

Southridge Wednesday

14-15

A Weekly Publication of Southridge School

September 24th, 2014

No. 04

Head of School

Getting Better - Practice and Feedback

A couple of summers ago I took lessons to learn how to ride a motorcycle. I had never been on a motorcycle before taking lessons and I was pretty darn nervous about skills like changing gears, controlling the accelerator, stopping on wet pavement and starting from a standstill on hills. It didn't take me long to realize that riding a motorcycle is a complicated (and dangerous) task. To get good at it requires a lot of practice and endless repetition of important skills.

Each night after lessons I would take my notes home with me and study them carefully so that I would be ready to start the next day of practice full of "how to" instructions. Sometimes learning motorcycle skills came easily because they were related to riding a pedal bike, but most of the time learning took a lot of effort. It also took a lot of feedback.

At times my feedback was internal, like when I reflected on keeping my head up during emergency braking to help me maintain balance and control. At other times my feedback was external, like when my teacher reminded me to keep repeating "clutch and break" to myself whenever I approached a stop sign to help me relax and execute a smooth deceleration.

It took me a long time to feel comfortable on my motorcycle. It was a very gradual process - sometimes hindered by fatigue but mostly encumbered by fear. For me, learning to ride a motorcycle was as much about practicing the skills as it was about overcoming the fear of riding in unfamiliar situations. I was completely comfortable practicing in a parking lot, for example, but highly anxious when riding at highway speeds.

What helped me overcome my fears was practice and feedback. Positive assurances that I was doing a lot of things well made me feel good, of course, but critical feedback about what I could be doing even better was invaluable. Knowing that I needed to ride in a certain lane position when approaching an intersection, for example, allowed me to practice with a clear purpose. The more feedback I received the better I was able to practice and the greater my rate of improvement. Getting better at riding a motorcycle is a lot like getting better as a school. Both take a lot of hard work, both take endless repetition of important skills and both require critical feedback.

Later this fall, Southridge will be undergoing its first whole-school accreditation process with the Canadian Accredited Independent Schools organization (CAIS). Just this past Friday, our school submitted its comprehensive (365 page!) self-study to the CAIS office, and from November 2nd to 4th we will be hosting a team of nine representatives from CAIS member schools. As Southridge strives to get even better as a school community, we are looking forward to the feedback we will receive as a result of the accreditation visit. Sure, we are eager to hear about those things we do well, but we are also really looking forward to understanding what we can be doing even better so that we can practice what we do with a clear purpose in mind.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Event	Date	Time	Location
Senior School Mini School Night	Wednesday, Sept 24 th , 2014	6:30 p.m. - 9:30 p.m.	Senior School
Casual Day	Friday, Sept 26 th , 2014	All Day	Both Schools
Leadership Experience Week	Monday, Sept 29 th to Friday, October 3 rd		Senior School

Junior School News

Much To Be Gained from Outdoor Education

At Southridge, we strongly endorse outdoor education, as this experience allows a student to grow in many areas in an alternate setting. Growth in character development, personal and practical skills, as well as relationships are a wonderful by-product of an outdoor education experience.

Outdoor Education is a natural way to develop and demonstrate character. In challenging themselves, finding ways to overcome obstacles and supporting their peers, students learn that character is about how you deal with difficult situations and interact with others. Some of the practical and personal skills that students learn involve the ability to communicate with members of a team to accomplish tasks. One of the most memorable and meaningful parts of outdoor education is the relationships built on trust and support. When we remove the classroom setting, the teachers and students get to know each other in a new environment, which sheds a fresh light and understanding on an individual. Strong relationships make our school that much stronger. For these reasons, we are proud to have our Grade 5, 6 and 7 students away at three different camps this week, knowing that they will come back with renewed skills, a chance to build character, and a refreshed lens on their relationships. Indeed, much to be gained from outdoor education and experiential learning is a common theme for Southridge students, from Kindergarten to Grade 12. Have a great week.

