

# Southridge Wednesday

14-15  
No. 03

A Weekly Publication of Southridge School

September 17, 2014

## Head of School

### Choose How We Use Our Influence

Not so long ago, when I was in Grade 8, I was accused of a crime I did not commit. That's right, when I was 13 years old, Mr. Javornic, the Assistant Head of School, called me into his office with reason to believe that I was the student responsible for the rash of stink bombs that were being set-off in our school. Surprised and perplexed I searched my mind for reasons why Mr. Javornic would think that such a quiet and shy student (who more or less kept to himself) could be anything but innocent.

Rather than releasing the names of the people I thought were responsible for the stink bombs, I asked Mr. Javornic to consider a different approach to solving the problem. Instead of identification and punishment, I suggested that he give me a week to resolve the issue on my own - to speak with the students behind the awful smells thereby putting an end to his concerns while using more subtle measures.

Mr. Javornic was skeptical of my suggestion at first, but agreed to let me have a shot at it. Without much delay, I considered my options and thought I would take an approach that appealed to the guilty students' sense of the greater good. In actual fact, I didn't have much choice considering the social pecking order of my grade . . . and the size of the other boys in question.

Although I was nervous to confront them, I carried out my plan and was overjoyed with their positive response. Don't get me wrong, they weren't particularly enthusiastic about stopping their antics and they weren't too crazy about the fact that I was trying to influence them either, but there must have been something in what I said that clicked with them. Thankfully.

What I realized for the first time after this incident had ended was that I had the power to influence my school community. It's not that my action was laudable and even noteworthy; in fact, it probably wasn't even recognized by more than four people. However, what hit home for me is that influence and contribution don't need to be recognized, publicized or even seen by anyone. What matters is that each of us has the opportunity to choose how we influence our school and community - which is what our school's first guiding principle is all about.

Our guiding principles act as handrails that keep all of us at Southridge headed in the same direction toward creating a community where every spirit soars. Southridge is our community. We create our community together and each of us - students, parents, grandparents, teachers, staff and alumni - has the ability and responsibility to choose how we influence it. Have a wonderful week!

Mr. Drew Stephens  
Head of School

Important Dates			
Event	Date	Time	Location
Semiahmoo House Picnic	Thursday, September 18 <sup>th</sup> , 2014	9:00 a.m. - 3:00 p.m.	Peace Arch Park, Surrey
Junior School PYP Meet the Teacher Night	Thursday, September 18 <sup>th</sup> , 2014	7:00 P.M. - 8:00 p.m.	Junior School Great Hall / Classrooms
Junior School Terry Fox Run	Friday, September 19 <sup>th</sup> , 2014	1:00 P.M. - 3:00 p.m.	Commons
Senior School Mini School Night	Wednesday, September 24 <sup>th</sup> , 2014	6:30 P.M. - 9:30 p.m.	Senior School

## **Junior School News**

### **Signing the Junior School Promise**

Over the course of the last week, I have had the pleasure of visiting many of our classrooms where I discuss and sign the Junior School Promise. The promise is a commitment from the students, parents, teachers and myself regarding the expectations for the school year. These chats are most enjoyable to me; our students take this commitment seriously, and they are asked a series of questions related to the promise while they shake my hand:

Do you promise to do your best work this year?

Do you promise to ask for help when you need it?

Do you promise to think about your classmates, and their needs in this room?

Do you promise to keep your things neat and orderly?

Do you promise to be caring and solve problems in a positive way?

Looking into the eyes of 5 year olds to 13 year olds, and asking for their commitment to these questions is quite a humbling experience. All our students inherently want to keep this promise—they are sincere and honest in their answers. The best part of my day is when I am in the classroom with our students. Working with young people is so refreshing and energizing as they tend to be raw and transparent in their answers. We do reiterate again that Southridge Junior School is a safe place to grow and develop. Through the process of growth, it is inevitable that young people will make mistakes. We believe in starting this journey with a promise indicating that they will 'try'. Then, if a mistake is made, we can redirect back to their promise and know that a moment of growth has occurred for them. Candidly, these young people at Southridge have well developed characters, and we do know them to be respectful, honest students. We are just helping them to be their best - and it is an honour to witness their growth and developing maturity by making a commitment to this promise.

Have a great week!

