



NOVEMBER 30, 2016
ISSUE #13

Head of School

The Art of Coming Home

Here's a different take on letting every spirit soar; a take that is within reach of all of us and yet remains relatively unexplored. Home is where the heart is. It stands for the stable core where individual life is often shaped. It is the familiar touch-point for us to connect with, it helps to centre us in times of uncertainty and it helps comfort us when we feel alone and frightened. It is a safe harbour for our spirits to rest and recover. It is a warm space for us to be ourselves, for our souls and our passions to find freedom and expression.

To be at home is a calling. As parents and teachers, the formative years of childhood and adolescence represent a crucial time for us to help our children find a sense of home within themselves – a stable core, a touch-point, a known centre, a safe harbor. This is something that is often overlooked, but it is a vital requirement for the creative expression of individuality, and it is the internal foundation that needs to be in place for a spirit to soar.

Having a sense of our inner ground, our essence, knows no bounds and it is not retrained by physical constructs (houses and schools) that we so often imagine when we speak of coming home. On the other hand, in preparing our children to leave home and attend university, we have a job to do beyond ensuring the academic groundwork is in place. Our job extends beyond character preparation as well. Our job also encompasses the cultivation of our children's spirituality, which is assumed to be understood in our vision, "a community where every spirit soars".

When a person is at home internally in life, s/he has a sense of spirituality. S/he has a clear instinct about how to respond to situations and unexpected events that happen externally. Even in the midst of confusion s/he can discern the pathway forward, a pathway that is true and authentic. When a person is at home in themselves, s/he is integrated and enjoys a sense of balance and poise; a confidence that is deeply rooted in a stable core and a known centre.

Spirits soaring invoke images and feelings associated with fulfillment, happiness and purpose. Alas, all too often we push the conditions for our own spirit soaring onto others, and are disappointed when the external world doesn't fulfill us or make us happy. What



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is in reach for all of us is the cultivation of our own internal foundation - the art of coming home is, in reality, the source of spirits soaring.

Have a wonderful week!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
PYP Skating	Friday, December 2	8:45 - 9:45	South Surrey Arena
PYP Choir at Semiahmoo Mall	Monday, December 5	12:30 pm	Semiahmoo Mall
Senior Christmas Concert	Tuesday, December 6	7:00 pm	Alan Brown Great Hall
Senior Christmas Concert	Wednesday, December 7	7:00 pm	Alan Brown Great Hall
PYP Skating	Friday, December 9	8:45 - 9:45	South Surrey Arena
Junior Christmas Concert	Tuesday, December 13	1:20 pm	Junior School Great Hall
Junior Christmas Concert	Wednesday, December 14	6:30 pm	Junior School Great Hall
Senior School Feast	Thursday, December 15	5:30 pm	Alan Brown Great Hall
Noon Dismissal	Friday, December 16	Noon	Both Schools
Junior School Report Cards Sent Home	Friday, December 16	Noon	Junior School
Christmas Holidays	December 17 – January 8		Both Schools
Late Start	Monday, January 9	10:25	Both Schools



Junior School News

Head of Junior School

An Attitude of Gratitude

On Monday, November 28th, the Junior School welcomed visiting author (and Southridge Grade 5 student) Muskan Virk to the school to share the story behind her recently published book, *365 Days of Gratitude: My Attitude of Gratitude*. Muskan met with each grade to talk about the inspiration behind the book, the publishing process, shared some examples of how she expresses gratitude, and also led each group through a gratitude exercise. In Muskan's words, "gratitude is being thankful for what you have instead of what you don't have." It was wonderful to see how Muskan challenged her peers to go beyond just stating a thing or object, but to think about why they are grateful and what that truly means. The walls of the Junior School Great Hall are now filled with students' drawings and reflections on what they are grateful for.

Practicing gratitude helps to cultivate a deeper awareness and appreciation of the meaning in our lives. It's about noticing life's simplicity and reflecting on the bigger ideas that influence us day in and day out. There is much research emerging about how taking notice through gratitude affects our overall sense of well-being and happiness. It can literally change our brains. Just watching students express their own gratitude and share it with one another throughout the day was a lesson in how gratitude can send our spirits soaring.

One of my personal favorite gratitude quotes is: "*Feeling gratitude and not expressing it is like wrapping a present and not giving it.*" (William Arthur Ward). I would like to thank Muskan for engaging so effectively with her fellow Junior School students throughout the day. I am grateful that not only did she courageously share the gift of gratitude and how it impacts her own life, she also helped us to unwrap its transformative power.

Tanya de Hoog
Head of Junior School



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Upcoming Christmas Concerts

We look forward to celebrating the festive season with you and hope you will join us for one of our Junior School Christmas Concerts:

- **Matinee performance** - Tuesday, December 13, 2016 at 1:30 pm
- **Evening performance** - Wednesday, December 14, 2016 at 6:30 pm.

