

# Southridge Wednesday

14-15  
No. 02

A Weekly Publication of Southridge School

September 10, 2014

## Head of School

### Stay Fit – It’s Good for Your Brain

Being physically active and fit has a positive impact on mood, focus, creativity, energy and productivity – and, essentially, overall well-being. For a long while the associated benefits of fitness were believed to spill over into academic achievement only *indirectly*. For even if there wasn’t a direct link between physical fitness and the brain’s development, performance in school could be positively affected by having a good outlook, being able to focus with more energy and by thinking creatively.

More recent research, however, has demonstrated that being fit actually has a *direct* impact on school performance because of physical activity’s influence on the brain itself. Scientists have shown that being physically active can account for a large portion of the scholastic achievement gap between economically disadvantaged students and their more well off counterparts. Other scientists have shown that the brain’s white matter tracts (which affect learning) are better developed in fit children than they are in unfit children. These same scientists also found higher levels of development in areas of the brain associated with critical thinking and memory in fit children.

At Southridge, we believe in the importance of physical activity and fitness for its positive influence on overall well-being, which indirectly impact achievement in school. But we also support activity and movement for its direct impact on brain development. Certainly, we are committed to daily physical activity in our Junior School, and our Senior School students are required to take physical education as part of Southridge’s mandatory curriculum up to (and including) Grade 11, which is beyond the requirements of the Ministry of Education.

Make no mistake about it, physical activity is important throughout life. As our mission statement declares, *an appreciation of, and a desire for, life-long physical activity and fitness* is something that Southridge truly believes in. So, let’s commit together to keep all of our children fit throughout the school year, regardless of their age. In today’s world we may be less inclined to send our children outside to play for hours and hours without adult supervision, but we can’t neglect our responsibility to send a clear message about the importance of physical activity and fitness.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

Important Dates			
Event	Date	Time	Location
Full School Assembly	Wednesday, Sept 10 <sup>th</sup> , 2014	9:40 a.m. - 10:30 a.m.	Senior School Gym
Strathcona Park Lodge Parent Meeting	Thursday, Sept 11 <sup>th</sup> , 2014	7:00 p.m. - 9:00 p.m.	Alan Brown Great Hall
Welcome Back Parent Barbeque	Friday, Sept 12 <sup>th</sup> , 2014	3:00 p.m. - 5:00 p.m.	Commons
Senior School House Picnic & Terry Fox Run	Friday, Sept 12 <sup>th</sup> , 2014	All Day	
Junior School Terry Fox Run	Friday, Sept 19 <sup>th</sup> , 2014	1:00 p.m. – 3:00 p.m.	Commons

## Junior School News

### **Brightness- how do you shine?**

On Monday night, anyone out on the soccer field, the rugby pitch, or even a drive or stroll through the neighbourhood was treated to an amazing bright full moon, otherwise known as a 'supermoon'. According to Metro News, "a supermoon is the coincidence of a full moon or a new moon with the closest approach the Moon makes to the Earth on its elliptical orbit, resulting in the largest apparent size of the lunar disk as seen from Earth. It's known as a "Harvest Moon" because of its status as the full moon closest to the Northern Hemisphere's autumnal equinox on September 22nd." However, for those of us that beheld that moon, science aside, it was a spectacular sight. The moon's illumination cast shadows almost as clearly as on a sunny day, and I marvelled at the fact that the moon was not generating any of its own light, but merely reflecting the light of the sun. When your child attends Southridge, we are hoping to create a wonderfully vibrant community, that assists in growing and nurturing the spirit of your child. Our hope is that we each help each other grow, shining their own light, but also reflecting the light of others. So when you glance at the moon this week, hopefully this metaphor will speak to you about nurturing your own light, and surrounding yourself by people that help you grow as you reflect their light. To those in our community whom celebrate the Moon Festival, please enjoy this time honouring family ties with a variety of festivities.

