

Southridge Wednesday

14-15
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October 22nd, 2014

Head of School

SLOW Down!

As the seasons change, please remember to be extra vigilant when navigating our parking lot at all times of the day - and especially at drop off and pick up. Fewer daylight hours, overcast skies and rain can play havoc with visibility. With cars moving in and out of parking spaces, children scampering to and fro in an effort to keep dry and drivers attempting to make sure their day unfolds on time, we need to be certain that we drive with extreme caution. So please, SLOW DOWN whenever you drive through our campus, leave your house early enough to avoid a mad dash to get to school on time and pay extra attention to the hazards that fall and winter driving bring to our parking lot. Remember, too, that demonstrating a friendly disposition and cooperative manners go a very long way toward keeping our children safe. Thank you!

Where are the Adults?

Earlier this fall I dropped off my son, Tim, at the University of Western Ontario for his first year of undergraduate studies. When we arrived on campus in our car, the student ambassadors (called “sophs” at Western - short for sophomores, I presume) who greeted us by the front gate gave us a ticket with Tim’s residence name on it. We were directed to a large gathering area in one of the parking lots where more sophs directed us to the correct line-up of cars. There we waited until it was our turn to unload.

When given the nod, we drove up to the front of the residence where even more sophs (painted purple this time) swarmed our car while dancing about, hooting and hollering. They marked Tim’s luggage with his room number and within minutes - seconds really - all of Tim’s bags were gone . . . and so was Tim. When I tried to get out of my car, another soph let me know that I needed to go and park before joining Tim.

As I was driving back to the parking lot, it dawned on me that, despite the large number of parents who were on campus to drop-off their children, there appeared to be no adults around from the university . . . anywhere! In fact, everyone associated with Western seemed to be under the age of 21, and most of them were painted purple! Although a bit unsettling, but not necessarily a bad thing, the absence of adults made me stop and think anew about the significant changes that were about to take place in Tim’s life.

In the months leading up to his departure, we were focussed on preparations around things like course selection, packing and travel arrangements. It wasn’t until I dropped Tim off that the penny finally dropped for me - adult influence and immediate care will be hard to come by while in university, especially with being so far away from home. I think I had always taken for granted that throughout his school-aged years, Tim was surrounded by caring adults.

One of the qualities of Southridge that is so special is the attention and support our students receive from the caring teachers and staff in our community. A value of our school worth considering closely and paying particular attention to is the environment that has at its core a focus on the whole student. By that I mean, at Southridge, developing character is just as important as developing academics; knowledge and goodness are complimentary here.

The intentional mentorship our students receive from the caring adults in their lives is crucial because it helps them create a sound foundation that they will fall back on when faced with inevitable challenges and set-backs later in life. As John Chubb, President of the National Association of Independent Schools recently wrote, “To be clear, quality teaching is about . . . nurturing students and educating them heart and soul. It is about believing in them and helping them believe in themselves.”

When I was leaving Western’s campus after drop-off, one of our recent grads, Chandrika (now in her third year at Western), called out to me and ran over to my car to say hello. It was great to see Chandrika, but it was even greater to know that she was a soph for the science program - the same program as Tim. I can’t tell you how relieved I was to know

that one of the sophs at Western was a grad from Southridge! It made a world of difference . . . or at least it made a difference in *my* world.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Event	Date	Time	Location
Junior School Noon Dismissal	Thursday, October 23 rd	12:00 p.m.	Junior School
Junior School Parent Teacher Interviews	Thursday, October 23 rd	1:00 - 8:00 p.m.	Junior School Classrooms
Casual Day	Friday, October 24 th	All day	Both Schools
Guest Speaker: Mr. Gwynne Dyer	Friday, October 24 th	10:30 a.m.	Alan Brown Great Hall
Kindergarten Pumpkin Carving	Monday, October 27 th	11:35 - 12:45 p.m.	Kindergarten Classrooms
Junior School Pumpkin Day	Tuesday, October 28 th	All day	Junior School
Interim Reports Sent Home	Wednesday, October 29 th	3:00 p.m.	Senior School
Spirit Day (Halloween dress-up)	Thursday, October 30 th	All day	Both Schools
Pro-D Day	Friday, October 31 st	All day	Both Schools

Junior School News

WE Day - Young People Making a Difference

At WE Day, youth from across North America join together to celebrate the positive actions they are taking and this helps to build the momentum of young people making a difference in their communities and around the world. Through WE Day, youth learn that it is cool to care.

