



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

JANUARY 18, 2017  
ISSUE #17

### Head of School

#### Old Habits Die Hard or They Hardly Die at All

This is the time of year when we are inclined to make a New Year's resolution or two. Typically, resolutions lean toward making positive changes – either eliminating bad habits, forming new ones or a little bit of both. I was recently reading an interesting book for a course which contained a chapter specifically devoted to why habits are so hard for us to break. I thought it related really well to New Year's resolutions, and so I have decided to share some of what I learned in this edition of the *Wednesday*.

The title and premise of the book is that *We are Not Our Brains* – outlining a clear distinction between the brain and the mind. According to the authors, Dr. Schwartz and Dr. Gladding, we unwittingly receive “deceptive brain messages” that are beyond our control. These deceptive messages can best be described as inaccurate thoughts or unhelpful and distracting impulses that take us away from our true goals and intentions. Often backed by strong emotional sensations and supportive/habitual actions, the messages can be very powerful indeed. When the emotions and habitual actions are either felt or repeated over and over they become ingrained, and our brains become wired to support a habit.

For example, if a student has a deceptive brain message that s/he is “not good enough” a backing emotion may be a “pit or unsettled feeling in his/her stomach” and the habitual response (or action) could be overachieving, striving for perfection or seeking reassurance from someone that s/he is okay. If enough attention is devoted to this pattern of thinking and focus is passively applied in an unconstructive and repetitive way, unhealthy habits get wired into the brain making them very difficult to break.

Unfortunately, positive self-talk and willpower alone are surefire ways to become discouraged and disappointed when trying to break a bad habit because the reality is that the brain generates our deceptive brain messages – not the mind – and none of us has any say in when or where the deceptive messages will show up. Drs. Schwartz and Gladding liken this process to when something shiny glints in the sun – we don't cause the object to shine but if our eye catches it, we look. It's natural and automatic . . . and not under our control.



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But what *is* under our control and what *can* help us untangle ourselves from bad habits is our ability to choose. Interestingly, research is showing that there is a gap of less than 3 seconds between noticing a deceptive brain message and choosing how to respond to it. The short gap interval allows our minds to consciously focus our attention on healthy and beneficial actions. Just like in the formation of bad habits, when enough mindful, rational and purposeful attention is devoted to constructive responses it helps us rewire our brains in positive ways. It also helps us break our bad habits by *not* acting on deceptive brain messages that are harmful to us. We have a choice in our habits, it seems, and our success is directly related to how aware we are and how mindfully we respond.

Old habits sure do die hard, and if we try to will them away alone they'll hardly die at all. Free choice allows us to respond to messages that could otherwise cause us to form unhealthy habits. Choice is freedom and so we are free to choose our habits – both healthy and unhealthy. Good luck with your New Year's resolutions!

Have a wonderful week!

Drew Stephens  
Head of School

## Important Dates

Event	Date	Time	Location
GR 7 Parent Evening	Thursday, January 19	7:00 – 9:00 pm	Alan Brown Great Hall
2017 Service Trip Info Night	Thursday, January 19	5:30 – 8:30 pm	Alderdice Library
GR 6 & 7 Dance	Friday, January 20	7:00 pm - 9:30 pm	Junior School Gym
Jump Rope for Heart	Thursday, January 26	All Day	Junior School
Casual Day	Thursday, January 26	All Day	Junior School
No School for PYP	Friday, January 27	All Day	PYP Only
Internet & Social Media Safety Presentation	Monday, January 30	6:30 pm – 8:30 pm	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
Noon Dismissal	Thursday, February 23	Noon	Junior School
No Kindergarten Classes	Friday, February 17	All Day	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



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Event	Date	Time	Location
Senior Play	Saturday, February 25	2:00 pm	Alan Brown Great Hall
Senior Play	Saturday, February 25	7:00 pm	Alan Brown Great Hall

## Junior School News

### Head of Junior School

#### Look Up and Say “Good Morning!”

It was a great first week back in Junior School, and there was much joy and anticipation as teachers, students and parents reconnected after the break, everyone seeming refreshed and ready for the winter term. I must say, that one of the things that I missed most over the holidays was my daily dose of morning hellos, smiles and hugs. With three teenagers at home, I am lucky if I get a good morning grumble before 11 a.m. Starting the day greeting students and families as they arrive at school is truly a highlight for me.

