 on anxiety.

*“About 42,000 children in BC are currently diagnosable with an anxiety disorder. Why? The answers are found in taking the knowledge provided by contemporary neuroscience and combining this with an understanding of how social-emotional development progresses for our children. We will explore in detail where anxiety comes from, what it looks like, and when you might become concerned about anxiety for your child. Finally, we will consider caring approaches to supporting children of all ages struggling with anxiety. Our goal will be to arrive at an understanding of the ultimate answer for finding a way through. An answer that is perhaps the most simple, readily available and affordable answer imaginable...”*

Dr. Vanessa Lapointe is a registered psychologist who has been supporting families and children for 15 years. She presently works in private practice and has previous experience in a variety of settings, including the BC Ministry of Children and Family Development and the school system. Dr. Lapointe is a regularly invited professor and educator. She is also actively involved in the provincial community with various initiatives and projects promoting emotional health and development. Dr. Lapointe is known for being a dynamic speaker who brings a sense of nurturing understanding and humanity to all of her workshops. She enjoys presenting to a wide range of professionals and parents throughout Canada. As a mother to two growing children, Vanessa strives not only professionally, but also personally, to view the world through the child's eyes.

Natasha Bains  
Senior School Counsellor

### **Girl Rising - The Film, The Movement, The Future**

*‘Over 65 million girls around the world are denied an education and a right to a better future.’*

A number of Southridge students have formed a Girl Rising Committee in the school and have been working hard for the past few weeks to raise awareness on girls' issues from around the world. Girl Rising is a documentary film which is being shown at Southridge School on February 22<sup>nd</sup>, 2014. The film journeys around the globe to witness the spirit and the power of education to change the world. It spotlights the stories of nine extraordinary girls from nine developing countries who share their journey of the unforgettable circumstances they went through, each struggling to achieve against nearly impossible odds. It captures their voices, their dreams, and their remarkable lives.

[Join Us](#) for the viewing of the fascinating lives of these young girls:

When: Saturday February 22<sup>nd</sup>, 2014 at 2:00 pm

Where: Southridge Junior School

Admission is by donation with all proceeds to “Because I'm A Girl!”

Sanya Grove  
Girl Rising Committee

### **The Changing Face of Education: Dr. David Helfand**

We are pleased to host Dr. David Helfand, President of Quest University and professor of astrophysics at Columbia University, at Southridge on Wednesday, March 5<sup>th</sup>, 2014 at 7:00 pm. Dr. Helfand will be discussing how education is responding to the rapid changes in modern society to help best prepare our students for the future. If you are interested in learning why these changes are necessary and how it will affect your child and their educational and career opportunities, please join us for this lecture and discussion. Dr. Helfand has been recognized with many teaching awards while at Columbia and is renowned as a dynamic and engaging speaker.

Recently in the Globe & Mail Dr. Helfand explained some of his views about how universities need to evolve. Click on the link below to read about them:

<http://www.theglobeandmail.com/news/national/education/we-evolve-but-the-university-stands-still/article16689680/>

There is no need to pre-book your spot but please mark your calendars now so as not to miss this great opportunity. For more information, contact Daryl Weaver, [dweaver@southridge.bc.ca](mailto:dweaver@southridge.bc.ca) or 604-542-1796.

Mr. Daryl Weaver  
Director of Experiential Education  
Assistant Head of Senior School

### ***Into the Woods* - Senior Play**

Coming this month, 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, 26<sup>th</sup> at 7:00 pm
- Thursday, February, 27<sup>th</sup> at 7:00 pm
- Friday, February, 28<sup>th</sup> at 7:00 pm
- Saturday, March 1<sup>st</sup> at 2:00 pm
- Sunday, March 2<sup>nd</sup> at 2:00 pm

Tickets are \$10.00 and can be purchased via [this link](#). For more information please call 604-535-5056 or email [jkelly@southridge.bc.ca](mailto:jkelly@southridge.bc.ca).

Ms. Jennifer Kelly  
Drama Teacher

### ***Into the Woods: A View from the Audience***

I first learned that Stephen Sondheim's *Into the Woods* was going to be this year's senior play in a conversation I had with Ms. Kelly last June. I can tell you now that the idea of directing and producing one of Broadway's most celebrated musicals intimidated even our fearless drama teacher. In addition to bringing beloved fairy tale characters to life and placing them in a world where following their heart's desire may not always lead to happy endings, the score and choreography for this work is legendary for its complexity.

But, that was ten months ago.

Since September the senior performing arts class has been working diligently to bring this Tony Award winning musical to life. When Serena had to leave the cast in November, Megan Galbraith volunteered to take on the role of the witch. Ms. McCaw, Mr. Barnim and Mr. Sterelyukhin also stepped up to assume key roles. If tonight's rehearsal is any indication, Ms. McCaw's interpretation of Red Riding Hood's grandmother has got to be seen to be believed; Mr. Barnim's interpretation of the mysterious man helps to explain the somewhat dishevelled appearance that he has been sporting for the last few months and Mr. Sterelyukhin's second appearance in a school play indicates that he is clearly not a one hit wonder.