Dismissal for Christmas Holidays and Return for Monday, January 9th - Late Start

On Friday, December 16th, all students will be dismissed at 12:00 noon. At this time, all students will also receive their Term One Report Card. Christmas break is three weeks long with a return to school date of Monday, January 9, 2017 (Day 3). Please mark your calendars accordingly. Please also note that Monday, January 9th, is also a late start day, and students need to arrive between 10:10 and 10:20 for a start time of 10:25 a.m. ***Please do not bring students any earlier than 10:10 a.m. as all teachers are in meetings and no supervision is provided.***

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 27th. 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).

After School Library Use – Supervision Required

I am thrilled that we have such a great community of readers and that the Library is such a busy place after school. Students can come by to find and return books, take AR quizzes and read, but I would like to remind all families that students using the Junior Library must be accompanied by a parent or guardian as the library is considered an unsupervised area after school. Although I am often present, I am also in and out of the Library throughout the afternoon – preparing lessons, in meetings, or talking to teachers – and therefore cannot be a designated supervisor for your child. Any Junior School students waiting for siblings or parents after school must be in the Great Hall where there will always be supervision in the front reception area.



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Thank you for your understanding and cooperation in maintaining the safety of all our students.

Mrs. Gardecki
Junior School Teacher Librarian

Food Fridays a Huge Success!

Generosity in terms of time, money and goodwill seems to characterize the Southridge School community. This time of year there are so many things that point to this spirit of kindness. One such event, is the Food Friday initiative that four of our grade 7's are spearheading. They are: Aerin Brown, Philicia Tapley, Lauren Tkatch and Arven Gill. Over a period of 5 donation weeks, a total of 1,255 food items were donated to the Food Bank. Needless to say, the Food Bank has been so appreciative of this effort as they attempt to stock up before the Christmas season.

The pictures of the donations are indicative of just one morning of donations.

As we move closer to our own celebrations of various types and from sundry cultures, the kindness that we extend will, in return, bring its own special gift back to us.

Celebrating the Season through Music in the Junior School

The Junior School students are busy preparing to spread Christmas cheer through music. This Friday, the students in MYP Glee (grades 5-7) will make our annual visit to Sunnyside Manor to perform for the residents and sing Christmas carols with them. This is a special tradition that is a highlight of the season for both the students and the senior citizens, particularly because of the long-standing connection between Southridge and Sunnyside Manor. On Monday next week, the PYP Choir students (grades 2-4) will be taking our show on the road for our annual performance at Semiahmoo Mall; we know that the enthusiastic voices of the children will help bring joy to the Christmas shoppers!

It's hard to believe that it is that time already, but our Junior School Christmas Concert is less than two weeks away! We hope that you will be able to join us for the matinee performance on **Tuesday, December 13th at 1:30 pm** or the evening performance on **Wednesday, December 14th at 6:30 pm**. As a reminder, students should plan on arriving at 6:15 pm for the Wednesday evening show, and they should meet in their homerooms. As usual, students will wear their white dress shirts (no ties) with dark (black, grey, or navy blue) pants or skirts to school on Monday, December 12th and



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Tuesday, December 13th for the dress rehearsal and matinee, as well as for evening performance on Wednesday, December 14th. The school will provide the coloured T-shirts and accessories to wear with this base outfit. If you have any questions, please feel free to email us at any time.

We thank you for your continued support of our Junior School music program, and we wish you and your families the best for this festive season!

Dr. Kevin Bespflug and Mrs. Donna Winterburn
kbespflug@southridge.bc.ca; dwinterburn@southridge.bc.ca

PYP Skating

Friday, December 2nd @ 8:45 - 9:45 (Day 4) classes: KJM, KSR-T, 2SF, 3CK, 3MY
Friday, December 9th @ 8:45 – 9:45 (Day 3) classes: 1RR, 1RK, 2AJ, 4SM, 4KR

Where: South Surrey Arena (2199-148th Street)
Cost: Ice time to be covered by Southridge
Dress: Come in PE strip and stay in it all day! **Everyone MUST wear a HELMET including adults!!**

We welcome all parents and younger siblings who wish to join us. **Please come directly to the rink between 8:30-8:45 am.** (The children should register with their classroom teacher and inform him/her if you required rent anything.) *EVERYONE* is required to wear a helmet on the ice.

Skating is only 1 hour and we feel that the students should not need a snack before we get back to school. **Please refrain from bringing or buying snacks at the rink.** We will let the children have their snack immediately on returning back to school.