I am not a morning person myself - getting out of bed is always an ordeal for me, especially at this time of the year when it's cold and darkness that greets me as I rise. Those daily morning greetings are my wakeup call, and the smiles and hellos do far more than the strongest cup of coffee could ever do to lift my spirits and prepare me for the day. Seeing the faces of the students as they arrive each day also serves as a constant reminder of why we come to school each day - to build connections and relationships with each other as we support learning and growth.

This term promises to be a busy one, especially since it is also a short one! We are looking forward to lots of consolidation of learning and skills over the next 8 weeks, along with special events like Jump Rope for Heart, the Grade 7 Boys A Basketball team's trip to the CAIS tournament in Ontario, Student-led Conferences, and our MYP musical production of, *Dear Edwina*, just to name a few. So, as we head into the busyness of the winter term, remember to look up and say “good morning” – the light of spring is just around the corner!

Tanya de Hoog  
Head of Junior School



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### **Grade 7 Parent Information Session - Thursday, January 19th**

Attention parents of current Grade 7 students - please plan to attend the Senior School Information Night on Thursday, January 19<sup>th</sup>, in the Alan Brown Great Hall from 7:00 – 9:00 p.m. This will be a great opportunity for you to learn more about the transition from Junior School to Senior School, meet some of the Senior School team, receive information about the Senior School Education Plan(SSEP), the Harkness Method and learn about student-life and opportunities in the Senior School. We hope to see you there!

### **Non-Instructional Day for PYP Students - Friday, January 27th**

Please note that school will not be in session for PYP (Kindergarten - Grade 4) students on Friday, January 27<sup>th</sup>. PYP teachers will be supporting admissions testing and observations for prospective students on this day. Please mark your calendars and do not send your child to school if they are in Kindergarten through Grade 4. It will be a regular school day for MYP students (Grades 5-7).

### **FSA Testing for Grades 4 and 7 Students**

Ministry of Education Foundation Skills Assessments (FSA) will take place beginning in the coming weeks through February 17<sup>th</sup>. Grade 4 and 7 teachers have now communicated the specific testing schedules via Schoology. Please do not schedule appointments or plan any absences during testing times as students who miss tests are given an incomplete score. Testing consists of a combination of online and hand-written components for Literacy (reading and writing) and Numeracy. This will be the last iteration of the current FSA format, as the Ministry will shift to a format that is more aligned with the redesigned curriculum for the 2017-2018 school year. Future FSA testing will take place in October and November, beginning in the fall of 2017.

For more information about the current FSA tests, visit:

<http://www2.gov.bc.ca/assets/gov/education/kindergarten-to-grade-12/teach/pdfs/assessment/fsabrochure.pdf>.

For information regarding changes to FSAs in the 2017-2018 school year please visit:

<https://curriculum.gov.bc.ca/assessment-reporting/new-foundation-skills-assessment>.

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

Friday, February 10<sup>th</sup> 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 13<sup>th</sup>



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and for the Half-Term Holiday on Tuesday, February 14<sup>th</sup>. Classes will resume with a late start on Wednesday, February 15<sup>th</sup> 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 17<sup>th</sup>

There is no school for Kindergarten students on Friday, February 17<sup>th</sup> 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 23<sup>rd</sup> (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.

### Grade 6/7 A Basketball Team Take Bronze at CAV Classic

The grade 6/7 boys A basketball team played at the CAV Basketball Classic in Collinwood on Friday, Jan. 13<sup>th</sup>. In the first round, the boys easily defeated Collingwood B team by a score of 28-8. In the semi-finals, the boys played Vancouver College. We previously played them in the final of the SLAM tourney before Christmas and lost by a score of 46-18 but the boys played much better breaking their relentless press but in the end could not defeat their strong defensive team losing by a score of 33-15. The boys regrouped and played much better in the bronze medal match by defeating host Collingwood A by a score of 34-22. The team plays 3 league play games and a tournament in GW Graham before their big tournament in Hamilton, Ontario in the first week of February. Keep up the hard work!



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### Dance at Junior School

This Friday, January 20<sup>th</sup> from 7:00-9:00 pm the Grade Seven House Captains are hosting a dance for grades six and seven students in the Junior School gymnasium. Music will be provided by our in-house DJ's. The admission fee for this dance is waived. Students can also purchase snacks and drinks from the concession. All proceeds from the concession sales are for the Grade 7 Legacy Fund: supporting local, national, and international service causes.