Mrs. Laurel Middelaer
Assistant Head/Head of Junior School

Winter Uniform

Students have a few more days to enjoy their summer uniforms because on Wednesday, October 1st the wearing of the winter uniform becomes mandatory. As a reminder, the winter uniform includes the green school sweater, white dress shirt, school tie, black shoes, grey flannel pants for boys, tartan kilt for girls (hemmed no higher than 3 inches above the knee), dark grey socks for boys and black knee socks or tights for girls. Thank you for making sure the uniform is clean, pressed and worn in a smart manner. We are representing our school in our actions and deeds, but also attire. Let us represent the school well.

Welcome to the Library

We are open for borrowing and we invite parents to come in and borrow books. Parents are welcome to a library number. Please see Ms. Chong to arrange for one.

The Junior School library will be hosting an information session for Grades 3 - 7 parents on Accelerated Reading. New parents are especially welcome. Please mark your calendars for Wednesday, October 1st at 8:30 - 9:00 a.m. or Thursday, October 2nd from 6:00 - 6:30 p.m. to introduce you to the Accelerated Reading Program that your child will be involved in this year. Mrs. Chong will explain how this reading program works, how you can access it from home and how you can help to monitor your child's reading. Thank you!

Mrs. Joyce Chong
Teacher/Librarian

Cops for Cancer Casual Day, Car Wash and Visit

It is a casual day this Friday, September 26th and each child is encouraged to dress in casual clothes that minimally cover the same area as his or her gym strip. We ask that everyone contributes a minimum of \$2.00 via their homeroom teachers in support of *Cops for Cancer*.

Millie Nanji, in Grade 2, is also hosting her third *Cops for Cancer* Car Wash on Sunday afternoon from 1:00 to 3:00 p.m. at her home, Unit #15 - 3300 157A Street (Buzzer #1015). Students are welcome to join in the fun by wearing their gym strip or a yellow t-shirt, and bringing a bucket, sponge, and a dirty car. Parents are welcome to bring their cars and donations in support of this event.

On Wednesday, October 1st from 1:20 to 1:50 p.m. Southridge School will be honoured to be a stop for the *Cops for Cancer Tour de Valley*. A team of over 20 emergency response workers who have already cycled for many days will make a stop at our Junior School before proceeding to other destinations. The purpose of this cycling trek is to raise awareness and funds for children's cancer research. The team will speak at our special assembly and cycle through our Junior School Great Hall

before resuming their journey. Let's welcome them in a sea of blue and yellow, which are the theme colours of the *Cops for Cancer* ride. Students are encouraged to trade one uniform item for something yellow or blue. Parents are welcome to come and cheer on this team and support the members' efforts to raise funds for cancer research. We will also present our Southridge School donation to the team at this time.

Thank you very much for embracing the spirit and donating to such an important cause.

Mrs. Jo-Ann Murchie
Grade 2 Teacher

Voluntary Sandwich Making Club Launch

Last week on Thursday after school sandwich club was excited about, and fast, in making 60 sandwiches! A box of sandwiches goes to the Surrey Urban Mission on Friday mornings with a Senior School advisory group who serves lunch and distributes our sandwiches to the clients.

We are grateful to the parent volunteers who organize the supplies for immediate use at 3:00 p.m. and to the many parents and students who donate mayonnaise, ham and cheese, or cash/gift cards to keep the sandwich making possible. COB's Bakery generously supplies our weekly bread.

If your family would like to join us each Thursday, we would love to have you attend whenever you are able. We would also appreciate your financial support to sustain this voluntary effort. Thank you!

Mrs. Jo-Ann Murchie
Grade 2 Teacher

The Right to Shelter Follow up

Last spring our group did our exhibition project on "The Right to Shelter". We researched and presented on the topic of homelessness. For our action we wanted to support the local homeless shelter that we visited, Hyland House. On the final day of school in June we held a "Lemon-Aid" Sale. Thank you to the parents who helped make it happen and to everyone who donated clothing - it was an amazing feeling to donate 15 large garbage bags of clothes to such a needy cause. Hope you all enjoyed the lemonade! Thank you once again for supporting our "Lemon-Aid" Sale.