Have a great week,

Mrs. Laurel Middelaer  
Head of Junior School/Deputy Head

### **Calendar Update**

On Thursday September 18<sup>th</sup>, the MYP new parent information night has been cancelled because all Grade 5, 6, and 7 parents are invited to their grade outdoor education meetings from 6-6:50pm (prior to meet the teacher). The Grade 5 meet the teacher presentation will include a brief introduction to the MYP.

### **Meet the Teacher Evening- Thursday, September 18, 2014 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 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 five 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 10-12, 2015 (compulsory)

Grade 5: Camp Elphinstone- YMCA Program, September 22-24, 2014 (compulsory)

Grade 6: Camp Qwanoes, Adventure Program, September 23 – September 26, 2014 (compulsory)

Grade 7: Camp Summit Outdoor Camp, September 23 - September 26, 2014 (compulsory)

## Outdoor Education Parent Information Sessions - Thursday, September 18, 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 Five 6:00 – 6:50 p.m. Mr. Best’s classroom

Grade Six 6:00 – 6:50 p.m. Mr. Anderson’s classroom

Grade Seven 6:00 – 6:50 p.m. Ms. McNeil’s classroom

## Parent Coffee Hours

Although Southridge is a very busy place, we strongly believe in making connections with our parents and teachers. As such, we have organized a coffee hour for each grade level to provide an opportunity to meet other parents in the grade class, and also to meet the Specialist teachers. The coffee hour is from 7:30 – 8:30a.m. in the Great Hall, and we would love to see as many parents as possible. Please check this list below and mark your calendar—we look forward to connecting.

1) Grade	2) Date
3) Kindergarten	4) Wednesday, October 1, 2014
5) Grade One	6) Thursday, September 25, 2014
7) Grade Two	8) Wednesday, September 17, 2014
9) Grade Three	10) Friday, October 3, 2014
11) Grade Four	12) Tuesday, September 23, 2014
13) Grade Five	14) Friday, September 19, 2014
15) Grade Six	16) Thursday, October 9, 2014
17) Grade Seven	18) Tuesday, October 7, 2014

## 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 next 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 meet in my classroom, Room 128, just after 3:00 today, September 10<sup>th</sup>. We need you to set and clean up, and to assist our young students with the preparation of the sandwiches for this hands on learning experience. Students, stay tuned for an upcoming assembly announcement about your welcomed participation next week.

Mrs. Murchie  
Junior School Service Coordinator

## Junior School Sports Round-up

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 all of these sports:

Monday	3:15-4:15 pm	Grade 7 Girls “A” Volleyball Grade 7 Girls “B” Volleyball Grade 6 Girls Volleyball
Tuesday	3:15-4:15 pm	Grade 5 Girls Volleyball Grade 5 Boys Soccer Grade 3-7 Cross Country
Wednesday	3:15-4:15 pm	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 pm	Grade 5 Girls Volleyball Grade 5 Boys Soccer Grade 3-7 Cross Country
Friday	3:15-4:15 pm	Grade 6 Boys Soccer Grade 7 Boys Soccer

Here is the game schedule for Term 1 Sports:

**Grade 5 Boys Soccer**

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

**Grade 6 Boys Soccer**

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

**Grade 7 Boys Soccer**

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

**Grade 5 Girls Volleyball**

Tuesday, Sept. 30<sup>th</sup> @ Southridge vs. Meadowridge 3:30-4:30 pm  
 Tuesday, Oct. 14<sup>th</sup> @ Southridge vs. WPGA 3:30-4:30 pm  
 Monday, Oct. 20<sup>th</sup> @ Mulgrave vs. Various 3:30-5:00 pm  
 Thursday, Oct. 30<sup>th</sup> @ Southridge vs. Various 3:30-5:00 pm  
 Tuesday, Nov. 4<sup>th</sup> @ Richmond Oval- ISEA Volleyball Playday 9:00-3:00 pm