As for the student performances, we may be a small school but in the dramatic arts, we are mighty. Watching tonight's rehearsal, I was impressed, as I always am at this time of year, by the quality of the performances that were emerging on the stage. As our Grade 12 students prepare to give their final performances, it is gratifying to see so many talented newcomers taking on important lead roles.



After months of hard work and dedication, the cast and crew of *Into the Woods* have more than met the challenges of this iconic musical. So, spread the word. Next week, *Into the Woods* will take over the Alan Brown Great Hall for a limited run. Don't miss it and tell your friends!

Ms. Gail Robinson  
English Curriculum Leader

### **Theatre Performance Acting Class Presents *Into the Woods***

Since September the theatre performance acting class has been working intensely on James Lapine and Stephen Sondheim's 1986 musical, *Into the Woods*. The musical tells the story of our favourite fairy tale characters as they set out on a journey to make their wishes come true. *Into the Woods* follows the loving baker and his wife and their adventure to lift a spell that a complex and cunning witch has cast on their family.

We also meet Cinderella, a girl bullied by her stepmother and stepsisters, who wishes to go to the King's Festival. Little Red Riding Hood, an outspoken and confident girl, is also introduced to the audience. Finally, we meet Jack from Jack and the Beanstalk; an adorable aloof boy who exchanges his beloved cow for five beans. With various appearances from other much-loved fairy tale characters such as Rapunzel, Snow White, Sleeping Beauty, and Prince Charming, *Into the Woods* is sure to bring audiences the familiarity and joy of all of your favourite childhood friends while conveying the mature morals of the story.

Led by Ms. Kelly, the class has been working endlessly to achieve our goal of a professional theatre production. Having been involved in the drama program since Grade 7, I am personally no stranger to the amount of work that is required to deliver an excellent portrayal of great characters. This year I can say with certainty that the amount of work that we have put into this performance will positively reflect the calibre to which we perform. I would even say that this production is among the most engaging productions that Southridge has executed.

Throughout the year, each person in the class has grown in their own way. People that felt that they could not sing now perform some of the most beautiful and unforgettable songs in the musical. Cast members that also felt that they were weak actors now own the stage with such confidence that can only be achieved with months of practice. The relationships that have grown in our class due to colossal amounts of time spent together are among the strongest friendships I have ever felt. As for the level of acting at which we are taught, I speak for the class when I say we feel honoured to have such an experienced performer directing us.

I encourage all Junior School students to give the drama program a try. In addition, to absolutely abolishing my dire fear of public speaking, it has taught me an enormous amount about communication, interaction, how to critique and analyze, and how real theatre works. As part of our course, we have constructed blogs that reflect us, and our experiences with *Into the Woods*. On these blogs, we analyze versions of scenes, express our own experiences with the show, including challenges and successes, and write about ourselves as artist. I have attached the link to my blog below.

<http://awellssite.wordpress.com/>

We hope to see everyone in the audience watching the result of our hard work. By putting on an engaging performance, we hope to take you all into the woods with us. Performances will be February 26<sup>th</sup> to March 2<sup>nd</sup> (Wednesday - Sunday). Tickets are \$10.00, and can be [purchased online](#).

Abby Wells

### **The Cinderella Project: February 21<sup>st</sup> Donation Deadline!**

The Cinderella Project is a Vancouver based charity that assists graduating students who are in low-income situations have the graduation they've always dreamed of. The charity provides these students with dresses, suits, makeup, shoes and other necessities for their graduation so they can celebrate their graduation festivities with pride.

The Cinderella Project team in the Senior School has organized several successful fundraisers and will continue to do so, but we also need your help! Have any dresses or suits in the back of your closet that you haven't worn in ages? Shoes that you've outgrown? There is a rack situated in the Senior School lobby where you can hang any dresses that you want to



donate to a graduate and a container where you can donate accessories such as shoes, jewelry, purses and cufflinks. All gently used items are welcome.

Deadline for donations is Friday, February 21<sup>st</sup> so donate soon! Thanks for your continued support.

The Cinderella Project Team

### **Southridge Speaker Series - Dr. Alex Russell**

Last week in Maclean's magazine was a featured story titled - *The New Worry Epidemic*. Click here to read the article.

<http://www2.macleans.ca/2014/02/05/the-new-worry-epidemic/>

The article includes information from Dr. Alex Russell, author of *Drop the Worry Ball: How to Parent in the Age of Entitlement*. Southridge is fortunate to have Dr. Russell coming to Southridge, so don't miss this sought after speaker and author's presentation.

