

MARCH 15, 2017 ISSUE #25

Head of School

Well-Balanced Break

An exciting event will take place this Saturday, marking the beginning of a new season: Spring. That's right; the spring equinox will take place on March 20 at precisely 3:28 am. At that moment in time, the Sun will cross the celestial equator – the imaginary line in the sky above the Earth's equator. On the equinox, night and day are nearly exactly the same lengths of time all over the world. As a matter of fact, this is the reason it's called an "equinox", which means "equal night" in Latin.

The March equinox is also known as the vernal equinox because of its association with the first day of spring. Beyond schools all over the world scheduling a holiday for students at this time of the year, people have recognized the vernal equinox for thousands of years with rich traditions and elaborate festivals. Many early peoples celebrated for the basic reason that their food supplies would soon be restored.

It is also probably no coincidence that early Egyptians built the Great Sphinx so that it points directly toward the rising sun on the day of the vernal equinox. The ancient Mayan culture even constructed a notorious pyramid called El Castillo with four staircases built at carefully calculated angles so that, on the first day of the vernal equinox, the sun's movement would look like an enormous snake of sunlight slithering down the stairs.

No matter how people have celebrated the first day of spring, the recognition of balanced night and day is a thought-provoking metaphor. It is interesting to note, however, that the balance is fleeting and only lasts for one short moment in time. Personally, I have often operated on the false assumption that balance is a static state to be achieved and sustained; alas, balance is more dynamic than static and the equinox is an excellent reminder that, despite its attraction, balance is not something that lasts very long.



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So, as your family takes a breather from school like so many other families do with schoolaged children at this time of the year, why not take the opportunity to celebrate the newness of the fresh spring season and enjoy the sense of balance, as fleeting as it may be.

Have a wonderful break!

Drew Stephens Head of School

Event	Date	Time	Location
MYP Musical – "Dear Edwina"	Wednesday, March 15	6:30 pm	Junior School Great Hall
Senior School Speech Day	Wednesday, March 15	All day	Senior School
Term-Two Progress Reports Sent Home (PYP and MYP)	Friday, March 17	3:00 pm	Junior School
Spring Break	Saturday, March 18 – Sunday, April 2		Both Schools
Late-Start	Monday, April 3	10:25 am	Both Schools
Junior School Assembly	Thursday, April 6	8:10 am	Junior School Great Hall
Author's Week	Monday, April 10 – Thursday, April 13	All week	Senior School
Junior School Assembly	Monday, April 10	8:10 am	Junior School Great Hall
Junior School Reunification Drill	Thursday, April 13	Afternoon	Junior School
Good Friday	Friday, April 14	All day	Both Schools
Easter Monday	Monday, April 17	All day	Both Schools

Important Dates



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Junior School News

Head of Junior School

"How are you settling in, Mrs. de Hoog?"

With this being my first year at Southridge, and also my first year as a Junior School Head, I often get asked, "how are you settling into life at Southridge, Mrs. de Hoog?" It's a question I enjoy answering, and one that I reflect on frequently. The short answer is, I think I am settling in as well as can be expected. The long answer requires a little more unpacking, so here are some of the ways that I am settling into life at Southridge:

I am settling into being in a role that has a huge responsibility for setting the tone for the Junior School. I have worked under the mentorship of some amazing people, but you never really fully appreciate the magnitude of a role until you are actually in it. I welcome feedback, as this is an area where I know there will always be room for growth no matter how many years I will be at the school.

I am living out the importance of listening first and speaking second. During my leadership training, and in my own ongoing learning about leadership, this notion of listening first and speaking second always comes up. Listening first has been so critical as I come to know Southridge and its unique culture. Having the opportunity to be a part of the strategic planning process in my first year has also been a great opportunity for me to practice listening first and speaking second.

I am showing up every day as my best self. Whether I am watching learning unfold as I visit classrooms, sharing at assemblies, listening to a concern, or helping a child reflect on their behaviour choices, I seek to do so from a place of care and compassion. I come to school feeling like I can be authentic and true to who I am as an educator and person, and that enables me to give wholeheartedly to this community.

I am embracing the opportunity to work with such an amazing group of educators. Seriously, not a day goes by that I don't thank my lucky stars that I hit the jackpot with having the opportunity to lead, learn from and work with such an amazing group of educators, administrators and support staff.

I am being stretched to grow in ways that I never could have imagined. Every day I am challenged to learn new things, and to apply those learnings as I chart the course forward and make decisions. In the process, I am learning about my own capacity as a person.