Mrs. Laurel Middelaer  
Head of Junior School/Deputy Head

### **Meet the Teacher Evening - Thursday, September 18th, 2014 at 7:00 - 8:00 p.m.**

As parents, you are an important partner in your child's education, and we seek to have very strong relationships with you. As such, we are pleased to have our 'Meet the Teacher' on Thursday, September 18<sup>th</sup> at 7:00 - 8:00 p.m. The format of 'Meet the Teacher' evening will be somewhat altered to provide opportunity for parents to meet with all their children's teachers. This evening is important in that our teachers have some very specific information about how their class is organized and the routines that are in place. The format will be as follows:

7:00 - 7:10 p.m. - Introductory Meeting in Junior School Great Hall - Mrs. Middelaer will introduce specialist teachers and present a brief overview of our programme. Mr. Anderson will briefly touch on LMS (Learning Management System) and school communication.

7:10 - 7:40 p.m. - Formal presentation by class room teachers in your child's homeroom. Please be on time for this as our teachers have a lot of information to convey, and will be as efficient as they can in presenting. We highly recommend that if parents have 2 or more children, they attend the session of the youngest child.

7:40 - 8:00 p.m. - Mix and Mingle in classrooms - if you did not get to attend the formal presentation in one of your children's classrooms, please visit that room during this time. This time is designed to be less formal, and the teachers can provide you with any handouts that you missed. However, it is really important to make that connection with the teacher. Specialist teachers (music, French, PE and art) will also be in the Great Hall at this time for a chat or visit.

8:00 p.m. - Dismissal - Everyone will depart to their respective families, teachers as well.

Earlier in the evening in our great hall, we are also offering an 'Introduction to PYP' (Primary Years Programme) for any of our new families from 6:00 - 6:45 p.m. so that we can explain the philosophy and teaching practices of an International Baccalaureate World School (IB). Ms. Shanaz Ramji-Motani, our PYP Coordinator, will be pleased and honoured to explain our programme.

## Outdoor Education Camps

All students in Grades 4 through 7 will be going on exciting adventures during the year. Please note that a decision has been made to have the Grade 5 students attend their camp in the fall so that all MYP students have this valuable experience at the same time. Here are the dates of the trips:

- Grade 4: Sea-to-Sky Outdoor School, Web Weavers Program, June 10<sup>th</sup> - 12<sup>th</sup>, 2015 (compulsory)  
Grade 5: Camp Elphinstone - YMCA Program, September 22<sup>nd</sup> - 24<sup>th</sup>, 2014 (compulsory)  
Grade 6: Camp Qwanoes, Adventure Program, September 23<sup>rd</sup> - September 26<sup>th</sup>, 2014 (compulsory)  
Grade 7: Camp Summit Outdoor Camp, September 23<sup>rd</sup> - September 26<sup>th</sup>, 2014 (compulsory)

## Outdoor Education Parent Information Sessions - Thursday, September 18<sup>th</sup>, 2014

As we have outdoor education outings in mid-September, we will be hosting Parent Information Evenings on the same evening as 'Meet the Teacher' night. The time and location will be as follows:

- Grade 5: 6:00 - 6:50 p.m. Mr. Best's classroom  
Grade 6: 6:00 - 6:50 p.m. Mr. Anderson's classroom  
Grade 7: 6:00 - 6:50 p.m. Ms. McNeil's classroom

## Cops for Cancer

On Wednesday, October 1<sup>st</sup>, 2014 at 1:20 - 1:45 p.m. Southridge School is honoured to be a stop on the last leg of the 'Cops for Cancer' Tour de Valley. A team of over 20 emergency response workers, whom have been cycling for many days, will make a stop at our Junior School before they proceed on to other destinations. The purpose of their cycling trek is to raise awareness and funds for children's cancer research. The team will speak at our assembly that morning, and cycle through our great hall before they resume their journey. Although not a casual day, let's welcome them in a sea of blue and yellow which are the theme colours of their 'Cops for Cancer' ride. Students may use temporary hair dye, and are encouraged to wear as much blue and yellow as possible. Temporary tattoos will also be provided for the cause. Parents are welcome to come and cheer on this team and support their efforts to raise funds for cancer research.

Mrs. Laurel Middelaer  
Head of Junior School/Deputy Head

## Hot Lunch Orders Due

Hot lunch is run by parent volunteers who serve it on Wednesdays (except the week before Xmas and the week before summer break). If you would like your child to participate, please complete the attached form and return to the box on Mrs. Schaub's desk by Friday with a cheque payable to 'Compass Group'. Please note if we do not receive a cheque, we are unable to process your order.

