



FEBRUARY 1, 2017
ISSUE #19

Head of School

What if Superheroes Were Interdependent?

Somewhere along the pathway of life, a sense of independence takes hold of us and we strive to establish our own identity, individuality and capabilities – all good things, of course. For many people, independence becomes a way of life and some cultures have established it as a dominant characteristic of what it means to be successful. Popular culture reinforces the glory of independence by way of fictional characters, some of them with superhuman powers, even. Marvel characters, for example do just that: Spiderman, Black widow, Thor and, of course, Captain America.

But what if superheroes were interdependent? What if glorified independence is recognized as limiting? What if independence is seen only as a stepping stone to another level of development? What if pop culture supported the message that the only way we're going to have a true impact on the world is if we admit our own limitations and join forces to work in a way that allows us to be better people and do even more good by depending on one another.

In fact, this kind of thing happens in real life all of the time, but we often don't realize or recognize it because we're too busy trying to be an individual with our own distinct identity and capabilities. The secret is that our relationships provide interdependent opportunities. Certainly, at Southridge we have many relationships and partnerships in the greater South Surrey community and throughout the world: W.E. Kinvig School, Semiahmoo House Society, the Surrey Urban Mission and communities in developing countries.

We may classify these relationships as service learning opportunities, but I like to think of them as examples of our interdependencies; as opportunities to learn and grow by virtue of sharing our vulnerabilities and opening ourselves up to the kind of growth that can only happen when we interact with a rich diversity of people in our own local community and throughout the world.

The next time we see our children pushing for independence and, perhaps, succumbing to the societal pressure to be superheroes, it might be helpful to reassure them (and give them permission) to admit that it's alright to be wrong, to say sorry and to ask for



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

help. As we all know, it is incredible how liberating it can be to admit our vulnerabilities – and how powerfully they can help us grow . . . into true superheroes.

Have a wonderful week!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Junior School Assembly	Monday, February 6	8:10	Junior School Great Hall
Junior School Assembly	Wednesday, February 8	8:10	Junior School Great Hall
Professional Development Day	Friday, February 10	All Day	Both Schools
Family Day	Monday, February 13	All Day	Both Schools
End of Term Holiday	Tuesday, February 14	All Day	Both Schools
Late Start	Wednesday, February 15	10:25	Both Schools
Senior School Course Selection Evening	Wednesday, February 15	7:00	Alan Brown Great Hall
Hoops for Heart	Thursday, February 16		
No Kindergarten Classes	Friday, February 17	All Day	Junior School
Noon Dismissal	Thursday, February 23	Noon	Junior School
Student Led Conferences	Thursday, February 23	1:00 pm	Junior School
Senior Play	Thursday, February 23	7:00 pm	Alan Brown Great Hall
Senior Play	Friday, February 24	7:00 pm	Alan Brown Great Hall
AR Reading Deadline	Friday, February 24		Senior School
Casual Day	Friday, February 24	All Day	Both Schools
Senior Play	Saturday, February 25	2:00 pm	Alan Brown Great Hall
Senior Play	Saturday, February 25	7:00 pm	Alan Brown Great Hall
Full School Assembly	Tuesday, February 28	9:40 am	Senior Gym
Grade 8 Bandfest Trip	Friday, March 3	All Day	
Junior School House Captain Theme Day	Friday, March 3	All Day	Junior School
Junior School Term 2 AR Deadline	Friday, March 3		Junior School



Junior School News

Head of Junior School

Let's "Go Viral" with Kindness

As we've explored our yearly assembly theme, "It starts with ONE..." I have been focussing on sharing brief messages about kindness. We've talked about how *one idea* of kindness, *one act* of kindness, and using our *one voice* to spread kindness can help our spirits soar.

Last week, during the MYP Assembly, our Grade 7 house captains chose to focus the content of their assembly on kindness. They shared some skits on how we can be kind to each other, and we watched three short videos about kindness. As I watched, I was inspired by how they chose to make the concept of kindness relevant to our MYP Division. One of the videos they shared was about the science behind kindness (<https://www.youtube.com/watch?v=FA1ggXovaxU>). Research has proven that kindness literally changes our brains. Acts of kindness release several different hormones in our brains that boost calmness, happiness, social bonding, trust, pain relief and generosity. Science has also proven that these hormone levels are boosted not just in the giver, but also in the receiver and in any witnesses of the kind act. Kindness is a contagion that we want to both spread and catch! Thank you Grade 7 house captains for inspiring in me the courage to "go viral" with kindness!

Over the month of February, in conjunction with Random Acts of Kindness Week, Junior School students will be invited to participate in kindness initiatives as we seek to "go viral" with kindness. At a time of year when there are viruses going around that we don't want to spread, let's infect our community with kindness. I also encourage you to partner with us by exploring ways you can make kindness go viral at home.

Tanya de Hoog
Head of Junior School

Keeping Each Other Healthy

Please keep your child home if they are unwell, particularly if they have fever, cough, nausea or diarrhea. Students should be fever and symptom free for at least 24 hours before returning to school. To help prevent the spread of viruses please review hand washing procedures with your child and remind them to cough or sneeze into their



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

sleeve instead of their hands. Please also be sure to inform the school first thing in the morning via phone or email (attendance@southridge.bc.ca) if your child will be absent, with the reason for the absence indicated.

Professional Development Day, Family Day Holiday and Half-Term Holiday, Friday, February 10th – Tuesday, February 14th

Friday, February 10th is a Professional Development Day – school will not be in session for students. School will be closed for the Family Day Holiday on Monday, February 13th and for the Half-Term Holiday on Tuesday, February 14th. Classes will resume with a late start on Wednesday, February 15th at 10:25 a.m. ***Please do not bring students any earlier than 10:10 a.m. as all faculty and staff are in meetings and no supervision is provided.***

Kindergarten Parents- No school on Friday, February 17th

There is no school for Kindergarten students on Friday, February 17th due to entrance assessments for prospective kindergarten students. Thank you in advance to Kindergarten parents for making alternate arrangements for your children on this day.

Student Led Conferences: Thursday, February 23rd (noon dismissal)

Throughout the learning process, students actively select their own pieces of work to include in their Portfolios. These pieces reflect many different subject areas as they relate to the elements of the IB PYP and MYP programs and demonstrate their own personal reflections and growth as a learner. On Thursday, February 23, 2017 students will have the opportunity to share their portfolios as they host their own student-led conference. This is an important opportunity for students to showcase and communicate their learning with their parents. Please be aware that there will be a **12:00 noon dismissal** on that day to accommodate the conferences. Please save the date and plan to be present to support your child.



FEBRUARY 1, 2017
ISSUE #19

Upcoming Author Visit: Michelle Mulder

Students in Grades 1-3 and Grades 5-6 thoroughly enjoyed our last author visit with Métis storyteller, David Bouchard. Next month, students in grades 4-7 will get an opportunity to learn and be inspired by another great Canadian author.

Michelle Mulder is an award winning author of both fiction and non-fiction books. She is coming to Southridge on Monday, February 27, 2017. Michelle has an interesting array of life experience, including cycling around the world, teaching creative writing in the Arctic, and keeping in touch with her pen pal long enough to eventually marry him! She has a dynamic personality, engaging stories and zest for making this world a better place. Michelle will be spending the entire day at our school doing a presentation on peace and conflict resolution for Grades 4-5, a presentation about social activism for Grades 6-7, and a writer's workshop for all Grade 7's. She will also be answering student questions and doing book signings after her talk.

Students in Grades 4-7 will be receiving a letter this week regarding this presentation, and they will also have an opportunity to pre-order books so they will arrive in time for her visit. Please look out for this letter and the pre-order deadline.