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I am feeling settled, connected and at home in this community. I am so grateful for how open everyone has been to receiving me and helping me become a member of the Southridge community. I am also so thankful to know that my family is also a part of it all, too. Coming to school every day with my kids in tow is something I am proud of and I value the contribution that this community is making to their lives.

I love every child that comes to the school – each one is unique and deserves to be known and cared for. It is such a gift to be a part of their lives. I know they look up to me, and I strive to be a role model for them. It's a great feeling to know that I can have influence and make a contribution each and every day to the lives of so many children, their families and my colleagues. I know that everyone is watching, and I don't take that lightly. I hope my actions speak louder than my words.

I am loving the feeling of exhilaration that comes with looking forward to what Southridge will be in the future as we consider what is best for learners and our community, and how we might get there.

So, as you can see, I am feeling very settled, and that makes my spirit soar! I am humbled to be here, and am thankful for your ongoing support and trust. I look forward to a wonderful third term, for me filled with many more firsts – it's hard to believe how quickly the year is going by. There is much in store, so rest up over the break and enjoy the opportunity to connect and recharge! See you in April.

Tanya de Hoog Head of Junior School

Term Two Progress Reports

Term Two Progress reports for all PYP and MYP students will be sent home on Friday, March 17 at 3:00 pm. Please be aware that we are not able to provide students with their progress reports early. If your child will not be present to receive his/her progress report on March 17th, you can come by the school during the break to pick up their report, or it will be provided when school reopens on Monday, April 3.



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March Break Dismissal and Return

On Friday, March 17, all students will be dismissed at 3:00 pm for March Break. March Break is two weeks long with a return to school date of Monday, April 3, (Day 2). Please mark your calendars accordingly. Please also note that Monday, April 3, is also a late-start day, and students need to arrive between 10:10 and 10:20 am for a start time of 10:25 am. *Please do not bring students any earlier than 10:10 am, since all teachers and staff are in meetings and no supervision is provided.*

Save the Date – Junior School Reunification Drill

On **Thursday, April 13,** the Junior School will be conducting a Reunification Drill. A Reunification Drill is a simulation of the procedures the School would undertake to reunite students with families/care-givers in the event of an emergency situation that warrants evacuating and/or closing our school. Schools are required to run reunification drills by the Ministry of Education, in order to ensure appropriate plans are in place in the event of emergencies.

Our reunification drill will require that **Junior School** students be picked up from the School by a parent or designated adult on the afternoon of April 13th.

More details will follow in the weeks to come; however, we'd like to have maximum participation in the drill and request that you save the date.

FSA Results for Grades 4 and 7 Students

Families of students in Grades 4 and 7 will receive FSA booklets and results by mid-April in the mail. Please speak with your child's teachers if you have any questions or need any clarification about the feedback you receive.

Twoonie Friday This Week!

Don't forget to bring in your twoonie for casual Friday this week in support of Country Fair's Games / Prize Table. We need everyone's support to help purchase all the great prizes that are given away for the indoor games at Country Fair, so show your Southridge spirit by donating a twoonie this Friday!

Thank you!

Tammy Huculak and Shaida Nanji Indoor and Outdoor Games Co-Chairs



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Dear Edwina: A Musical with Heart!

A huge thank you to everyone who has made the MYP musical such a success! We are very proud of the Grade 5, 6, and 7 students for their amazing work in bringing this fun musical to life with such enthusiasm and heart. Thank you, MYP students, for your commitment, your focus, and your energy!

We would also like to thank the entire Junior School community for your support. An extraspecial thanks to Haisha Shahalimi, Sandeep Bhatha, Christine Mussato, and Sabrina Pawa for their visioning and implementation of all the wonderful costumes, and to Sukhi Sunner for organizing the pizza party for the cast and crew! Special thanks also to Ms. MacHolm, her husband Jari, and all the students who made Edwina's garage take shape in a truly memorable set, and to Mr. McInnes, the Senior School tech mentors, and the Junior School tech team for their professionalism in running sound and lights for such a complex production. We couldn't have done it without you all!

If you haven't yet had a chance to see this musical with heart—one that is guaranteed to make you smile—there's one final chance this evening. The show starts at 6:30 pm, and no tickets are required. We hope that you are able to join us as we bring Paw Paw, Michigan to life here in Surrey, BC!

Thank you!