Neelam Rai, Rohan Sall,
Natassia Lee, Avery Bell,
Nabil Ashravi, Anika Bond,
Mrs. Cheryl Palm, Kindergarten Teacher

Senior School News

The Weather with You

The beginning of this school year has continued to make me reflect about student learning and the importance of how one's attitude contributes successfully in this regard. If you recall a few weeks ago, I spoke about students striving to possess a growth mindset - the belief that one can develop their skills and intellect through a dedicated effort and approach to their studies. As I was on twitter and engaging in a discussion with other educators about this particular topic, one of the participants shared a story that connected to the topic. Here it is:

A woman was sitting and reading quietly outside a room when she noticed a dog walk by her and enter the room. A short time later it emerged from the room. A second dog walked by and entered the same room and again exited shortly afterwards. What was intriguing to the woman was that each dog emerged from the room in two distinctly different states of mind. One dog was incredibly happy - her head held high, tail wagging rapidly and tongue out. The woman almost seemed to detect a smile on the dog's face. The other dog couldn't have looked any different! He was hunched up in a defensive pose, growling deeply and had his teeth barred viciously. The woman watching this was amazed that whatever was in the room could have caused such a different reaction in each dog. Highly intrigued, once the dogs left she entered the room to see what was inside. Surprisingly, there was no other person or object in the room; however, the walls were completely covered in mirrors...

This story helps to illustrate the importance of how our own attitudes can have such a profound effect on our success in everything we do, especially in learning. How we approach a learning opportunity can make a great deal of difference in its ultimate outcome. If a setback or challenge along the way is met with optimism and hopefulness, then we can think of ways to overcome it and move forward. Alternatively, a negative view of ourselves during a similar challenge can literally shut down our ability to see any possibilities. Now this isn't to say that we won't encounter situations where even the most optimistic outlook might not have an effect; however, in many cases one's attitude certainly affects an issue.

This story got me humming a song I like by the band *Crowded House* called *The Weather With You* and contains the lyric "Everywhere you go, you always take the weather with you." A creative way to remind us that each person has the ability to influence the environment in which they are present.

Here at Southridge and specifically within our Senior School Educational Program (SSEP), having an optimistic attitude is one that we strive to develop in our students. Additionally, as Southridge's first guiding principle states, "As members of the Southridge community, each of us has both the privilege and responsibility to choose how we influence the community and our world." Realizing that the more we can remain positive, hopeful and open minded, this influence can be quite powerful.

So the next time you enter a room, think about the story of the two dogs and persevere towards being the one that sees a tail-wagging, proud and happy canine. It really can make a difference; not only to you, but also to the others with whom you interact.

Have a great week!

Doug Palm
Head of Senior School

Leadership Experience Week 2014

We are excited for our third annual Leadership Experience Week in the Senior School, which will take place from September 29th to October 3rd, 2014. This is an opportunity for all of our Senior School students to learn outside of the classroom, building practical and leadership skills in real-world situations. Instead of the regular class schedule, each grade will be involved in a specialized program:

Grade 8

Theme: Identity

Exploring personal character through challenging themselves in order to start developing leadership and their grade identity

Location: Strathcona Park Lodge

Timing: Sunday, September 28th - Friday, October 3rd, 2014

Cost: Approx. \$540.00

Attire: Appropriate outdoor wear as per packing list

Grade 9

Theme: Cooperation

Focusing on specific small group challenges and building leadership and teamwork to further develop grade cohesion

Location: Strathcona Park Lodge

Timing: Sunday, September 28th - Friday, October 3rd, 2014

Cost: Approx. \$540.00

Attire: Appropriate outdoor wear as per packing list

Grade 10

Theme: Service

Learning leadership skills to allow students to move beyond themselves to helping others in their local community