Mrs. Gardecki
Junior School Librarian

Gratitude Shared with WE Kinvig Students

Here is a reflection Muskan Virk, grade 5, wrote about her author visit to WE Kinvig on Monday, January 23, to share her book *365 Days of Gratitude*. She also presented a cheque for \$220 to their school library which was raised from the proceeds of her book sales here at Southridge.

"My experience was amazing at WE Kinvig School. I got to talk to all the kids from grades 3 -7. What I loved about the library that I did my presentation in is that they all wrote what they were grateful for, and to see everyone's gratitude's really touched my heart. I loved the environment of WE Kinvig. It reminds me about when I was in grade three and how we were pen pals with the students at the school. The teachers there were so kind they gave me great comments, and the kids and teachers asked very good questions that I had so much fun answering. The staff there were so welcoming and Ms. Ferguson was so nice to help me get set up with my presentation. My favorite part of my trip to WE Kinvig was getting to share my message with all the kids there and have the kids come to me after and tell me what they like about my presentation."



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

The following is a quote from Heidi Ferguson, the teacher librarian at WE Kinvig:

"Thank you again for having Muskan come to W.E. Kinvig! The three presentations were excellent! I have honestly never seen the students so engaged in an author visit. I had students coming up after the presentation begging to talk to her (these students were her age). This all fits in so well with what another teacher and I are working on at our school with our Leaders for Change Leadership group. We would also like to thank her for her generous donation."

Senior School News

Head of Senior School

Love the Skin You're In

Last week we had special guest Brie Mathers in to talk to all of our Senior School students about self-acceptance, body image, and a host of other topics pertinent to teens in a talk she has titled "Love the Skin You're In." Ms Mathers got her start a number of years ago speaking to groups of teen and pre-teen girls, but has recently expanded her audience and now does co-ed talks. Ms Mathers was highly recommended by other ISABC schools and we were excited to have her come to Southridge. When speaking with a number of students following the presentation, reviews were mixed. Some students found her talk very helpful and her provocative subjects seemed to land a direct hit on some of the pertinent issues some teens are grappling with. In the opinion of other students, however, the presentation fell flat and failed to offer any answers to some tough questions and issues raised.

Regardless of student opinion, there is no doubt that the Love the Skin You're In presentation had some highlights and positive takeaways for many of our students. The difficulty came the next day when it came to my attention that posts made by Ms Mathers on Facebook and Instagram were less than flattering to our male students. After a conversation with some of our girls following her presentation, Ms Mathers came to a conclusion that some Southridge males are "anti-feminist" and have a problem with issues pertaining to social justice and equality for all. Rather than bringing her concerns to me or Ms Bains our school counsellor, she unfortunately posted these private comments made by students on social media along with photos.



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

On Wednesday a number of faculty and I held a meeting at lunch that was open to any students who wanted to attend and share their feelings about the now public comments Ms Mathers had posted. Well over 100 students crowded into the library to express their concerns and talk about their feelings. There was outrage, there was pain, there were some tears and even some laughs. One thing became obvious to me at that meeting: our students are awesome! The way that they articulately communicated their thoughts, opinions and emotions was touching and inspiring. It was clear that our students are proud of their school community and wanted to show their support for one another. When all was said and done I actually said to a few colleagues that I am glad this happened. I believe this incident has paved the way for further very important conversations to take place and that kids have learned a very valuable lesson about the importance of acceptance and respect.

Brad Smith
Head of Senior School

Holidays

At Southridge, we have a significant amount of time that is devoted to holidays where families can book trips and get away from the winter weather, or visit family in other parts of the world. In addition to long weekends, and mid-term breaks, the main holidays are the three-week Winter Break, two-weeks at Spring Break, and of course the Summer Break for the two-months of July and August.

When families book vacations during school time, it does create difficulties for your child as significant amounts of class-time is missed. Because the Senior School has adopted the discussion-based Harkness method of teaching, when a student misses classes, he/she misses important discussion and learning that simply cannot be made up.

Certainly students who are on family holidays within the regular school calendar are encouraged to keep up with classes on Schoology, but teachers will not be giving out packages of work and material for students to work on while travelling. It is the student's responsibility to keep up to date with their school work and to catch up immediately upon return.

Parents, please realize that these types of vacations can have detrimental effects on student performance and you are encouraged to plan vacations during our school holidays.



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

Student Led Conferences

Student led conferences are a valued part of Southridge's approach to education and provide an alternative means of assessment. These are 20 minute presentations that take place between the advisor, advisee and parents. They allow the student to celebrate his or her accomplishments, reflect on past experience and set goals for the future. In each grade, the students are asked to follow a particular theme and build on their goals and reflections. Please see the following link if you wish to see the themes and suggested guidelines for each grade. In order to encourage students to improve the authenticity of their presentations and increase the sophistication of their reflective thinking we have created ten optional questions for students in grade 10-12.

Student Led Conference Guidelines

Student Led Conference Reflective Questions

This year the conferences will be held on February 8, 2017 between 1:00PM-7:00PM. Please use the Student Led Conference link on the website to book a conference with your son or daughter's advisor. For further instructions on how to book an appointment please click on the link below. Advisors have been allotted time for dinner and in a few cases family and extracurricular commitments. These will show up as blank spaces on their schedule.

Parent SLC sign up [\[link\]](#)

Thank you for your time and support for the Southridge advisory program.

Norman Dods

Advisory Chair

ndods@southridge.bc.ca



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

Enjoy a Root Beer Float for Groundhog Day!

Students will want to bring in \$3 to purchase a root beer float for Ground Hog Day! All proceeds go to the Guatemala service trip!

The Guatemala service group would like to thank Nick Nuraney for donating the ice cream and root beer to support our fundraising event!

Course Selection for 2017-2018

In the next few weeks I will be talking to students about their course selection options for the next academic year. There are limited choices for students currently in grade 8, but an increasing range of elective courses as students move into the senior grades. I will be speaking to the grade 8 and 9 students during period 2 on Thursday, January 26th. Ms. Becker, Ms. Livingston and I will present to the grade 9s and 10s during period 1 on Monday, January 30th and to the grade 11s during period 1 on Thursday, February 2nd.

Students will be given course selection sheets in their planning classes to complete prior to entering their selections into Naviance – the data base system that we use to record and manage their choices. The course selection sheets are attached here for your convenience (they are also available on the parent portal) and to allow you to discuss the various options with your children. The closing date for students to enter their choices on Naviance is Monday, March 6th.

We will also be holding an information evening on Wednesday February 15th in the Junior School Great Hall from 7:00 – 9:00 pm. The first part of the evening will cover a brief outline of the major changes that the Ministry is introducing to the graduation program and a review of the course options for students entering grades 9-12 in September 2017 (our current grade 8-11 students). Ms. Becker will outline entry requirements and procedures for post-secondary study at Canadian, US & UK Universities. The Curriculum Guide for 2017-18 will also be posted on the Southridge website from February 15th and hard copies will be available at the evening information session.

I would encourage all students to talk to their peers, teachers, parents and counsellors; to gain as much knowledge as they can in order to make informed choices as they move forward with their academic goals. I think it is also important to stress that students should follow those courses in which they have a genuine interest or passion, remembering that excellence usually comes from engagement and commitment.