Ms. McNeil  
MYP Division Leader

## Senior School News

### Head of Senior School

#### Sir Ken Robinson

Last Friday I had the opportunity along with four other Senior School teachers, to see Sir Ken Robinson speak in Abbotsford. You may know Ken Robinson from his now famous [Ted Talk](#) from 2006 where he presented the argument that "[schools kill creativity](#)," and is considered by many to be the prominent voice in education. (If you have never seen his Ted Talk from 2006, watch it [here](#)).

In his 60 minute talk on Friday, he praised the new BC Education Plan, spoke of the importance of positive and supportive relationships between students and teachers, stated that the traditional linear organization of schools can create a hierarchy of subjects that diminishes the importance of the arts, physical fitness and life skills, and reiterated that providing students the opportunity to seek their passions and be creative and imaginative is of paramount importance.

To make his point about the importance of following your passion, Robinson used the example of Bart Conner, the most decorated male American gymnast in history, who as a young boy discovered that walking on his hands was as easy and natural as walking on his feet. He walked everywhere on his hands, even up and down stairs. Rather than getting frustrated and telling Bart to stop his hand-walking because he would never be able to make a living doing that, his mother took him to a gymnastics club where he quickly found his true passion. The rest is history. After an amazing career of NCAA titles, Olympic gold medals and world championships, Bart Conner married Olympic champion



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gymnast Nadia Comaneci and today they run a gymnastics club in Oklahoma that has helped thousands of youth find their passion in gymnastics. Imagine if Bart Conner didn't have such supportive parents.

It has been said that schools are called upon to prepare students for careers that do not yet exist. They will be required to use technologies that have not been invented that will dwarf the functionality of our current technological capabilities. Environmental challenges, resource depletion, and a rapidly changing society will present our students with difficult and complex problems that they will need to navigate and solve in their future careers. Our mandate as educators is to equip students with the skills necessary to thrive in a world that is certain to be much different than the one we currently live in. Experts suggest that the key skills our young people need as they graduate from high school and head off to university are collaboration and teamwork, critical thinking, creativity and imagination, and the ability to solve problems. These are the skills that are very much central to Southridge's Senior School Education Plan (SSEP) developed almost a decade ago, and are the core of the BC Ministry of Education's new Education Plan. The days of memorizing and parroting back rote knowledge on tests that we as parents remember from our high school days are gone. Education is changing for the better.

Next week I will write about the pressures on students as they prepare for university, and how it is more critical than ever that they be encouraged to make creativity, service, fitness and well-being a part of their balanced education.

Brad Smith  
Head of Senior School

### Senior Play – A Midsummer Night's Dream

Shakespeare, Shakespeare, Shakespeare, the bane of every English student's life. But here in the Drama department, we have embraced the Bard and have selected *A Midsummer Nights Dream* in the original Shakespearean language, as our annual production. As a part of the team in charge of editing the script, we have decided to use a shortened version. Yes, Shakespeare is a brilliant writer, but it is safe to say he can be a bit wordy at times. So, the editing team and I went to work on the script, going back through and keeping some of his longer lines and monologues that were particularly funny or important.

We also thought it would be a great idea to infuse some aspects of British pantomime style. Some songs, along with several asides and comments have been added to the



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original script. In order for this to happen successfully, research was conducted to find out the difference between “thou,” “thy,” “thine,” and “thee.” It turns out that these words that seem so similar actually have very different uses! Some are used specifically for objects and some for subjects. Doth thou understand, or am I confusing thee? By integrating a bit of the Shakespearean vocabulary into our new comedic elements, it keeps the flow and feel of the play constant.

But writing and learning the lines are two very different things. This year I will be playing the role of Oberon, and since this is my first significant part, I have more lines than I’ve ever had before. Oberon may not be on stage much, but when he is on, he doesn’t stop talking. Which means monologues! Fortunately, I find longer lines easier to learn, because I don’t need to remember any co-actor’s cue lines with ongoing dialogue. I only need to remember my own lines.

To help us learn our lines, we translated the Shakespearean language into modern English. This process not only helped us figure out what we were saying, but also made memorization much easier. Luckily I don’t find Shakespearean language too hard to understand, maybe that’s why I was always that one kid in English who liked studying Shakespeare. Whether you enjoy following the crazy and complex story lines that William Shakespeare has written, or, even if you are hesitant about a play written in old English, I encourage everyone to come and watch this energetic, love twisted, magical and hilarious Panto infused version of our show.