Location: Southridge School (Monday and Friday); 9 Non-Profit Organizations in the local community (Tuesday - Thursday)

Timing: Monday, September 29th - Friday, October 3rd, 2014, regular school hours

Cost: \$200.00 (to cover transport and professional Me To We facilitators)

Clothing: Casual but appropriate to be active at school and specific to the volunteer work being done

Grade 11

Theme: Leadership I: Exploration

Exploring future options and developing valuable skills, notably those of restorative justice, to prepare students for making a contribution

Components: Career Day, Monday; Personal Experience Day, Tuesday; Restorative Justice Training, Wednesday – Thursday; Career Experience Day, Friday

Location: Southridge (Monday), UBC (Tuesday), Alexandra House at Crescent Beach (Wednesday and Thursday), various workplaces throughout the Lower Mainland (Friday)

Timing: Monday, September 29th - Friday, October 3rd, 2014 regular school hours

Clothing: Professional attire (as for a job interview) Monday and Friday; active athletic wear Tuesday; Comfortable but appropriate casual wear Wednesday - Thursday

Cost: Approx. \$200.00 (for Justice Institute mediation professionals and transport)

Grade 12

Theme: Leadership II: Legacy

Looking back at contributions made, looking forward to university life, and assuming leadership in our school community in the present

Components: Career Day, Monday; Grad Retreat, Monday – Wednesday; SFU/UVic Visit, Thursday; UBC Visit, Friday

****Students wishing to use Thursday - Friday to tour other universities need to have their parents contact Mr. Weaver or Ms. Livingston****

Location: Southridge (Monday); Rockridge Resort, Princeton, (leave Monday at 3:00 p.m., return Wednesday evening at 7:00 p.m. by bus from Southridge) SFU/UVic & UBC (Thursday and Friday by bus to and from Southridge);

Timing: Monday, September 29th, regular school hours; Monday, 3:00 p.m. depart; Wednesday, 7:00 p.m. return, Thursday 8:00 a.m. - 4:00 p.m. (SFU) or 5:00 p.m. (UVic); Friday 8:00 a.m. - 3:00 p.m.

Clothing: Professional attire (as for a job interview) Monday; Comfortable but appropriate casual wear Tuesday to Friday

Cost: Approx. \$350.00 (for Grad Retreat)

This will definitely be a highlight of the school year for all of our students. We appreciate your support, and encourage any input, assistance or queries. Please contact Mr. Weaver at dweaver@southridge.bc.ca or 604-542-1796 for more information.

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

India Service Trip in March 2015

As we start a new school year in service and experiential learning, we are pleased to say that we still have several spots available for any student in Grades 8 - 12 who are interested in participating in the service trip to Udaipur, India during Spring Break.

Our third visit to the rural village of Lai, just outside the beautiful city of Udaipur, renowned for its palaces and six-star hotels and nicknamed the ‘Venice of the East’, offers an interesting study in the extremes of Indian society. Our students will continue working on school-building projects, as well as connecting with the village inhabitants. A deposit of \$1,000.00, payable to Southridge, is due no later than September 30th. The full cost of the trip is \$5,000.00. For more information, contact Mr. Weaver at dweaver@southridge.bc.ca or 604-542-1796.

As well, on Thursday, September 25th, we will have a representative from Me To We visiting the school at 7:00 p.m. to present more information about this opportunity. Please RSVP to Mr. Weaver if interested in attending.

A Midsummer Night’s Dream

On September 17th, our Grade 9 class attended a matinee performance of “A Midsummer Night’s Dream” at Bard on the Beach. The production was designed to appeal to a young audience with innumerable references to pop culture. It was so well received that, at the end of the play, the actors received a resounding, and much deserved, standing ovation.

In addition to enjoying a brilliant performance, it was a pleasure to spend the afternoon with this year’s Grade 9 class. Mr. Chiarenza, Mr. Barnim, Mr. Pope and I were all impressed by how respectful and well-behaved they were throughout the trip.