Jan Holt



FEBRUARY 1, 2017
ISSUE #19

Senior School Academic Program Director

Senior Play – A Midsummer Night's Dream

This year the drama department is calling our Midsummer Night's Dream a "panto infused" production. After discussing various ideas, we decided to put our own spin on this classic comedy with pantomime elements. The British Pantomime style includes exaggerated physicality, and slap-stick humour that is also a form of *musical comedy, designed for family entertainment. The audience is encouraged to shout out phrases to the performers and even sing along. We hope for a fully engaged audience to entertain with song, dance, cheesy jokes, and a dash of Shakespearean insults. I will be playing Francis Flute, an Athenian actor, and Pebble, a joyous fairy. In addition, I will be playing guitar and singing.*

As it is part of the Panto style, we have decided to add a handful of musical numbers. I, along with Molly Maguire and Asha Sandhu, am a part of the writing crew this year. My role as a part of this team was to focus on song writing and the musical aspects of the show. I thoroughly enjoyed this role as I was able to bring my love of music to the stage, another area of passion. The modern references and songs we have chosen further enhance the storyline, characters and highlight the various love relationships. We took well-known songs including "The Love Runs Out" by One Republic, "Marry You" by Bruno Mars and even the iconic "Find Me Somebody to Love" by Queen but changed the lyrics to fit with the story. I had lot of fun during this process adapting songs I know and love to fit the magical fairy world of "A Midsummer Night's Dream". After the writing, we choreographed the numbers, adding some basic dance to bring the scenes together. I think the featured songs help bring the world we have created to life! We hope to see you tapping your foot, clapping your hands, and singing along to the magical music.

We hopeth thou shalt be attending!

Dilly Cooner
Grade 10

Tickets go on sale Friday. Festival seats are \$10 and premium front and side are \$20. Call Lisa Byrom at 604-542-2340.

Show dates are:

- Thursday, February 23 – 7:00 pm
- Friday, February 24th – 7:00 pm
- Saturday, February 25th – 2:00 pm and 7:00 pm



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

KFACE Senior Girls Basketball Tournament Results

Southridge 61-Cariboo Hill 33

Southridge 54-Argyle 50

Southridge 32-Langley Christian 77

Overall Record – 18-5

League Record – 6-0

Southridge 51 - Holy Cross 39

The Senior girls had their most important stretch of the season, both on and off the court. They spent the weekend hosting the KFACE (Kenya Foundation to Aid Children through Education) KLASSIC. With an extremely strong field, the Storm knew they would be in tough. They opened with a convincing 61-33 win over Cariboo Hill. Next up was a date with AAA Powerhouse Argyle, currently ranked #6 in BC for all AAA schools. After spotting the Pipers a 11-0 lead, the Storm used their stifling pressure to claw back into the game and create a back and forth affair. With under a minute to play in the 4th and trailing by two, Grade 10 guard Mikaela Wilson drilled a corner three that gave Southridge a lead that they would not relinquish. Final score 54-50.

Next up was a date with #1 ranked Langley Christian and although the Storm hung tough for a half, the size and three-point shooting of Langley Christian proved to be too much. That being said, the Storm were very happy with a 2nd place finish.

As well as the teams played throughout the weekend, the real winners were KFACE who after an amazing concession, run and funded entirely by the Senior Girls' parents, will net enough money to send two or three young girls to school complete with tuition and school supplies. This marks the third year of the tournament and the young girls sponsored by the money raised continue to go to school and strengthen their country from within.

After the tournament, there was no rest for the weary as the Storm welcomed their division rivals from Holy Cross on Monday night in a battle for first place in the Fraser Valley West Division. Both teams started slow, but it was a couple of grade 9s that made the difference and allowed the Storm to lock up first place with a 51-39 win. Jayda Anderson led the way with 16 points and 18 rebounds for the storm while fellow grade 9 Cassiel Penalosa poured in a career high 15 points for the victors.

Next up for the Storm is the always emotional "Senior's Night" on Wednesday where Grade 12s Stephanie Pak, Andrea Otamendi, Georgie Adams, Hannah Morrison, and Madisen Muncey-Buckley will pay their final regular season games at Southridge after four years on the Senior Team.



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

The video of the game has been uploaded to the Video Gallery in the Parents' Portal.

Paul Chiarenza
Senior Team Coach

Senior Tech Team Organizes Live Sports Broadcast

In support of the Senior Girls KFACE Klassic Basketball Tournament, the Senior Tech team of student volunteers, organized a live video broadcast of the first game between Southridge and Cariboo Hills. The set-up, operations and take down require a lot of effort and organization, but the students managed to pull it off with only a few technical glitches. Such is the nature of technology! It was fun for the students and Southridge alumni were able to watch their former team mates win their first game of the tournament. The video of the game is featured in this week's Southridge Wednesday online and has been uploaded to the Video Gallery in the Parents' Portal.

The production team were:

- Commentary: Gordon Smith, Senior Athletic Director and Kale Fehr, grade 11 student
- Director: William Lauzon, Grade 12
- Switcher: Brian Rickard, Grade 10
- Camera: Richard Xiang, Grade 10 and Will Markey, Grade 9

Live video broadcasting of school events is a service that the Senior Tech team provides for Remembrance Day, Commencement and some of the sports events.

Alan McInnes
Manager
Web and AV Services
amcinnes@southridge.bc.ca

Math for All

We are back for another term of Math for All! It is a mathematics peer tutoring environment, open to all students at Southridge. The sessions will run every Tuesday, from 3:15 - 4:15 pm in the Senior School library.



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

If you would like to sign up as a tutor, please see/email Mr. Sterelyukhin. If you would like to come by and get help, just do that, all grades are welcome!

Thank all you very much!

Max Sterelyukhin

Senior School Mathematics Teacher

msterelyukhin@southridge.bc.ca

Cross Country Skiing on Cypress Mountain

We are excited to host Cross Country Skiing outings to Cypress Mountain on the following Fridays (weather-permitting):

- Friday, February 3
- Friday, February 17
- Friday, February 24

If your child is interested, please have them pick up a Parent Consent Letter from Mr. Sterelyukhin or Julia L.

For these outings, the group will leave right after school and come back around 9:00 pm. Watch this video for some inspiration (go to 1:52:50 and hit play from there):

<https://www.youtube.com/watch?v=YJYIn9sywoA>

Max Sterelyukhin

Senior School Mathematics Teacher; Cross Country Club Organizer



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

Both Schools

Annual Fundraising Campaign

Thank you to all our parents who have already made their annual donation to Southridge this school year! Each year, through the Annual Campaign, and because of your generosity, we are able to purchase important items for our students, classrooms and campus – ‘wish list’ items that we would otherwise do without.

Over the years, the Annual Campaign has supported the purchase of specialized athletic equipment, supplies for our arts programs, library purchases, technology, and upgraded equipment for our facilities team. You can read about some of these purchases and the impact they’ve had in “*Thanks to You*” articles in future issues of *The Wednesday*.

If you have not made your donation yet, there is still time! In fact, we still **need to raise an additional \$5,000 towards Athletics** in order to purchase new branded tents and soccer nets. We also still require **an additional \$4,500 to purchase a short throw projector** for our music and drama programs. Your gift to each of these areas would be most appreciated by our teachers and students.

Contributing to the **Greatest Need** fund allows Southridge to use your donation where it is needed most. The books we purchase for the library each year, all our science and lab equipment, technology, sports uniforms and PE equipment... all these items are supported by undesignated donations to the school. If you have not yet made a donation to Southridge this year, please consider supporting the **Greatest Need** fund today. **Our goal is to raise an additional \$55,000 towards our most pressing needs.** Finally, directing your gift towards our endowment funds allows us to offer bursaries to students who would otherwise be unable to attend Southridge. **This is a remarkable way to make a real impact on a student’s life.** Contributing to either the Carol E. Levy Memorial Endowment Fund or the Alan Brown Memorial Endowment fund also allows us to be more accessible to a broader socio-economic family population.

Have you ever considered donating publicly traded securities or shares? When you donate such securities to Southridge (or any Canadian registered charity), you do not have to pay a capital gains tax. Capital gains, or the increase in value of your securities over the price you paid when you purchased them, would be subject to tax if you were to simply sell them, even if you plan to donate the proceeds from the sale. But when you donate securities that have increased in value directly to Southridge, those capital gains are not subject to tax and your donation can have an even larger impact. The process is simple – just contact me directly if you have any questions or would like additional information at 604-542-2330.