**Grade 6 Girls Volleyball**

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

**Grade 7 "B" Girls Volleyball**

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

**Grade 7 "A" Girls Volleyball**

Thursday, Oct 2<sup>nd</sup> @ WPGA vs. WPGA 3:00-4:15 pm

Tuesday, Oct. 7<sup>th</sup> @ Southridge vs. York House 3:15-4:15 pm  
Thursday, Oct. 16<sup>th</sup> @ Southridge vs. Crofton House 3:15-4:00 pm  
Wednesday, Oct. 22<sup>nd</sup> @ Stratford Hall vs. SH 3:45-4:20 pm  
Wednesday, Nov. 5<sup>th</sup> @ St. John's- ISEA Volleyball Championships 9:00-3:00 pm  
Nov. 6-8<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 am and ends at 3:00 pm

Saturday September 27, 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 29, 2014- ISEA Championships at Quilchena Park, Vancouver  
Note that this meet is during school hours (7:30 am until 4:00 pm)  
The whole team will participate in this meet

## **Senior School News**

### **Starting Strong!**

I realize that the title of my weekly Wednesday submission is far from creative. In fact, it is likely downright cliché to mention this phrase at the beginning of a school year. If I was a high school student and heard my Principal or teacher or parent tell me to “start strong”, my response would likely sound something like: “Gee, thanks for that useful nugget of information...”

Even realizing this possibility, at our opening Senior School assembly this is the message I passed on to the students. I think it is a really positive opportunity that a new school brings. Regardless of how that past year was completed, a new year provides the ability for each one of us to start with a fresh slate – a new teacher, classmates, challenges and goals to reach. When this is the focus the notion of a strong start is that much more important to achieve.

I tried to remind the students that over the next few weeks that many people will present them with key pieces of advice in order to begin the year well. The obvious individuals to take note of are their teachers, but I also reminded them that their peers will share and model helpful skills and attitudes. I suggested even their parents might have a few helpful points to make!

I gave them three ideas to consider: be organized, be on time and look your best in your uniform. The first two are fairly self-explanatory in how they contribute to success. The third is tied to presenting yourself confidently and smartly and ready to tackle the challenge at hand.

I finished my presentation at assembly with something I labelled the “key to success” for their year; one idea that could really make a true difference and one that is backed by very strong research. As well, it is one that the students have full control over. This is the mindset they wish to have.

In a blog post from last year, I spoke about mindsets and the research that Dr. Carol Dweck from Stanford University had done in looking at how these affect one’s ability to learn and grow. With a fixed mindset, a person believes that their basic qualities, like intelligence and talent are fixed traits and are not able to be developed. Dr. Dweck’s research has shown that in fact this is not the case that these traits are in fact able to be developed through dedication and hard work. In order for this to occur; however, one must have a growth mindset. As the research shows, this view creates a love of learning and a resilience that is essential to overcome challenges. The Senior School code of ethics contains the importance of perseverance and resiliency and our mission statement speaks of students becoming life-long learners.

I finished by sharing with the students how I had embraced a growth mindset this summer when I wanted to develop my abilities to sketch. I spent an afternoon during the summer at my brother’s cottage sketching the scene from the dock and I showed them my “masterpiece”! I wanted to let them know that it was important to try and to believe that they could improve their skills.

I encourage each of us to maintain a growth mindset in everything we do and, equally important, to help to each other to stay positive with this mindset, especially when things become difficult. This will help to not only start strong, but maintain it!

Have a great week!

Doug Palm  
Head of Senior School

### **Senior School Picnic**

This year’s senior school picnic is on Friday September 12<sup>th</sup>. After a short day of classes, students will get on the buses (10:40) and travel a short distance to Crescent Park. Students will enjoy a picnic and participating in welcoming rituals, tug of wars and finally, the Terry Fox Run. We will return to school by 3:00. Students need to come to school on this day wearing their house colours/costumes and bring:

- Bag lunch
- Water Bottle/water
- Running Shoes
- Clothes should be old clothes in house colours that they don’t mind getting dirty
- Students can dress up in house coloured crazy costumes
- Students can paint their faces/hair in their house colour
- A towel to clean up after welcoming ritual/change of clothes
- Rain coat or suntan lotion...we go rain or shine
- Donation for Terry Fox
- An extra set of clean clothes for the Welcome Back BBQ.

