

Southridge Wednesday

14-15

A Weekly Publication of Southridge School

October 8th, 2014

No. 06

Head of School

Popcorn Challenge

At our opening faculty and staff meeting in September, we played some games (in addition to taking care of other important business, of course). Last year, at the same opening meeting, we made puzzles based on cooperative challenges produced by Project Adventure. It was great to see how much our faculty and staff learned about learning by playing simple games and completing challenges together.

The game my team of 8 played this year was called *Popcorn*. *Popcorn* begins with about 25 whiffle balls and 25 plastic practice golf balls gathered together in a large bucket with a capacity of about 10 litres. Standing in a large area (like the gym) one person on the team gives the bucket a big “heave-ho”, scattering the balls all over the floor.

The bucket is then placed in the centre of a 4 metre circled-off area defined by a rope on the floor. The objective of the game is to gather all of the balls back into the bucket again as fast as possible. However, once a person touches one of the balls s/he cannot move while in possession of it. A ball may only be moved toward the bucket by bouncing or throwing it to a teammate.

To put a ball back into the bucket, it needs to be bounced on the floor before landing in the bucket, and even though a ball may be bounced inside the target boundary area (i.e. the rope circle) no person is allowed to enter any part of his/her body into the area.

When my team first played *Popcorn*, we did not do all that well. We were not very coordinated as a group, we didn’t define specific roles very well, we didn’t plan our approach very carefully, we had no idea what strengths individual team members had, and the rules did not make a lot of sense. However, by the third time we played *Popcorn* we were buttery smooth!

As we thought about ways we could improve, questioned the ways we could work more effectively as a group, listened to one another’s ideas, improved on suggestions, discussed individual roles, and established our strategy collaboratively, we made steady and consistent improvements. We learned really well together and benefitted from the energy of our collective efforts.

Learning in a fun environment that presents a manageable challenge involving discussion, collaboration, creative and critical thinking, and effective communication was satisfying and rewarding. Working together toward a common goal with failed attempts seen as useful steps in the journey toward improvement was empowering and motivating. And receiving performance-oriented formative feedback and positive encouragement from my teammates without worrying about reaching a certain level of individual achievement was liberating and uplifting. While the actual goal of putting a bunch of plastic balls back into a bucket was simplistic at best, the game of *Popcorn* highlighted these important elements of learning that we often take for granted - and sometimes overlook.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Event	Date	Time	Location
Photo Retake Day	Friday, October 10 th	8:00 a.m. - 12:30 p.m.	Junior Great Hall
Thanksgiving Day Holiday	Monday, October 13 th	All day	Both Schools
Late Start	Tuesday, October 14 th	10:25 a.m.	Both Schools
SSEP Information Night	Tuesday, October 14 th	6:30 - 9:00 p.m.	Alan Brown Great Hall
Grades 3 - 7 Pumpkin Run	Wednesday, October 15 th	All Day	Ambleside Park, West Vancouver (Collingwood)
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

Human Resources

I'm pleased to share with you that Trudy Beer will be joining Southridge on Tuesday, October 14th as our new daytime facilities custodian. Trudy brings to this position, 14 years of building services experience, gained while working for both the City of Langley and the City of Surrey. Trudy holds her Building Services Worker Certificate and is WHIMIS certified.

We are also pleased to share with you that Sacha Kean Valiquette will be joining Southridge as a part-time Art Technician to support the fine arts program in the Senior School starting Friday, October 10th.

Sacha has worked as a freelance graphic designer for eight years and has spent the past two years working as a Visual Arts Instructor and Assistant with the Arts Umbrella. She holds a Bachelor of Fine Arts (Photography and Painting) from the University of Lethbridge as well as a Graphic Design Production Diploma from Canadroe College. Sacha is eager to make a positive contribution to the school.

Ms. Darcie Sagert
Manager, Human Resources

Junior School News

Daily Physical Activity (DPA) - A Love of Life Long Physical Fitness and Activity

We are pleased to be offering a unique implementation of DPA at Southridge School. The BC Ministry of Education has mandated that all school-aged children participate in a DPA session per day. Given that we have Physical Education classes three times per cycle, for many years we have supplemented our offering.

