

Weekly Voice

A Special Kind of Love

Valentine's Day has a rich history that dates back centuries. In modern times, though, many people living in western cultures have come to recognize the day as a distinct opportunity to say something special to the people in our lives who we hold close. Before the advent of the printing press, people took the time to write elaborate expressions of affection, a practice that has since changed into the tradition of sending Valentine's Day cards. Literally millions of cards are exchanged every year – mostly among families – but when schools enter the fray, Wikipedia estimates that the number of cards exchanged hits the billion mark (in the US alone, no less).

What's more, outside family members, the people who receive the most Valentine's Day cards are . . . teachers. Whether or not this claim is accurate, it got me thinking about expressions of affection and the different kinds of heart-felt love that exist. According to the Huffington Post, the ancient Greeks identified 6 kinds of heart-felt love:

- Storge: natural affection, the love you share with your family.
- *Philia:* the love that you have for friends.
- Agape: this is the unconditional love, or divine love.
- Ludus: this is playful love, like childish love or flirting.
- *Pragma:* long standing love. The love in a married couple.
- *Philautia:* the love of the self (negative or positive).





What's missing from the list is the special kind of love that students feel towards their teachers; the kind of love that moves children to express themselves with Valentine's Day cards. I guess you could argue that the plethora of cards teachers receive on February 14th are simply politically motivated (as in, don't leave the teacher out), or worse, achievement motivated (as in, don't risk a low grade by not giving your teacher a card). Realistically, though, that's a bit of a stretch. Besides, I like to believe in the pure and honest expression of affection that children have for their teachers. Schools are loving places, after all.

With that in mind, what shall we call the special kind of affection that children have for their teachers? I am partial to "sopht" love from the *ancient* Greek word for teacher, "sophist"; but "dask" love from the *modern* Greek word for teacher, "dáskalos", could also work. I like the sound and feeling of sopht love, though; so, being the person claiming this particular space (rightly or wrongly), I suggest we go with that and explain the love we so often describe as existing at Southridge as just that – the safe, warm and "sopht" feeling that allows children to take risks, stretch themselves and grow in ways that allow them to realize their full potential and make a difference in the world. Happy Valentine's Day, indeed.

Have a wonderful week!

Drew Stephens Head of School



Important Dates

Event	Date	Time	Location
Grade 7 Parent Coffee Social	Thursday, February 15	8:00 am	Junior School Great Hall
Senior School Course Selection Evening	Thursday, February 15	7:00 pm	Junior School Great Hall
Junior School Assembly - Cancelled	Wednesday, February 21		
Senior Play – Animal Farm	Wednesday, February 21	7:00 pm	Alan Brown Great Hall
Junior School Noon Dismissal	Thursday, February 22	Noon	Junior School
Junior Student Led Conferences	Thursday, February 22	1:00 pm	Junior School
Senior Play – Animal Farm	Thursday, February 22	7:00 pm	Alan Brown Great Hall
Casual Day	Friday, February 23	All Day	Both Schools
Junior School Design Fair	Friday, February 23	8:00	Junior School Great Hall
Senior Play – Animal Farm	Friday, February 23	7:00 pm	Alan Brown Great Hall
Senior Play – Animal Farm	Saturday, February 24	7:00 pm	Alan Brown Great Hall
Full School Assembly	Tuesday, February 27	9:20 am	Senior Gym
Junior School Assembly	Wednesday, February 28	8:10 am	Junior School Great Hall
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
Term 3 Begins	Monday, March 5		Both Schools
Junior Assembly	Wednesday, March 7	8:10 am	Junior School Great Hall
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
PYP Celebrates the Arts! Dress Rehearsal for MYP Classes	Monday, March 12	12:45 pm	Junior School Great Hall

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Junior School News

Student-Led Learning Conferences: Thursday, February 22nd (noon dismissal)

Throughout the learning process, students actively select work samples and write reflections to include in their PYP or MYP Portfolios. These pieces reflect many different subject areas, skills and attributes 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 22, 2018 students will have the opportunity host their own student-led learning conference. This is an important opportunity for students to showcase and communicate their growth 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.