Kierstan McCaw

### **Grade 12 Parent and Student Information Evening**

Please join us on Wednesday, September 17<sup>th</sup> from 7:00 – 9:00 pm to hear information on all aspects of this year’s Grade 12 year. We will be explaining general expectations for Grade 12 students including sign out privileges, Grad Retreat and other Leadership Experience Week (LEW) events, End of Year Graduation Events and especially the University application process and how it will unfold over the year. This is a new event that we hope will give both parents and students opportunities to ask questions and begin their final year at Southridge on a great note. All Grade 12 parents and students should plan to attend.

Mr. Doug Palm  
Head of Senior School

### **Rockridge Canyon - October 14 – 16, 2014**

This will be our ninth Jazz Retreat, and we are pleased to announce that we will be returning to the beautiful Rockridge Canyon Retreat Centre in Princeton, BC. Truly, this has become a bit of a Southridge tradition! If you speak with anyone who has been in previous years, I'm sure they'll tell you it was a great time... musically and in every other way! This year's retreat will be held from Tuesday through Thursday, October 14 - 16.

Our days will be filled with full band sessions, sectional rehearsals, as well as workshops on improvisation. Each evening, we'll be treated to a jazz jam session extraordinaire with our clinicians. Also, they'll be lots of free time for relaxing or playing a game of pool, basketball, or simply soaking up the awe inspiring scenery. Students will stay in dormitory style accommodations.

If you are playing in one of the Jazz Bands or sing in the Choir this year, you will not want to miss this amazing retreat. The sign up forms are now available; check in front of the bulletin board outside room 103.

Parents, if you are willing to help, please email [cmitchell@southridge.bc.ca](mailto:cmitchell@southridge.bc.ca). Each year, we have about 5 or 6 parents join us, to help with the younger students' cabin supervision and some of the food. The evening concerts are definitely a highlight. Any parents who have been before have certainly enjoyed the retreat.

Ms Parker, Mr. Mitchell & Mr. Burrage

### **Grad Parent Volunteers**

If you are interested in assisting with the grad committee this year we are looking for one volunteer to help communicate fundraisers, events, and updates to the graduating class. We are also looking for ten parent volunteers to assist with the creation of the grad photobooks. Every year the grad committee works on the individualized photobooks that are given to the students as a farewell present to the grads, but it is a yearlong project and we do require parents to assist the grads to ensure that the books are meaningful and special for each student. Please contact Heather Mosher ([hmosher@southridge.bc.ca](mailto:hmosher@southridge.bc.ca)) if you are interested in helping with one of these roles or if you are able to assist with specific fundraisers or events throughout the year. Thank you!

Ms. Heather Mosher  
Education Technology Coordinator

### **India Service Trip – 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 Grade 8 - 12 who is interested in participating in a 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 30<sup>th</sup>, and the full cost of the trip is \$5,000.00. For more information, contact Mr. Weaver at [dweaver@southridge.bc.ca](mailto:dweaver@southridge.bc.ca) or 604-542-1796.

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

### **@SRnotabene**

The English Department has joined the twitter universe.

We will be using our new twitter account to tweet updates on school activities and student achievements, as well as posting links to writing competitions and inspiring videos that celebrate the work of contemporary writers and filmmakers.

You are more than welcome to follow us during our inaugural year. Our username is @SRnotabene, which means to "note well" in Latin.

Gail Robinson  
English Curriculum Leader

### **Remembering Zaccheus Jackson**

In the midst of all of the international stories of suffering and loss that plagued the media this summer, there was one story that truly hit home. On Wednesday, August 28th, Zaccheus Jackson, a local spoken word artist, was struck by a train and killed in Toronto.