With our plan of DPA, we have also met a desired request of our primary classroom teachers; working with smaller groups for core subject areas such as math, reading and writing. In kindergarten to Grade 4, Ms. Fera will take half of one class, and half of another scheduled class for DPA. This leaves the remaining portion with the classroom teacher. So instead of working on reading, writing, or math with 18 - 20 students, the teachers are now able to work on reading, writing, or math with 9 or 10 students. Inherent in this plan is the opportunity for teachers to diversify education and provide more for the individual needs of the students. The benefit to the student obviously is a great DPA program, but also the opportunity to

have 'a few classes' with the other students in the other class. The groupings are flexible, at the teachers' request, and based on student need.

In Grades 4 - 7 we offer lunchtime intramurals and therefore have only scheduled DPA two times per cycle on those days that the students do not have PE. On those days, different teachers will take the groups with Mr. Johnstone or Mr. Gallant and complete a DPA activity. Overall, the goal is to instill a love of lifelong fitness and activity - something we are in need of in order to be balanced learners.

Hallway Noise - Please Respect the Learning Environment

Our teachers believe that teaching and learning should occur every minute of our school day. Unfortunately, there has been quite a bit of noise from parent conversations outside our classrooms that is distracting to our students. As we move into October, our students in Grade 2 and 3 have really emerged to be independent and we encourage our parents to meet them in the Great Hall foyer rather than outside the classroom door. We encourage you to connect and visit in a place that honours the dignity of our learning environment. Let's congregate in the Great Hall and have our wonderful conversations there instead.

Thanksgiving Weekend

Please enjoy this time with family and friends as we choose to celebrate the harvest and the bounty of goodness that we enjoy. A reminder of the late start on Tuesday, October 14th, 2014. Please do not have students arrive any earlier than 10:10 a.m. as there will be no one to supervise your child. Students need to be in class for 10:25 a.m.

Full School Assembly

Please join us in our Senior School gymnasium for another full school assembly, led by Mr. Stephens on October 21st, 2014 from 9:40 - 10:30 a.m.

Parent/Teacher Interviews on Thursday, 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 - 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. We continue to be offering our interview schedule on '*Pick a Time*'. Parents will be able to log into their parent portal and book their interview time. Mr. Anderson and Ms. Rickard are busy prepping this feature right now, and login will be available on Thursday morning. Please proceed to the parent portal, log in, and click on the logo for '*Pick a 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.

Mrs. Laurel Middelaer
Assistant Head/Head of Junior School

Cross Country News

Congratulations to all the cross country runners who supported the team and came out to run at Crescent Park this weekend. Almost 40 Southridge runners woke up bright and early in preparation for the race. The following athletes placed in the top 15 and were awarded special ribbons or medals:

- Bella Howe (15th)
- Jordyn Reed (14th)
- Elizabeth Lawson (10th)
- Emma Lawson (12th)

- Stephanie Lee (9th)
- Graeme Lister (7th)
- Maya Kobylanski (4th)
- Liam Kobylanski (3rd)

Way to go team! We have a few weeks of training before the final meet of the season, which is during the school day on Wednesday, October 29th.

Ms. Samara Ridley-Thomas, Kindergarten Teacher
Ms. Cindy Khangura, Grade 3 Teacher

Senior School News

A Principal's Reflection on LEW (Leadership Experience Week)

We had quite a week in the Senior School! In fact, there were so many incredible activities and experiences that the students were able to participate in, I wish I could have split myself into five people to observe each grade on each day. As I haven't quite figured out to accomplish this, my reflections will come from the activities that I participated in and also comments and feedback I received from those involved in others.

Southridge has a Personal Growth and Development (PG & D) Program that helps to articulate our belief that development of character is as important as the development of academics or knowledge. The mission statement of this program states: *Southridge is committed to providing opportunities for authentic, experiential learning that nurtures the holistic growth of all of our students. Our programs and culture foster the development of leadership, character and skills that enable our students to realize their full potential.*

At the core of the PG & D program is the development of the self, and this is done through an [Experiential Learning Cycle](#) that allow students to be immersed in real-life contexts. By 'experiencing' these, students are able to reflect, followed by abstract conceptualization and active experimentation which leads again to further experiences. Complementing these experiences are the relationships that occur while participating and act as the foundation of a caring community culture. Understanding how this works highlights the importance of what our LEW creates in terms of a safe environment for our students to take risks and move outside of their comfort zones. Allowing for these conditions enables students to develop their character. Our Senior School Educational Program (SSEP) also focuses on authentic learning experiences and the development of character.