SOUTHRIDGE WEDNESDAY

Our Weekly News

FEBRUARY 1, 2017
ISSUE #19

We are asking you to make one gift to Southridge this year. Please consider an area at Southridge that you would like to support and [make your gift online today](#).

Please contact me if you have any questions at all. chodson@southridge.bc.ca

Thank you again for making a donation to Southridge this year!

Christiane Hodson
Director of Advancement

Southridge Café

The Café staff like feedback! Feel free to let us know some of your favourites and not-so-favourites. 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: southridge@canuelcaterers.ca

Please see the attached menus for January and February.

Uniform Shop News

The Uniform Shop will be closed for inventory check on Jan 30th (Monday) and Jan 31st (Tuesday). We will resume our regular hours on Feb 1 (Wednesday). Thank you for your understanding.

Our opening hours are:

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

Phala Tan
Business Services Manager



Student Led Conferences

The following SLC chart is intended to provide students with more structure to help them prepare for their conferences. It is only a guide and does not constitute a set of criteria set in stone and should continue to encourage creativity. Also, this model does not prevent students who wish to build their conferences around the traditional four pillars to do so.

Grade	Requirements
Grade 8	<p>Theme: The Senior School Experience Question: Discuss your transition to the Southridge Senior school. What challenges did you encounter? How have you overcome these challenges? - Most students will choose to use Strathcona and Term 1-2 sports seasons in their answer to this question. <u>Also</u> i. Students should articulate 1-3 goals and include at least 2 artifacts. ii. At least one goal must be academic but must be connected to specific skill rather than grade improvement. ie. I would like to improve my long answer and paragraph writing skills on tests. As a result, the student would show a sample of test writing and discuss tactics for improvement. iii. At least one goal must be non-academic and may involve character development, athletics, service, arts etc. iv. Students may also wish to reflect and celebrate their greatest achievement(s) from the last year.</p>
Grade 9	<p>Theme: The Southridge Student Question: How does the Southridge mission statement resonate with your long term goals? Also: i. Students may wish to briefly revisit grade 8 goals and provide and provide an update on their progress. ii. Students should articulate 1-3 new goals and include at least 3 new artifacts. iii. At least one goal must be academic but must be connected to a specific skill rather than grade improvement. ie. I would like to improve my long answer and paragraph writing skills on tests. As a result, the student would show a sample of test writing and discuss tactics for improvement. iii. At least one goal must be non-academic and may involve character development, athletics, service, arts etc. iv. Students may also wish to reflect and celebrate their greatest achievement(s) from the last year.</p>
Grade 10	<p>Theme: "Pay it Forward" Question: Create a personal statement which reflects your service goal(s). This may</p>

	<p>focus on: school, local community or International initiative.</p> <p>Also:</p> <p>i. Students may wish to briefly revisit grade 9 goals and provide and provide an update on their progress.</p> <p>ii. If possible students should demonstrate progress by comparing artifacts between grades 9-10.</p> <p>ie. Perhaps the student could show a two laboratory reports and point out their skill development.</p> <p>iii. Students should articulate 1-3 new goals and include at least 2 new artifacts.</p> <p>iv. At least one goal must be academic but must be connected to a specific skill rather than grade improvement.</p> <p>ie. I would like to improve my long answer and paragraph writing skills on tests. As a result, the student would show a sample of test writing and discuss tactics for improvement.</p> <p>v. At least one goal must be non-academic and may involve character development, athletics, service, arts etc.</p> <p>vi. Students may also wish to reflect and celebrate their greatest achievement(s) from the last year.</p>
Grade 11	<p>Theme: My Career Question: What are my career goals? Comment on the skills and values which are informing career decisions?</p> <p>(students may wish to use the outcome of their personality and career survey from Planning 11 to help them to provide more sophisticated analysis for this question)</p> <p>Also:</p> <p>i. Students may wish to briefly revisit grade 10 goals and provide and provide an update on their progress.</p> <p>ii. If possible students should demonstrate progress by comparing artifacts between grades 9-10.</p> <p>ie. Perhaps the student could show a two laboratory reports and point out their skill development.</p> <p>iii. Students should articulate 1-3 new goals and include at least 2 new artifacts.</p> <p>iv. At least one goal must be academic but must be connected to a specific skill rather than grade improvement.</p> <p>ie. I would like to improve my long answer and paragraph writing skills on tests. As a result, the student would show a sample of test writing and discuss tactics for improvement.</p>

	<p>v. At least one goal must be non-academic and may involve character development, athletics, service, arts etc.</p> <p>vi. Students may also wish to reflect and celebrate their greatest achievement(s) from the last year.</p>
Grade 12	<p>Theme: Past, Present and Future</p> <p>Question(s):</p> <p>What are your best memories from Southridge?</p> <p>What is your legacy at Southridge?</p> <p>What do you foresee as being your biggest challenges at university?</p> <p>Note: Students are not required to discuss their university application process or choice of university. In some cases students may find it is helpful to relate what they are discussing to their university application/progress but should not be pressured to do so.</p>

SLC Reflective Questions

1. Create a cover letter and resume as if you were applying for a job highlighting your strengths, ambitions, goals etc and present this as part of your conference. Ask your advisor or parents to prepare questions that you may encounter during a job or university interview.
2. If you were required to write a paragraph about yourself as part of a university or job application using only 200 words, how would you describe yourself?
3. Discuss a mistake you made over the past year? How have you learned from it?
4. If a university scholarship committee or potential employer examined your digital footprint what picture of yourself would be created? How do you think you could better market your online persona to potential employers?
5. Consider how collaboration in the classroom has affected a success in one of your classes.
6. Discuss how the delivery of curriculum in the Southridge classroom has influenced your learning? What has worked well for you and what has not? What feedback would you like to give to your teachers that would help them make you a better student?
7. Research leadership styles? Which type of leader do you aspire to be? Provide an example from the past year which exemplifies this type of leadership style? Do you think different leadership styles should be applied to different situations and individuals? Elaborate.
8. Tell me about your role in a project, team or dramatic production. Did it unfold as you had envisioned? What challenges did you face and what were your reactions?
9. Research conflict resolution styles? What is your most natural response to conflict? What skills would you like to develop in order to become a better conflict resolver?
10. If you were creating a monument similar to Mt. Rushmore and needed to pick four individuals to venerate for their heroism who would you choose and why?



Southridge School Course Selections 2017-18

The current educational context

BC Ministry Key components of the new curriculum: Core Competencies



Communication



Creative Thinking

Critical Thinking



Positive Personal & Cultural Identity

Personal Awareness & Responsibility

Social Responsibility



Key Components



❖ ICT enabled environments – current and emerging technologies

❖ Aboriginal perspectives & Knowledge



❖ Inquiry and question based approaches

Student Owned Inquiry



Part 4



❖ Collaboration & community

❖ Flexible learning environments

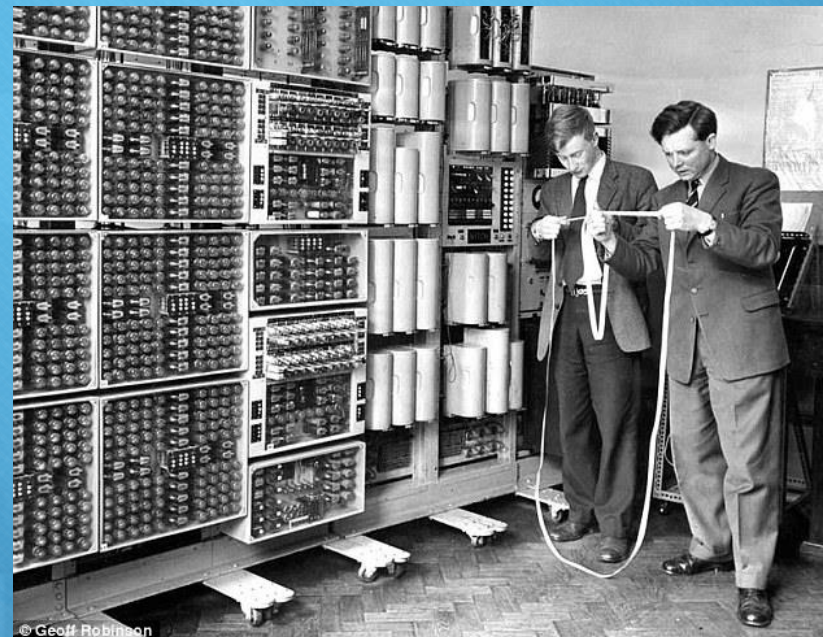






**Why are these changes
taking place now?**

It's no longer about getting information, it's
about what we do with it.





