

Southridge Wednesday

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Head of School

Experience and Transformational Learning

When I first began teaching I was involved with an extensive outdoor education program that involved a variety of active pursuits - backpacking, kayaking, canoeing, cross country skiing and rock climbing formed the bulk of the curriculum. Working at a boarding school presented an incredible opportunity to lead outdoor adventures on most weekends and during the summer. I was only too happy to take full advantage of the broad array of trips available to the students and teachers.

Keep in mind that risk management considerations were in their infancy twenty-five years ago. On the one hand, that was a good thing because I was able to initiate all sorts of experiences for students. In the summer after my first year of teaching for example, I led a three week backpacking trip to Auyuittuq National Park near Pangnirtung in the Nunavut Region of Canada's north. I had never been to Nunavut but I researched the hiking route carefully and planned as best I could for the many possible situations that our group might encounter. Unfortunately, without the requirements of prudent risk management practices, I sometimes found myself in unavoidable situations without the benefit of parental consent.

Before we left Pangnirtung on the first leg of our journey, which involved fishing boat transportation up to the park's entrance, we were warned about the quicksand. Quicksand? In the frozen north? I didn't remember getting informed consent from parents about quicksand hazards. I spent the next five days worrying about crossing a particular glacier stream that had the likelihood of quicksand hazards. Thinking ahead toward the inevitable, the only option was to traverse the glacier itself to avoid the stream altogether, but that was out of the question because I had already told parents that we were not, under any circumstances, ever going to hike across any glaciers. In hindsight, perhaps I should have been less absolute in that part of my parental disclosure.

Regardless, when faced with the possibility of quicksand, I seriously considered changing our trip to shorten the hike - as far as the stream and back again with some added day hikes along the way. What was most concerning was the fact that, due to the silt of the stream itself, we were likely not going to be able to see its bottom. At fifteen metres wide the stream would be a challenge to cross at best of times, but with stomach-deep ice cold water, a decent current, air temperature hovering at 5 degrees, the possibility of light rain, heavy packs and the added threat of sinking in quicksand, the experience would have been far beyond my comfort level of risk tolerance.

Luckily, at the eleventh hour we received confirmation from a park official that there was no threat of quicksand at the glacier stream and that the risk of crossing the stream itself was low to moderate. To this day, however, the stream crossing continues to influence my perspective on risk. Although the entire trip experience may have been transformational for my students, the glacier stream experience itself was certainly transformational for me. Not only did it help define my level of risk tolerance, but it also brought with it an even greater awareness to ensure that all elements of risk are clearly disclosed to parents and students - even highly unlikely risks like quicksand in the frozen tundra.

Risk management has changed significantly over the past 25 years. In the world of outdoor education in particular, trip planning and execution has become a science, training prerequisites have become much more standardized, and school-wide accreditation requirements are more stringent than ever before; but the value of experiential learning has remained consistent since it was first identified as a philosophy by John Dewey close to 120 years ago. The beauty of experiences is that they have the power to transform us. To paraphrase Professor Dewey, "Experiences help remind us that education is not about preparation for life; rather, education is life itself."

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Event	Date	Time	Location
Guest Speaker - Dr. Shimi Kang	Thursday, October 16 th	7:00 - 9:00 p.m.	Junior Great Hall
Grade 5 Workshop with Terry Small on Study Habits	Thursday, October 16 th	8:30 - 10:10 a.m.	Junior Great Hall
Full School Assembly	Tuesday, October 21 st	9:40 - 10:30 a.m.	Senior School Gym
Grade 7 Teach Your Parent Band Night	Tuesday, October 21 st	6:30 - 8:00 p.m.	Junior Great Hall
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
Kindergarten Pumpkin Carving	Monday, October 27 th	2:00 - 3:00 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

Twenty Year Old Mission Statement Still Current - 'is a creative and independent thinker'

In the last ten years, the buzz word of 21st century learning has almost become ubiquitous. The components of critical thinking, collaboration, creative thought and communication have emerged as competencies that schools need to actively build and readjust their programs in order to successfully meet these needs.