Many of our students had an opportunity to meet Zaccheus, when he came to Southridge to lead slam poetry workshops, and they heard Zaccheus deliver his poems, when he performed at Youth Slams and Writing Festivals in Vancouver.

Listening to the media respond to the news of his death this week, I have spent a lot of time reflecting on his greatness, as a human being and as an artist. I have been reminded, for example, of a conversation that Zaccheus had with our Writing 12 class last February. The students wanted to know how he had become a poet and he told us that he had been a drug addict who wandered into a poetry slam in East Vancouver, because he liked poetry and he wanted to slam something. As he told the Calgary Herald in 2011, "Some people find God. Some people find health. Some people find tofu. People find all kinds of things. For me, I found spoken word. Poetry saved my life." Although his poetry was often inspired by his memories of difficult life experiences, he always left his audience with a feeling of hope.

Southridge students were not the only recipients of his time and attention. Zaccheus visited schools across the Lower Mainland, as well as aboriginal communities in northern B.C. The Toronto Star reported that Zaccheus hoped that he would be remembered, not for his poetry, but for his work with young people. He wanted them to feel empowered and he genuinely cared about who they were and what they were trying to say. During that writing class last February, I remember Zaccheus' absolute delight when he told the class a story about one of his students beating him in a poetry slam. The point, after all, is not the point. The point is the poetry.

Unfortunately, I can't share my favourite Zaccheus Jackson poem with you. I once tried to buy a book of his poetry but I couldn't because it didn't exist. His poems, as he patiently explained to me, were not products. They were a living art form. The poem that I wanted to hold in my hands had to do with his Blackfoot descendants fighting in World War II. Because I couldn't own it, I asked Zaccheus if he would come back to the school to perform it during this year's Remembrance Day Ceremony and he agreed but, now, they are both gone

Although I can't offer you my favourite Zaccheus Jackson poem, I can share with you a poem that gives you an insight into the way that he used his voice to bring greater awareness to what it felt like to be of Blackfoot descent.

<https://www.youtube.com/watch?v=6vYwTh25Xpl>

Zaccheus Jackson was a remarkable man, a gifted poet and a generous mentor. We were very lucky to have known him. He will be dearly missed.

Gail Robinson

### **Strathcona and Grade 8 Transition Evening**

Welcome back!! I hope that everyone had a restful summer and was able to recharge for another school year. It is exciting to see returning students and welcome new ones into our community. The Strathcona trip, which is mandatory for all Grade 8 and 9 students, will take place from Sunday, September 28<sup>th</sup> to Friday, October 3<sup>rd</sup>. There will be a meeting to help inform parents about the details of this trip on Thursday, September 11<sup>th</sup>.

On the this same evening there will be opportunity to provide information and answer questions regarding the transition of Grade 8 students into the Senior School.

Date: Thursday, September 11<sup>th</sup>, 2014

- Grade 9 Strathcona Parent Meeting/Questions: 6:30 - 7:00 p.m.
- Grade 8 Strathcona Parent Meeting/Questions: 7:00 - 7:45 p.m.
- Grade 8 Transition Information: 7:45 - 8:00 p.m.

Mr. Norman Dods  
Lower Division Coordinator



## News for Both Schools

### **Athletics Set to Go!**

With all of the uncertainty in the public school districts, athletics will press on here at Southridge. Teams will begin practices today and there are some private school tournaments that will go ahead, as early as this week. Southridge values athletics as one of our four pillars of education and will continue to move forward on this premise. We fully respect the scenario faced by many in the public sector and will not take part in any events that may be held in public school gymnasiums. All practices and games will be shown on the athletics web page; however, there have been some difficulties in the move to the new website, so for now there is a schedule of events posted outside of my office. Please do not hesitate to contact me if you have any questions or concerns.

Mr. James Porpaczy  
Director of Athletics

### **I scream, you scream, we all scream for Root Beer Floats!!!**

That's right - the always popular Root Beer Float will be served this Friday at the Welcome Back BBQ, from 3:00-5:00pm, along with hot dogs, hamburgers and veggie burgers. In addition to the BBQ at the Junior School, there also will be a kids scavenger hunt (with a fabulous prize draw!), plus popcorn and a movie in the Junior School gym.