Did you know?...

Time for human knowledge to double:

- 1900 = 100 years
- 1945 = 25 years
- 2014 = 13 months
- 2025 = 25 hours





Education is shifting

Teacher directed

- ❖ I sit at my desk
- ❖ I learn on my own
- ❖ I am an observer
- ❖ I know facts
- ❖ I receive information
- ❖ My teacher holds the knowledge
- ❖ My teacher gives me the answer

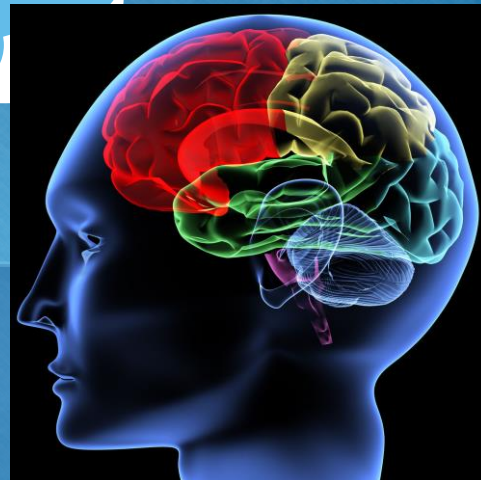
Discussion based

- ❖ I come to the table with others
- ❖ I collaborate with others
- ❖ I am an engaged participant
- ❖ I understand and evaluate ideas and concepts
- ❖ I learn from experiencing
- ❖ My teachers help me to discover the knowledge
- ❖ My teacher supports me in finding the answer



Shifting the emphasis: from teaching to learning

- ❑ Teachers become guides scaffolding learning
- ❑ Discussion based learning stimulates greater interest & engagement in the learner
- ❑ The focus is on greater depth of understanding not rote memorization
- ❑ Content is covered and is important, but skills, understanding and processes are paramount.



Brain Research

has increasingly informed what we know about teaching & learning

❑ Learning activities are highly effective if they are:

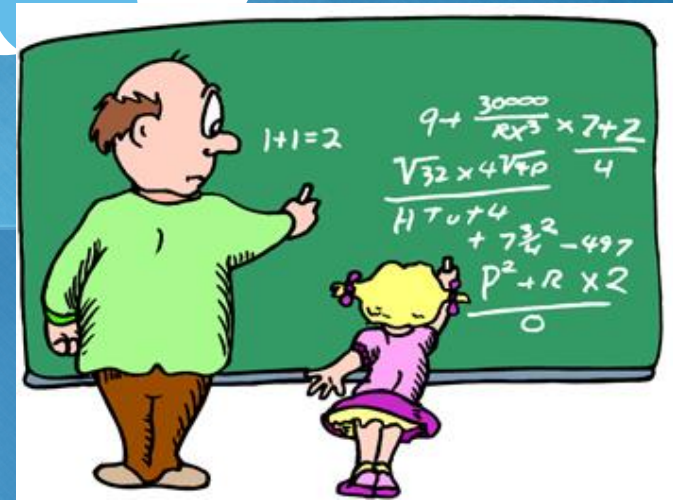
- ❖ complex, interactive experiences
- ❖ engage students actively in solving real problems
- ❖ are meaningful and challenging
- ❖ are taught in shorter bursts interspersed with other material (distributed practice).



The human brain is a social brain

- ❑ “If brain-based pedagogy could be summed up in one sentence, it would be, knowledge should be socially created” (Slavkin, 2004, p. 44).
- ❑ Erlauer (2003) suggests that, “Collaborative learning provides the brain with the means to explore new information, typically in a problem-solving situation” (p. 136).

Students at the centre



- ❑ Students who can participate actively in teaching and learning in the classroom become more excited about their education.” (Goldberg & Stevens, 2001).
- ❑ “When students can share their own knowledge and skills with others, not only do the “receivers” gain because they learn something new, but the student who is acting as the teacher will solidify his or her knowledge teaching it to others.” (Erlauer, 2003, p. 145)

Students at the centre of their own learning





So what does this mean
for you ?

Changes for the 2017-18 academic year



Changes to Provincial Exams

- ❑ No grade 10 provincial exams in Math, English & Science. Classroom based assessment instead.
- ❑ No Social Studies 11 exam. Classroom based assessment instead.
- ❑ English 12 provincial exam for 2017 and 2018 but then to be replaced with a final literacy exam before graduation.



Changes to Provincial Exams

- ❑ Students will write a final numeracy exam before graduation. (This will be introduced in 2017)
- ❑ The number of credits required to graduate remains the same (80)

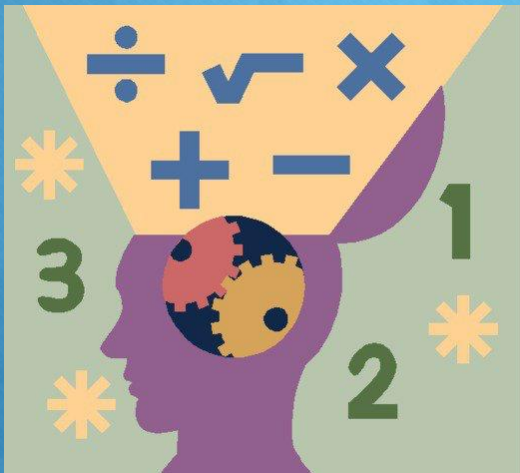


Grade 11 Students

- ❑ Will write a provincial numeracy skills exam.
- ❑ Will not take Social Studies 11 (This is discontinued as a course)
- ❑ Students must take a minimum of ONE social science course in grade 11 or 12 (eg. Economics, History, AP Human Geography, Philosophy**)

Grade 10 Students

- ❑ Will write a provincial numeracy skills exam and a provincial literacy exam before graduation.



Grade 8 & 9 Students

- ❑ Must complete an Applied Skills and Design Course in both grade 8 and 9 (ADST 8; ADST 9)
- ❑ Southridge will meet this requirement through the Arts, ADST rotation in grade 8 and through the introduction of a Robotics component in Math 9






Course Selection for Grade 9

For grade 8 students entering grade 9 in
September 2017

Required Courses

- ❑ English Language Arts 9
 - ❑ French 9
 - ❑ Career Education
 - ❑ Mathematics 9
 - ❑ Physical & Health Education 9
 - ❑ Social Studies 9
 - ❑ Science 9
 - ❑ Applied Design, Skills & Technologies 9 (Part of Math 9 rotation)
- 





Elective Choices (2)

- ☐ Art 9
- ☐ Concert Band 9
- ☐ Drama 9
- ☐ Jazz Studies* 9
- ☐ Media Arts 9
- ☐ Spanish 9



* You must be enrolled in Concert Band to select this option or have the express permission of Mr. Burrage, Curriculum Leader for Music, to take Jazz studies alone.