PYP Feast - Dreams/Wishes/Hopes

Date: Thursday, December 15th
Theme: The Magic of Giving
Dress up: In something sparkly or whatever you 'wish' to wear
Purpose: To promote the PYP community by coming together to celebrate. Promote relationships between grades. Provide leadership for grade 4's. To have fun!

We will begin with assembly in the great hall and move to our multi-age groups to play games and make crafts. The actual eating or '*feasting*' begins at 11:30.



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The signup sheets for volunteering will be posted by December 2nd outside of your child's classroom door. You also may be contacted via your room representative. We will need help with set up, clean up or prepare food. Sabrina Pawa is our parent volunteer co-coordinator for the feast. Thanks once again for all your support.

What do you need to do as a parent?

1. Sign up on the list outside of your child's classroom to bring food or to help with set up and clean up
2. Help your child dress in 'theme wear' – sparkles

Thank you,
Rowena Raber

Senior School News

Head of Senior School

Swim Team Makes Big Splash at Provincials

At the recent Provincial Swimming Championships in Kamloops, our small swim team, made up of only 13 swimmers, finished 7th in the province and set two provincial records along the way! Most impressive was the girls 4 by 100m and 4 by 50m freestyle team made up of Stephanie Lee (Grade 8), Cindy Shu (9), Katherine Toy (11) and Isabelle Lei (12) set new provincial records in both races! The mixed 4 by 50m medley relay team of Ryan Kniel (11), Malcolm Beaton (10), Emma Lawson (8) and Lauren Toy (9) finished in second place, and Emma Lawson in Grade 8 finished second in the 100m Individual Medley, and won the 50m back stroke racing against Grade 12 swimmers! Congratulations to Coach Beer and our entire swim team and for their incredible performances!

In addition to the great success our swim team enjoyed in Kamloops, I am also so proud of the team for the way they represented Southridge. As a school administrator, I must admit I have received a couple of emails over the years from hotels complaining about the mess that student athletes have left behind or the noise they made making it an



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unpleasant stay for other hotel guests - never something to be proud of; however, the scenario below was forwarded to me from one of our parents describing her encounter with the cleaning staff at the hotel our team stayed at:

One of the cleaning crew workers who was in the middle of cleaning the rooms took me into the hotel rooms upon our request of one last sweep of the rooms. She suddenly asked, "is your team all girls or all boys?" I said, "there are girls and boys - high school kids." She said, "Wow! We are very impressed with these students! Please let your teachers and parents know that we have never seen such a neat and tidy group. Their rooms just looked as normal as could be, not at all like other teen's rooms who have stayed here. There have been many teams that come through here but this group was really good. Your school, teachers and parents should be really proud!"

I am so proud of our entire swim team, both for what they accomplished in the pool as well as for being outstanding representatives of our school while traveling!

Congratulations to the 2016-2017 Southridge Senior School Swim Team:

- Grade 8: Emma Lawson, Stephanie Lee
- Grade 9: Cindy Shu, Lauren Toy
- Grade 10: Malcolm Beaton, Kevin Liu, Madi Renner
- Grade 11: Ryan Kniel, Nicholas Tang, Katherine Toy, Young Ye
- Grade 12: Isabelle Lei, Karl Rumm

Brad Smith
Head of Senior School

Southridge Students Win Best Overall Film (Junior) at ZoomFest!

The junior team of Southridge students Savannah and Sterling Rawlins won Best Overall Film (Junior) at the ZoomFest awards gala at Mulgrave School on Saturday, November 26th! Interestingly, they took the unusual step of creating a claymation film, "Christmas Baking," for the competition. The theme of the competition this year was "between a rock and a hard place," and the prop that had to be included was a radio.



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To see “Christmas Baking,” the Best Overall Junior film, please click here:
<https://vimeo.com/193554699>

Southridge student teams won seven additional awards at the gala including 1st place for junior concept for the team of Harkaran Dial, Malcolm Beaton, Dilly Cooner, Jason Kitikul, Michaela Black, and Trevor Fowler and their film “Hard Rock Opinions.”

With a limited number of teams nominated for awards out of over 75 entries from around the province, all seven teams of Southridge nominees are to be commended! Please see the list of Southridge award-winners below.