The Hot Lunch Committee  
Shaïda Nanji (Grade 2 mom)  
Jackie Christofferson (Grade 4 & 6 mom)

## Junior School Sports

The Junior School Sports practices are in full swing. In Term 1, we offer Grade 5 - 7 girls volleyball, Grade 5 - 7 boys soccer, and Grade 3 - 7 coed cross country running. Below is the practice schedule of these sports:

Monday	3:15 - 4:15 p.m.	Grade 7 Girls "A" Volleyball Grade 7 Girls "B" Volleyball Grade 6 Girls Volleyball
Tuesday	3:15 - 4:15 p.m.	Grade 5 Girls Volleyball Grade 5 Boys Soccer Grade 3 - 7 Cross Country
Wednesday	3:15 - 4:15 p.m.	Grade 7 Girls "A" Volleyball Grade 7 Girls "B" Volleyball Grade 6 Girls Volleyball Grade 6 Boys Soccer Grade 7 Boys Soccer
Thursday	3:15 - 4:15 p.m.	Grade 5 Girls Volleyball Grade 5 Boys Soccer

		Grade 3 - 7 Cross Country
Friday	3:15 - 4:15 p.m.	Grade 6 Boys Soccer Grade 7 Boys Soccer

**Here is the game schedule for Term 1 Sports:**

Grade 5 Boys Soccer

Thursday, October 2<sup>nd</sup> @ St. John's vs. various teams 3:30 - 5:00 p.m.  
 Tuesday, October 9<sup>th</sup> @ Southridge vs. various teams 3:30 - 4:30 p.m.  
 Tuesday, October 14<sup>th</sup> @ St. George's vs. STG 3:30 - 4:30 p.m.  
 Monday, October 20<sup>th</sup> @ Meadowridge - ISEA Soccer Playday 9:00 - 3:00 p.m.

Grade 6 Boys Soccer

Monday, September 22<sup>nd</sup> @ Southridge vs. Collingwood 3:30 - 4:40 p.m.  
 Tuesday, September 30<sup>th</sup> @ WPGA vs. WPGA 2:00 - 3:00 p.m.  
 Thursday, October 2<sup>nd</sup> @ Southridge vs. FA/MUL 3:15 - 5:00 p.m.  
 Wednesday, October 9<sup>th</sup> @ St. George's vs. STG 1/2 3:00 - 4:00 p.m.  
 Thursday, October 23<sup>rd</sup> @ Southridge - ISEA Soccer Playday 9:00 - 3:00 p.m.

Grade 7 Boys Soccer

Monday, September 29<sup>th</sup> @ St. George's vs. STG 3:30 - 4:30 p.m.  
 Wednesday, October 8<sup>th</sup> @ Southridge vs. St. John's 3:30 - 4:30 p.m.  
 Tuesday, October 14<sup>th</sup> @ Southpointe vs. SP 3:30 - 4:30 p.m.  
 Wednesday, October 22<sup>nd</sup> @ Southridge vs. WPGA 3:30 - 4:30 p.m.  
 Thursday, October 30<sup>th</sup> @ Southridge - ISEA Soccer Championships 9:00 - 3:00 p.m.

Grade 5 Girls Volleyball

Tuesday, September 30<sup>th</sup> @ Southridge vs. Meadowridge 3:30 - 4:30 p.m.  
 Tuesday, October 14<sup>th</sup> @ Southridge vs. WPGA 3:30 - 4:30 p.m.  
 Monday, October 20<sup>th</sup> @ Mulgrave vs. Various 3:30 - 5:00 p.m.  
 Thursday, October 30<sup>th</sup> @ Southridge vs. Various 3:30 - 5:00 p.m.  
 Tuesday, November 4<sup>th</sup> @ Richmond Oval - ISEA Volleyball Playday 9:00 - 3:00 p.m.

Grade 6 Girls Volleyball

Wednesday, October 1<sup>st</sup> @ Southridge vs. WPGA/YH/SH 3:30 - 4:30 p.m.  
 Thursday, October 9<sup>th</sup> @ Southpointe vs. SP/COL 4:00 - 5:00 p.m.  
 Wednesday, October 15<sup>th</sup> @ WPGA vs. WPGA/YH 3:00 - 4:00 p.m.  
 Monday, October 20<sup>th</sup> @ Stratford Hall vs. SH/FA 4:00 - 5:00 p.m.  
 Tuesday, October 28<sup>th</sup> @ Richmond Oval - ISEA Volleyball Playday 9:00 - 3:00 p.m.

Grade 7 "B" Girls Volleyball

Thursday, October 2<sup>nd</sup> @ Brockton School vs. BR/COL 3:40 - 5:00 p.m.  
 Tuesday, October 7<sup>th</sup> @ Southridge vs. York House 4:15 - 5:00 p.m.  
 Thursday, October 16<sup>th</sup> @ Southridge vs. Crofton House 4:00 - 4:45 p.m.  
 Wednesday, October 22<sup>nd</sup> @ Stratford Hall vs. SH 4:20 - 5:00 p.m.  
 Monday, October 27<sup>th</sup> @ Southridge vs. Mulgrave 3:30 - 4:30 p.m.  
 Wednesday, November 5<sup>th</sup> @ TBD - ISEA Volleyball Championships 9:00 - 3:00 p.m.

