



SOUTHRIDGE

Wednesday

FEBRUARY 28, 2018
ISSUE #23

Weekly Voice

Lessons on Success from an Olympian

Over the last two weeks, Olympic spirit has been alive and well in both the Junior and Senior Schools, as students have cheered on Team Canada with spirit days and Team Canada themed casual days. The Winter Olympics holds a special place for us, as we aren't in session when the Summer Olympics takes place, so the opportunity to catch the Olympic spirit as a community can only happen every four years. In the Junior School, we've also embraced the Olympic spirit by setting our own "Go for Gold" goals related to one of the three Olympic Values of Respect, Friendship and Excellence, enjoyed a House Spirit Olympics Challenge where Grade 6 students competed in a torch relay, biathlon, hockey, and bobsled on behalf of their houses, and we culminated the Olympic fever with an Olympic Themed Design Day last Friday. We started the day by welcoming a real Team Canada bronze medal winner for the men's 100 metre freestyle in swimming at the 2012 Summer Olympics in London, Brent Hayden. Brent gave a very powerful talk to our students about failing and succeeding, that resonated with students and teachers alike. In fact, he received a standing ovation at the end of his talk!

Here are some of the core messages that he shared, which contain important lessons not just for our Junior School students, but for all of us:

"Being the best when you are young isn't what's most important. What matters most is what you are going to do when you get older." Brent shared that when he was younger, he didn't win any medals at swim meets. While other kids were winning medals, he was focused on improving his skills while enjoying his sport. While he watched others peak and give up swimming, he continued to train and eventually became a competitive swimmer with a long and rewarding career. He credits his longevity to having passion for his sport first and competing second.

"Our job is not to compare ourselves to others, but to work on ourselves." Brent spoke about how so many competitive athletes who don't achieve their dreams focus too much on comparing themselves with other athletes, and become hyper focused on trying to beat them to make themselves better. For him, his focus was always on improving himself and trying to continually achieve his own personal best. Ultimately, his growth mindset is what carried him to the Olympic podium. He cautioned our students to not get stuck on measuring themselves against their classmates or team mates. Success is different for each of us, and when we are always comparing our marks or our trophies to the marks and trophies (or lack of

them) to others, we lose focus on what's most important – opportunities to improve ourselves and to achieve our personal best.

“Never give up. It's how we respond to challenges and how we move forward that matters the most.” Brent shared several stories about physical and mental challenges that created roadblocks on his path to success. For example, right before the London 2012 Olympics, he experienced a physical set back that caused him to consider retiring right before the games. When he shared this with his coach, they had a blow out and his coach refused to let him quit. In letting out all his bottled-up emotions and stress, his physical symptoms dissipated, and he went on to win bronze. He talked about the importance of positive self-talk and talking about the things that bother you with others, so that you don't create a situation where you become like a shaken can of pop, that blows when it finally gets opened.

“Sometimes you need a reason bigger than yourself.” Before he became a world champion in 2007, Brent visited his ailing grandfather. In a quiet moment with his grandfather, he made a promise – he would win the World Championship not for himself, but for his grandfather. He talked to our students about finding meaning and purpose by making promises and doing everything in your power to hold yourself accountable to them. This outlook changed the way he competed and helped him to truly appreciate the investment of his family, coaches, and care team in helping him become a champion. It truly does take a village...

“Ask yourself, *why not me?*” When we only ask, “why them?” instead of “why not me?” we rob ourselves of the chance to succeed. Our outlook is imperative to our success. After all, anyone really can be an Olympian if they choose to pursue a “crazy-big” goal. Brent told our students that at some point in their life, they should set a “crazy-big” goal and do everything they can to reach it.

The Olympics is full of stories that show us that the path to personal success is not linear. (The story of Team Canada's slopestyle bronze medalist, Mark McMorris, is but one example from the PyeongChang Olympic Games.) Instead, the path to success is filled with ups and downs that look more like a lot of peaks and valleys, than a straight trajectory upward. This is why we believe that a well-rounded education is what's important for Southridge students, and why we emphasize the importance of strong relationships and personal wellness. It's how our students rise from their valleys that truly builds their character and determines just how successful they might be in the future.

Volet!