Dr. Kevin Bespflug and Mrs. Donna Winterburn MYP Musical Directors

Grade 7 Art Field Trip Reflection

On a recent art field trip, Grade 7 students visited Shannon Mews Park in Vancouver and the Thrangu Monastery in Richmond where they enjoyed gorgeous architecture and benefited from experiential learning. Students were fascinated by the meaningful colours and designs throughout the Shrine Hall. They were able to listen, ask questions and draw in their APJs while surrounded by the serenity of Tibetan Buddhist culture. They left the Monastery a little wiser, kinder, and inspired!

Linda MacHolm Grades 5 - 7 Art Teacher



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Senior School News

Head of Senior School

End-of-Year School Events

Over the last few weeks, we have had a number of enquiries from families regarding the key events that occur at the end of the year – mainly exams, awards, and graduation. While all of these events are on the Schoology calendar, with the myriad of items that are found there, it can be challenging to find these specific dates.

Below, you will find a chart showing these important dates in June to help you with end of the year planning. Please keep in mind that this does not include all of the details for the end of the year events; we will be sharing more information with you in early June.

We have created a link to this chart for your reference on the <u>Parent Portal</u> that can be accessed once this Wednesday edition becomes archived. If you do have any further questions about the end of the school year, please feel free to contact Senior School reception.

Have a great Spring Break!

Brad Smith Head of Senior School

Date	Event	Time
Monday, June 5	Grade 11 Parent Meeting	7:00 - 8:30 pm
Friday, June 9 – Thursday, June 15	Senior School Exam Week	Schedule TBA
Friday, June 16 and Monday, June 19	NO CLASSES (marking days)	All day
Tuesday, June 20	Exam Return Day (half-day)	8:00 - 11:40 am
Tuesday, June 20	Athletics Banquet	ТВА
Wednesday, June 21	Senior School Awards	2:00 - 4:00 pm



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	 Year-end awards presented to students in Grades 8 - 11 Mandatory attendance for students in Grades 8 - 12 	
Thursday, June 22	No School (Grades 8 - 11)	All day
Thursday, June 22	Grad Rehearsal (all grads)	1:00 - 3:00 pm
Friday, June 23	English 12 Provincial Exam	9:00 am - 12:00 pm
Friday, June 23	 Closing and Commencement Mandatory attendance for students in Grades 8 12 Families are encouraged to attend Located in Senior School Gymnasium 	7:00 - 10:00 pm
Saturday, June 24	 Graduation Dinner and Dance Grads and their families are encouraged to attend and must purchase tickets in advance Vancouver Convention Center 	5:30 - 11:30 pm

University Counselling Updates

Upcoming Events

1. Thursday, March 30: Want to know more about co-operative education at universities? Check out this <u>CBC article</u> to learn why it could be an important consideration for your university choice.

St. John's School will be hosting the University Co-Op Presentation on Thursday, March 30 in their Junior School Gym (2215 West 10 Ave, Vancouver) from 6:30 - 8:30 pm. They welcome students in Grades 10, 11 & 12 and their parents.



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The structure of the presentation will be as follows and Waterloo, UVIC and SFU will each be presenting the following topics in the order noted below:

- 1. What is co-op? (Including how it works, how it differs from internships, what is required of students)
- 2. What are the benefits of co-op? (Potential earnings, trying out different jobs, building your resume)
- 3. How can students be successful in co-op? (Including preparation for high school students, as well as tips for students once they're in a program)
- 2. Mid-April: An evening with our alumni studying medicine in the U.K. (date to be confirmed). Please note we are hoping Rashmi and Samir Saincher will confirm a visit to Southridge during their semester break to discuss the process and preparation for direct-entry medicine programs in the United Kingdom.

3. Saturday, April 29: U.S. College Expo

This event is held annually and features representatives from U.S. colleges providing information for Canadian students considering U.S. options. It will be held on **Saturday, April 29** from **10:00 am - 1:00 pm** at **the Roundhouse** in downtown Vancouver.

4. Sunday, April 30: International Universities Fair

Can't make the 29th Expo? ---- no worries, check out this amazing opportunity to meet with university representatives from U.S., U.K., Canada as well as other countries on Sunday, April 30 from 1pm to 4pm at the Vancouver Convention Centre-East. Speak with Mrs. Becker or Ms. Livingston if you have any questions.

5. Monday, May 1: Tea Time with Cambridge

Are you interested in studying at the University of Cambridge? Join the International Student Recruitment Manager for Cambridge, Claire Edge, for a cup of tea and an engaging and informative session on Cambridge admissions. The event is being held on Monday, May 1 at West Point Grey Academy in the Dining Hall from 4:00 - 5:30 pm.