At Southridge, the decision to adopt the IB programs in the Junior School was based on how best to deliver the mission statement of Southridge to our students. The IB platform works in the Junior School as the aspects of inquiry, character development and well-rounded course offerings help us meet the demanding principles of our mission statement.

In our Senior School, there have been some adjustments in the delivery of their rigorous program to help meet the demands of our mission statement as well, including communication skills, collaboration and being creative and independent thinkers. It is reassuring as a parent and as an educator to note that this mission statement, written over 20 years ago, is strong and demanding enough to challenge our programs, yet nimble enough to allow for innovation. I feel great pride at Southridge, knowing we are a mission aligned school - and I feel pride in those early parents and innovators who took such care in writing the mission statement to ensure it would stand the test of time, but also present as a benchmark to assess new teaching methods and ideals. Twenty years and still current - nice to see.

Have a great week.

Mrs. Laurel Middelaer
Assistant Head/Head of Junior School

Full School Assembly - October 21st, 2014 from 9:40 - 10:30 a.m.

Please join us in our Senior School gymnasium for another full school assembly, led by Mr. Stephens. We will be recognizing our Grade 7 ambassadors and Board of Stewards in the Senior School, and our PYP choir will be singing. There will also be a great selection by the Grade 9 band. Plan to attend on the 21st.

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.

Senior School News

Giving Thanks!

While enjoying Thanksgiving this past weekend I reflected on the idea of gratitude and being thankful. From Wikipedia this is defined as: "a feeling or attitude in acknowledgment of a benefit that one has received or will receive." If you are someone who is on social media you also might have noted something called the gratitude challenge that is occurring. Basically, one person challenges another friend to spend some time each day writing down three thoughts of what they are thankful for and to do this for five straight days. While I have not been personally challenged, I have very much enjoyed reading the heartfelt and creative words that many people have shared about their lives.

From an educational perspective, this practice has positive effects. Research has shown that one of the most important aspects for effective learning to occur is a sense of hopefulness in the learner. Additionally, being reflective in order to make sense of how new information connects to existing knowledge is a vital skill. Showing gratitude helps to set a positive outlook and teaches one to be reflective.

Since I haven't been challenged thus far by anyone through social media, I thought I would take time here to "challenge" myself and show my gratitude both professionally and personally.

I am thankful to be able to be amongst the youthful, intelligent and caring students of the Senior School each day. While I continually strive to set an ideal learning environment for them to thrive, I find that I am learning so much from their effort, positive attitudes and creativity on a daily basis. Their energy and enthusiasm is infectious and we are all the recipients of this powerful example so often.

I am thankful to work alongside an incredibly dedicated, talented and progressive staff and faculty in the Senior School. It is certainly evident as I visit classes each day and in discussions that we have as a group that the success of the students in reaching their goals is always the priority. I believe my colleagues model a wonderful example that balances high academic expectation with ensuring that strong character is continually being developed.

I am thankful for the support and involvement that our parents continually show in the amazing level of volunteerism that is displayed throughout the year. In addition, I appreciate that parents are willing to provide feedback - both positive and constructive - to allow us to strive towards being a school that is a leader in education. This partnership is so very important in providing the most effective learning environment for students to take healthy risks and grow.

I am thankful for being a part of a very special Palm family that continually allows me to be true to who I am while consistently encouraging me to strive to become better each day. I feel very fortunate that I am privileged to see the amazing contributions that they bring in making a difference in the world while being caring and compassionate to those around them.

Finally, I am thankful that members of my family are all enjoying good health at the moment. Knowing that this is a true blessing, and not one to take for granted, I wish improved health to those that might be struggling in this regard and send strength and resilience as they find this path.

I hope each of you were able to enjoy a wonderful Thanksgiving weekend and are able to take time and reflect on those things of which you are thankful. I encourage you to spend a moment to write them out and share them. It does make a difference.

Have a great week!