Grade 7 "A" Girls Volleyball

Thursday, October 2<sup>nd</sup> @ WPGA vs. WPGA 3:00 - 4:15 p.m.  
 Tuesday, October 7<sup>th</sup> @ Southridge vs. York House 3:15 - 4:15 p.m.  
 Thursday, October 16<sup>th</sup> @ Southridge vs. Crofton House 3:15 - 4:00 p.m.  
 Wednesday, October 22<sup>nd</sup> @ Stratford Hall vs. SH 3:45 - 4:20 p.m.  
 Wednesday, November 5<sup>th</sup> @ St. John's - ISEA Volleyball Championships 9:00 - 3:00 p.m.  
 November 6<sup>th</sup> - 8<sup>th</sup> @ Strathcona-Tweedsmuir Volleyball Tournament (Calgary, Alberta)

Grade 3 - 7 Cross Country

Thursday, September 25th, 2014 - Boundary Bay Meet  
Centennial Beach (Tsawwassen)  
Starts at 11:00 a.m. and ends at 3:00 p.m.

Saturday September 27th, 2014 - South Fraser Meet  
Bear Creek Park, Surrey  
Start times 10:30am  
Undulating gravel trails, grass.  
Hosted by South Fraser Athletic Club

Saturday October 4th, 2014 - Crescent Park  
Crescent Park, White Rock/South Surrey  
Start time 9:00am, Track Rascals followed by JD ages 9 - 12.  
Grass & packed dirt track  
Hosted by Ocean Athletics [www.oceanathletics.org](http://www.oceanathletics.org)

Wednesday, October 29th, 2014 - ISEA Championships at Quilchena Park, Vancouver  
Note that this meet is during school hours (7:30 a.m. until 4:00 p.m.)  
The whole team will participate in this meet

### **Sandwich Making Club**

Thank you so much to all of the parents and students who donated to and participated in our highly successful sandwich club last school year. We are ready to begin our weekly sessions at 3:00 p.m. on Thursday, September 18<sup>th</sup> for delivery on Friday, September 19<sup>th</sup>. Parents, if you are interested in helping to organize this club please contact [jmurchie@southridge.bc.ca](mailto:jmurchie@southridge.bc.ca). We will need help with setup and cleanup, and to assist our young students with the preparation of the sandwiches for this hands on learning experience.

Mrs. Murchie  
Grade 2 Teacher

### **Junior School Terry Fox Run on Friday!**

Terrance Stanley Fox was born in Winnipeg, Manitoba, in 1958, but his family moved to Port Coquitlam, BC, in 1972. On March 9<sup>th</sup>, 1977, when he was just 19 years old, Terry went to the doctor because he had severe pain in his right knee. Medical tests showed that he had a rare bone cancer called osteogenic sarcoma, and, after only a few days, his right leg was amputated, and he got an artificial limb to replace it. Instead of feeling sorry for himself, Terry Fox then had the motivation to raise money for cancer research. He started training immediately and planned a cross-Canada run called the Marathon of Hope. Even though he passed away before he could finish his own run, schools and communities around the world keep his dream alive by having a Terry Fox Run every September.

Southridge School will soon be having our annual Terry Fox Run. This will be held on Friday, September 19<sup>th</sup> from 1:30 to 3:00 p.m. Students need to bring a minimum of \$5.00 to their homeroom teachers before the day of the run. All the donations will go to the Terry Fox Foundation. For clothing, please dress in appropriate running attire and wear your house colours. Please note that only non-permanent hair-dye, tattoos, and face paints are allowed, and positive images and messages are encouraged. Parents and family members are invited to run with students. Grades K - 2 get three points per lap for their house team. Grades 3 - 4 get two points per lap. Grades 5 - 6 get one point per lap. Remember to bring your own water bottle and have lots of fun for this great cause!

William Liu and the Grade 7 PD Students

### **Cross-Country Running**

We are pleased to announce that the cross-country season is up and running! We practice from 3:15 - 4:15 p.m. on Tuesdays and Thursdays for the months of September and October. All students who can make the commitment to come on both days are welcome to join us (Grades 3 - 7). If your child has not yet received the initial information package (along with the yellow permission form to be signed and returned), please see Mrs. Ridley-Thomas asap. Yesterday at practice information regarding the first meet at Boundary Bay was given out. As the deadline is rapidly approaching, we need to know by the end of today if you do not wish your child to be entered into that run. Please e-mail Mrs. Ridley-Thomas to indicate this at [ridley-thomas@southridge.bc.ca](mailto:ridley-thomas@southridge.bc.ca). As this is a meet welcoming all running levels, and it is during the school

day, we are assuming all cross country team members will be joining us. We are travelling by school bus to this meet (ask your child for the information sheet that provides more details). Looking forward to a great season!