Thank you!

Yvette Livingston Director of University Counselling



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Both Schools

Athletics and Greatest Need Funds Need Your Support

Thank you, thank you! Many of our families have made an annual donation to Southridge this year and we are so grateful for your support.

In fact, our Arts project for the year – a short-throw projector that will be used by our Media Arts and Drama departments – has been fully funded! Thank you so much!

Our Greatest Need and Athletics funds still need your support. Gifts to the Athletics fund will allow us to purchase additional branded outdoor tents for our teams and spectators, and gifts to the Greatest Need Fund will allow us to purchase capital items throughout the school and improve our campus and facilities.

Every year, we ask our families to make a donation to Southridge. If you have not yet made a donation this year, we will be sending you a letter and pledge card in the mail soon. Or, alternatively, **please consider making your gift** <u>online</u> **today.** Your gift can be directed to an area at the school that means the most to you including the Greatest Need Fund, Athletics, or any of our bursary funds. All gifts are sincerely appreciated.

If you have any questions about making a gift to Southridge, please don't hesitate to contact me at 604-542-2330 or chodson@southridge.bc.ca.

Thank you for your continued support.

Christiane Hodson Director of Advancement

Southridge Community Garden Project

The Southridge Community Garden is a student-led project that will be starting up this year. The purpose of this garden is to grow a multitude of organic vegetables that will later be donated to the food bank or used in our meal preparation for the Soup Kitchen. **A pilot sketch is included below.**

The staff, parents, and of course, students, will be maintaining it throughout the year; it will be incorporated into the Junior School classroom curriculum, while the Senior School students will be using it as an engaging volunteer opportunity. There is no doubt that this garden will involve the entire Southridge community – it will not only help develop the soft



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skills of perseverance, teamwork, and patience in the younger students, but will also allow everyone to immerse into the beauty of nature and gain a better appreciation and respect for the environment around them.

I am excited to say that a pilot project for the garden will be starting up soon after we return from Spring Break, with funding coming from this year's Country Fair! The pilot will consist of six garden beds being built on the north side of the rugby field. **Building these beds will require help from parent volunteers who can bring (and use) a chop saw, skill saw and/or electric drill.** If you are able to volunteer on Friday, April 7 starting at 3:00 pm and possibly again on Saturday, April 8, please contact Mrs. Hodson at chodson@southridge.bc.ca before April 6th.

Thank you!

Sanya Grover Grade 11 Student

Expertise for Grade 4 Exhibition Students

Our Grade 4 students are beginning their exhibition process where they do an in-depth study of an issue/real-life problem they are interested in or passionate about. We are **reaching out to the larger community in the hopes of finding people our students can speak with or interview.** This may be you, a family member, a friend, or a great contact. You may even have a field trip recommendation. Everything helps! We would be looking at getting together with people or arranging Skype/telephone interviews to take place early in the second week of April.

Our focus this year is on having the students see different perspectives for every issue. Our issues/problems are:

- 1. Treatment of Animals (hunting, testing, animals used for entertainment and parts, livestock)
- 2. Pollution (air, land and water, including the Great Pacific Garbage Patch)
- **3.** Deforestation (due to farming, wood products, land-use for homes and roads, mining)
- **4.** Global Warming and Renewable Energy (impacts on animals, rising sea levels, extreme weather, energy sources)



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- Living Harmoniously with Insects (bees and harmful bugs bedbugs, pine beetle, ticks)
- 6. Habitat Loss (in many forms)
- **7.** Basic Needs (including access to water, selling of water, dietary choices veganism/vegetarianism, shelter, affordable healthy food)

If you are able to help us out or have any questions, please email me at <u>jmurchie@southridge.bc.ca</u>.

Thank you for your support,

Jo-Ann Murchie PYP Coordinator

Get to know your Board of Governors

Over the next few months, through articles in The Southridge Wednesday, we will be sharing information with you about Southridge School's Board of Governors. Through this series, we hope you will develop a deeper understanding of the role of the Board at Southridge, how Governors are elected, and a stronger connection with the individuals who serve Southridge in this capacity. Later in the series you will also have the opportunity to pose questions to the Board and our responses will be shared here with all members of our community. Our intent is to create a space for open dialogue and conversation, so that everyone at Southridge feels connected and involved in our vibrant community!

Strategically Focused Leadership

It is a priority to identify, educate and inspire members with a strategic mindset. Three main criteria are used to meet this objective: wisdom, commitment and loyalty.