Best Overall Film (Junior)

“Christmas Baking” (Junior)

- Savannah Rawlins
- Sterling Rawlins

3rd Place Overall

1st Place Junior Concept

“Hard Rock Opinions” (Junior)

- Harkaran Dial
- Malcolm Beaton
- Dilly Cooner
- Jason Kitikul
- Michaela Blake
- Trevor Fowler

3rd Place Senior Cinematography

2nd Place Senior Sound Design

“Alt” (Senior)

- Jason Xu
- Cody Sigouin
- Rachel Tong
- Devin Ma
- Catherine Mao
- Kevin Xia
- Jonathan Zhao

3rd Place, Senior Sound Design

“Trust Me” (Senior)

- Millenia Kitikul



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- Nikki Harrad
- Wendy Du
- Young Ye

3rd Place, Senior Technical Achievement

“Force” (Senior)

- Fiona Firby
- Kaj Grant-Mathiasen
- Jack Bowie
- Porsha Kuiper-Hill

2nd Place, Junior Technical Achievement

“If Only” (Junior)

- Riley Chang
- McKenna Gill
- Madi Renner
- Arman Soheili

To see a highlight reel of Southridge student work from ZoomFest, please click here:

<https://vimeo.com/190147535>

About ZoomFest:

ZoomFest is an intensive 48 hour filmmaking competition for teens that took place October 20th - 22nd this year. Teams from across the province were given the secret criteria at 5:00 pm on Thursday of the contest long weekend. They handed in a completed film by 5:00 pm on Saturday of the same long weekend. www.zoomfest.com

Senior School Christmas Feast

Ho! Ho! Ho!...December 15th is just around the corner and this is just a reminder that all Senior School students are expected to attend the great Southridge tradition of the Christmas Feast. Students are to arrive at the school at 5:30 pm and will start off the evening by meeting in their advisory for attendance. There will be turkey dinner in the gym followed by entertainment in the Great Hall – everyone is guaranteed to have a good time. Please mark December 15th on your calendar and make sure your son or daughter is here! They won't want to miss it!

Brad Smith
Head of Senior School



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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 starting November 29th.

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

Senior School Christmas Concerts, 7pm, December 6th and 7th

It is hard to believe that the Senior School Christmas Concerts are right around the corner! The students are busy preparing music to perform and AUWH!, the small ensemble audition evening, is set for November 17th. We have made a few adjustments to the Christmas Concerts for this year, most notably that the Grade 8 Concert and Jazz Bands will perform the first night and the Grade 9 Concert and Jazz Bands plus the Grade 9 Jazz Support the Grads of 2017 Studies class will perform on the second evening.

The senior ensembles, including the choirs, will perform on both nights. In order for each group to give their best performance, we need all of our musicians in attendance. Please mark your calendars and make the necessary arrangements for your child to participate in the show. We would also love for families to join us in the audience to celebrate the sounds of these developing musicians.

If you have any questions, please do not hesitate to contact Ms. Parker at jparker@southridge.bc.ca.

The Senior Music Department



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Both Schools

Human Resources News

Sean Jamieson will be joining Southridge on December 12th as a Facilities Custodian. Sean recently completed his Building Service Worker Course in the summer of 2016 and has been working with the City of Coquitlam as part of their Building Services Department. Prior to returning to B.C., Sean spent over six years working in Mexico teaching English as a second language to adult professionals. Sean's general maintenance knowledge and his commitment to safety procedures coupled with his strong customer services skills will be a great addition to the facilities team.

Darcie Sagert
Human Resources Manager

New Features in Vidigami App!

Vidigami has just released an update to its app that provides face tagging, photo downloading and adding photos to sets. Now you have so many powerful features right on your phone to take photos, upload them and face tag all in the app. You can view a demonstration of these new features in [this video](#). You can download the app to your phone from the Android and Apple App stores for free.

Video Training for Schoology

Ms. Mosher, our Senior School Education Technology Leader, has created a series of videos to show you how to use Schoology. In the videos, she demonstrates everything from how to login to how to navigate the Schoology mobile application. [Click here to view the videos.](#)

Alan McInnes
Web and AV Services Manager

Video Training for Vidigami

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Alan McInnes
Web and AV Services 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 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 November.

Uniform Shop News

The Uniform Shop is doing a sale on the Senior Men's and Ladies' track pants. Visit the shop today to try them on.

Please be advised of the following opening hours of the Uniform Shop:

- Monday to Thursday 7:45 – 9:00 am
2:00 – 4:00 pm
- Fridays Closed

Phala Tan
Business Services Manager



Mon-28

Tues-29

Wed-30

Thur-1

Fri-2

Breakfast

Sausage
Wrap

Smoothie
Day

Pumpkin
Scone

Bacon Egger

Smoothie
Day

Chef's
Entree

Butter
Chicken

Pizza

Salad Bar

Beef Dip

Fish Taco

Pasta
Bowl

Pasta
Italiano

Mac and
Cheese

Ravioli

Chicken Roll
ups

Pasta
Primavera

Grill
Central

Pizza Bagel

Chicken
Fajita

Philly Cheese
Steak

Spicy
Chicken Brg

Poutine

Weekly
Panini

Turkey Cuban

Turkey Cuban

Turkey Cuban

Turkey Cuban

Turkey Cuban

Great
Greens

Grain Salad

Salad Bar

Caesar
Salad

Salad Bar

Chef Salad

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