Our Grade 12's went on a Grad Retreat from Monday to Wednesday evening at Rockridge Canyon. While there, the group focused on formulating ideas of the way they wished their group to leave a lasting legacy on Southridge. In addition, there were lots of activities to allow opportunities to stretch themselves, including a high ropes course, collaborating together in groups to accomplish tasks, a zip line and something called the "Tower of Terror"! Not only did many overcome individual fears and test their resiliency, the entire group showed amazing support for each other that is a testament to the strong, positive relationships they have with one another.

On Monday last week, Grade 11's and 12's were able to enjoy and participate in Careers Day. This allowed the group to learn from many members of our community - parents, friends and alum, how a certain career might match up with their own skills and attitudes. The breakout sessions, after an inspiring keynote from Dr. Rod French, were done in discussion format with interactions between the students and speaker to discuss many aspects of their career path and equally important, the path they took to get there.

Our Grade 8 and 9 students spent the week at Strathcona Park Lodge on Vancouver Island using this beautiful and diverse setting to develop their skills. One really important aspect of this week is the opportunity it allows for the Grade 8 students to get to know one another and begin to understand their identity as a group. This is much more difficult to accomplish in a classroom and is one of the main reasons we developed this experience. It never ceases to amaze me how much more cohesive the Grade 8 students are after the week they share together!

I return to my wish I stated at the beginning to clone myself five times over to be "everywhere" during LEW. It is amongst my most favourite weeks of the year because we see so much development in our students as learners and as citizens of our community. I encourage you to take the next week to ask any Senior School student about their own unique and individual

experiences they enjoyed during LEW. I am certain it will make you appreciate the time and effort that our faculty made in creating these opportunities. Have a great week!

Mr. Doug Palm
Head of Senior School

Southridge School Educational Program & Discussion Based Learning

The Southridge Senior School invites you to learn a little more about our educational programs and share the experience of a more student centred, discussion based and collaborative approach to learning on Tuesday October 14th from 6:30 - 9:00 p.m.

The evening will begin with registration from 6:30 - 6:45 p.m. We invite parents to sign up for one or two sessions in classrooms where they will be given the opportunity to sit at the table and participate as our students do. Parents can select from the following subject areas: English, Social Studies, Mathematics, Modern Languages and Science.

Following the registration, Mrs. Holt will give a short overview of the Senior School Educational Program (SSEP) in the library and the classroom sessions, facilitated by our faculty, will begin at 7:15 p.m. At the end of each session you will be invited to complete a feedback form.

Come and be part of what we hope are engaging, affirming and instructive classroom sessions. We look forward to seeing you on Tuesday, October 14th.

Mrs. Jan Holt
Senior School Academic Program Director

Canadian Universities Visit Southridge!

On Monday morning, Southridge Senior Gym was transformed into the Canadian Universities Fair. The school welcomed representatives from 45 post-secondary institutions from across Canada to speak with our Grade 11 and 12 students about programs and admissions requirements.

Yvette Livingston
Director of University Counselling

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

Peru July 2015

This is the last call for this summer's biology expedition into the Amazon rainforest!!

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, and contribute to ongoing research in rainforest biodiversity and conservation.

The expedition will take place over two weeks, on 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 have 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.

You can see more about this trip by going to this [website](#) or by viewing this [video](#).

If you are interested but missed the sign up last spring, please contact Ms. Szymczak by Friday, October 10th at aszymczak@southridge.bc.ca

Ms. Anna Szymczak
Biology Teacher/Outdoor Education Coordinator

News for Both Schools

Our First Guest Speaker: October 16th at 7:00 p.m. in the Junior Great Hall

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

Photo Retake Day

School photo retake day will be Friday, October 10th from 8:00 to 10:00 a.m. in the Junior Great Hall.

Any student who missed the opportunity to have their photo taken on School Picture Day in September will have the chance on Friday, October 10th. Artona photographers will be here from 8:00 - 10:00 a.m. in the Junior Great Hall. If you would like a picture retake from School Picture Day, please return your photo package to the photographers and they will happily retake the photo. However, they will not retake photos just for a go-card, only for those purchasing a photo package.

There was some confusion with the ordering process this year and some families have been sent more than one package of photographs. Please bring the extra package back to the photographers on retake day and you will not be charged.