Tanya de Hoog
Head of Junior School

Important Dates

Event	Date	Time	Location
Grade 8 Bandfest	Thursday, March 1-2	8:00 am	Victoria
Term 2 Ends	Friday, March 2		Both Schools
Term 2 AR Deadline	Friday, March 2		Junior School
House Assembly	Friday, March 2	8:35 am	Junior School
Provincial Junior 'Reach for the Top' Tournament	Friday, March 2	4:00 – 8:00 pm	Senior School
Term 3 Begins	Monday, March 5		Both Schools
Junior Assembly	Wednesday, March 7	8:10 am	Junior School Great Hall
BC High School Basketball Championships	Wednesday, March 7 - Saturday, March 10		Langley Events Centre
PYP Arts Showcase Tech Rehearsal	Friday, March 9	8:30 am	Junior School Great Hall
House Captain Theme Day	Friday, March 9	All Day	Junior School
Senior School Captain Forum	Monday, March 12	8:30 am	Alan Brown Great Hall
MYP Division Assembly	Monday, March 12	8:10 am	Junior School Great Hall
PYP Celebrates the Arts! Dress Rehearsal for MYP Classes	Monday, March 12	12:45 pm	Junior School Great Hall
PYP Celebrates the Arts! Matinee Performance	Tuesday, March 13	1:45 pm	Junior School Great Hall
Junior Assembly	Wednesday, March 14	8:10 am	Junior School Great Hall
PYP Celebrates the Arts! Evening Performance	Wednesday, March 14	6:30 pm	Junior School Great Hall
Senior School Speech Day	Wednesday, March 14	All Day	Senior School
Casual Day	Friday, March 16	All Day	Both Schools
Senior School End of Term Assembly	Friday, March 16	8:35 am	Alan Brown Great Hall
Grade 7 Boys vs. Teachers Bball Game	Friday, March 16	2:10 pm	Senior School Gym
Term 2 Reports Sent Home	Friday, March 16	2:55 pm	Senior School
PYP and MYP Progress Reports Sent Home	Friday, March 16	3:00 pm	Junior School

Junior School News

Term Two Report Cards

Term Two Report Cards for all PYP and MYP students will be sent home on Friday, March 16 at 3:00 pm. Please be aware that we are not able to provide students with their progress reports early. If your child will not be present to receive their progress report on March 16th, you can come by the school during March Break to pick up their report from the Senior School Reception Desk, or it will be given to your child when school reopens on Tuesday, April 3, 2018.

March Break Dismissal and Return

On Friday, March 16, all students will be dismissed at 3:00 pm for March Break. March Break is two weeks long, plus Easter Monday, with a return-to-school date of Tuesday, April 3 (Day 2). Please also note that Tuesday, April 3 is also a late-start day, and students need to arrive between 10:10 and 10:20 am for a start time of 10:25 am. ***Please do not drop off students any earlier than 10:10 am, as all teachers and staff are in meetings and no supervision is provided.*** Please mark your calendars accordingly.

PYP Celebrates the Arts!

Instead of a PYP musical this year, **we are very excited to introduce “PYP Celebrates the Arts!” to Southridge.** This is going to be a holistic celebration of the arts in all their forms: visual art, music, dance, and drama. The best part of it all is that it will be very student-centered. The work that is showcased will come from the students and their classes (PYP art and PYP music, but also work within their homerooms, French classes, and others.) It will be highly collaborative, from the planning through to the finished performances and works that are featured—and there will be much emphasis placed on the artistic process that leads to the final products. It’s a shift moving from our traditional PYP musical, but we all believe that “PYP Celebrates the Arts” is an even more authentic way for our students to live out the inquiry-based learning that is so important to the PYP philosophy and a meaningful arts education here at Southridge. We are sure that you will agree when you see your children celebrating the arts on stage the week before March Break!

We look forward to seeing you in the **Junior School Great Hall** on **Tuesday, March 13 at 1:45 pm** or on **Wednesday, March 14 at 6:30 pm!**

Mrs. Winterburn, Dr. Bospflug, and Ms. Redies
PYP Art and Music Teachers

CAIS Boys Close-Out the Year with Bronze at ISEA's

Last week, the U13 CAIS Boys' Basketball team were confronted with their league championship tournament hosted at St. George's School. After a good couple weeks of practice since our trip to Toronto, the team was prepared for a great challenge.

Starting off against WPGA, the team jumped out to a good start, a few early shots lead to an early lead that was unfortunately short lived. The team found themselves in a tight back-and-forth battle against an improved WPGA team. In the end, it wasn't enough as the boys lost the league semi-final by four points.