WE Day has grown to a truly global movement with over 200,000 students and supporters across Canada, USA and the UK. Today, we were pleased to send 16 of our Junior School students to WE Day and 22 of our Senior School students. They will hear inspirational messages from musicians and guest speakers such as Orlando Bloom, Selena Gomez, Macklemore and Ryan Lewis, Marianas Trench, Spencer West and Craig and Marc Kielburger. Once they return, we will glean the inspiration from them, and learn how to make an even greater difference in our community.

Have a great week.

Mrs. Laurel Middelaer
Assistant Head/Head of Junior School

Parent/Teacher Interviews - October 23rd, 2014: Noon Dismissal

Parents please mark your calendars for the upcoming parent teacher interview day on Thursday, October 23rd, 2014 from 1:00 to 8:00 p.m. Interviews will be 20 minutes in length and teachers look forward to discussing your child's progress thus far this term. Please note that there will be a **noon dismissal** on that day. Please remember to book an interview on 'Pick a Time'. Parents will be able to log into their parent portal and book their interview time. Due to the length of the first term, MYP students (Grades 5-7) will be receiving an interim report card on **Thursday, October 16th, 2014**. On this report card, there will only be a letter mark and an effort mark. There will be no written comment, but this interim report will serve as a basis for discussion during the parent-teacher interview.

Halloween Activities

On Thursday, October 30th, 2014 (Day 4) we will be hosting a Halloween assembly for our entire Junior School followed by a PYP parade of costumes to our Senior School. This assembly is great fun and we ask that students select costumes that are engaging and appropriate. We do not allow any weapons to come to school, even 'fake' weapons such as sickles, axes, and others that may accompany costumes.

Pro-D Day

On Friday, October 31st, 2014 (Halloween), our faculty will be spending time on professional development and the students will enjoy an extended weekend.

Casual Day Donations to the Rick Hansen Foundation

The Grade 3s are taking action by organizing this month's casual day. We hope you were able to see our presentation at last Friday's assembly. Please enjoy dressing in casual clothes and remember to bring \$2.00 on Friday, October 24th.

That morning the Grade 3s will also hand out tickets that have special messages on them for you to keep or pay forward. We want you to feel inspired.

Grade 3 Students in 3CK and 3SW

Senior School News

Sleep...It's Actually a Game Changer for Learning

Imagine this scenario:

You have created a "to do" list that involves a significant number of items to be completed throughout the day. Along with having to tackle other tasks that don't make it on this initial list because they are "givens" each day, your time becomes shortened as you attempt to accomplish everything. Then, add in those issues that 'just appear' - that you didn't account for - and you have more to do! Even though you want to finish everything, you become tired and weary but you persevere to try to complete everything.

At this point, how many of us sacrifice our sleep for getting these things done? What is the average time each night that people sleep in a given week? How about our children...are they also fighting a huge list of things to complete and maybe cutting corners on their own sleep?

I will readily admit that while I was in university I pulled a few 'all-nighters' to finish a paper or study for an exam. My thinking at the time was that the sacrifice of sleep to be better prepared was an easy decision. I could sleep after and what was the harm doing this a few select times?

As a teacher, and now an administrator, there are certainly times in the year that events and preparation for events cause me to spend some later nights awake and not getting enough daily rest. But, how important is sleep in terms of learning?

In reality, getting enough sleep is amongst the most significant decisions one can have to improve learning. Period.