Mrs. Ridley-Thomas and Mrs. Khangura

## **Senior School News**

### **Showing a Welcoming Spirit!**

The final day of our first full week back in Senior School was our House Picnic and Terry Fox Run. While we still had our first two academic periods of that day, the remainder of the day was an opportunity to get outside of the classroom and enjoy a different kind of learning. Each house in Senior School - Thunder, Lightning, Hurricane and Blizzard boarded the buses and arrived at Crescent Park full of spirit and energy!

Secretly, as someone who loved being in a house as a student (I am still a loyal member of Mackenzie House at Crescent School!) I wish that I could show an allegiance to one of the four groups. Still, 'being neutral' in this regard lets one see the day as to how it provides a great opportunity to welcome our new students and faculty to the fold. It is quite special to see how our veteran students work to make the new students feel a part of their house. This is often participating in the welcoming ritual along with them through setting a great example.

As we got to the next event - the annual Tug-o-war competition, there was another opportunity for students to literally flex their muscles together to decide the championship. As there are junior and senior teams in both boys and girls, there was a great deal of cheering other members of one's house as they competed.

On a personal level, I really appreciated how we end our picnic by coming together to participate as one school in the Terry Fox Run. While individual laps were tallied for each house, the spirit is focused on doing something together in memory of this amazing Canadian. It was made even more special by our Grade 12's this year. In year's past, the Grad class was allowed to just cheer on the other four grades of students as they ran; however, this year given the way that cancer hit our community last year the Grads decided they wanted to participate in the run. I am very proud of them as a class and we appreciated the example they set for all of our students.

Finally, the day finished by enjoying our Welcome Back BBQ. I wanted to give a special thank you to all of the families that came out to connect with teachers, staff and other families in our community. It was a great opportunity to meet and greet and a number of Senior School families were able to introduce themselves to their teachers or reacquaint themselves after the summer break.

Last Friday was a great reminder of the welcoming community that Southridge can be!

### **Mini-School Night**

I also wanted to ensure that Senior School parents are aware of our Mini School Night on September 24<sup>th</sup>, 2014 beginning at 6:30 p.m. and take advantage of this great opportunity. You will be able to meet your child(ren)'s teachers and Advisor and hear about the courses that they will be involved in this year. This is always a highlight for parents and I urge you to attend if at all possible. I look forward to seeing you there!

Have a great week!

Doug Palm  
Head of Senior School

### **Welcome to the Southridge Senior School Mini School Evening**

On Wednesday September 24<sup>th</sup>, 2014 from 6:30 to 9:15 p.m. there is an opportunity to follow your son or daughter's schedule and to meet his or her teachers. This popular event has received excellent feedback from parents who have found it to be a very informative and valuable experience. Please come and join us and learn a little more about the varied curriculum and daily lives of our students in the Senior School.

Registration begins promptly at 6:30 p.m. in the Senior School gym. We look forward to seeing you there.

Ms. Jan Holt  
Senior School Academic Program Director

### **Duke of Edinburgh**

On Saturday September 13<sup>th</sup>, 2014, the Gold Award Ceremony took place in Victoria at Government House, the residence of the Lieutenant Governor of British Columbia. His Royal Highness The Earl of Wessex, Prince Edward, presented the students with their Gold Award of Achievement. Southridge had five Gold Achievers attend the ceremony; Avery Laird and Jacob Strecker, both in Grade 12 and also three alumni, Braxton Bonneville, Adrian Dray and Shelby Raeburn. It was a beautiful day in Victoria and the ceremony was something that I know the students will never forget. I would like to congratulate all of the Gold achievers who attended the ceremony, and I would like to challenge others to complete their Bronze, Silver and Gold levels, as the benefits of this program is truly undeniable. For more information about the program, please visit the Duke of Edinburgh's Award website, or if you have any questions or concerns, please feel free to contact me.

Mr. James Knihniski  
Duke of Edinburgh's Award Leader

### **Grad Retreat**

This year's Grad Retreat is scheduled for September 29<sup>th</sup> - October 1<sup>st</sup>, 2014. We will again be heading to RockRidge Canyon to enjoy the beautiful location and many exciting activities. Consent forms and more information will be provided at the Grade 12 Evening tonight from 7:00 – 9:00 p.m. and forms will be available on the Grade 12 page of LMS. I know the Grade 12 class will have an inspiring retreat where they will challenge themselves to embrace new, and sometimes daunting feats, as well as come together to forge a collective agreement on the legacy that they hope to leave with the Southridge community.