This is full school event and an excellent opportunity to meet your child's teacher(s) and connect with the Southridge community. There also will be a Volunteer information and registration table set-up in the Junior School, so please stop by to see what activities and opportunities are available and need your support throughout the year.

Parking that day will be limited, so please make alternate off-site parking arrangements and plan to walk to the school for the BBQ. If you are not able to attend, you **MUST** pick up your child(ren) as usual, as it will be a very busy day and we care about their safety and well-being.

If you need to buy or exchange any clothing items, the Uniform Shop will be open between 3:00-5:00pm.

It's going to be a great afternoon – see you on Friday!!!

### **Urgent Call!**

We currently only have 50% 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!

Other areas in need include hot lunch and on-call hospitality. Hospitality includes events such as the Open House and New Parent evenings, and is a great position for Senior School parents.

Remember, **all volunteer sign-ups must be done online through the parent portal**, even if you have already connected with the volunteer dept head. Criminal record checks are required

### **Mark Your Calendar For Our First Guest Speaker Event – October 16<sup>th</sup> @ 7:00 pm.**

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 pm 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. 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.

[Click here](#) to book your tickets to see Dr. Kang.

### **Welcome to the New LMS (Learning Management System)**

Please read the attached description and screen photos of how to use the calendar feature in the new LMS.

### **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

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### **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 with 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 forgets 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 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-in siding 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 also will do catering for you're after school meetings, luncheons, seminars or after school activities and I will customize a menu for your budget needs.

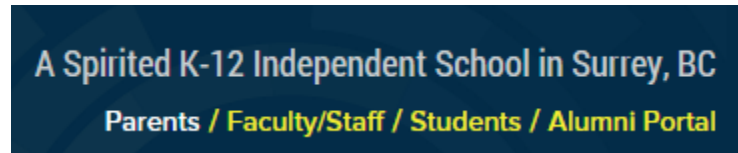
On behalf of our kitchen staff Judy and Eric and I, we look forward to serving you this year

Mike Leif  
Chef/Manager

## The New LMS (Learning Management System)

As many of you are aware, our website was upgraded over the summer and I hope that you have all had a chance to look around and see how amazing it looks. As part of our new website, we have a new learning management system which has replaced Schoology that was used last year. There is some new terminology to go along with the new LMS, and hopefully this will help everyone find different aspects of the LMS that you are hoping to utilize.

First of all, in order to see the school calendars, upcoming events, homework, etc you must be logged into the website. Please click on the “Parents” log-in which is yellow in the top banner on the website.



Once you are logged in, you will see the “Parent Portal”. This is snap shot of what is happening around the school for your children. It will have a brief overview of the next couple of days in a calendar titled “Upcoming Events” on the right hand side. It will have a list of the classes that each of your children are enrolled in in the middle and below this will be announcements. On the left hand side are some documents and resources that you might need over the course of the year. The one button that launches the LMS is the one that is in the middle of the page, right above your children’s classes which is titled “Groups Dashboard”.