Show dates are:

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

Molly Maguire  
Grade 10

## Yarn Club Helping the Homeless

Amadea de Wit with the help of the Yarn Club has taken the initiative to make mats out of plastic bags for the homeless. The mats are water resistant and soft. Amadea received her inspiration when reading an article about an elementary school in White Rock who completed these plastic waterproof mats in December. Making the plastic bags into large yarn balls is taking longer than expected but soon Amadea and those she has recruited





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will start crocheting them into mats. If interested in helping out email either Amadea or Ms. Alexandra.

Ms. Alexandra  
[ialexandra@southridge.bc.ca](mailto:ialexandra@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.

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](mailto: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, January 13
- Friday, January 27
- 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>



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Max Sterelyukhin  
Senior School Mathematics Teacher; Cross Country Club Organizer

### Multi-Sport Athletes:

I recently read an extended post from [highschoolsportsstuff](#) titled “One Sport Athletes”. This continues to be a hot topic in youth sports and it is one that impacts members of the Southridge School community. Over the past few years, parents may feel more pressured than ever to place their children in year-round academies and into extra off-season training. Outside of traditional early specialization sports such as figure skating and gymnastics, there is increasing commentary in opposition to having kids give up one (or more) sports in order to “focus” on another. While there are success stories in both approaches, here are some interesting anecdotes and statistics:

Close to home is the famous case of Steve Nash who still became an NBA MVP in spite of playing on the soccer, basketball, and rugby teams for St. Michael’s University School in his grade 12 year.

Pete Carroll, the head coach of the Seattle Seahawks said one of the first questions he asks about potential recruits are “What other sports does he play?...I hate that kids don’t play three sports in high school. I really don’t favor kids having to specialize in one sport.” Although coach Carroll doesn’t provide specifics, some of the potential hazards of early specialization cited in the blog, can include overuse injuries, burnout, loss of free play time, and missing out on the social, emotional and character development that come from playing a variety of sports, and in the case of Southridge School, playing on mixed age teams.

Southridge School provides these opportunities, and encourages our students to participate in as many activities as they can. At this past year’s athletic banquet, we honoured to students who played four (!) sports for the school. While the school puts a priority of developing well-rounded individuals, our coaches also encourage this attribute in our student-athletes. As another example, two of our top senior boys’ basketball players (now playing at the university level) also played on the soccer team in their grade 12 years.

In many cases, kids specialize early fearing that if they don’t they won’t get an athletic scholarship or a professional contract. (For every 1 athletic scholarship in the United States, there are approximately 100 academic scholarships). The recruiting breakdown of the Ohio State Football Team also counters this belief. Of the 47 recruits by head coach Urban Meyer, 42 were multi-sport athletes in high school (close to 90%). Another growing



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trend in British Columbia is for club coaches to discourage and in many cases not permit athletes to play for their high schools.

One final quote, and the author might surprise you:

*“If a sport has a high point of the year, it must be the first week of spring. When I was growing up, I used to love this time of year. It was when I put my hockey equipment away and I was absolutely ecstatic to see the end of the hockey season. One of the worst things to happen to the game, in my opinion, has been year-round hockey and, in particular, summer hockey. All it does for kids, as far as I can tell, is keep them out of sports they should be doing in the warmer weather. I could hardly wait to get my lacrosse stick out and start throwing the ball against the walls and working on our moves as we played the lacrosse equivalent to road hockey. All the good hockey players seemed to play lacrosse in those days and every one of them learned something from the game to carry over to the other - things athletes can only learn by mixing up the games they play when they are young.” - Wayne Gretzky*

Gord Smith  
Senior School Athletic Director

### University Counselling

The deadline for applying to UBC has now passed for 2017 admission and the university has settled in to read and evaluate all of the personal profile essays. An excellent way to keep track of what is happening in the application process is to take a look at the admissions blog <http://you.ubc.ca/applying-ubc/blog/>

Canadian universities are beginning to make offers based on 1<sup>st</sup> Term report although the majority of decisions will be based on 2<sup>nd</sup> Term report marks.

Over the holidays, Lauren Andrews attended a Leadership Conference held at UBC. Here is her reflection for the day's activities:

On Saturday January 7<sup>th</sup> I had the pleasure of going to UBC campus to participate in their fifteenth annual Student Leadership Conference. The theme of the conference this year was 'Disrupt Ordinary' and the delegates got to listen to speakers and partake in workshops where they learned how each individual can disrupt ordinary in their life.