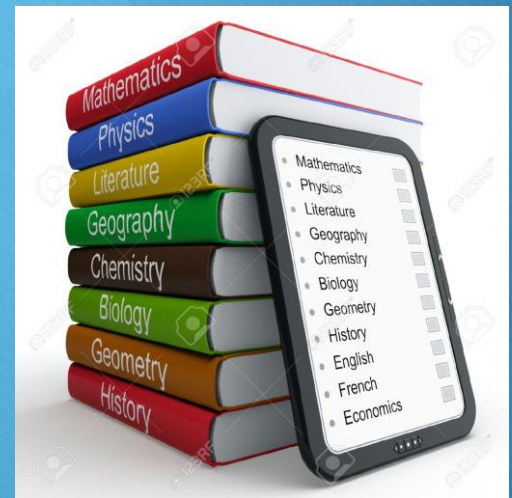


Course Selection for Grade 10

For grade 9 students entering grade 10 in
September 2017

Required Courses

- ☐ English 10
- ☐ French or Spanish 10
- ☐ Mathematics 10
- ☐ Physical & Health Education 10
- ☐ Social Studies 10
- ☐ Science 10
- ☐ Career Education 10





Elective Choices (2)



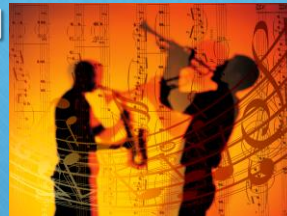
☐ Art 10

☐ Instrumental Music 10

☐ Drama 10

☐ Theatre Company 10
(Participation in major school production required)

☐ Media Arts 10



☐ French 10

☐ Spanish 10 (You must have taken Spanish 9)

☐ Information Technology 11

☐ *Instrumental Jazz 10

(*You must be enrolled in Concert Band to select this option or have the express permission of Mr. Burrage to take this as a stand alone option.)



Summer School FMP 10

- ❖ This year Southridge will offer FMP 10 as a summer session program to run from early July to mid August.(Tuesday to Friday (am in class and on-line)
- ❖ The course is open to grade 9 students who wish to accelerate, and who have a current minimum mark of 90%. Given successful completion of the course, students would be eligible to enrol in Pre-Calculus 11 next year.
- ❖ Students who have completed FMP 10 but want to strive for an improved understanding and mark may also enrol in this course.



What do I do now?

- ☐ Discuss with your parents & teachers
- ☐ Enter your course selections in Naviance by Monday March 6 (Your Career Education teachers will help you with this)
- ☐ Fill in the Course Selection sheet and hand in to Ms. Byrom by Monday March 6
- ☐ Summer session applications, together with the required deposit, should also be returned by Monday March 6

QUESTIONS ?



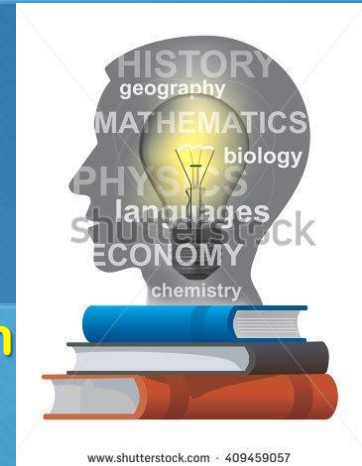


Course selection for Grade 11

For grade 10 students entering grade 11 in
September 2017

Required Courses

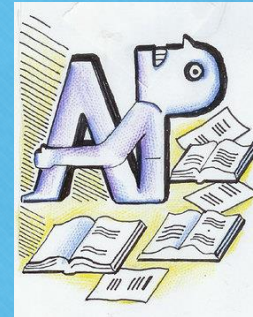
- ❑ English 11 or AP English Language & Composition
- ❑ Foundations of Math 11 or Pre-Calculus 11/12
- ❑ A Science 11
- ❑ French or Spanish 11 (UBC currently requires a grade 11 language credit as one of its entry criteria.)
- ❑ Active Living 11 (PE 11)
- ❑ Career Education 11
- ❑ A social studies elective (grade 11 or 12)



Elective Options

Fine Arts & Languages

- ☐ Art Foundations 11
- ☐ AP English Language & Composition
- ☐ Concert Band 11
- ☐ TPA: Acting 11
- ☐ *Theatre Company 11 (Participation in school production required)
- ☐ Media Arts 11
- ☐ French 11 or 12
- ☐ Spanish 11&12



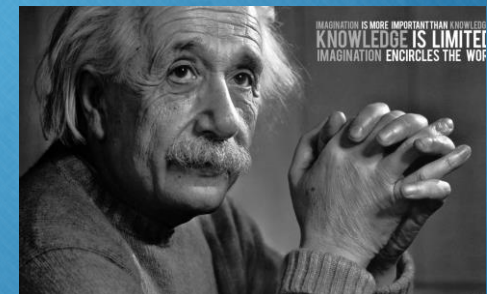


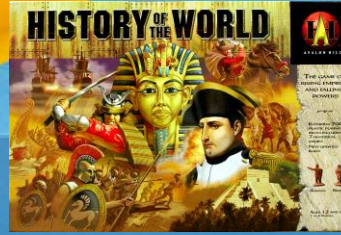
English 12

- ❑ Grade 11 students who meet the requirements of an English course mark of 90%, and obtain a Southridge June examination mark of 86% or higher in English 11, may write the English 12 provincial examination in June 2016. Consultation with current English teacher & Ms. Kim or Ms. Holt is required.
- ❑ It should be noted that students are still required to take an English course in Grade 12 at Southridge.
 - ❑AP English Literature & Composition
 - ❑AP English Language & Composition
 - ❑Creative Writing 12 (English 12)

Science Electives

- ❑ Life Sciences 11 (was Biology 11)
- ❑ Pre-AP Biology (was Biology 11 Hons)
- ❑ Anatomy & Physiology 12 (was Biology 12)
- ❑ Chemistry 11
- ❑ Pre-AP Chemistry 11
- ❑ Physics 11
- ❑ AP Physics 1





Social Studies Electives

A minimum of ONE course in grade 11 or 12.

☐ AP European History

☐ AP Human Geography

☐ AP Microeconomics

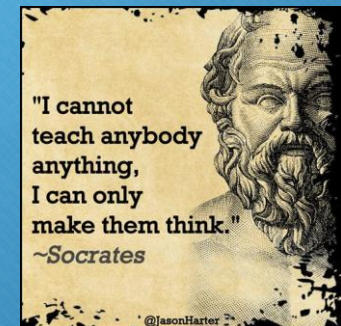
☐ Economics 12



☐ History 12

☐ Law 12

☐ Philosophy 12 **





** Philosophy 12: A new elective

Fulfil the requirement for a social studies elective and 4 Grade 12 credits.

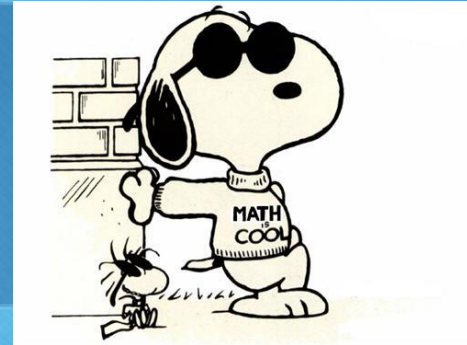
❖ Universities which will accept Philosophy 12 in the entrance average:

- ❖ McGill
- ❖ Western
- ❖ Waterloo
- ❖ SFU

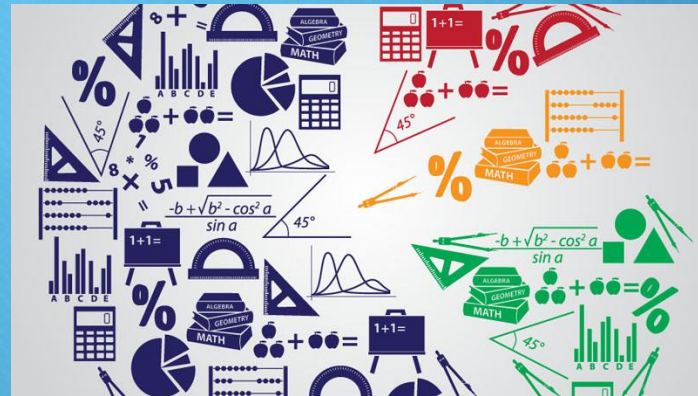
❖ Universities which currently will not accept Philosophy for entrance purposes:

- ❖ Queens
- ❖ Calgary
- ❖ University of Toronto
- ❖ UBC
- ❖ U Vic

Math Electives



- ❑ Pre-Calculus 11
- ❑ Pre-Calculus 12
- ❑ Foundations of Math 11





- 
- A cartoon character with long brown hair, wearing a grey beanie, large black-rimmed glasses, a red bow tie, and a green plaid shirt. The character is smiling and looking towards the right. To the right of the character, the text "WOULD I BE GOOD AT COMPUTER PROGRAMMING?" is written in a large, bold, stylized font. "WOULD I BE GOOD" is in yellow, "AT COMPUTER" is in orange, and "PROGRAMMING?" is in blue. The background is black.





Pre-Requisites

- ❑ Art Foundations 11 is a prerequisite for Art 12
- ❑ For AP English Language 11 a course mark of 90% and the recommendation of the teacher is required.
- ❑ For Grade 11 students selecting Pre-AP Biology 11 or Anatomy & Physiology 12 as an elective, a Science 10 minimum mark of 86% is required.
- ❑ Pre- AP Chemistry 11 and AP Physics 1 require a minimum mark of 86% in Math 10 & Science 10.



Pre-Requisites

- ❑ Chemistry 11 and Physics 11 are prerequisites for Chemistry & Physics 12.
- ❑ Pre-AP Chemistry 11 is a prerequisite for AP Chemistry 12.
- ❑ AP Physics 1 is a prerequisite for AP Physics 2
- ❑ Information Technology 11 is a prerequisite for Information Technology 12.



Please take note:

- ❑ Students must take an English course in Grade 12.
- ❑ Grade 12 students have priority in enrolling in grade 12 courses
- ❑ A grade 12 language credit or university level equivalent is required to graduate in the Faculty of Arts at UBC.



Please take note:

- ❑ It is a Southridge expectation that you will take an art elective in grade 11 or 12
- ❑ Foundations of Math 11 - is designed for students who require mathematical understanding and critical thinking skills for post secondary studies that do NOT require the study of theoretical calculus.
(eg Engineering/Science/Some Business Programs)



Pre-Requisites for University Programs

- ❑ Science and Applied Science university programs typically require Grade 12 Chemistry and/or Grade 12 Physics.
- ❑ Life and Health Science university programs typically require Grade 12 Chemistry and/or Anatomy & Physiology 12

QUESTIONS ?





Course selection for Grade 12

For grade 11 students entering grade 12
in September 2017

Into the future



Stanford University



MOUNT ALLISON UN
ESTABLISHED 1839



UNIVERSITY OF CALGARY
2500 University Drive NW





Mandatory Requirements

- ❑ English 12 is required for graduation and there is a mandatory provincial examination which is worth 40% of the final mark. Southridge requires all grade 12 students to take an English course at Southridge.
- ❑ Career Education – Capstone Project (Portfolio 12)
- ❑ Students must take 6 subjects in Grade 12 .



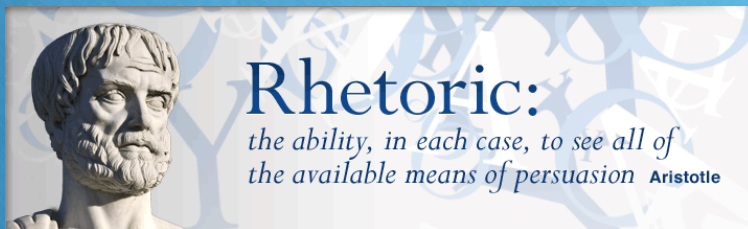
Career Education

- ❑ Portfolio 12 will cover requirements to graduate with 4 credits towards Career Education (Capstone Project)
- ❑ Career skills, employability skills, work experience, post-grad plan, labour market trends, workplace safety knowledge
- ❑ Grad or exit interview



English Electives

- ❑ AP English Literature & Composition
- ❑ AP English Language & Composition
- ❑ English 12 (Creative Writing focus)



Mathematics Electives

☐ Foundations of Math 12

☐ Pre-Calculus 12

☐ Calculus 12

☐ AP Calculus (AB)

☐ AP Calculus BC



Science Electives

☐ Chemistry 12

☐ AP Chemistry

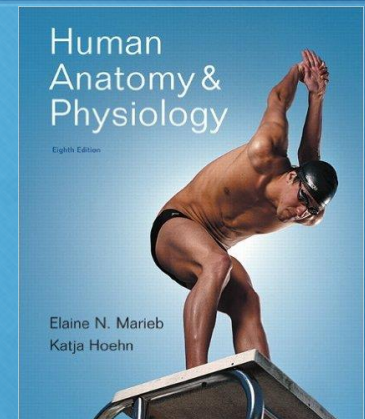
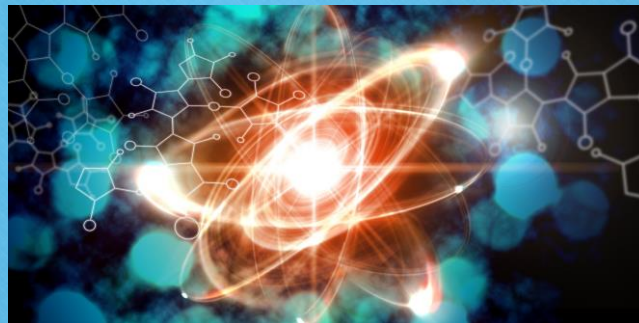
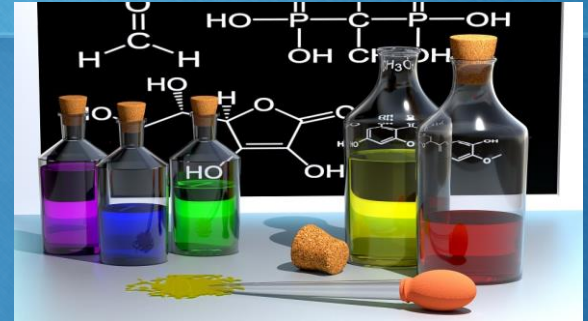
☐ Physics 12

☐ AP Physics 2

☐ Anatomy & Physiology 12 (Biology 12)

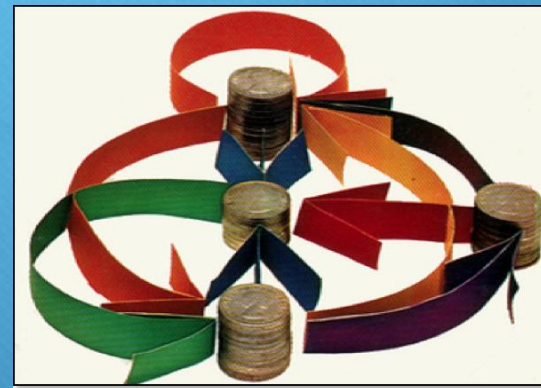
☐ AP Biology

☐ Agrade 11 science if required & scheduling permits



Humanities Electives

- ☐ Philosophy 12
- ☐ History 12
- ☐ Law 12
- ☐ AP European History
- ☐ AP Human Geography
- ☐ Economics 12
- ☐ AP Microeconomics



Modern Languages



❑ French 12

❑ AP French Language & culture

❑ Spanish 11/12



Art, Music, Media Electives

☐ Art Foundations 12

☐ Concert Band 12

☐ *Theatre Company 12 (Participation in school production required)

☐ Media Arts 12



Physical Education and Information Technology Electives

☐ Active Living 12



☐ Information Technology 12



QUESTIONS ?