After the disappointing loss, the team was faced with a chance to redeem the tournament, and compete for the bronze medal. After a quick lunch, and a mental break, the team hit the floor for their final game of the year.

Once again, the team jumped out to an early lead in the first. As Collingwood battled back, the team competed together, getting contributions from a variety of players, and held on to a lead into the fourth. With a back-and-forth final quarter, and a tight nervous ending, the boys prevailed with a Bronze medal victory. A nice ending to the season!

As we reflect on this season, there are so many moments to be proud of. The team grew tremendously on the court, and learned a new system while competing against top competition throughout the year. This team experienced many valuable lessons, and moments of adversity throughout the season. These challenging moments will be the important lessons for the team as they grow and learn. Those challenging or disappointing games, ultimately, are the most valuable lessons for the boys to learn and grow from. I am excited to see the future for these boys as they continue to learn and grow as players, and as young men!

Thank you, players and parents, for the support throughout the season! Coaching is a true passion, and I learned so much from coaching this group of players!

Well done boys! GO STORM!

Perry Harder
MYP Teacher and CAIS Boys' Basketball Coach

Grade 7 Girls' Basketball Take Bronze at ISEA'S

The Grade 7 Girls' Basketball team had a great season, finishing the regular season with four wins and two losses. We were ranked 2nd in the league behind WPGA, who we narrowly lost to by one point in January and because of the ranking we were given a bye to the semi finals. On Wednesday, February 21, we travelled to Collingwood School and played a very strong Crofton House in the semi final. It was a close game all the way

through but we eventually lost by 10 points thus placing us in the Bronze match against host, Collingwood School. The girls came into this game fired up and ready to compete and we led the game from start to finish coming up with the victory and capturing the bronze medal! Overall, it was a fantastic season girls!

Kirby Gallant
Junior School Athletics Director

Grade 7B Boys' Basketball Season – What a COMEBACK!

The Grade 7B Boys' Basketball team played eight games this season, as well as in a tournament hosted by Southridge, and the ISEA Championships. Over the season, the boys made the shift from a fair play, to a 'play to win' mentality, as play became more competitive. We headed into the ISEA Championships as the underdogs. Our first game matched us against St. George's School. The boys did a great job against this first-place team, closing the score gap from our earlier game against them in the season. The final score was 14-48 for St. George's. Our second game matched us against Brockton Academy. Our boys brought persistence and determination to the court. This game was a victory, with a final score of 40-26. The boys took their winning momentum into their final game against Meadowridge. This was a tight match, and our boys put a lot of points on the board as they gave it their all, especially in the final minutes of the game when they added 12 points to scoreboard. The final score was a very close 32-36 for Meadowridge.

The team worked exceptionally hard all season long. Finishing 6th overall out of eight teams in the ISEA Championship did not matter, since everyone developed and played better than when the season first started. Special thanks to Mr. Lal, who stepped in during my illness. Congratulations boys, and thanks for a wonderful season!

Chantelle Desharnais
Grade 7B Boys' Basketball Coach

Senior School News

Grade 8 Concert Band – Bandfest 2018

The **Grade 8 Concert Band** will cross the water to **Vancouver Island on Thursday, March 1 to participate in the University of Victoria Bandfest**. The group has been working hard and we are excited about their collective sound and focus as we prepare for our performance. The **students are to arrive at Southridge on Thursday at 8:25 am in FULL WINTER UNIFORM** (including a blazer) as we will start our day with a workshop

and performance for the Junior School students. The concert is at 10:40 am in the Junior School Great Hall if you are available to join us in the audience. Then, we are off to Victoria!

We return to the school on Friday, March 3 at 3:15 pm. Students will need to collect their instruments and luggage prior to departing the school.

A full itinerary and packing list have been posted to Schoology for your information. If you have any questions, please contact Jenna Parker (jparker@southridge.bc.ca or 604-542-5377).

Senior School Music Department

‘Reach for the Top’ Club Hosts Provincials – Friday, March 2

Southridge School’s **‘Reach for the Top’ Club** is excited to **host this year’s Junior Provincial Championship Tournament this Friday, March 2.** Games will begin at 4:00 pm throughout the Senior School and finish around 8:00 pm. Wish your team good luck!!