Ms. Nolan Wood  
Upper Division Coordinator

### **Senior Girls Field Hockey**

The Senior Girls Field Hockey team began their season last week involving rigorous practices. Their first tournament is on September 19<sup>th</sup> - September 20<sup>th</sup> at Crofton House, Vancouver. They will play 3 - 4 games against various independent schools including York House, Shawinigan, and St. Michael's University.

Practice dates are Tuesday and Thursday from 3:15 – 5:00 p.m. Every Monday the girls have the opportunity to engage in core strengthening through Yoga sessions in the old drama room from 3:15 - 4:15 p.m., courtesy of Nirvon Sorya-Galo in Grade 12.

We look forward to a great season!

Coach Alexandra and Holt.

### **Thank You**

A big Thank-You goes to Theresa Andreou for supplying 600+ freezies for all students at the house picnic. It was a really hot day, and they were a wonderful treat enjoyed by everyone.

Kierstan McCaw  
Science Curriculum Leader

### **University Counselling Update**

Greetings from the University Counselling office! We are kicking-off the Fall with a series of events and visits to help our senior students in their research and selection of post-secondary programs. There have been numerous postings on the new LMS to both students and parents with details of the events. Here is a summary of what is coming up:

US Information Night at St. Georges School, Senior School Campus  
Monday, September 22<sup>nd</sup> at 7:00 p.m. at the Senior School, 4175 W. 29<sup>th</sup> Avenue, Vancouver  
Representatives from Brown University, Massachusetts Institute of Technology,  
Princeton, University of Pennsylvania will be present  
Students and parents welcome  
No RSVP is required.

Want to Study In the UK?

The EducationUK University Admissions Fair will be held on:

Wednesday, September 25<sup>th</sup> at 6:00 p.m.

Crofton House School, 3200 W 41<sup>st</sup> Avenue, Vancouver

Representatives from 20 distinguished UK universities will be present

Students and parents welcome

RSVP requested [www.eduk-roadshow-2014-fall.eventbrite.ca](http://www.eduk-roadshow-2014-fall.eventbrite.ca)

Canadian Universities Event (CUE)

Monday, October 6<sup>th</sup> at 8:30 - 10:00 a.m. at Southridge in the Senior Gymnasium

Representatives from over 40 Canadian universities and colleges will be in attendance

All Grade 11 and 12 students are attending and parents are welcome to stop by

Vancouver Area Independent School Fair 2014

Wednesday, October 22<sup>nd</sup> - 1:00 - 3:00 p.m.

West Point Grey Academy, Vancouver

Representatives from over 100 US colleges will be present to answer questions around programs and admissions

Grade 10, 11 & 12 students who are interested in US studies are signing up to attend and will be bussed to WPGA for the afternoon

Yale Information Session

Wednesday, October 22<sup>nd</sup> at 7:00 p.m.

St. George's School, Senior Campus, 4175 West 29<sup>th</sup> Avenue, Vancouver

Students and parents welcome

Register at [www.admissions.yale.edu/events](http://www.admissions.yale.edu/events)

Individual College/University Visits to Southridge

Please note that in addition to these events, we are scheduling a number of college and university visits to Southridge between September and December. Details for all the visits are posted on Family Connection and students are notified well in advance to take advantage of the opportunity to meet and talk with an Admissions Advisor.

Mr. Weaver and I look forward to seeing Grade 12 parents and students at the Grade 12 Information Night tonight at 7:00 p.m. in the Great Hall.

Ms. Yvette Livingston  
Director of University Counselling

## News for Both Schools

### Mark Your Calendar For Our First Guest Speaker Event - October 16th @ 7:00 p.m.

Southridge is fortunate to be hosting Dr. Shimi Kang as our first guest speaker of the year on October 16<sup>th</sup> 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 Kang 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.

Debbie MacDougall



### **Driver's Abstracts Needed**

A reminder to all our parents: if you would like to drive your son/daughter and their classmates/teammates on a field trip or other school event this year, you need to submit your Driver's Abstract to the school as soon as possible. Abstracts can be obtained very easily from ICBC and are required annually. Visit the [ICBC website](#) for information about how to get a copy of the report. Send this report by email to [drivers@southridge.bc.ca](mailto:drivers@southridge.bc.ca).

Drivers are also required to obtain and submit a [Criminal Record Check](#). These are only required every five years. If you have not submitted a completed CRC and may want to drive this year, please do so as soon as possible. Some parents have reported that it's taking a few weeks to get these completed and returned, so don't delay.

If you're not sure if you have submitted your forms or not, contact Lisa Boudot at [lboudot@southridge.bc.ca](mailto:lboudot@southridge.bc.ca).