If you were able to attend Dr. Shimi Kang's talk last Thursday, October 16th, you would have heard her speak about the importance of a balanced life. In her book, *The Dolphin Way: A Parent's Guide to Raising Healthy, Happy, and Motivated Kids Without Turning Into a Tiger*, Dr. Kang speaks about the importance of sleep. One study that she references explains that one night of poor sleep, with only a ninety minute reduction in sleep time, is associated with up to 33% impairment in daytime alertness. That is a significant difference with such a small change in sleep time.

Trying to make sense of this from the perspective of preparing for an exam, I'm not sure you could study all night and gain 33% more knowledge, but if you stay awake, you will be sacrificing that much in alertness that will likely lead to mistakes and a drop in success.

Additionally, a study prepared by the U.S. Department of Health and Human Services, done at the University of California, Berkeley, linked the importance of sleep with memory - both before and after a task was completed. As Dr. Matthew Walker, the sleep scientist that completed the study explains: "We've learned that sleep before learning helps prepare your brain for initial formation of memories. And then, sleep after learning is essential to help save and cement that new information into the architecture of the brain, meaning that you are less likely to forget it"

It is recommended that high school-aged students get a minimum of 8 ½ to 9 hours of sleep each night. Given the many activities and responsibilities young people are involved in, this becomes challenging. Add in habits that can cause adverse effects such as too much 'screen time' or caffeinated drinks nearer to bed and it becomes harder for people to fall asleep.

Dr. Kang explains one way to help your children improved their sleep own pattern is to be a role model and have a healthy sleep routine yourself. She feels that for some in today's society, sleep deprivation has become a somewhat a bizarre status symbol.

It is important to set up a regular time for students to begin to rest, even if there is pressure to remain awake. Knowing teenagers and the way they seem to become more awake late at night, this can be really challenging. However, given the above research, and understanding the importance of sleep and the link it has with successful learning, it's important to educate students to build healthy habits.

I finish with this thought from Dr. Kang's book and ask you to reflect on how many of these important traits are needed in a typical school day:

“Without enough sleep, our minds are neither rested nor alert. And when we're tired and sleep deprived, we're least likely to be creative, spontaneous, caring, respectful, responsible, independent and interested in problem solving.”

Have a great week and I hope it's one that's filled with restful sleep! If you missed Dr. Kang's presentation, you can watch it here in the Southridge Wednesday as our Video of the Week.

Mr. Doug Palm
Head of Senior School

Purdy's Chocolate Orders

The 2015 Grads are holding their annual Purdy's Chocolate Fundraiser. If you would like to order chocolates for the holiday season, please go to www.purdysgpp.com and create an account that is linked to the grad **customer number: 24019**. Orders must be placed by **Friday, November 21st**. Orders will be ready for pick up on **Monday, December 15th**. If you would like a paper copy of the order form, please pick one up at the Senior School reception. Thank you for all of your support!

Grad Committee
& Ms. Mosher (hmosher@southridge.bc.ca)

Jazz Retreat to Rockridge Canyon - October 14th to 16th

Last week, students from the Southridge Music department travelled to beautiful Rockridge Canyon Retreat Centre in Princeton, BC for the annual Jazz Retreat. We were joined by eight of the Lower Mainland's finer professional jazz musicians, from vocalist and pianist Jennifer Scott and drummer Joel Fountain to guitarist Daryl Jankhe and trombonist Dennis Esson.

The Grade 8, 9, and Senior jazz bands, as well as the choir and students going to Cuba next spring break, had an opportunity to work closely with clinicians in intense workshops during the day and listen to amazing music at night! On Tuesday night they were treated to a mind-blowing concert by the clinicians, and on Wednesday night, students from all groups joined clinicians on the stage. One highlight was Ella Slaughter amazing the crowd with her rendition of "New York State of Mind" and the standing ovation that followed. The final concert was the highlight of Thursday morning and saw all of the jazz bands perform before returning to Southridge. Many students commented that this trip was a fantastic musical experience, and that the basketball court, hockey rink, games room, and delicious food helped to make it even better. Special thanks to our parent chaperones, Shelley Galbraith, Wendy Lei, Sheila Say, Annie Ma, Kulvir Dial, and Sean Zhang. Thank you as well to Mr. Morris, our teacher chaperone. All of you helped to make this amazing educational experience possible!