Deborah Mullen
Reach for the Top Club

Cuba Send-off Concert – Tuesday, March 6 at 7:00 pm

On the evening of **March 6th at 7:00 pm**, there will be a **performance by all students travelling to Cuba** in the **Alan Brown Great Hall**. Parents of students going to Cuba are strongly encouraged to attend, as we will not only be showcasing all of the hard work that students have put in over the past six months, but will also be going over last-minute trip details. Students are also encouraged to come out and hear an amazing set and support their peers! We should be done by 8:30 pm, at the latest.

Senior School Music Department

Support Project Backpack

It is estimated that on any given night, there are approximately 700 youth in the Vancouver area living on the streets, trying to find a safe place to sleep and survive the cold temperature. They often lack the necessities that we take for granted everyday – this is where the **Project Backpack** campaign comes in. This campaign was started by Cara Sinclair, who delivered backpacks to schools so that students could fill them with items that would be most needed by youth living on the street – in essence, youth helping other

youth. Project Backpack has now grown to several schools in the Lower Mainland and to this date, over 2,500 backpacks have been collected.

Southridge has been avidly involved with Project Backpack for the past several years and will be participating in this campaign once again. For the next several weeks, Senior School students will be dedicated to filling a total of 56 backpacks with items that youth need in their day-to-day lives – some examples include socks, gloves, shampoo, toothbrushes, toiletries, and gift cards to pharmacies, food, and transportation. These backpacks will be dropped off at Directions Youth Services in downtown Vancouver and distributed directly to local youth.

We ask that you please bring in your item to your advisory by Friday, March 9th. Bringing in a few small items ends up playing a large role in the lives of these youth, making their day a bit smoother. It is very important for them to know that others care about them – in particular, that other youth care. By assembling these backpacks, we will be able to make a positive difference in the daily lives of homeless youth.

If you would like to know more about Project Backpack, please watch this video:
<https://www.youtube.com/watch?v=1DgrGeDCIZM>

Thank you for your continued support!

Sanya Grover
Grade 12 Student
Senior Service Steward

Summer Session Math Opportunity: Foundations of Math & Pre-Calculus 10

A number of students have expressed interest in attending a summer session to complete the requirements for FMP 10, which would, if successful, allow them to move into Pre-Calculus 11 in the 2018-19 school year. Students who are contemplating this degree of acceleration are advised that they should have an “A” in their current Math program or have the recommendation of their teacher. The course would also be open to students who have completed FMP 10 but who might wish to improve their understanding of the course content and potentially upgrade their marks.

This course will be delivered through a combination of at home preparation, video lessons, on-line tutorials and on-campus classes. Students can expect to complete 10-12 hours of work at home per week. Students must be available to be in full attendance

each day of the course and any student with more than two absences might be required to withdraw.

If you are interested in this opportunity, we need your registration form, together with the authorization to charge your account for the full cost of the program, by Monday, March 12th. The course needs a minimum of 9 students in order to run.

Dates and cost:

Tuesday, July 3rd – Friday, August 10th
Tuesday through Friday: 8:00 - 11:00 am
Cost: \$1,300

A flyer with full details of this opportunity is posted on the [Parent Portal](#) and copies are also available at the front desk.

Thank you for your interest.

Jan Holt
Senior School Academic Program Director

You're Invited: Coffee Morning in University Counselling

If you would like to know more about the services and support provided by the University Counsellors, we will be presenting:

- **Thursday, March 8 at 9:00 am in the University Counselling Area, Room 238.**
Join us for coffee and conversation about what's new in Canadian universities admissions and programs

Yvette Livingston
Director, University Counselling

Languages Tour to Guadeloupe 2018

We will again be taking 12 students to Guadeloupe from December 29th to January 12th, 2019 to study French and the culture of the island. The students will attend four hours of classes each day, working towards the appropriate DELF level for their skills. The other half of the day will be filled with immersion in the community through museum visits and activities. If you are interested in this tour, please email Madame Lew at the school (mlew@southridge.bc.ca). There will be a **parent meeting tomorrow (Thursday, March**

1st) at 6:30 pm in Room 221 for anyone who is interested in the tour. Approximate cost of the tour is \$4,600 but is dependent on the activities the group chooses.

Myrna Lew
Senior School French Teacher

Barn Doors Close on *Animal Farm*

The cast and crew continue to receive accolades galore about our four-night run of *Animal Farm*, even through all that snow, last week. As I mentioned in my Director's Notes, it is a show that not only asks us to think deeply about the polemic forces at work, but one that I know has stretched the capacity of everyone involved. With a promenade stage, wire masks, crutches, live musicians, artist-drawn projections, a professional looking set, and more than 100 lighting cues (not to mention, a cast of thousands) it was an ambitious project, to say the least. One that I felt, however, needed to be done for its challenge for our actors, but also for its (sadly) continuing relevance.