In this context, we have defined *wisdom* in terms of individuals who believe in the need to learn, do their homework and be self-reflective. We look for members who recognize the complexity of issues, tolerate ambiguities and understand how different issues, actions and decisions are interconnected. Members must be able to see the "big picture" and recognize that the Board is simply one constituency among many. We seek out positive thinkers who possess common sense and are able to receive feedback.



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For Board purposes, we understand *commitment* to be the ability to understand and uphold Southridge's mission, tradition and history. Members must approach issues in a manner which is consistent with school values and remain focused on the priorities, issues and decisions that have strategic or symbolic importance to our community.

Board members demonstrate *loyalty* by their willingness to serve as ambassadors of the school and to be supportive of all Board policies and decisions once they are finalized. Members must work for consensus, further group goals and contribute to the collective strength of the Board. Members are expected to respect and guard the integrity of our governance process, avoid "win/lose" scenarios and work to sustain healthy relationships.

The Board proactively develops, maintains and educates its membership. We consult with and use resources from a variety of providers including: Canadian Accredited Independent Schools (CAIS), National Associations of Independent Schools (NAIS), Boardsource and Independent School Management (ISM). We use evaluation to help promote growth and make us stronger. Our annual two-day retreat is a time to engage intensively with the strategic plan – reviewing, evaluating, reflecting and prioritizing.

We believe that seeking out and supporting focused leadership provides the foundation for a vibrant, healthy and visionary Board. We seek to avoid passive stewardship and instead encourage our members to provide thoughtful, engaged and energetic service to the Southridge community.

Nick Nuraney Chair, Board of Governors

Last Call for Southridge Sun Run Registration!

Thank you to everyone who has already joined our school team! The final deadline to register for the Southridge School Team is next week during our Spring Break on Friday, March 24. Please note that all ages and levels of runners are welcome – from beginners to experts. There is no pressure to run at a certain pace; in fact, many people walk the Sun Run. It's just fun to run (or walk) knowing that you are wearing 'Southridge School' on your back!

To register:

1. Go to <u>www.vancouversunrun.com</u> and select 'Register' and then click 'Join an Existing Team'.



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- 2. Our team name is "Southridge School" and the code to join the team is "leteveryspiritsoar".
- 3. Fill out your information, choose between the 2.5k Mini Race or the full 10K, and proceed to the checkout.

Happy Training Everyone! If you have any questions, please feel free to email me at <u>mmorley@southridge.bc.ca</u>.

Megan Morley PYP Physical Education Teacher

Summer at Southridge Registration Now Open!

Hopefully you received our email, announcing that **registration is now open** for the *Summer at Southridge* day camps program. We have emailed external families with the same information, and encourage you to also share this info with your friends and family.

To view program information or to register, please visit <u>www.southridgesummer.ca.</u>

Camp space fills up quickly, and last year most of our camps sold out, so I encourage you to **register early** to avoid disappointment. Please don't forget to register for after camp supervision if you need it, since these spots also fill up very fast.

For students who are 14+, the summer camp program provides many exciting volunteer opportunities. To learn more about opportunities or to obtain a volunteer form, visit the volunteer section of the <u>summer camp website</u>. The application deadline is April 28th.

If you have any questions, please contact the Summer at Southridge administration office:

Email: <u>summercampinfo@southridge.bc.ca</u> Phone: 604-542-5385

We hope to see you this summer!

Jasmine Boyes Community & Alumni Relations Manager



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Country Fair is Closer Than You Think!

Now that Country Fair is just around the corner (May 6th), it's time to start spring cleaning and donate all your new or gently used household items, furniture, clothing and accessories, toys and books, to the largest garage sale in the Lower Mainland!

By the time we return from Spring Break, we will be in full-fledged planning mode – requesting sponsorship, coordinating volunteers and generally gearing up for this annual community event.

All families are encouraged to donate items and volunteer to show your support. <u>Drop-off</u> for household items, clothing, toys and books is from Saturday, April 29 to Thursday, May <u>4.</u>

Please take a minute to review the donation guidelines below to make sure your items are on the list of things that we can accept. While we appreciate your contributions, a general guideline for all donations is – "if you wouldn't give it to a friend, then please don't give it us!"

Donation guidelines

This also is a great time to check out the volunteer website and sign-up for a shift (or two!) on Fair Day. We all need to participate, so please <u>click here</u> to visit the volunteer website.

Thank you in advance for your kind support and please don't hesitate to contact me at 604-542-2334 or <u>sslaughter@southridge.bc.ca</u>, with any questions.