### **Volunteer Info**

Many thanks to all the dedicated volunteers that helped make our Welcome Back Barbeque a huge success this year! A special thank you to Azeem and Zehra Moledina for leading the team!

We still only have about 60% of the volunteers required to ensure the safety of our Junior School playground. Please consider signing up to volunteer for playground duty ASAP. Grandparents are also welcome, so spread the word!

The Hot Lunch team is still in need of volunteers to make this year a success! The commitment is only 5 or 6 times this school year from 11:15 a.m. to 1:15 p.m. You can also sign up to be "on-call" too. If you have any questions you can contact us at: [hotlunch@southridge.bc.ca](mailto:hotlunch@southridge.bc.ca)

Other areas in need include hot lunch and Junior School library. Ten more volunteers are needed to cover morning library shifts (8am - noon) either biweekly or monthly.

The Uniform Shop is also looking for volunteers to work Wednesday mornings 7:45 - 9:00 (it is important that you can be in the shop at 7:45 as the students come in early to purchase before school) and Thursday afternoons 2:00 - 4:00. These volunteer positions are set annually.

Remember, all volunteers must [sign up online](#) through the parent portal, even if you have already connected with the volunteer department head. Criminal record checks may be required.

Volunteer Committee

### **Uniform Shop News**

#### **Varsity Jacket Orders:**

The Uniform Shop is carrying a new Melton Wool Varsity Jacket as spirit wear for both men and women.

Starting next Monday, September 15<sup>th</sup> until Sept 25<sup>th</sup> we will take orders for the new Melton wool varsity jacket, come in and try on a size to place your order. Jackets will arrive in time for the cold weather in December. Price is \$150.00; a non refundable, \$25.00 deposit is required to order the jacket.

- Melton Wool which is durable and helps keep you warm in the cold
- Soft, warm quilted lining.
- Inside Pocket
- Sleeves with ribbed cuffs.
- Flat, rib-knit collar and hem with athletic stripes.
- Snap front.
- Slant pockets at front.

#### **The fit is right!**

New this year, the uniform shop is carrying the same wheeled backpack the school provides with the lap tops. The robust wheeled backpack fits nicely into the lockers.

We are open Monday through to Thursday; Mornings: 7:45 - 9:00, Afternoons: 2:00 – 4:00

### **Southridge Café**

I would like to take the opportunity to welcome everyone to the new school year. It has been an exciting opportunity to be back and reconnect with staff and students I had the privilege of serving from the Southridge cafe and just as exciting to meet some new staff and students that have joined the school.

It will be an exciting year for us full of well-balanced meals. (Coming Soon) Introducing a new create your own Salad Bar Selection for \$ 6.00. Choices from spinach, romaine and 6 choices of all the fixing from chicken, shrimp, ham, beans, tofu, hard boiled eggs, pickled beets and more.

The Southridge Cafe is an exciting place for your senses as we offer such a wide range of delicious culinary delights such as freshly baked scones and muffins and everyone's favorite Chocolate Croissants and let's not forget soft & chewy M&M cookies. If breakfast is your forte don't forget to grab a breakfast wrap made with 100% whole wheat tortilla wrap and Vegetarian options are also available and add hash browns and coffee, tea or Juice for \$5.00

The Southridge Cafe feature meals are the pinnacle of the day. We will be featuring specialities each day and always something unique. Monday - Friday will be a rotating menu's with balance meals co-insiding with the government regulations. While you come and hangout at the Southridge cafe, don't forget to grab a cup of coffee, a hot chocolate or a tea while enjoying a freshly baked muffin, or cookie or even a mini brownie.

Look for my Chef tip of the Day & Feature recipe in Southridge newsletters.

A reminder to all teachers and faculty staff: The cafeteria will also do catering for your after school meetings, luncheons, seminars or after school activities. I will customize a menu for your budget needs.

On behalf of our kitchen staff, Judy, Eric and I, we look forward to serving you this year.

Mike Leif  
Chef/Manager

## Hot Lunch Form – 2014-2015

Student Name: \_\_\_\_\_

Student ID Number: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

**To ensure the safety of your child, we are not able to accommodate any allergies or dietary restrictions.**

**Please circle: one food item, one drink and one dessert choice**

### Pizza on Whole Wheat Thin Crust

(Served Nov 5, Jan 14, Feb 25, April 22, June 3)

**Circle One:**                      Pepperoni                                      Cheese  
**Circle One:**                      2% Choc Milk            2% Milk            Bottle Water            Apple Juice  
**Circle One:**                      Chocolate Ice Cream                      Vanilla Ice Cream