Now that the barn door has closed on the show for the last time, I wanted to take one last opportunity to thank the Southridge community for all the support for and assistance with pulling the show together, and for coming out to take part in this risky production as audience members. We played to nearly full houses each night and it was particularly fantastic to see so many alumni in the audience! There were so many individuals involved in this production, from ultra-keen students, to staff, to parents and I am so thankful to have had the opportunity to work with each of them. I must also express my eternal gratitude to Ms. Antonia Kolic, Producer, Mr. Alan McInnes, Technical Advisor, and Ms. Janet Bailey, Arts Technician, with whom I could not have done without to mount this "beast" of a show!

Now, looking ahead, please watch for the student-led **One-Act Festival, April 25-27**, in the **Black Box Theatre**. This festival will be adjudicated by local theatre professionals and will feature work from the Theatre Company Class and the Drama Class. Selected shows from our festival will advance forward to the VISTA festival held at St. George's School, where a formal adjudication will take place.

Sara MacGregor
Senior School Drama Teacher

The Invisible Force Behind the Senior Play

The Senior Tech team is often referred to as “the invisible force” because if we do our job well, then no one will notice us. It is only when a light or a microphone fails that people become aware of the tech team and the light and sound services we provide.



In the aftermath of the senior play, *Animal Farm*, I thought I would take this opportunity to comment upon the tremendous effort that the Senior Tech team put into helping the play be the success that it was.

To begin with, I arranged for Krista Pavane, the Technical Director of the Evergreen Cultural Centre in Coquitlam, to provide the Senior Tech team with a four-hour lighting workshop on Saturday, February 3. She also brought one of her staff, Mathew McCarthy, who is a specialist in their ETC ION lighting console which happens to be the same as ours and is the standard of the theatre industry. The purpose of the workshop was to help to students expand their knowledge of the lighting console, theatre lighting design and best practices for console operation.



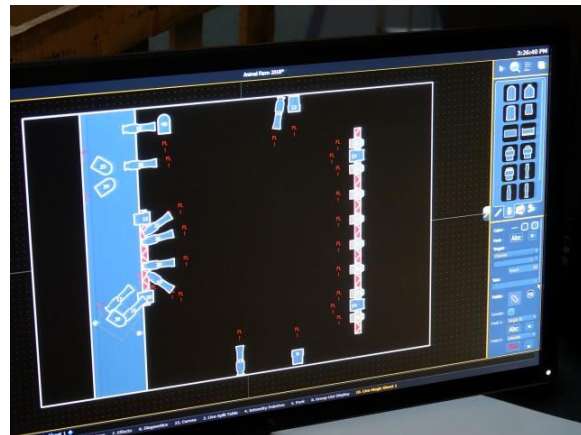
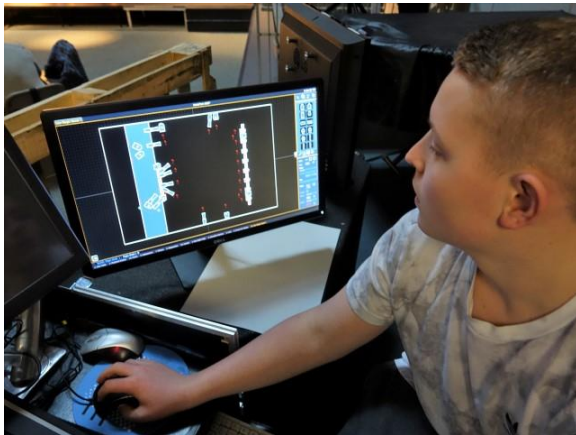
The workshop was a remarkable success as Mathew showed our students how to use our lighting console in new and more efficient ways that greatly assisted our lighting design and cues for the play. Ms. Pavane talked about best practices for theatre operation and reviewed the lighting and tech layout for the play. Afterwards, all the students commented on how valuable the workshop was. I now plan on holding a lighting workshop each year as part of the senior play preparations.

The senior play this year provided a number of challenges for the Senior Tech team, not the least of which is that we have to turn the Alan Brown Great Hall into a theatre and hang lights where there is no rigging. The stage design for *Animal Farm* provided some significant lighting challenges for the fact that almost the entire hall area was used for the play action.