Mr. Doug Palm
Head of Senior School

Southridge Storms Fraser Valley AA League

When the final numbers were added up, Southridge School's soccer team proved to be two boys over the "A" tier limit and were forced to move up to the "AA" level. This has meant tougher games against schools that could draw from close to twice the number of students. Despite this added challenge, the team has kept their resolve and focus levels high as they entered league play in the higher tier.

After 3 tough games crammed into one week, Southridge emerged with a 3-0 record in the Fraser Valley South Division, thus securing a place in the playoffs on their drive toward the "AA" Provincials. On Monday, October 9th, the Storm fought back twice to tie the game before a late goal from Jacob Baxter earned a deserved 3-2 victory over the previously undefeated Surrey Christian side. The very next day, the Storm travelled to Sands Secondary. An emphatic first half team performance had Southridge up 2-0 at the break. A late goal from Matt Kennell, his second of the game, secured the win after fine build-up play that started from goalkeeper Chris Lauzon had led to Landon Gill's goal before half-time. On Thursday, October 12th, Southridge got two goals from Traven Blaney, including an opportunistic free kick after fine work from Andrew Metcalf to draw the foul. Special thank to Will Lauzon for the great photos.

Southridge travels to Burnsvew for their final league game, then will prepare for the start of the Fraser Valley playoffs. We host a quarter-final game on Tuesday, October 28th with kick-off at 3:00 p.m. on our back field. Come cheer us on!

Mr. Gordon Smith
PE Teacher

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

Outdoor Education Excitement

This is an exciting week for several reasons, well three to be exact. This Friday, October 17th, is the last day for Big White forms, which means that the trip is just that much closer! Every year students go to Big White for a fantastic weekend of skiing. This year it is the weekend of January 23rd. Students depart immediately after school on Friday, January 23rd, and return to the school on the night of Sunday, January 25th. This ensures that students are able to enjoy the full weekend of fun at the mountain, but at the same time they don't miss out on any of their academic endeavours. So if you are interested, please grab a form and check it out!

The second reason for excitement this week is that the newest addition to our Outdoor Education trips is now full! Mr. Mitchell's mountain biking trip has filled up very quickly! For those of you that have already handed in your forms, please remember that you must attend a meeting on Monday, October 20th, in room 102 at the start of lunch. This meeting is just to outline what we will be doing on the trip, as well as to talk about the bikes you will be bringing. If you are bringing your own bike on the trip, please make sure to check it out and, if possible, take it out for a quick ride prior to the meeting on Monday. This will ensure that if you have any questions regarding the suitability of your bike for the trip, you will know to ask them at the meeting.

Finally, we now have a fully finished Outdoor Education Board! This board is located on the second floor of the Senior School, in the Social Studies wing, right next to the Grade 12 lockers. Please take a look at the board as it has a list of all the trips running this year. The trips are also conveniently placed in the Duke of Edinburgh Bronze, Silver, and Gold columns, showing you which trips you can use for each level of the award. There is also a section showing other OE opportunities that aren't necessarily usable for Duke of Ed.

As always, if you have any questions, feel free to find me and I will do my best to answer them! Ms. Szymczak is also able to answer questions about Big White, Mr. Mitchell can answer questions regarding the mountain biking trip, and I'm sure Mr. Knihniski would be happy to answer any questions regarding the Duke of Edinburgh's award.

Jake Strecker
Outdoor Education Steward

News for Both Schools

Dr. Shimi Kang to Speak at Junior School at 7:00 p.m. Tomorrow Night

Southridge is fortunate to be hosting Dr. Shimi Kang as our first guest speaker of the year on October 16th at 7:00 p.m. in the Junior Great Hall. Dr. Kang is the author of the #1 Canadian best-selling book, *The Dolphin Way: A Parent's Guide to Raising Healthy, Happy and Motivated Kids - Without Turning Into A Tiger*.