*Includes: Raw Veggie Sticks with Ranch Dressing*

**5 Meals @ \$6.75 (Tax Incl.) = \$33.75**

### Breaded Chicken Strips

(Served Oct 1, Nov 12, Jan 21, March 6, April 29, June 10)

**Circle One:**                      3 - All White Chicken Breast Strips                      4 - Breaded Veggie Nuggets  
**Circle One:**                      2% Choc Milk            2% Milk            Bottle Water            Apple Juice  
**Circle One:**                      Vanilla Yogurt                      Berry Yogurt

*Includes: Tater Tots, Raw Veggie Sticks with Ranch Dressing*

**6 Meals @ \$7.00 (Tax Incl.) = \$42.00**

### Hamburger on a whole-wheat bun

(Served Oct 8, Nov 19, Jan 28, March 11, May 6)

**Circle One:**                      Beef Patty                                      Veggie Patty  
**Circle One:**                      with cheese                                      without cheese  
**Circle One:**                      2% Choc Milk            2% Milk            Bottle Water            Apple Juice

*Includes: Veggie Sticks and Ranch Dressing and a Homemade M & M Cookie for Dessert*

**5 Meals @ \$6.75 (Tax Incl.) = \$33.75**

### Homemade Macaroni and Cheese

(Served Oct 15, Nov 26, Feb 4, Mar 18, May 13)

**Circle One:** with Cheese Sauce Only pasta – no cheese sauce

**Circle One:** 2% Choc Milk 2% Milk Bottle Water Apple Juice

**Circle One:** Chocolate Ice Cream Vanilla Ice Cream

*Includes: Garlic Bread, Veggie Sticks and Ranch Dressing*

**5 Meals @ \$6.75 (Tax Incl.) = \$33.75**

---

### Chicken Souvlaki with Tzatziki

(Served Oct 22, Dec 3, Feb 11, April 8, May 20)

**Circle One:** Chicken Marinated Tofu (lemon and herb)

**Circle One:** 2% Choc Milk 2% Milk Bottle Water Apple Juice

*Includes: Pita Bread, Rice, Veggie Sticks and Ranch Dressing and a Homemade M & M Cookie for Dessert*

**5 Meals @ \$7.00 (Tax Incl.) = \$35.00**

---

### Penne Pasta with Choice of Sauce

(Served Oct 29, Dec 10, Feb 18, April 15, May 27)

**Circle One:** Meat Sauce Tomato Sauce No Sauce

**Circle One:** 2% Choc Milk 2% Milk Bottle Water Apple Juice

*Includes: Garlic Bread, Veggie Sticks and Ranch Dressing, and a Homemade M & M Cookie for Dessert*

**5 Meals @ \$7.00 (Tax Incl.) = \$35.00**

---

*\*\*Please note that there are no food or drink substitutions*

**Total number of meals** \_\_\_\_\_

**Total Payable** \$ \_\_\_\_\_

**Please return form with Cheque by Friday, September 19th**

**Make Cheques Payable To "Compass Group"**

# Mango Chicken Wrap

Yields : 5 Wraps

- 250 g [Chicken, 1/2" Diced, Cooked](#),
- 150 g [Mango Chunks, Frozen-IQF](#) or Fresh
- 48 mL [Mayonnaise, Half the Fat](#)
- 32 mL [Sour Cream, 1 %](#),
- 1.6 g [Cilantro, Fresh, Chopped](#)
- 9 mL [Spice, Curry Powder](#)
- 6 mL [Orange, Peel, Fresh, Grated](#)
- 5 each [Tortilla Wrap, Whole Wheat, So Sensible, 10", CDN, Frozen](#)
- 142 g [Lettuce, Leaf, Fresh, Shredded](#)

1. In a large bowl, mix mayonnaise, sour cream, chopped cilantro, curry powder and orange zest together. Add chopped cooked chicken and mango.

Note: 1 average orange = 2 T (30 mL) zest

2. For each Wrap:

1 tortilla;

85 g chicken salad mixture;

28 g shredded lettuce.

Also other ingredients you wish

3. Wrap tortilla burrito style.

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

## Chef Tip of the Day

### *Look for a few things...*

1. **Colour:** There are many different varieties of mangos. Some go from green to red, some end up orange, some start off yellow and end up orange. So once you're familiar with the type of mango you're buying, you can get an idea of what a ripe one looks like.
2. **Smell:** A ripe mango will smell sweet. Check near the stem end, the smell should be stronger there. You should smell it and think "mango". Smell is a large part of your taste, so it should be very familiar.
3. **Firmness:** Mangos, like peaches will soften as they ripen. Just as it starts to go from firm to soft, it is just about ripe.
4. **Weight:** With most fruit you can tell their ripeness by their weight. A riper fruit will be slightly heavier than an unripe one.