The Senior Tech team embraced the challenge and spent countless hours in rehearsals and time beyond rehearsals programming the lighting console and setting up the lighting and sound equipment to help bring Ms. MacGregor’s vision to fruition. The saying about

being on the Tech team, “the first to arrive and the last to leave” is very true about the time that the Tech team students put into the play.

I’d therefore like to acknowledge Haaziq Karim and Will Markey who ran the lighting console, Eugene Jang on the spotlight, Brian Rickard on sound, and Richard Xiang on sound and projection cues. Aurin Brar, who had a major role in the play as Boxer, is also on the Tech team and helped outside of rehearsal times. As you can tell, I am very proud of this “invisible force”.



Will Markey, learned to create a “Magic Sheet” with the ETC ION console that is a graphic of the lights and their position. The power of the Magic Sheets is that you can select a light on the Magic Sheet and then control all its functions.

Alan McInnes
Manager, Web and AV Services

Track and Field Update

Congratulations to Maya Kobylanski (Grade 10), who received an award from BC Athletics at its annual awards banquet on Saturday, February 17 for her sub-5:00 time in the 1500M steeplechase race at the Legions National Youth Track and Field Championships last August (Brandon, MB).

Gordon Smith
Senior School Athletics Director

Both Schools

Mark Your Calendar: Social Media Awareness + Parenting in the Digital World

On **Tuesday, April 24** from **7:00 - 9:00 pm**, we invite parents to join us for a presentation from Safer Schools – **“Social Media Awareness + Parenting in the Digital World”**.

With society heading in a direction of being constantly connected to technology, what do we need to know as parents to protect our kids and teach them responsible and appropriate use of technology? The parameters of rules and expectations that you put in place at home will undoubtedly guide their behaviour in the years to come. This informative presentation will cover the following topics and more!

- **Social Media Update** – The most current apps & trends in social media
- **Pick Your Battles!** – You will have to balance the yin with the yang, promote independence whilst taking a strong stance on certain subjects
- **Current Research** – Brain development & technology, violent video games
- **Digital Footprint and Reputation** – With their future approaching, recruiters and employers are taking note – What will they find? What will they leave behind?
- **Tips & Tricks to Use at Home**

EVENT DETAILS

Tuesday, April 24, 2018
7:00 - 9:00 pm
Southridge School (Junior School Great Hall)

Open to parents of children in both the Junior and/or Senior Schools.
No pre-registration or entry fee is required.

Thank you, we hope you will consider joining us.

Wendy Turriff
Junior School Counsellor

Volunteers Needed for the Country Fair!

Have you ever wanted to get more involved with planning the Country Fair? Here's your chance!

We are still looking to fill several "shadow" positions, which are for interested volunteers to learn the ropes in order to take over the role in 2019.

Bake Table - Department Head (Shadows)

Two people are needed to shadow the Bake Table Department Heads in order to take over in 2019. The Bake Table Department Head is responsible for:

- Organizing the collection of baked goods from parents as per Fraser Health's established requirements.
- Coordinating, as desired, baking volunteers to assist in additional bake table submissions for families wishing to provide a donation in-lieu.
- Organizing assigned volunteers to package, label, price and display baked goods.
- Attending committee meetings as needed.
- Determining volunteer requirements and ensuring volunteers follow policy and procedures.
- Liaising with fellow department heads to determine logistical, equipment, supply, signage and space needs for assigned area.
- Organizing and working with volunteers on Fair Day to set up, run, and tear down area as directed. Of note, hours of operation are earlier and longer than regular Fair hours, including Collection Day.
- The Department Heads must also supervise volunteers with cash.

Books - Department Head (Shadow)

Someone is needed to shadow the Books Department Heads in order to take over in 2019. The Books Department Head is responsible for:

- Organizing volunteers to sort and price books during collection week.
- Organizing student volunteers to transfer books pre-Fair.

- Attending committee meetings as needed.
- Determining volunteer requirements and ensuring volunteers follow policy and procedures.
- Liaising with fellow department heads to determine logistical, equipment, supply, signage and space needs for assigned area.
- Organizing and working with volunteers on Fair Day to set up, run, and tear down area as directed. Of note, hours of operation are earlier and longer than regular Fair hours, including Collection Day.
- The Department Heads must also supervise volunteers with cash.