Student Arrival in the Morning

There are an increasing number of students arriving unsupervised in the mornings. Junior School Students should not be dropped off to wait in the Junior School Great Hall prior to 7:45 a.m. as there is no supervision prior to this time. If you arrive early, please have your child either wait in the car with you, or come inside to supervise them until 7:45 a.m.

Thank you for your cooperation.

Senior School News

Reminder: Purchase Your Tickets for 'Animal Farm'

Our Senior School Drama Department is extremely excited to share a musical(ish) adaptation of George Orwell's 1945 classic, *Animal Farm*, with you next week. George Orwell's satire on the perils of Stalinism has proved magnificently long-lived as a parable about totalitarianism that occurs anywhere, anytime. This story has given the world at least one immortal phrase: "Some animals are more equal than others."

Performances run from February 21-24 in the Alan Brown Great Hall, as follows:

- Wednesday, February 21 7:00 pm
- Thursday, February 22 7:00 pm

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- Friday, February 23 7:00 pm
- Saturday, February 24 7:00 pm

Tickets are on sale now, and are going fast! <u>Click here</u> to purchase yours.

The department is pleased to be partnering with <u>SALI (Semiahmoo Animal League Inc.)</u>, with concession proceeds going towards their project to build a new barn.

Our cast and crew have dedicated many hours to bringing this story to life, and we have created something very special that you won't want to miss!

We hope to see you there!

Senior School Drama Department

ISABC Art Exhibition, 2018

Once again the art students are showing at the annual Independent Schools Association of British Columbia art exhibition. This year the show will be at York House school's gallery space in Vancouver. The show will run from February 9th – 23rd with an opening event from 5:00 – 9:00 pm on February 15th. Selected students are: Zoe Kang, Sophie Maskall, Saavin Lidder, Rachel Tong, Emily Tees, Didi Wang, Sunu (Isabel) Kim, Mia Cender, Katherine Lu, Rebecca Yang, Cindy Wang and Phoebe Yu. Come celebrate the work of our senior school art students and other student artists from around the province.

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

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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 would need the registration form, together with the authorization to charge your account for the full cost of the program, by Monday, March 12th. The course will need a minimum of 9 students in order to run.

Dates and cost:

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

A flyer with full details of this opportunity will be posted on the parent portal and copies will also be available at the front desk by Wednesday, February 14th.

Thank you for your interest.

Jan Holt Senior School Academic Program Director

Course Selections for 2018-2019

In the next few weeks I will be talking to students about their course selection options for the next academic year. There are limited choices for students currently in Grade 8, but an increasing range of elective courses as students move into the senior grades. I will be speaking to the Grade 8 and 9 students during period 1 on Tuesday, January 30th and to the Grade 10s during period 1 the following day, Wednesday, January 31st. Ms. Livingston, Ms. Becker and I will join forces to speak to the Grade 11s during period 1 on Tuesday, February 6th.

Students will also be given course selection sheets in their planning classes to complete prior to entering their selections into Naviance – the data base system that we use to record and manage their choices. The course selection sheets are attached here for your convenience to allow you to discuss the various options with your children. The closing date for students to enter their choices on Naviance is Monday, March 5th.

We will also be holding an information evening on <u>Thursday, February 15th</u> in the Junior School Great Hall from 7:00 – 9:00 pm. The first part of the evening will cover a brief outline of the major changes that the Ministry is introducing to the graduation program and a review of the course options for students entering Grades 9-12 in September 2018 (our current Grade 8-11 students). Ms. Livingston will outline entry requirements and procedures for post-secondary study at Canadian and UK Universities



and Ms. Becker will speak to the requirements and procedures for applications to US schools. The Curriculum Guide for 2018-2019 will also be posted on the Southridge website from February 15th and hard copies will be available at the evening information session.

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

Jan Holt Senior School Academic Program Director

Parents of 2018 Grads – Save The Date!!