The Dolphin Way provides a guide to inspiring children to develop their own internal drive and develop a life-long love of learning. Drawing on the latest science of neuroscience and behavioural research, Dr. Shimi proposes a powerful new parenting model: the intelligent, joyful, playful, highly social dolphin. Dolphin parents focus on maintaining balance in their children's lives to gently and authoritatively guide them to lasting health, happiness and success.

Dr. Kang is an award-winning Harvard-trained doctor, researcher, media expert and lecturer on human motivation. She is the Medical Director for Child and Youth Mental Health for the Vancouver community, a Clinical Associate Professor at UBC and the found of the Provincial Youth Concurrent Disorders Program at BC Children's Hospital.

Dr. Kang has helped hundreds of children, adolescents and parents move toward positive behaviours and better health. Dr. Kang received the Queen Elizabeth II Diamond Jubilee Medal for her years of outstanding community service.

Mrs. Debbie MacDougall
Director, Community Relations

Let The Great Gatsby Gala Countdown Begin...!!!

Now that we are a just month away from *The Great Gatsby Gala* on Saturday, November 15th, we hope you are planning to join us for this annual fundraising event and a special salute to twenty great years of Southridge community spirit. Our Co-chairs, Anita Hundal and Jody Thomas, along with a very dedicated team of volunteers, promises an amazing evening filled with great friends, gourmet food, exciting live and silent auction items, fabulous live music, and a roaring good Southridge celebration!

Donations for the live and silent auctions play a major role in the financial success of Gala and we urgently need your support in providing unique and memorable items and experiences. We appreciate all contributions and if you need some help on donation item ideas, please [click here](#). Deadline for donation drop-off is Wednesday, October 22nd.

All the single tickets: There are many parents whose spouse happens to be away during the Gala, but please don't fret - we are organizing single ticket tables so you can still have an opportunity to attend this wonderful event with your school community. And, for those who have never attended the Gala or may be new to the school, we will help coordinate a table for you with other parents in your grade. [Click here](#) to reserve your tickets now!

Thank you to the Super Save Group for becoming our exclusive Marquis Sponsor! There are still a wide variety of sponsorship opportunities available, so please [click here](#) to find the right level of support for your family or business. Your generous financial assistance will serve as a charitable donation, and you will be recognized and acknowledged in the evening program and PowerPoint, event signage and Peace Arch News "Thank You" advert.

Whether you participate as a sponsor and/or a donor, guest or volunteer, The Great Gatsby Gala on Saturday, November 15th promises to be a memorable evening not to be missed!

Ms. Shelley Slaughter
Advancement Coordinator

Southridge Commemorative Cookbook Recipes Needed

As you may be aware, we are putting together a cookbook with recipes from Southridge families. We need your help to make this fundraiser a success! So, drag out your dog-eared well-worn cookbooks, pick out your family favourites and email them to cookbook@southridge.bc.ca. Don't worry about how the recipes are formatted, we will organize them, type them and print them along with photos from our 20 years into a commemorative cookbook as a fundraiser.

We have answers to some of your questions:

1. Do the recipes have to be my own creations?

Not at all! Pull out your favourites from any website or cookbook.

2. What if I don't have the caloric data with the recipe?

It is not needed, in fact, there is no room for it in the cookbook!

3. Do I have to type it out?

No - you can send us a photo of the recipe if that is easier for you. We are trying to make this as simple as possible.

4. How many recipes do I have to send?

As many as you have to share! Think of it this way...if you have particular dishes you are known for (i.e. they are requested by your family and friends), those recipes are perfect candidates for the book!

5. I don't cook.

Good try, but we know that someone in your family cooks for you. Please ask them for the recipes of your personal favorites.

6. Why a cookbook?

Southridge did their first cookbook as a successful fundraiser in 2000 in honour of their 5th anniversary. The idea was brought forth again as a way to raise money and foster community spirit by providing families the opportunity to share their culinary favorites.

We are here to help. Email us at cookbook@southridge.bc.ca if you have any more questions.

Jackie Christofferson and Gemma Martini
Cookbook Coordinators and Avid Epicures