Mr. Mitchell, Ms. Parker, and Mr. Burrage

The Culture Club

The Culture Club is making a comeback! Ms. Robinson and I have been working hard to find all the best opportunities for the Culture Club to attend this year. We started the year off right, last Wednesday, with a trip to Vancouver Theatre Sports. For those of you that don't know what theatre sports is, it's basically improv comedy. The comedians are up on stage and they are given a prompt from the referee. The team then asks the audience for suggestions that they should add into the scene, and they will craft a hilarious performance on the spot using those suggestions!

Ms. Robinson and Ms. Beer chaperoned a great group down to Granville Island Wednesday night. I think I can speak for the group in saying that we had an absolute riot! There were two teams of comedians, named “Farts and Crafts” and “Celebrity Mug Shots.” Each team competed for points from the judges in the audience. One member from our group was selected to be a judge, and the performances were so good that she never gave below a three out of five! The whole night was filled with gut-busting laughter and good times. I would highly recommend to anyone that they go see Vancouver Theatre Sports at least once!

There are going to be many more Culture Club excursions this year. I will be announcing them at assembly as well as doing write-ups, like this one, about them. If there are any opportunities that you would like the Culture Club to attend, feel free to bring them to my attention and I will see if we can fit them in the schedule. If you have any questions about Culture Club, or if you would like to be added to the group on LMS, please come talk to me or send me an email. Ms. Robinson is also more than happy to answer any questions regarding Culture Club activities.

Jake Strecker
Student Head of Culture Club

What the First World War Taught Us

The Social Studies Department proudly presents the return of Mr. Gwynne Dyer to Southridge School on Friday, October 24th at 10:30 a.m. in the Alan Brown Great Hall.

Given that this year marks the 100th anniversary of the start of the First World War, Mr. Dyer will reflect on World War One and its lasting significance to Canadians. The lecture will look at how Canada began to be a major player in world events and how we solidified ourselves as an independent nation. The lecture will also look at warfare through the 20th century and into the present day with a bit of optimism. As Mr. Dyer says, “the two world wars were basically blips on a graph that otherwise shows a steady if bumpy decline in the scale of violence that extends back over centuries and continues into the present. And the past half-century has seen the percentage of people killed in war fall to an all-time low.”

Parents are welcome to attend.

Mr. James Knihniski
Social Studies Curriculum Leader

ISA Swim Meet

We took 10 swimmers to the annual ISA swim meet at Watermania this past Thursday, October 16th. It was a very successful meet for our Southridge swimmers with 13 independent schools in attendance. Our girls placed 3rd overall and we placed 6th with the boys and girls combined scores.

The swimmers were very spirited and certainly cheered each other on, giving advice to fellow swimmers before their races. It was uplifting to watch them.

We had lots and lots of top five finishes. Here they are:

The following placed 1st:

- Mikaela Wilson in 50m backstroke B
- Jessica Lee in the 50 m freestyle B
- Melissa Liu, Katherine Toy, Jessica Lee and Isabelle Lei in the 4x50 girls free relay Open
- Nicole Ure, Melissa Liu, Mikaela Wilson and Jessica Lee in the girls 4x50 medley relay Open
- Nicole Ure, Catherine Grimme, Katherine Toy and Isabelle Lei in the girls 4x100m free relay Open

The following placed 2nd:

- Melissa Liu in 50m free Open
- Isabelle Lei in 100m free and 100m fly Open
- Catherine Grimme in 100m backstroke Open

Melissa Liu also placed 3rd in her 100m breast stroke and Katherine Toy placed 4th in her 100 fly. Catherine Grimme, Mikaela Wilson, Ryan Kniel and Kevin Liu also placed 4th in their mixed medley relay as well as their mixed free relay.