Now that we are in 2018, questions regarding the details for the Grad 2018 Convocation and Dinner & Dance are starting to arise. We will be mailing formal invitations to families of the graduates at the beginning of Spring Break which will have all the relevant information. However, for those who are starting to plan now, these are the details:

Convocation

Date:	Friday, 22 June 2018
Location:	Southridge gymnasium
Cost:	none (no tickets needed)
RSVP:	no need to RSVP

Dinner & Dance

Date:	Saturday, 23 June 2018
Location:	Vancouver Convention Centre
Cost:	\$125 per ticket (including graduate)
# of Tickets:	4 per graduate (including graduate)
RSVP dates:	ordering opens Monday, March 26 th
	ordering closes Monday, April 9 th

Additional ticket requests can be made at the time of purchase and will be considered after May 1st.

Feel free to contact me if you have any questions.

Brenda Becker bbecker@southridge.bc.ca

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Fireside Chats with The 2017s

Our annual welcoming of the recent graduated class to come in during Reading Break to sit around the fireplace with the 2018s is happening over the next 10 days.

There is no set agenda for these sessions – it just flows! It is intended for the recent grads to share advice, tips and suggestions based on what they've learned one year later.

Topics have included:

- 1. Moving from linear to semester delivery of course material
- 2. How Harkness discussion skills have translated to university tutorials
- 3. Residence life
- 4. Safety and security on campus
- 5. Healthy lifestyle
- 6. Time Management!

Coffee Mornings for Parents

Over the past 4 years, University Counselling has offered coffee mornings for parents who are able to come in at 9:00 am to hear information about post-secondary planning and support. The dates are:

- Thursday, February 15 at 9:00 am Focus on preparing for U.S. colleges (hosted by Mrs. Becker)
- Wednesday, February 28 at 9:00 am Focus on preparing for U.K. universities (hosted by Ms. Livingston)

A third session will be set up in March for discussions about Canadian universities – watch for the date in an upcoming "Wednesday"

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 a 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 on Thursday, March 1st at 6:30 in room 221** for anyone who is interested in the tour. Approximate cost of the tour is \$4600.00 but is dependent on the activities the group chooses.

Both Schools

Country Fair VOUNTEERS NEEDED!

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

This year we are looking to fill several *"shadow"* positions, which are for interested volunteers to learn the ropes in order to take over the role in 2019.

Recycled Toys—DEPT HEADS (Shadows)

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

- Organizing and managing the recycled toys 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 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.

Bake Table—DEPT 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.

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- 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.

Ready to jump right in? A Department Head is needed *immediately* for:

Recycled Treasures—DEPT 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.

Student Volunteer Centre—DEPT HEAD

Two people are needed immediately to take over as Department Heads for the Student Volunteer Centre. The Student Volunteer Department Head is responsible for:

• Overseeing student volunteers to assist with Country Fair games and activities at the Volunteer Check-In Centre on Fair Day.

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- 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 may be earlier and longer than regular Fair hours.

Please contact <u>volunteer@southridge.bc.ca</u> 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!

2018-2019 Re-Enrolment

Re-Enrolment forms for the 2018-2019 school year were mailed out on Friday January 26th, and were due back at the school on Friday February 9th. Both the signed form and the reenrolment deposit are required at the school to complete the re-enrolment process.

If you have not returned either the form or made the required deposit, either on-line or by cheque, please do so this week. If you have completed the process, we thank you. Please note that It is not necessary to phone the school for verification if your payment has been made and your form has been returned.

Wendy Simpson Director of Finance & Administration

Southridge Cafè

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

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- We welcome feedback of any kind. Please do not hesitate to email us with any concerns or requests. <u>southridge@canuelcaterers.ca</u>
- 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 February.

Canuel Caterers

Uniform Shop News

With different athletic tournaments going on, the Uniform Shop has cowbells with our STORM logo. Come and get one to cheer for our STORM teams!

Our opening hours are:

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

Phala Tan Business Services Manager

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Southridge School Course Selection – Grade 9 – 2018/19

Name:

Please prepare this sheet carefully before completing your course selections in Naviance.

1	English 9	← Required	
2	Social Studies 9	← Required	
3	Mathematics 9 & ADST: Robotics 9*	← Required	
4	Science 9	← Required	
5	French 9	← Required	
6	Physical & Health Education 9	← Required	
7	Career Education 9	← Required	
8		←Elective 1 st Choice	
9		←Elective 2 nd Choice	
		←Elective 3 rd Choice	

• We will make every attempt to give you your first two choices, but this will be subject to class size and scheduling restrictions.

