



SOUTHRIDGE

Wednesday

OCTOBER 11, 2017
ISSUE #06

Weekly Voice

The Gift

Last week, as part of their Career Day in the Senior School, Grades 11 and 12 students listened to a keynote address from alumnus Andrew Cho (Class of 2005). Andrew spoke to our students about his atypical career pathway that led him to become a professional mountain bike rider and a media specialist for GT Bicycles. He encouraged our students to follow their passions and live their lives with meaning and purpose.

Andrew's message struck me for a number of reasons. I was proud of him for pursuing a pathway in life that is so connected to his soul and so representative of the vision we have for our students and alumni – to seek their passion. In speaking with him before his presentation, I could tell that Andrew derived a strong sense of fulfillment from his career with GT Bicycles, and his spirit definitely soared – either as a mountain biker or a media specialist responsible for



global marketing initiatives. I was also taken by Andrew's sincere sense of gratitude and appreciation for life, and for his willingness to give back to his community through volunteering and outreach programs associated with spinal cord injury patients, initiatives that are very dear to Andrew.

In fact, Andrew described himself as a “walking quadriplegic,” and this is where his Career Day presentation took an improbable turn. He went on to tell his personal story that took him from being completely unable to move to finishing a half marathon in 8 months. Almost unbelievable. After suffering a stroke in January 2017 that caused enough pressure on his spinal cord to render him incapable movement from his neck down, Andrew persevered through a recovery journey that was nothing short of awe inspiring, and he completed a half marathon in August.

As inspiring as his physical recovery was, however, his sincere, honest and humble appreciation for the people who rallied around him in support, kindness and

encouragement was what moved me the most. I'm not sure why I was so moved, but the fact that Andrew found his sense of gratitude grounded in vulnerability and love had a lot to do with it.

As is so often demonstrated in popular culture and supported by the media in western society – especially in athletes – a convincing expression of independence, assuredness and self-reliance is almost always associated with heroic traits such as courage, confidence and strength. Success, too, is often measured by similar terms. Being vulnerable is often misinterpreted as needy, weak and dependent.

To me, Andrew's journey was so incredible because it was through his vulnerability and his dependency, his apparent weakness and his need for help (even to scratch his own face, as he said) that he was able to find the courage, confidence and the true strength he needed to lead and sustain him on his journey to recovery.

After he spoke to our students about his career and personal journey, I told Andrew that he was my new hero, and I meant it; because through his story I found a gift, which was a very clear reminder that when we allow ourselves to be vulnerable and open ourselves up to loving relationships, we are blessed with abundance and are reminded about how much there is to appreciate in life.

Have a wonderful week!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Movie Event: "Screenagers"	Thursday, October 12	7:00 pm	Alan Brown Great Hall
Outdoor Ed Mountain Bike Trip	Sunday, October 15		Senior School
Photo Retake Day	Tuesday, October 17	8:00 am	Junior School Great Hall
Junior School Assembly	Wednesday, October 18	8:10 am	Junior School Great Hall
Grade 8 Parents Coffee Morning	Wednesday, October 18	8:30 am	Southridge Cafe
Grade 7 Teach Your Parent Band Night	Thursday, October 19	6:30 pm	Junior School Great Hall
Casual Day	Friday, October 20	All Day	Both Schools
Kindergarten Pumpkin Patch Trip	Monday, October 23	9:15 am	Junior School
Grade 10 BC Legislature Field Trip	Tuesday, October 24	8:30 am	Senior School
Junior Assembly Cancelled	Wednesday, October 25		Junior School
Full School Assembly	Wednesday, October 25	9:30 – 10:30 am	Senior Gym
Junior School Noon Dismissal	Thursday, October 26	Noon	Junior School
Junior School Learning Conferences	Thursday, October 26	1:00 – 8:00 pm	Junior School
Professional Development Day	Friday, October 27	All Day	Both Schools
Half-Term Holiday	Monday, October 30	All Day	Both Schools
Junior School Pumpkin Day	Tuesday, October 31		Junior School
Halloween Costume Day	Tuesday, October 31		Junior School
Senior School Spirit Assembly	Tuesday, October 31	8:30	Senior School
Junior School Assembly	Wednesday, November 1	8:10	Junior School Great Hall
Poppy Sale Initiative Begins	Wednesday, November 1	All Day	Junior School
Open House – Junior School	Thursday, November 2	5:30 – 7:00 pm	Junior School
Open House – Senior School	Thursday, November 2	7:00 – 8:30 pm	Senior School

Junior School News

Halloween in the Junior School – keeping it fun and safe for everyone

We are looking forward to our annual Halloween festivities in the Junior School. We will have our special Halloween assembly on Tuesday, October 31st, followed by our PYP costume parade in the Senior School. Please note that the costume parade is for students only. Please ensure that your child selects a costume that is engaging and appropriate. Scary or gory costumes, weapons (even 'fake' weapons) such as sickles, axes, and other scary items that may accompany costumes are not permitted to be a part of any costume worn to school. Please be advised that it is not appropriate for Junior School students to dress as *Pennywise the Clown* from the recently released and R rated movie, "It". Thank you in advance for your cooperation in helping to keep our Halloween festivities fun and safe, especially for our youngest Junior School students.