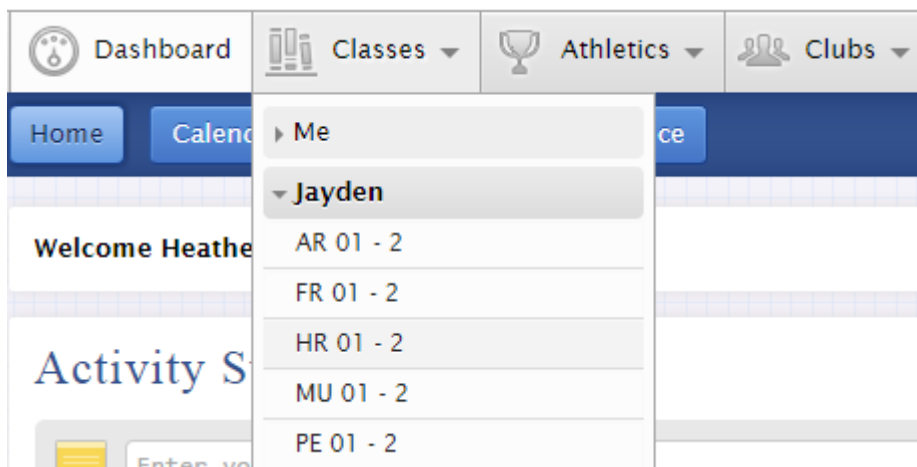
# PARENT PORTAL

Welcome!

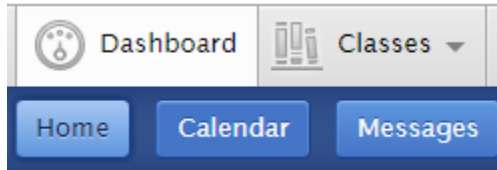
## My Classes



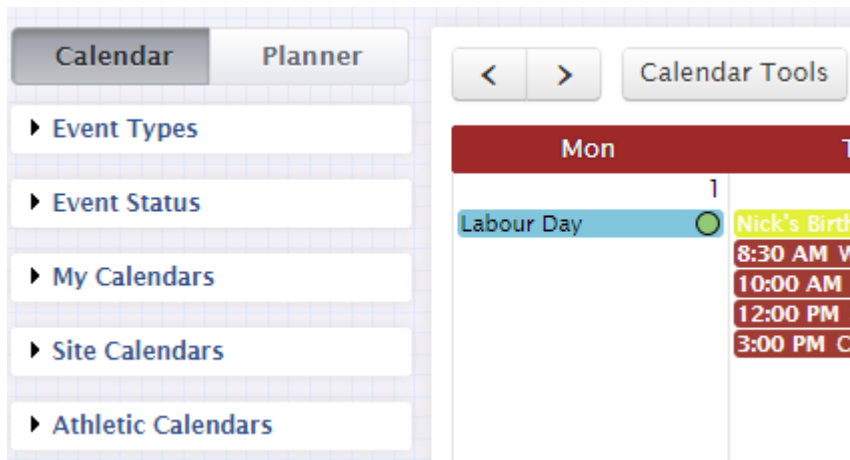
Once you click on the “Groups Dashboard” you are inside the LMS. The LMS houses all the school calendars that you might need to access, all of your child’s classes, all of your child’s sports teams and all of your child’s clubs. By clicking on the menu, you will get a drop-down box for all of their classes/clubs/teams and if you wish to get back to the first screen when you enter the LMS, click on Dashboard.



The one thing that everyone needs to help their children plan for the upcoming weeks, is the school calendars. Under the top row of menus, there is a calendar button in blue, will get you to not only the calendars associated with each class/club/athletic group but also the school calendars that are important to your child, such as the days of the cycle, the senior/junior school calendars and important school dates.



Once you are in the Calendar, there are different calendars that you can view while online. The “My Calendars” section has all of your child’s class/clubs/athletics calendars. The “Site Calendars” section has all of the calendars you will want for school dates. The “Athletics Calendars” lets you look at other teams if you wish to see other games throughout the year. If you would like to get an iCal subscription to any of these calendars, click on the “Calendar Tools” button that is above the calendar. This will allow you to get an iCal subscription, we are suggesting if you are using a google calendar to use the URL feed.



I hope this helps everyone get started learning about the LMS and if you have any questions, please feel free to contact Steve Anderson in the junior school or myself Heather Mosher in the senior school with questions. If you are unable to log-in or are experiencing any difficulty while browsing the website, please contact our website administrator, Alan McInnes.