If you have any further questions regarding ordering photos or errors with orders, please call Artona directly at 604-872-7272.

Ms. Lisa Byrom
Assistant to Head of Senior School

Gala Volunteers Needed

Volunteers are needed for this year's Gala. Shifts are available for either November 14th (set up), or the evening of the Gala. High need areas include:

- Set up (gym and auction) a.m. or p.m.
- 50/50 ticket sales
- Gala evening bar ticket sales
- Gala evening parcel pick up (particularly the late shift!)
- Registration

To volunteer, click on the "[Volunteer Now](#)" button in the Volunteer Corner of the online parent portal. Thank you for your support!

Gala

The Great Gatsby Gala is just around the corner and we need your help and support to make it one of the best events ever! For information on ticket sales, sponsorship and donation opportunities, [click here](#) for the latest news and updates.

Ms. Shelley Slaughter
Advancement Officer

Cafeteria News

A reminder to students: we have a "lost and found" area for items left behind in the cafeteria. If these items are not claimed at the end of the week, they are taken to the school's main lost and found area by the Senior School gym for you to pick up.

A reminder to parents: please make cheques out to the "Compass Group" and ensure your child's student number is written on the cheque.

Mr. Mike Leif
Chef/Manager

Menu for the Week of October 13th to 17th

Monday - Closed

Tuesday - Honey Ginger Garlic Beef served with Chow Mein

Wednesday - Macaroni & Cheese served with Garlic Bread or Penne and Meatballs served with Garlic Bread

Thursday - Butter Chicken served with Rice and Naan Bread

Friday - BBQ Pulled Pork served with Fries

How Much Turkey to Buy?

The size of the turkey you need is dependent on a number of things:

- How many adults and how many children will be there?
- Are they big eaters?
- How many other food items will be served at the main meal?
- How many food items will be served before the main meal?
- How long between when your guests will arrive and the main meal... essentially how long will they be consuming any appetizers or hors'd'ouvres?
- Do you want leftovers?

There is a general rule of thumb to figure about 1 pound of turkey per person. I would suggest you go to the Butterball website. They have a neat calculator to help determine the size turkey needed. It has a box to check for big eaters which is good but I don't think a family has all big eaters so that could cause some overcalculations. I must warn you though, I put in our family's criteria and it came up with a size turkey I know will be way too large but it's a good guide.

The way I do it is figure 1 pound per adult ½ pound for any children under 10 and about 2 pounds for leftovers. I think that leaves sufficient leeway. Not every child will eat ½ pound nor will every adult eat a pound so that "overage" can be figured for some of the big eater portions and 2 pounds of leftovers (which is on the low side) for any over calculation on the per person amounts makes up for the leftover shortfall. To account for the big eaters add about 2 pounds for every 2 - 3 big eaters.

The bottom line is I would do the Butterball calculation and I would do one by yourself. Use that as a poundage range. When you do go to purchase a turkey, you will likely have to settle for a size in between anyway.

For example:

We have 8 adults and 2 children planned 1 pound for each adult. The children are very young but I still count them as ½ pound each. I figure their unused portions will go nicely to leftovers and we like leftovers.

8 adults = 8 pounds

2 children = 1 pound

Leftovers = 2 pounds

Total 11 pounds

We have 2 big eaters. I added 2 pounds because we also like a lot of leftovers so that brings the total to 13 pounds.

Crab Cakes

Serves (6)

333.36 g	Crab
16.8 g	Peppers, Bell, Red, Fresh, Diced
16.8 g	Peppers, Bell, Green, Fresh, Diced
53.28 g	Onions, Spanish, Fresh, Diced
141.6 mL	Mayonnaise, Half the Fat,
3.36 mL	Seasoning,
0.72 mL	Sauce, Hot Tabasco
4.56 g	Garlic Cloves, Fresh, Peeled, Chopped
0.72 mL	Salt, Bulk
0.72 mL	Spice, Pepper, Black, Ground
16.8 g	Onions, Green, Scallion, Each, Fresh, Bias Cut
54 g	Breadcrumbs, Homestyle, Fine,