My day started with the opening ceremonies where a UBC philosophy professor, Mr. Michael Griffin, spoke about why everyone should continue to ask questions and disrupt ordinary. I then got to sign up for two keynote speakers and two workshops throughout the morning and afternoon. I had the privilege of listening to Kim Cope talk about her



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business “Startup Skool” and Aaron Friedland who told us about his organization “The Walking School Bus.” Both speakers were very inspirational and opened my eyes to how negative situations can be turned around. The workshops I got to experience were on undergraduate research opportunities and “Validation: the art of bringing out the best in others.”

I really enjoyed the workshops and got the chance to meet both of the very passionate presenters. The day concluded with closing ceremonies and a keynote speaker named Jessica Jackley. She gave an absolutely phenomenal talk about how to break boundaries and reach your goals by knowing yourself and learning when to say no to opportunities that don’t fit with your aspirations. All in all, I had a wonderful time exploring UBC, listening to some fantastic speakers and learning how to disrupt ordinary.



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### Both Schools

#### Internet & Social Media Safety Presentation – January 30<sup>th</sup>

You have likely already heard that Personal Protection Systems Inc. will be visiting the school this month to help inform parents about youth online interactions. The following are some of the topics Darren Laur will be addressing:

- ✓ What kids are doing online
- ✓ Internet chat abbreviations parents should be aware of
- ✓ Cell phone/smart phone and web cam safety
- ✓ The good and the bad of social networks such as “Instagram” and “snapchat”
- ✓ How to ensure your child’s social network is secure
- ✓ Why future employers and post-secondary institutions are checking your child’s digital dossier

Many other topics will be explored. We invite you to join us in the **Junior School Great Hall** for this informative presentation on **Monday, January 30<sup>th</sup> from 6:30 – 8:30 pm.**

By attending, you’ll learn what you can do to help keep your child(ren) safe on-line, increase their privacy and protect their digital footprint. **ALL parents (K-12) are invited to join us!**

#### **EVENT DETAILS:**

Monday, January 30, 2017

6:30 – 8:30 pm

Southridge School - 2656 160th Street, Surrey, BC  
(Junior School Great Hall)

No pre-registration or entry fee is required.

Thank you – I hope to see you there!

Wendy Turriff  
Junior School Counsellor



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### Electronic Donation Receipts

In the spirit of saving on paper and postage, the Advancement office has been developing an electronic charitable tax receipt. Starting this month, any charitable donations you make to the school will generate an 'e-receipt' that will be sent to you and your spouse via email shortly after we process your donation. You can print this receipt for your records or simply save it in a file to refer to when you complete your income tax return.

If, for whatever reason, you would like us to continue to mail you a receipt, please just let Sherry Hu know by sending her an email at [shu@southridge.bc.ca](mailto:shu@southridge.bc.ca).

Thank you so much for your ongoing generosity and commitment to Southridge School!  
We very much appreciate all your support!

Christiane Hodson  
Director of Advancement

### New Schoology Login – App Update

On **Monday, January 9th**, Schoology released a new, more streamlined login flow for both iOS and Android devices. "Southridge" will now be cached in your device, and they've improved the login workflow to ensure that logging in on the mobile app more closely resembles your login experience on the web. Please note, these new enhancements require users to update their Schoology apps to the most recent version—3.12.0 for iOS, and 4.2.0 for Android.

Here is the link to a video explaining the new process.

[https://youtu.be/RXB1bRQOhZw?list=PLYFJ9RQgn1kHQ4hITQoE\\_S4woFL3urZZI](https://youtu.be/RXB1bRQOhZw?list=PLYFJ9RQgn1kHQ4hITQoE_S4woFL3urZZI)

Heather Mosher  
Senior Technology Leader

### Join the Southridge School Sun Run Team!

The Vancouver Sun Run is under 100 days away! This year's event will take place on Sunday, April 23<sup>rd</sup>. We are hoping for another large turnout of Southridge students, parents, and teachers from both the Junior and Senior School. All ages are welcome to take part in this fun and fit community event, so be sure to tell your extended family and friends about it too! Whether your goal is to walk, jog, or race the full 10K or the 2.5K Mini Sun Run, we would love to have you join us on our Southridge team.



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Please note: This is not an official Southridge excursion, so families will need to arrange their own transportation and supervision.