Elective Choices:

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

*ADST 9: Robotics is integrated into the Mathematics 9 program.

**If you enrol in Jazz Studies 9, you must also be enrolled in Concert Band 9 unless you have permission from Mr. Burrage.





Southridge School Course Selection – Grade 10 – 2018/19

Name:

Please prepare this sheet carefully before completing your course selections in Naviance.

1		Engli	sh 10	← Required		
2	So	ocial St	udies 10	← Required		
3	FoundationsPre-Calculusof Math 1011			← One Required		
4	Science 10				← Required	
5	Physical & Health Education 10				← Required	
6	Car	eer Ed	ucation 10		← Required	
7	French 10		Spanish 10*		← One Required	
8					←Elective 1 st Choice If you want 2 languages write French or Spanish here	
9					←Elective 2 nd Choice	
					←Elective 3 rd Choice	

• We will make every attempt to give you your first two choices, but this will be subject to class size and scheduling restrictions.

Elective Choices:

Art 10	Art 10 Drama 10	
Spanish 10* Instrumental Music 10		Information Technology 11
Theatre Company 10***	Instrumental Jazz 10**	

*To take Spanish 10, you must have completed Spanish 9

**If you enrol in Instrumental Jazz 10, you must also be enrolled in Instrumental Music 10 or have permission from Mr. Burrage.

*** If you enrol in Theatre Company you are committed to take part in the major school play.



Southridge School



Course Selection – Grade 11 – 2018/19

Name:

Please prepare this sheet carefully before completing your course selections in Naviance.

Grade 11 is the first year in which students have significant choice in selecting their courses. It is important that students and their families consider their options carefully. Students should research areas of interest and consider the available grade 12 courses in the light of obtaining the prerequisites for their chosen university programs. It is strongly recommended that students utilize the course selection planning grid before entering course requests in Naviance. Spares are not permitted in Grade 11.

Important Note: It is a Southridge expectation that students will take a fine art course in grade 11 or 12. (Visual Art, Media Arts, Band, Drama)

1	English 11	English 11 (AP)		← One Required
2	Active Living 11	Fitness and Conditioning 11		← One Required
2	Ca	areer Education 11		← Required
	Founda	tions of Math 11		
3	Pre-	- Calculus 11		← One Required
	Pre	-Calculus 12		
	French 11 French 12			
4			French 12 French	
	Spanish 11/12			
5				← Required (a Science Course)
6				 Required (a Social Studies Course in Grade 11 or 12)
7				← Elective
8				← Elective
				← Alternate Elective

Please see reverse side of this page for important information about course selection and planning.



Grade 11 Course Choices and Electives

English Electives	Humanities Electives	Science Electives	Language Electives	Arts Electives
-		Electives Chemistry 11 Chemistry 11: Honours ¹ Physics 11 AP Physics 1 Life Science 11 (Biology 11) Biology 11: Honours ² Anatomy and Physiology 12		
		(Biology 12) ² Geology 12	Conditioning 11	Technology 12

Please read the following notes carefully:

- ¹ In order to enroll in Chemistry 11 Honours or AP Physics 1 students must achieve 86+% in Math 10 and 86+% in Science 10 and permission from the Curriculum Leader. Chemistry 11 Honours is required for AP Chemistry. AP Physics 1 is required for AP Physics 2. Biology 11 Honours is required for AP Biology.
- ² Students who select Biology 11 Honours or Biology 12 in grade 11 must have 86% in Science 10.
- ³ English 11 (AP) requires 90% in English 10 and recommendation by the instructor.
- ⁴Art Foundations 11 is a prerequisite for Art Foundations 12.
- ⁵ Media Arts 11 is a cross-disciplinary course that meets the requirements for both Arts and Applied Skills. Media Arts 11 is a pre-requisite for Media Arts 12.
- ⁶ Students enrolled in Theatre Company 11 are expected to perform in the major Senior School production
- ⁷ Information Technology 11 is a prerequisite for Information Technology 12 unless previous computer proficiency can be demonstrated to and accepted by the instructor.