Shelley Slaughter Advancement Officer

Volunteer Opportunities!

Uniform Shop

Volunteers are urgently needed for the following shifts at the uniform shop (located in the Senior School):

- Mondays from 7:45 to 9:00 am
- Tuesdays from 2:00 to 4:00 pm
- Thursdays from 2:00 to 4:00 pm



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Training will be provided for new volunteers.

Please contact volunteer@southridge.bc.ca to sign up for one or more of these shifts.

Country Fair Signage—Department Head

The Country Fair is on the horizon, and there is an opening for the Signage Department Head. The Onsite Signage Department Head is responsible for:

- Preparing and organizing signage for the Fair.
- Attending Country Fair meetings as needed.
- Liaising with fellow department heads to determine signage needs.
- Preparing submissions for the Southridge Wednesday as applicable.
- Being onsite all day the Friday before the Fair—until about 8pm—and then available for teardown on the day of the Fair.

Country Fair Department Head—Classic Car Show

This is a great potential team position for car enthusiasts! This department head (or team) will be responsible for contacting interested entrants and selecting the cars to be included (proposed twenty cars). This position will organize prize categories and prizes for the event, as well as organize volunteers on Fair Day to set up, run, and tear down the area as directed. On Fair Day, the department head (or team) would need to be onsite before, during, and after the Fair to ensure entrants adhere to guidelines. Please contact volunteer@southridge.bc.ca if you are interested in this position.

Grad Tea Coordinators

We are looking for Grade 11 parents to coordinate the Grad Tea after the Commencement and Closing Ceremonies in June. After the ceremonies, students and parents will head back to the Junior School for a reception of coffee/tea and treats to celebrate their graduation with friends and family. The Grade 11 parent volunteers are responsible for making the arrangements for this reception. Please contact <u>volunteer@southridge.bc.ca</u> if you are interested in helping to chair this event.

Yvette Plante Volunteer Coordinator



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Service Interruptions with Vidigami

Please be advised that due to a third-party service upgrade, Vidigami will undergo overnight system downtime between March 15-17, as shown below:

March 15th [7 pm PST] to March 16th [8 am PST] March 16th [7 pm PST] to March 17th [8 am PST]

During these periods, the web and mobile applications will be temporarily inaccessible to users.

We apologize for any inconvenience this may cause, and will do our very best to resume operation as quickly as possible. Thank you for your patience and understanding. If you have any questions or concerns, please email us at support@vidigami.com.

Best regards,

Team Vidigami

Southridge Café

The Café staff like feedback! Feel free to let us know some of your favourites and not-sofavourites. As we try out new dishes, let us know what you think. This way, we will know whether to add it to our menu or not. You can provide us with your comments or suggestions at: <u>southridge@canuelcaterers.ca</u>

Please see the attached menu for the rest of this week.



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Uniform Shop News

The Uniform Shop is accepting orders for a duffel bag. The bag has a main zippered compartment, a front zippered pocket, and a side zippered shoe compartment. The top grab handles are fabric-wrapped and there is also a side grab handle. The shoulder strap is detachable, adjustable, and padded. Dimensions: 14"h x 21"w x 12"d. Volume: 55.7L. Weight: 1.8lbs/0.8kg. The STORM logo and your initials will be embroidered onto the bag. Price: \$67 each. A sample bag is available at the Uniform Shop and you are welcome to come in and take a look. If interested, please place your order at the shop before March 16, 2017.

Our opening hours are:

Monday – Thursday:	7:45 - 9:00 am and 2:00 - 4:00 pm
Friday:	closed

Phala Tan Business Services Manager





	Mon-13	Tues-14	Wed-15	Thur-16	Fri-17
Breakfast	Chocolate chip muffin	Smoothie Day	Sausage Wrap	Raspberry Scone	Smoothie Day
Chef's Entree	Taco Bowl	Salad Bar	Personal Pizza	Salad Bar	Fish Taco
Pasta Bowl	Mac and Cheese	Gnocchi	Pasta Alfredo	Cannelloni	Primavera
Grill Central	Vietnamese Sub	5 Spice Chicken	Japa Dog	BBQ Ribber	Beef Dip
Weekly Panini	Chicken Pesto	Chicken Pesto	Chicken Pesto	Chicken Pesto	Chicken Pesto
Great Greens	Thai noodle	Salad Bar	Chicken Caesar	Salad Bar	Chef Salad

We always offer our regular menu in addition to our daily specials