April 16<sup>th</sup> at 7:00 pm  
Junior School Great Hall  
Tickets: \$10.00 each

This event is open to the broader community as well so please feel free to invite your friends. Click below for tickets:

<https://www.netdirectories.com/~srs/oler2.cgi?1104>

Mrs. Debbie MacDougall  
Director of Marketing

### **Uniform Shop News**

#### **Silver Grad Picture Frames**

Our silver 5 X 7 picture frames engraved with 'Southridge Graduate Omnis Anima Volet' will help capture the spirit of your son or daughter's upcoming graduation. Frames are available at the Uniform Shop for \$12.00.

#### **Southridge Tracksuit**

The purpose of the tracksuit is to ensure uniformity and that our students are identifiable as Southridge students be it on athletic teams, co-curricular teams, competitions, field trips, service trips and any other off campus excursion (unless the regular school uniform is requested) and can also be worn in PE class. **Note:** *Please keep in mind that all existing PE shirt and shorts and Umbro tracksuits are grandfathered until June 2015.*

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

### **Cafeteria Notes**

There is something new coming to the Cafeteria! Starting March 3<sup>rd</sup> the cafeteria will be making fresh sandwiches to order. We will have a selection of assorted breads and wraps, cold cuts, chicken salad, shrimp salad, tuna salad, sauces and lots of veggies to go along with your lunch.

We will have some feature sandwiches as well as sandwich combos and Caesar salad made fresh to order.

Mike Leif  
Chef/Café Manager  
Compass Group



February is...  
*Black History Month*

Great Canadian Olympic Moments

2014



**RAY LEWIS**

Ray Lewis was the first Canadian-born (Hamilton, ON) black athlete to win an Olympic medal. He won bronze in the 4x400m relay at the 1932 Los Angeles Olympics.



**DONOVAN BAILEY**

Donovan Bailey is a retired Canadian sprinter, who once held the world record for the 100 metre race following his gold medal performance in the 1996 Olympic Games. He was the first Canadian to legally break the 10-second barrier in the 100 m with a time of 9.84 second.

**LENNOX CLAUDIUS LEWIS**

Lennox Claudius Lewis is a retired boxer and the most recent undisputed world heavyweight champion. As an amateur he won gold representing Canada at the 1988 Olympic Games after defeating future heavyweight champion Riddick Bowe. Lewis is regarded by many as one of the greatest heavyweight boxers of all time.



**ROBERT ESMIE, GLENROY GILBERT, BRUNY SURIN AND DONOVAN BAILEY**

Robert Esmie, Glenroy Gilbert, Bruny Surin and Donovan Bailey were the nucleus of a formidable 4x100 metre Canadian relay team that won gold at the 1996 Summer Olympics.

**JENNIFER ABEL**

Jennifer Abel was the first to put Canada on the medal table in London 2012 with 3-metre synchronized springboard partner Émilie Heymans. The pair earned bronze on Day 2 of the Games.





February is...  
*Black History Month*

Olympic Achievements – Against all Odds

2014



### JAMAICAN BOBSLED TEAM – 1988 CALGARY WINTER OLYMPICS

The ultimate underdog story of the 1988 Calgary Olympics was four men from Jamaica competing for bobsledding. These men had very little practice going down a bobsled track and even had to borrow spare sleds from other countries. With the support and guidance from other bobsledders they managed to qualify and compete, inspiring people all over the world to achieve what seemed to be the impossible.

### KWAME NKURUMAH-ACHEAMPONG DOWNHILL SKIER, 2010 VANCOUVER WINTER OLYMPICS



Learning how to ski on an indoor ski slope in Milton Keynes, Ghana's first professional skier Kwame Nkrumah-Acheampong qualified and competed in the 2010 Vancouver Winter Olympics. Kwame, fondly known as the 'The Snow Leopard', had to overcome many struggles to be able to live his dream including establishing the Ghana Winter Olympic Association and raising the money to compete. Since his debut at the Olympics, Kwame promotes winter sports in Ghana and is working with the government to build Ghana's first artificial ski slope.



*"If I don't win a medal then so be it, but if by qualifying for the Olympics I inspire one or two more kids to chase their dreams, that will be good enough for me."  
Kwame Nkrumah-Acheampong*

### KIRANI JAMES – 200 AND 400 METER SPURTER, 2012 LONDON SUMMER OLYMPICS

A 200 and 400 meter sprinter from Grenada, Kirani won the first ever Olympic medal for his country in the London 2012 Olympics. Not only did he receive gold, he set a national record in 400 meters and is the first non-American to break the 44 second mark. After that victory Grenada's police commissioner, James Clarkson, authorized street celebrations with the explanation that "this is to my mind the most important event that ever happened to our country."



*"I just go out there and just try to do my best in terms of representing my country in a positive way. As long as I do that, they are going to be proud of me, and as long as they are proud of me I'm happy with that." Kirani James*