If you would like to read student reviews of the performance that capture the lightheartedness of the production in 140 characters, please visit the English Department's twitter feed @SRnotabene.

Ms. Gail Robinson
English Curriculum Leader

ISA Field Hockey Tournament at Crofton House School

This past weekend the Southridge Senior Girls' field hockey team competed in the ISA tournament finishing fifth place in this skilled group of very strong teams.

Our opening game was against York House School and in an exciting contest, which remained tied until the last minutes of the game, Southridge won in a final attacking move with a fine goal from the stick of Laura Podmore. We faced Shawnigan Lake in our second match and we were outpaced in the first half and were down by 5 goals at the half. The girls mounted a staunch comeback in the second half and, though they conceded a further two goals, Cherry Chun netted one goal for Southridge to cap a well-worked team offence. On Saturday, in our third game, we lost to St Michael's University School, but the girls' really began to play well as a team after conceding a trio of early goals. In the second half of this game, and in our final game against Brentwood School, we saw Southridge emerge as a sound team who could compete with the best of these ISA schools. With better defensive organization, excellent passing, great tenacity and heart from all the girls the game was tied until the last 10 minutes when Brentwood scored from a penalty corner to go ahead 1 - 0. Laura Podmore had a shot cleared off the goal line from a Southridge penalty corner in the closing minutes and Southridge were denied the draw that their spirited and much improved play deserved. The leadership provided by Jeanne Balloffet and Laura was impressive, as was the fearless goalkeeping of Katie Punia. Two separate umpires commented on the girls' positive, supportive attitude, as well as their improved performance in the final game of the tournament. Congratulations team.

Ms. Ira Alexandra and Mrs. Jan Holt
Senior Girls Field Hockey Coaches

Strathcona Park Lodge Reminder

This is a reminder that Strathcona start at 9:25 a.m. and the drop off location is Tsawassen. Pick up time is 2:40 p.m.

Mrs. Anna Szymczak
Outdoor Education Coordinator

The Royal Commonwealth Essay Competition

This year, the Royal Commonwealth Society received more than 9,500 entries from over 500 schools in 44 Commonwealth countries and territories. The English Department would like to join the Royal Commonwealth Society in celebrating the achievements of the following writers:

SENIOR CATEGORY

Silver Awards

Abby Wells
Sanya Grover

JUNIOR CATEGORY

Gold Awards

Ekalan Hou
Esha Gill

Silver Awards

Jennifer Zhang
Linda Otamendi
Young Ye

Bronze Awards

Harry Li
Zoe Kang

Congratulations! We are proud of all of you.

News for Both Schools

Bakers Needed

The baking committee is in need of some bakers! Helping out is easy - a baking schedule is set and on your scheduled day (only a few times per year) you simply bring 2 dozen homemade goodies to the school by 8:00 a.m. on Friday morning. A great opportunity to get creative with baking!!

Sign up through the "Volunteer Now" link in the Volunteer Corner of the Parent Portal. Contact vanessa.lapointe@shaw.ca to let her know you are interested and for any additional questions.

Hot Lunch Update

A big thank you to all parents for submitting the hot lunch forms so promptly. We are kicking off this year with chicken strips next week. A big thank you goes out to those that stepped in to volunteer. We will have a great year!

Note that we are also in need of on-call volunteers to sub in as needed. Please email hotlunch@southridge.bc.ca if you can help out.

Junior School Library

The Junior School library is still in need of some volunteers, particularly for morning shifts (8:00 a.m. - 12:00 p.m.) on Wednesdays, Thursdays or Fridays. Weekly, biweekly, or monthly commitments are all welcome and training is provided.

Sign up through the "Volunteer Now" link in the Volunteer Corner of the Parent Portal, and contact Cindi at cvalensky@shaw.ca to let her know you are interested or with any additional questions.

Thank you Terry Fox Volunteers!