Thank you

Heather Mosher  
Senior Education Technology Coordinator

## Mediterranean Wild Pacific Salmon Salad w/ Chickpeas

### Ingredients

73.04 g	<a href="#">Fish, Salmon, Loin, Wild, 4 oz, Fresh or Frozen</a>
7 g	<a href="#">Spice, Basil, Leaves, Dried, Crushed</a>
28 g	<a href="#">Parsley, Fresh, Each Sprig</a>
30 mL	<a href="#">Salad Dressing, Sun Dried Tomato and Pesto Vinaigrette</a>
56.8 g	<a href="#">Spring Mix Salad</a>
28.4 g	<a href="#">Onions, Red, Fresh, Diced</a>
28.4 g	<a href="#">Olives, Black, Chopped</a>
60 g	<a href="#">Tomatoes, Fresh, Each Slice, 1/4"</a>
56.8 g	<a href="#">Beans, Chickpeas, CDN, Canned, Drained, Rinsed</a>
60 mL	<a href="#">Salad Dressing, Sun Dried Tomato and Pesto Vinaigrette</a>

### Preparation

#### Method

1. To prepare marinade combine basil, parsley and Sun Dried Tomato dressing. Marinate salmon for at least half an hour.  
COLD HOLDING: Maintain internal cold holding temperature at 40°F (4°C) or less.
4. Grill fish 3 to 4 minutes per side until just cooked through. DO NOT OVERCOOK.  
COOK TO A MINIMUM INTERNAL TEMPERATURE OF 160°F (71°C) FOR A MINIMUM OF 15 SECONDS.
5. Chill fish. When fish is chilled, cut into small pieces. Or serve warm other option  
COOLING: Cool from 140°F (60°C) to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.  
COLD HOLDING: Maintain internal cold holding temperature at 40°F (4°C) or less.

## Chef Tip of the Day

# Salmon Cooking Tips

### **Baking:**

Season salmon, then brush with butter or substitute. Place in a greased baking pan and cook in a preheated oven at 350 degrees for approximately 10 minutes per inch of thickness. Measure at the thickest point. Salmon should flake when done.

### **Steaming:**

Use a steamer or steaming basket. Arrange salmon portions on rack, then pour liquid (wine, water, etc.) over fish into pan. Lightly season salmon and add spices and herbs to water. Cover and bring to a boil. Steam salmon one minute per ounce over medium heat. You can also wrap your fish portions in cheese cloth to remove them from steamer in whole pieces.

### **Poaching:**

Assemble poaching liquid of a mix of chicken broth, white wine, water. Add one teaspoon of bouquet garni and bring to simmer. Be sure there is enough liquid to cover fish in a skillet. Poach 6 to 7 minutes. Can serve warm with lemon dill sauce or chill in refrigerator and serve cold.

### **Pan Frying:**

Pan-frying salmon makes for a delicious entree. The trick is to allow your oil or butter to get hot before frying. This captures the oils and juices and keeps them in the salmon. Do not allow your oil to get too hot and smoke. The basics include rinsing your fish quickly or wiping with a damp cloth. Dip your fillet portions or steaks into milk, then in cracker crumbs or flour. You can season either as well. Your oil should be deep enough to cover 1/2 of the fillet or steak thickness. Fry on medium heat about 3 to 5 minutes on each side, until golden brown.

### **Broiling:**

Preheat oven and broiling pan at least 10 minutes beforehand. Quickly wash your fillets or steaks in cold salt water. Then dust the salmon lightly with flour. Brush the top of the salmon with butter and seasonings. Place on broiler rack about 2 to 3 inches from heat. You do not need to turn salmon fillets while they're broiling, however, you should baste them often with butter. Add a little seasoning to your butter on your last basting. Salmon steaks should be turned once to cook both sides and basted as well.

**Monday- Vegetarian & Chicken Quesadilla**

**Tuesday-Chicken ala King served over Rice**

**Wednesday- Beef Lasagna & Vegetarian Lasagna**

**Thursday- Turkey Burger or Veggie Burger and Wedge Fries**

**Friday-Baked Tuscan Cod with Spanish Rice**

### **Cafeteria Memo:**

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