Ready to jump right in? Department Heads are needed *immediately* for:

Recycled Treasures - Department Head

Someone is needed immediately to join the other Department Head in Recycled Treasures! The Recycled Treasures Department Head is responsible for:

- Organizing and managing the Recycled Treasures area during the 7 days of collection week and Fair Day.
- Attending committee meetings as needed.
- Determining volunteer requirements and ensuring volunteers follow policy and procedures.
- Liaising with fellow department heads to determine logistical, equipment, supply, signage and space needs for assigned area.
- Organizing and working with volunteers during collection week and on Fair Day to set up, run, and tear down area as directed. Of note, hours of operation are earlier and longer than regular Fair hours and include setting up on Friday.
- The Department Heads must also supervise volunteers with cash.

Please contact volunteer@southeridge.bc.ca if you are interested in filling one of these essential positions!

Gala Committee

The annual Southridge Gala is our premier fundraising event, held the second Saturday in November. Each year, our volunteer Gala Committee sets the tone with a unique theme, décor and atmosphere for the enjoyment of our community. If you are interested in becoming involved with the Gala 2018, we will find a position that is just perfect for you. Please contact volunteer@southridge.bc.ca so we can start the conversation!

Scholastic Coordinators (Shadows)

Are you interested in assisting with the coordination of the Scholastic program in the Junior School? Apply to fill a “*shadow*” position, so that you can learn the ropes for next year. The role involves coordinating the Scholastic parent volunteers, who process the orders each month and liaise with parents and teachers as required. The Coordinator also oversees the dissemination of flyers, the collection and processing of orders, and order distribution. Please contact volunteer@southridge.bc.ca if you are interested!

Join the Southridge Sun Run Team!

The days are getting longer and the weather is getting warmer—making it the perfect time to get running and training for the **Vancouver Sun Run**. This year’s event will take place **on Sunday, April 22 at 9:00 am**. We had a large Southridge contingent last year, and we are hoping for an even bigger team this year! All ages are welcome to take part in this fun and fit community event. Whether your goal is to run the full 10K race or the 2.5K Mini Sun Run, we would love to have you join us on the Southridge team!

Thanks to everyone who has already signed up! For those of you who have not yet had the chance and would like to run with the Southridge team, **please do so by the Youth Team Challenge deadline of March 16th**. To register, [CLICK HERE](#) and select “**Join an Existing Team**.” Our team name is “Southridge School” and the password to join the team is “southridge”. The online registration seems to be very user-friendly this year, but please email us if you have any questions.

Happy running!

Dr. Bospflug (kbospflug@southridge.bc.ca) and Ms. Fera (dfera@southridge.bc.ca)

Automatic Face Tagging in Vidigami

Vidigami has recently released a software upgrade that provides true “auto-tagging”. I would like to clarify how auto-tagging works and what its limitations are before we all jump up and down in excitement and stop manually tagging students in the photos we upload to Vidigami.

First of all, auto-tagging won't do away with the necessity of manually tagging student photos and here is why:

1. As children grow, their faces change dramatically enough that auto-tagging software can't recognize them year-to-year and therefore, manual tagging is required each year to educate the software.
2. Auto-tagging requires at least 10-15 manual tags to learn what a student looks like. Auto-tagging will only be able to accurately identify students in photos if the 10-15 photos are clear, full-face and high-resolution.
3. At best, auto-tagging may work in about 30% of all photos. There are a number of factors that prohibit auto-tagging from working accurately, such as: the face angle, clarity, lighting, and resolution of the photo.

Auto-tagging is currently working on our photos that have been uploaded to Vidigami and parents may have noticed photos of their children showing up in their collections as the auto-tagging identifies their children's faces in the photos.

If parents aren't seeing many or any photos of their children, it can be one of two issues:

1. There aren't many or any photos of their children on Vidigami. The cure for this is parents uploading photos of their children from school events to Vidigami. This way, the photos can be included in the Yearbook and other projects where you want your children to be represented.
2. The children haven't been manually tagged enough times for the auto-tagging to be successful in identifying the students in other photos. Parents can tag their children in photos from school events. The more photos you manually tag of your child(ren), the better the auto-tagging software will be at tagging them in other photos!

I am excited about the release of auto-tagging in Vidigami; it will certainly help us to identify students in photos for Yearbook and other applications. I am clear, however, that it isn't as “automatic” as the name suggests and that continuing to manually tag your children in the photos in Vidigami is always a good practice.