A huge thank you goes out to all the volunteers that came to help with the Terry Fox Run. Despite a wet start to the day, we ended up with an amazing number of parent volunteers that kept the course safe and fun for the kids. I am always amazed by what a dedicated group of parents we have at Southridge! Great job everyone! Many thanks.

Ms. Stephanie Schmidt
On behalf of the Volunteer Committee

Mark Your Calendar for Our First Guest Speaker Event - October 16th at 7:00 p.m.

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 School 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 founder 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

Receiving Communication from the School

There are two main communication channels that are important to you as a parent:

1. Information received via e-mail from the school that has to do with overall “school” related information such as the weekly Southridge Wednesday newsletter, special reminders about upcoming events, emergency school information, etc. and
2. Information received from your teacher regarding your child and their classroom or group activities. This information is now all housed in the Learning Management System (LMS).

It is possible as a parent to be included in both of these information loops or one or the other. So, you can be excluded from class, group or team communication and still receive school communication, or excluded from school communication and continue to receive class, group or team communication. Alternatively, you can be removed from both forms of e-mail communication, in which case we worry you will feel and be disconnected from your child’s school life.

When you unsubscribe from the Southridge Wednesday e-mails, this will result in you no longer receiving ANY e-mail communication from the school, such as emergency notices, important event notifications and all broadcast e-mails.

If you unsubscribe from LMS you still have access to the parent portal, but there will be no activity or information available to you from the “class” perspective. You will also be removed from the teacher’s e-mail list. To unsubscribe from LMS please contact lboudot@southridge.bc.ca.

We hope you will continue to receive both class and school information as this is the best way for you to stay connected with your child’s school life and activities.

Mrs. Debbie MacDougall
Director of Community Relations

Southridge Café

Winter is almost upon us and the colder weather lends perfectly to comfort food. This fall season we offer you something different than just a sandwich when you’re on the run. The aged cheddar and apple pizza is a combination of brown sugar, crisp apples and aged cheddar cheese wrapped in whole wheat pizza dough and baked until golden, then topped with Mama’s Blessing, a seasoning blend of parmesan, red chilli flakes and oregano.

Come on in and feel warm and cozy with the apple and cheddar pizza that is the perfect item to combine with a hot chocolate, coffee or a tea as a mid-morning or afternoon snack.

Escape the miserable weather that comes with late fall months to the Southridge Cafe and recharge. A little goodie on the go, like homemade caramel popcorn, or mini brownies, or Rice Krispy squares. Tea and cookies are also a great way to warm up and can make these dull days more bearable.

Come in and experience the Southridge Cafe!

Mr. Mike Leif
Chef/Manager

STRATHCONA PARK LODGE 2013

1. Gearlists – use your gearlists!

- Different trips require different gear. The **gearlist** specifically explains what gear you need for your trip.
- Rent or borrow as much equipment as possible. Craigs list can be a cost saving source for used equipment.
 - If you need to purchase equipment, you can try:
 - Mountain Magic (2393 King George Highway)
 - Wholesale Sports (20175 Langley Bypass)
 - Atmosphere (Unit 60, 20150 Langley Bypass)
 - MEC (6121 200 St, Langley), or many other outdoor equipment stores.
- Bring 8-10 large garbage bags. They are necessary to **waterproof** your gear.
- **Students should pack their own gear** and be able to carry it themselves in one load.
- Please **label** all equipment for identification purposes.

2. Attitudes and Behaviours

- Please bring your best attitude to SPL. Complaining solves nothing but positive attitudes lead to great solutions.
- Students who do not co-operate with SPL guides, or do not adhere to any Southridge rule, both written and orally stated, are demonstrating disrespect to themselves and the School. Violations of these rules will be considered a serious offence, and consequences will ensue, both on the trip and upon return to Southridge. These consequences may include (but will not be limited to) curtailed participation in the remainder of the trip, an early arrival home (at the parent's expense), and disciplinary consequences at Southridge. As stated in the Student Prep Book, "very serious offences may result in suspension, a serious matter of personal disgrace, or even expulsion."