Congratulations to all swimmers for their speedy swimming and their awesome team spirit. Our thanks go to Mrs. Wendy Lei and Dr. Ruby Chan for volunteering as stroke and turn officials during the meet. We couldn't do it without you! Good luck to all at the Fraser Valley Swim Meet tomorrow!

Ms. Cecilia Rodriguez-Lang and Ms. Heike Beer
Swimming Coaches

News for Both Schools

Thank-you from the Bonneville Family

I'd like to take this opportunity to address the impact that Southridge has had on me over the past year. I have always known about the power of a strong community, although since my diagnosis, this notion has truly become magnified. The initiative that each individual member took to make me feel comfortable, added up to one big gesture of overwhelming academic, social, physical and emotional support. From the parents, organising weekly dinners for my family and me at our doorstep, raising funds and participating the Ride to Conquer Cancer in my name; to the students, providing continuous social support, initiating fundraisers and events; to the faculty, for not once questioning my ability to graduate regardless of circumstance, for taking time out of their personal lives to make me feel comfortable, making countless subtle gestures that meant so much to me, as well as donations.

It isn't the actions, subtle or deliberate, that shaped the impact of this community. It wasn't the generous donations to correlating organizations, distribution of red bracelets, family dinner deliveries, etc. It was this general commitment to making me feel happy and comfortable by any means. This concept is persistent at Southridge, no matter the situation or conflict at hand. It is why I define it as a true committed community, one that I am so thankful to be a part of. A sincere thank you to all.

Serena and the Bonneville Family

Open House is Two Weeks Away!

Our largest admissions event is just around the corner. On Tuesday, November 4th from 6:00 to 8:30 p.m. we will open our doors and invite the community to join us as we host our annual OPEN HOUSE.

This will be a special night as we celebrate 20 years of inviting families to consider being a part of the Southridge community. Visitors will have an opportunity to visit our classrooms, meet our faculty and students, and tour the facilities. We know that our greatest source of advertising is our own families, so we encourage you to invite anyone you know who may be interested in investigating what we are all about. Thank you for sharing your pride of school!

Ms. Renee Lepp
Director of Admissions

Southridge Gets a New Postal Code

Canada Post has informed us that we have a new postal code, as of Monday, October 20th! We are now V3Z 0C8.

Community Relations

Last Call for Silent & Live Auction Donation Items! Deadline to Donate is Wednesday, October 24th!!!

We are still looking for great items or services for our 'Live' or 'Silent' Auction at this year's Gala. Your contribution is what will help make this event a success, so please [click here](#) for a printable form.

Sponsorship donations are a vital part of the financial success of Gala so please consider supporting the event with a sponsorship gift from your family or company. Your generous support will serve as a charitable donation [click here](#).

Registration for The Great Gatsby Gala is available online! To purchase tickets and find out more about the event, please [click here](#).

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

For more information about this event, please contact Lisa Boudot at 604-542-2303 or lboudot@southridge.bc.ca.

Ms. Shelley Slaughter
Advancement Coordinator

Southridge Café Menu for the Week of October 27th - October 31st

- Monday - Chipotle Wrap w/ Spicy Curly Fries
- Tuesday - Chicken Quesadilla served with Caesar Salad
- Wednesday - Penne and Meat Sauce served with Garlic Bread
- Thursday - Salisbury Steak w/Mushrooms and Onions and Gravy Served with Mash Potatoes & Veggies
- Friday - Closed



Grad 2015 Purdy's Chocolate Holiday Fundraiser

Dear Students & Parents,

With the holidays just around the corner, the Southridge Grad Committee is excited to announce our annual Purdy's Chocolate fundraiser. Pre-order all of your chocolate gifts for friends and co-workers or have some boxes at home for when friends and family come to visit during the holidays!

In addition to supporting our grads with this fundraising opportunity, there are prizes for ordering chocolates!!!

Online Draws – order your chocolates online and you are eligible to win a Sweet Traditions Gift Basket!!