Feel free to email me with any questions you may have about the tagging process. Vidigami also has excellent support documents and videos that you can [view here](#).

Alan McInnes
Manager, Web and AV Services

Southridge Cafè

Here are a few things that hopefully will help you and help us keep everyone happy and with full tummies.

- We welcome feedback of any kind. Please do not hesitate to email us with any concerns or requests. southridge@canuelcaterers.ca
- The kitchen is always happy to help accommodate anyone with diet concerns or allergies.
- Breakfast is ready each morning at 7:30 am. Every morning, we also bake fresh muffins, cookies, scones and cinnamon buns.

Please review the attached menus for the remainder of this week, and into March.

Canuel Caterers

Uniform Shop News

The Uniform Shop has slim-fit styles of the men's and ladies' grey pants. We still stock the regular styles – the slim-fit version is just another option for senior students looking for a more tailored fit. Please come in and try them on!

Our opening hours are:

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

Phala Tan
Business Services Manager

Social Media Awareness + Parenting the Digital World



Tuesday, April 24, 2018

7:00 – 9:00 pm

Junior School Great Hall

For parents of children in both the Junior and Senior Schools.

With society heading in a direction of being constantly connected to technology, what do we need to know as parents to protect our kids and teach them responsible and appropriate use of technology? The parameters of rules and expectations that you put in place at home will undoubtedly guide their behaviour in the years to come. Please join us for an informative presentation which will cover the following topics and more!

- **Social Media Update** – The most current apps & trends in their social media lives
- **Pick Your Battles!** – You will have to balance the yin with the yang, promote independence whilst taking a strong stance on certain subjects
- **Current Research** – Brain development & technology, violent video games
- **Digital Footprint and Reputation** – With their future approaching, recruiters and employers are taking note – What will they find? What will they leave behind?
- **Tips & Tricks to Use at Home**

PARENTS: Do not miss this free event!



SAFER SCHOOLS TOGETHER
is an organization focused on promoting a climate and culture of safety in schools through comprehensive education.

	Mon-26	Tues-27	Wed-28	Thur-1	Fri-2
Breakfast	Smoothie Day	Bacon Wrap	Smoothie Day	Blue Berry scone	Smoothie Day
Chef's Entree	Chicken Enchilada	Salad Bar	Lemon grass Chicken	Salad Bar	Fish and Chips
Pasta Bowl	Stuffed Pasta	Alfredo	Mac and Cheese	Italiano	Marinara
Grill Central	BBQ Bacon Burger	Beef Dip with Fries	Hot Wrap	Personal Pizza	Spicy Chicken Brg
Weekly Panini	Chicken Pizza	Chicken Pizza	Chicken Pizza	Chicken Pizza	Chicken Pizza
Great Greens	Chic Pea Salad	Salad Bar	Chef Salad	Salad Bar	Tossed Salad

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



	Mon-5	Tues-6	Wed-7	Thur-8	Fri-9
Breakfast	Smoothie Day	Lemon Poppy seed muffin	Smoothie Day	Sausage Egger	Smoothie Day
Chef's Entree	Butter Chicken	Salad Bar	Chicken Chow Mein	Salad Bar	Fish with Rice Pilaf
Pasta Bowl	Rose'	Stuffed Pasta	Mac and Cheese	Bow Ties	Primavera
Grill Central	Japa Dog	Chicken Fajita	Spring Rolls	Pizza	BBQ Ribber
Weekly Panini	Chicken Pesto	Chicken Pesto	Chicken Pesto	Chicken Pesto	Chicken Pesto
Great Greens	Thai Noodle	Salad Bar	Caesar Salad	Salad Bar	Tossed Salad

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



Mon-12

Tues-13

Wed-14

Thur-15

Fri-16

Breakfast

Smoothie Day

Bacon Egger

Smoothie Day

Apple cin muffin

Smoothie Day

Chef's Entree

Red Thai Curry

Salad Bar

Perogies and sausage

Salad Bar

Fish Taco

Pasta Bowl

Tortellini

Rose'

Mac and Cheese

Bow Ties

Primavera

Grill Central

Pot Pie

Flat Bread

Smokie

Calzone

Vietnamese Sub

Weekly Panini

BBQ Chipotle

BBQ Chipotle

BBQ Chipotle

BBQ Chipotle

BBQ Chipotle

Great Greens

Grain Salad

Salad Bar

Caesar Salad

Salad Bar

Chef Salad

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