3. Other items

- Students using medications should bring two complete sets (one to keep and one to give to the instructor) Seal in plastic bags with student's name on each bag
- **Do not bring: ipods, phones, electronic devices or junk food.**
 - They are "off the grid", meaning they create their own power from water, and do not have any cell phone coverage, so forget about Wi-Fi.
- Students will only need a small amount of money, if any. (15-\$30 max). There will be opportunities to buy meals on the ferries. SPL will provide a snack and bag lunch for the return trip home if students do not wish to purchase their lunch on the ferry.

Important Reminders

- 1. Be at the Tsawwassen Ferry Terminal by 9:25am on Sunday Sept 29, 2013**
- 2. Pick up students at Tsawwassen Ferry Terminal at 2:40pm on Friday, Oct 4, 2013**

Key Reminders

- 1. Emergency Contact: This number is for emergencies only. Students will not have access to a phone while at SPL. 1-250-286-3122**
- 2. Pack according to your gear list and label your gear. Try not to bring extras you won't need.**
- 3. A bag lunch or money to purchase food on the ferry is needed for the first day. The bus will not be stopping between Nanaimo and Strathcona Park Lodge.**

Sept.17th

Aloo Gobi Potato & Cauliflower Curry

Ingredients:

4.16 g	Garlic Cloves, Peeled, Fresh, Crushed
2.88 g	Ginger Root, Fresh, Grated
4.8 mL	Oil, Canola, Hi-Lo, CDN, Bulk
2.4 mL	Spice, Coriander, Ground
2.4 mL	Spice, Cumin, Ground
0.48 mL	Spice, Turmeric
0.48 mL	Spice, Pepper, Cayenne
2.4 mL	Salt, Bulk
1.6 mL	Spice, Pepper, Black, Ground
198.4 g	Potatoes, Pre-Peeled, Fresh, Diced
198.4 g	Cauliflower, Fresh, Florets, Small
38.4 mL	Water, Cold
54.56 g	Peas, Green, Frozen
2.64 g	Cilantro, Fresh, Chopped

Preparation

Method

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. Grind the garlic, ginger and oil in a food processor to create a paste. Remove from processor and mix with the dry spices. Add just enough cold water to create a thick wet masala paste.
3. Saute the wet masala paste in a pan over medium high heat. Cook until the masala thickens, deepens in colour and oil appears on the surface, about two minutes.
4. Add the diced potatoes and cauliflower florets, stirring to coat the vegetables with the masala paste.
5. Add the cold water. Cover and cook over medium heat 10 to 15 minutes.
6. Remove the lid, add the peas and continue cooking until the vegetables are just tender and the liquid has mostly evaporated, about 5 minutes.
COOK TO A MINIMUM INTERNAL TEMPERATURE OF 140°F (60°C) FOR A MINIMUM OF 15 SECONDS.
7. Serving size: 1 grey spoodle (120 mL) serving as a side dish with other Indian dishes garnished with cilantro

Chef Tip of the Day

How to Make Basmati Rice Fluff

Before cooking Basmati rice, wash the rice thoroughly or soak the rice in normal water for about 15 minutes and then throw away that water and drain it completely. This step is important, as it helps to remove the loose starch from basmati rice, which makes it sticky.

While cooking the rice, add few drops of lemon, it will help to keep the rice grains separate from each other.

Week of : Sept.22-26th

Monday- Potato Cheddar Perogies with Onions & Sour Cream

Tuesday-Penne and Meatballs served with Garlic Bread

Wednesday- Pork Fried Rice with Vegetable Spring Rolls

Thursday- Gourmet Beef Burger & Veggie Burger

Friday-Battered Cod & Wedge Fries or Mac & Cheese

Cafeteria Memo:

Parents a reminder to make out cheque payment to **“Compass Group “**and **student Number** of your child on Cheque.

Just a Reminder to Students who leave stuff behind in the cafeteria we have an area for the items left behind in the cafeteria and at the end of the week it will be placed in the school lost and found area.