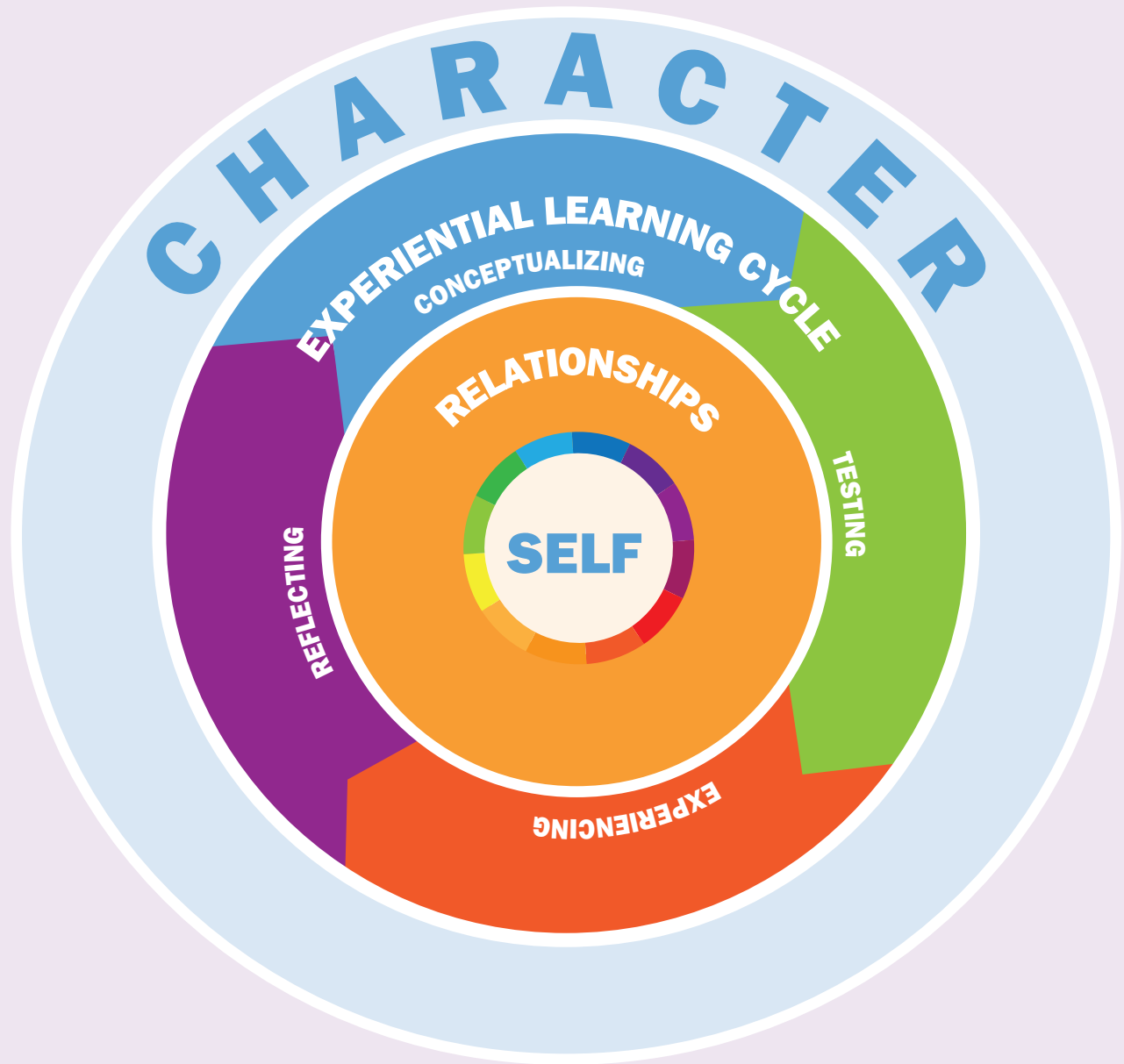
1. Wash vegetables, cutting boards, knives and utensils in clean and sanitized sink. Wash hands immediately before handling food, when changing tasks, and as often as necessary to remove soil and contamination.
2. Mix all ingredients together except for crab and breadcrumbs.
3. Fold in crab meat. Fold in breadcrumbs.
4. Form in 56 g crab cakes. Sear cakes on both sides and bake in oven or deep fry for 3 to 4 minutes.

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

Optional: Deep fry crab cakes in 350°F (180°C) oil for 3-4 minutes.

Suggested side: Serve with Chipotle Aioli

Personal Growth and Development Program Model



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