Grade 11 students will have the opportunity to take available grade 12 courses. Students who choose AP courses in grade 11 must show demonstrated ability in the subject area, have the recommendation of their Grade 10 teacher, and have the approval of the Curriculum Leader. **Priority will be given to Grade 12 students**.





Southridge School Course Selection - Grade 12 - 2018/19



Name:

Please prepare this sheet carefully before completing your course selections in Naviance.

It is strongly recommended that students utilize the course selection planning grid before entering course requests in Naviance. Southridge School expects that every student will **be enrolled in 6 classes.** Southridge students are also expected to have completed a fine art course in either grade 11 or 12. Career Ed 12 is a mandatory university preparatory class, but should not be included as one of the six required courses, as it meets only once per 8 day cycle.

English 12 is required for graduation and there is a mandatory provincial examination for this course. Students can meet the requirements for English 12 through English 12, English 12: Creative Writing or English 12: Journalism and English 12: AP English Literature and Composition.

	English 12		
1	English 12 (Creative Writing)		6 One Dequired
	English 12 (Journalism)		← One Required
	English12: AP English Literature		
2			← Required Elective
3			← Required Elective
4			← Required Elective
5			← Required Elective
6			← Required Elective
7			← Optional Elective
	Career Education 12		←Required (Once per cycle)

Please see reverse side of this page for important information about course prerequisites.





English Electives	Mathematics Electives	Science Electives	Humanities Electives	Modern Language Electives	Additional Electives
English 12 English12 (Creative Writing Focus) English 12 (Journalism Focus) AP English Literature & Composition	Foundations of Mathematics 12 Pre-Calculus Mathematics 12 Calculus 12 AP Calculus AB AP Calculus BC	Chemistry 11 Chemistry 12 AP Chemistry ¹ Physics 11 Physics 12 AP Physics 1 AP Physics 2 ² Anatomy and Physiology 12 (Biology 12) AP Biology ³ Geology 12	Economics 12 AP Microeconomics History 12 Law 12 Philosophy 12 AP European History AP Human Geography	French 12 Spanish 11/12 AP French Language & Culture	Concert Band 12 Media Arts 11 Media Arts 12 ⁴ Theatre Company 12 Theatre Performance 12 Active Living 12 Fitness and Conditioning 12 Art Foundations 12 ⁵ Information Technology 11 or 12 ⁶

Prerequisites:

Science

Science and Applied Science university programs typically require Chemistry 12 and/or Physics 12. Life and Health science university programs typically require Chemistry 12 and/or Biology 12. Life Science 11 (Biology 11) is not required to take Anatomy and Physiology 12 (Biology 12).

- ¹Students must have completed Chemistry 11 Honours in order to enroll in AP Chemistry.
- ² Students must have completed AP Physics 1 in order to enroll in AP Physics 2.
- ³ Students must have completed Biology 11 Honours in order to enroll in AP Biology.

Humanities & Applied Skills

- ⁴ Students who have not taken Media Arts 11 need permission from the instructor to enroll in Media Arts 12.
- ⁵ Art Foundations 11 is a prerequisite for Art 12.
- ⁶ Information Technology 11 is a prerequisite for Information Technology 12 unless previous computer proficiency can be demonstrated to and accepted by the instructor.





23,



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



	Mon-19	Tues-20	Wed-21	Thur-22	Fri-23
Breakfast	Smoothie Day	Sausage Wrap	Smoothie Day	Berry Muffin	Smoothie Day
Chef's Entree	Chicken and Fries	Salad Bar	Burrito Bar	Salad Bar	Fish Taco
Pasta Bowl	Italiano	Ravioli	Mac and Cheese	Alfredo	Primavera
Grill Central	Pot Pie	Chicken Noodle Bowl	BBQ Ribber	Pizza	Spicy Chicken Brg
Weekly Panini	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar
Great Greens	Pasta Salad	Salad Bar	Chicken Caesar	Salad Bar	Tossed Salad

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



	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	Red Thai Curry	Salad Bar	Fish and Chips
Pasta Bowl	Cannelloni	Alfredo	Mac and Cheese	Italiano	Marinara
Grill Central	BBQ Bacon Burger	Stuffed Chicken	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