Beat the rush and **sign up by February 3<sup>rd</sup>** to enjoy an 'early bird' rate of \$22 per student and \$35 per adult. To register, go to [www.vancouversunrun.com](http://www.vancouversunrun.com), at the top of the page select 'Register' and click 'Join an Existing Team. Search for "Southridge School", on the next page you will be asked to enter our team access code which is "leteveryspiritsoar'. Next, choose between the 2.5K Mini Run or the 10K option, fill out the registration information, and proceed to the checkout. Please E-mail me ([mmorley@southridge.bc.ca](mailto:mmorley@southridge.bc.ca)) if you have any questions about the event!

Good luck to everyone and happy running! ☺

Ms. Morley

### Human Resources News

I'm pleased to share with you that Ms. Olivia Clayton has been identified as the successful candidate for the full-time Learning Strategies Teacher in the Junior School commencing September 1, 2017. Olivia is currently fulfilling the role on a temporary full-time basis and was formerly in the position of a Teacher on Call. Olivia obtained her Bachelor of Education with a minor in learning disabilities in 2015 and also holds a double major in Physical Education and Psychology including an Honors Degree in Sport Science. In addition, Olivia has a certificate in Orton Gillingham and has been tutoring math and literacy development since 2010. Olivia's passion is working with students who have learning differences and she enjoys being able to create innovative ways to engage students while providing a supportive place of learning.

Darcie Sagert  
Human Resources Manager

### 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](mailto:southridge@canuelcaterers.ca)

Please see the attached menus for January.



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### **Uniform Shop News**

The Uniform Shop will be closed for inventory check on Jan 30<sup>th</sup> (Monday) and Jan 31<sup>st</sup> (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





A Panto-infused adaptation

of

# A Midsummer Night's Dream

by William Shakespeare

Feb. 23-25  
7:00 pm

Feb. 25  
matinee  
2pm

Southridge School  
2656 160th St., Surrey

Alan Brown Great Hall

Tickets on sale Feb. 1st  
[www.southridge.bc.ca](http://www.southridge.bc.ca)

	Mon-16	Tues-17	Wed-18	Thur-19	Fri-20
<b>Breakfast</b>	Bacon Egger	Smoothie Day	Blueberry Scone	Sausage Wrap	Smoothie Day
<b>Chef's Entree</b>	Chow Mein	Perogies and Sausage	Salad Bar	Lemongrass chicken	Fish and Chips
<b>Pasta Bowl</b>	Alfredo Pasta	Gnocchi	Chicken Curry	Primavera	Mac and Cheese
<b>Grill Central</b>	Spring Rolls	Mushroom Swiss Burger	Chili	Pizza	Spicy Chicken Brg
<b>Weekly Panini</b>	Thai chili Chicken	Thai Chili Chicken	Thai Chili Chicken	Thai Chili Chicken	Thai Chili Chicken
<b>Great Greens</b>	Pasta Salad	Chicken Caesar	Salad Bar	Chef Salad	Tossed Salad

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



Mon-23

Tues-24

Wed-25

Thur-26

Fri-27

Breakfast

Sausage  
Egger

Smoothie  
Day

Berry  
Muffin

Bacon Wrap

Smoothie  
Day

Chef's  
Entree

Taco Bowl

Greek  
Chicken

Salad Bar

Individual  
Pizza

Fish Taco

Pasta  
Bowl

Pasta  
Italiano

Mac and  
Cheese

Chicken  
Alfredo

Marinara

Gnocchi

Grill  
Central

Chicken  
Waffle Brg

BBQ Bacon  
Brg

Quesadilla

Spicy  
Chicken Brg

Chicken  
Ranch Sub

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-30	Tues-31	Wed-1	Thur-2	Fri-3
<b>Breakfast</b>	Berry Scone	Smoothie Day	Bacon Egger	Chocolate chip muffin	Smoothie Day
<b>Chef's Entree</b>	Butter Chick Pot Pie	Piri Piri Chicken	Salad Bar	Burrito Bar	Fish Burger
<b>Pasta Bowl</b>	Alfredo Pasta	Mac and Cheese	Beef Ravioli	Marinara	Canneloni
<b>Grill Central</b>	BBQ Ribber	Spicy Chicken Brg	Pizza	BBQ Bacon Cheese Brg	Thai Chicken Flatbread
<b>Weekly Panini</b>	Italliano	Italiano	Italiano	Italiano	Italiano
<b>Great Greens</b>	Grain Salad	Thai Chicken Salad	Chef Salad	Chef Salad	Caesar Salad

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