There are two options for ordering:

1. **Order Forms** – Send your order form to the senior school, attention to **Heather Mosher** along with a cheque for the amount of your purchase payable to **Southridge School (memo: Grad Committee)**
2. **Order Online** – go to <http://www.purdysgpp.com> and click on “**Sign in as Group Member**”. The Southridge Grad group number is “**24019**”. It will ask you then to fill in your personal information, create a personal password and then you can order your chocolates (and see an online catalogue).

Please get your orders in by **NOVEMBER 21st, 2014**. All orders will be delivered to the school on December 15th and will be ready for pick-up after school in the cafeteria.

We greatly appreciate your support!!

Grad Committee & Ms. Mosher (hmosher@southridge.bc.ca)

Chef Tip of the Day

How to Make Perfect Hard Boiled Eggs

Cook time: 12 minutes

Did you know? Older eggs are easier to peel than fresh eggs. If you are planning to make hard boiled eggs for Easter and want to make sure that the eggs are easy to peel, buy your eggs at least a week ahead of time (two weeks even better, they'll keep).

If you need easy-to-peel eggs and you have fresh eggs, you might want to try **steaming the eggs** for 20 minutes. Somehow the steam penetrates the shell a bit making the eggs easier to peel.

If you've boiled a batch of eggs that you are now finding difficult to peel, try cracking the shells all around without peeling them and soaking the eggs in water for a while. The water often seems to seep in enough under the shell to make the egg easier to peel.

Chicken Apricot Curry

Ingredients

250.08 g	Chicken, Thigh, Boneless, Skinless, CDN, Frozen
222.24 g	Chicken, Breast, Chunk, Jumbo, Skinless, Raw, CDN, Frozen
10.08 mL	Spice, Sesame Seeds
56.8 g	Apricots, Whole, Dried
4.96 mL	Oil, Olive
2.56 mL	Spice, Thyme Leaves, Dried, Crushed
15.04 mL	Garlic, Chopped in Oil
4 g	Ginger Root, Fresh, Grated
4.16 mL	Spice, Curry Powder
15.04 mL	Juice, Lemon
433.28 mL	Water, Cool
0.8 mL	Salt, Kosher
113.6 g	Onions, Yellow, Fresh, Diced
4.96 mL	Oil, Olive
113.6 g	Onions, Red, Fresh, Diced
5.76 g	Garlic Cloves, Peeled, Fresh, Minced
0.8 mL	Salt, Kosher
28.8 g	Peppers, Chili, Fresno, Red, Fresh, Seeded, Chopped, Fine

Preparation

Method

1. HACCP: Wash vegetables, cutting boards, knives and utensils in clean and sanitized sink. Wash hands immediately before handling food, when changing tasks, and as often as necessary to remove soil and contamination. 2. Thaw chicken thighs and chicken breasts in the refrigerator.
COLD HOLDING: Maintain internal cold holding temperature at 40°F (4°C) or less.

3. Toast sesame seeds and set aside to cool.

4. Cut apricots into thin strips, keeping each portion separate.

5. Cut chicken into bite size chunks and set aside.

COLD STORAGE: Maintain internal cold holding temperature at 40°F (4°C) or less.

6. In a bowl, combine first amount of olive oil, thyme, garlic, ginger root, curry powder and lemon juice and toss with chicken. Marinate 30 minutes in the fridge.

COLD STORAGE: Maintain internal cold holding temperature at 40°F (4°C) or less.

7. In a pan, combine onions, first amount of apricots and water. Cover and simmer for 30 minutes. Remove from heat and using a blender, puree until smooth. Add salt and set aside.

8. Drain chicken and discard marinade. In a saute pan, heat second amount of olive oil and add cut chicken. Brown chicken and then remove from the pan and set aside.

9. Using the same pan, saute onions and second amount of garlic for 2 minutes. Add second amount of sliced apricots, salt and minced peppers and saute for 1 minute.

10. Add the pureed sauce and bring to a boil.

11. Add browned chicken and lower heat and simmer covered for 10 minutes until sauce has thickened.

COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F (74°C) FOR A MINIMUM OF 15 SECONDS. (CCP)

12. Serving size: 1 orange spoodle (240 mL).