Canadian Universities

Sample Program Admission Requirements



CALCULATING THE ADMISSION AVERAGE

The majority of universities calculate the Grade Point Average for admission using four Grade 12 academic courses (usually Term 2 marks)

ALL UNIVERSITIES USE ENGLISH 12 MARK

McGill, Calgary, Alberta use 5 courses

Carleton uses 6 courses (2 can be at Grade 11 level)



UBC Science

Average calculated on four Grade 12 courses:

- ◊ English 12
- ◊ Pre-Calculus 12
- ◊ One of Biology 12, Chemistry 12, or Physics 12
- ◊ The next highest “Acceptable Grade 12 course”

PERSONAL PROFILE IS REQUIRED!



SFU Science

Average calculated on 4 courses:

- English 12
- Pre-Calculus 12

And two additional approved Science 12 courses
from Biology, Chemistry, Physics



McGill Science

Average calculated using “Top 5” Grade 12 courses

English 12

Pre-Calculus 12

2 of Grade 12 Biology, Chemistry or Physics

Next highest Grade 12 academic course



Western Arts (Social Science)

Average calculated on 4 academic Grade 12 courses

- English 12
- 3 academic Grade 12 courses (list includes Foundations of Math 12)



University of Toronto, Rotman, St. George

St. George campus has specific requirements about mathematics

- ◊ English 12
- ◊ Pre-Calculus 12
- ◊ Calculus 12
- ◊ 1 Academic Acceptable Grade 12 courses

Supplemental application also required for this program(video & essays)



AP COURSES & CANADIAN UNIVERSITIES

ALL AP COURSES ARE CONSIDERED
“ACADEMIC” OR “ACCEPTABLE” FOR USE IN
CALCULATING THE ADMISSIONS AVERAGE.

THE TERM 2 SCHOOL PERCENTAGE MARK IS
USED BY THE UNIVERSITIES.

AP COURSES ARE NOT GIVEN EXTRA WEIGHT BY
CANADIAN UNIVERSITIES – CHOOSE CAREFULLY



AP COURSES & U.S. COLLEGES

AP courses are often given added weight as part of the 'most challenging course load' available at a school. It does not benefit you to take AP courses outside of school unless it indicates a particular academic passion. The most competitive universities prefer to see a balanced course load that includes four years (grades 9-12) of math, science, English, social studies, and a foreign language as a rigorous course load.



What are U.S. Colleges looking for?

Most U.S. universities consider all academic courses from grade 9 to grade 12, especially Grade 11 courses. (Most Canadian universities only consider grade 12)

The perceived rigour of the academic program and test scores (eg: SAT or ACT) are two of the most important considerations for admission to US universities.



Begin early (Grade 11)

Consider:

Desire to study in U.S. Application process takes considerable time

Finances

SATs



U.K. and International (professional programs)

Readiness to go abroad and pursue direct-entry to medicine, dentistry, veterinary, law etc.

Transferability of professional training from the UK back to Canada

AP courses can boost chances of admission to some programs

Finances – check costs

Entrance testing such as LNAT, UKCAT, TSA etc. Must begin preparation in grade 11



Making choices



- ❑ Research university entrance requirements carefully. (McGill and AP exams for example)
- ❑ Be realistic and honest with yourself. A rigorous course load will help you to gain admission to the programs and universities of choice.
- ❑ Courses cannot be added or dropped after September 30th of the academic year.

Making Choices



- ❑ Distance Education courses – yes there are opportunities but beware of their limitations. An on-line course cannot provide the level of instruction and depth of knowledge that you will need to succeed at the next level.
- ❑ Retaking courses. Some universities average all attempts, some only take the first attempt, while others will take the highest mark.
- ❑ Life is long and there are multiple opportunities to change direction, to make mistakes, and to find new things you love. Grade 11 will not determine your entire future! Be happy and enjoy all that the school offers.



Scholarships

- ❖ BC Achievement Scholarships – 8000 awarded \$1,250
- ❖ District/Authority Scholarships – 5500 awarded - \$1,250
- ❖ BC Excellence Scholarship – 55 awarded \$5,000. One student only is nominated by the school
- ❖ Pathway to Teacher Education Scholarship – 20 awarded - \$5,000.

Mon-30

Tues-31

Wed-1

Thur-2

Fri-3

Breakfast

**Sausage
Egger**

**Smoothie
Day**

**Berry
Muffin**

Bacon Wrap

**Smoothie
Day**

**Chef's
Entree**

**Sweet and
Sour stifry**

**Chicken
Chow Mein**

Salad Bar

**Lemongrass
Chicken**

Pizza

**Pasta
Bowl**

**Mac and
Cheese**

Alfredo

**Pork and
Black Bean**

Marinara

**Asian
Spaghetti**

**Grill
Central**

Pot Stickers

Spring Rolls

**Chicken
Fried Rice**

**Spicy
Chicken Brg**

Japa Dog

**Weekly
Panini**

**Chicken
Caesar**

**Chicken
Caesar**

**Chicken
Caesar**

**Chicken
Caesar**

**Chicken
Caesar**

**Great
Greens**

**Chick Pea
Salad**

Tuna Salad

Salad Bar

Chef Salad

**Tossed
Salad**

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



Mon-6

Tues-7

Wed-8

Thur-9

Fri-10

Breakfast

**Cheese
Scone**

**Smoothie
Day**

**Sausage
Egger**

**Blueberry
Muffin**

Bacon egger

**Chef's
Entree**

**Chicken
Quesadilla**

**Tandoori
Chicken**

Salad Bar

BBQ Ribber

No

**Pasta
Bowl**

Cannelloni

**Mac and
Cheese**

**Chicken
Penne**

Primavera

**Grill
Central**

Pizza

Pizza Dog

**Spicy
Chicken Brg**

Poutine

School

**Weekly
Panini**

Chicken Pesto

Chicken Pesto

Chicken Pesto

Chicken Pesto

Chicken Pesto

**Great
Greens**

Pasta Salad

Chef Salad

Salad Bar

Green Salad

**Caesar
Salad**

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



Mon-13**Tues-14****Wed-15****Thur-16****Fri-17****Breakfast****Berry
Muffin****Bacon Wrap****Smoothie
Day****Chef's
Entree****No****No****Salad Bar****Chicken Pot
Pie****Fish and
Chips****Pasta
Bowl****Mac and
Cheese****Marinara****Pasta
Alfredo****Grill
Central****School****School****Beef Dip
.****BBQ Bacon
Burger****Hot Wrap****Weekly
Panini****Pulled Pork****Pulled Pork****Pulled Pork****Great
Greens****Salad Bar****Tossed
Salad****Chef Salad**

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



Mon-20

Tues-21

Wed-22

Thur-23

Fri-24

Breakfast

**Raspberry
Scone**

**Smoothie
Day**

**Sausage
Egger**

**Blueberry
muffin**

**Smoothie
Day**

**Chef's
Entree**

**Butter
Chicken**

**Chicken
Chow Mein**

Salad Bar

**Chicken
Enchilada**

Fish Taco

**Pasta
Bowl**

**Pasta
Alfredo**

Ravioli

**Mac and
Cheese**

Primavera

Italiano

**Grill
Central**

Soft Taco

Spring Rolls

Calzone

**Bacon
Cheese Brg.**

BBQ Ribber

**Weekly
Panini**

Chicken Pizza

Chicken Pizza

Chicken Pizza

Chicken Pizza

Chicken Pizza

**Great
Greens**

**Chic Pea
Salad**

**Chicken
Caesar**

Salad Bar

**Tossed
Salad**

**Caesar
Salad**

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