Pro-D Day and Half Term Holiday

Friday, October 27, 2017 is a Southridge professional development day. Faculty will be involved in in-school workshops throughout the day. School is not in session for students on this day, and school will also be closed on Monday, October 30, 2017 for the half-term holiday. Enjoy the 4 day weekend!

Full School Assembly

Wednesday, October 25th - 9:40 – 10:20 am

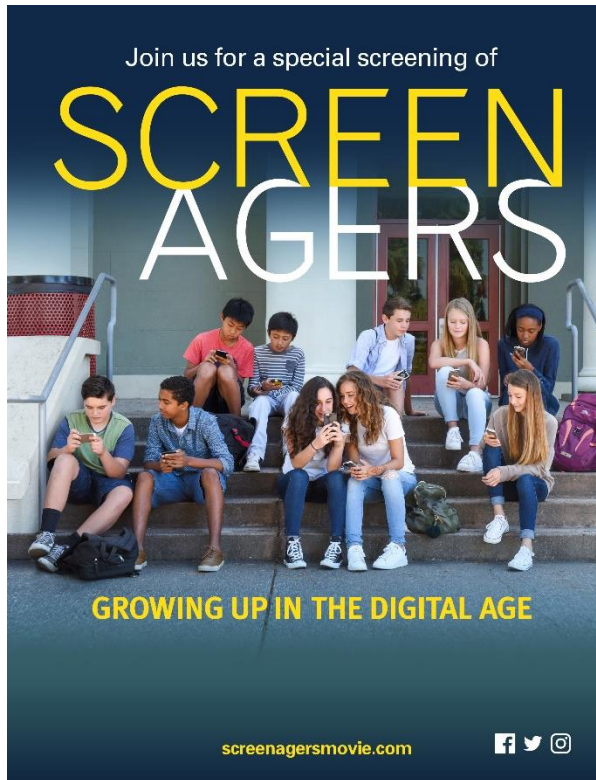
Please join us in the Senior School gymnasium for our second Full School Assembly of the year, led by Mr. Stephens.

Parent- Teacher Interviews

Thursday, October 26th - Noon Dismissal

Parents please mark your calendars for the upcoming parent teacher interview day on Thursday, Oct. 26, 2017 from 1:00 pm to 8:00 pm. Please note that there is a noon dismissal for K-7 students on this day. You will be able to schedule your interview appointments using 'Pick a Time'. Mr. Anderson and Ms. Rickard are in the process of preparing the interface, and login information and instructions will be made available soon. The teachers look forward to the opportunity to discuss your child's behaviour, and learning strengths and areas for growth to date.

Senior School News



Join Us: Special Screening of Screenagers (October 12th)

SCREENAGERS: Growing up in the Digital Age

Are you becoming increasingly concerned about how the digital world impacts your child? Join us for a special screening of the award-winning documentary, SCREENAGERS. Based on her own parenting experiences, physician and filmmaker Delaney Ruston created SCREENAGERS because she believes deeply in the importance of helping kids find balance in our tech-filled world. She takes a very personal approach to this topic by

exploring the impact of social media, video games, and internet addiction on her own two children. SCREENAGERS offers strategies for parents to help minimize the potentially harmful effects of the digital age.

EVENT DETAILS:

- Thursday, October 12th
- 7:00 - 9:00 pm
- Southridge School – Senior School - Alan Brown Great Hall
- No pre-registration or entry fee is required
- FREE and open to all parents, faculty, and staff

Together, let's work to understand and help our children navigate our tech-filled world!

Thank you in advance – we hope to see you on October 12!

Laura Holland
Senior School Learning Resource Teacher
lholland@southridge.bc.ca

Technology & Mental Health

This summer, I spent time researching digital literacy and student mental health as part of the Summer Research Institute. My goal for the research was to create an informative videos series for families as a resource to assist them in understanding use of technology and how they can encourage a healthy state of mind for everyone in their family.

I created three videos: [Navigating Technology with your Child](#), [Social Media](#) and your Child, and [Technology Mindfulness](#).

Students are growing up not knowing a time without the internet, social media or smartphones, so as a community we need to embrace that this is their normal. As parents and teachers, we can assist them navigating their use, being mindful to how they are using these tools and working as a community to ensure they are emotionally supported. These videos were created to assist families start the conversations in their household and allow parents to support their children. I hope that you can have a conversation with your children and learn together about how they are utilizing different tools outside of the classroom. There are many great online resources for parents as you are starting these conversations such as Common Sense Media (www.commonsensemedia.org) and Internet Matters (www.internetmatters.org). Feel free to contact Steve Anderson or myself, Heather Mosher, if you are looking for more resources to support your children at home.

Heather Mosher
Senior School Education Technology Leader

Vidigami – Photo Sharing is Now Open to Grade 8-12 Students

Yesterday marked the beginning of participation by Grade 8-12 students in the Vidigami photo sharing website. All Grade 8, 9, 10, 11 and 12 students were sent emails inviting them to log onto Vidigami and start uploading their photos.

Ms. Mosher, the Senior School Education Technology Leader announced the launch to students at Tuesday morning's assembly. She discussed the importance of being good

digital citizens by only uploading photos of school events and activities and not overloading Vidigami with personal or poor quality photos. You can view her presentation by [clicking here](#).

Hopefully by opening up Vidigami to the senior school students, we will all benefit as the students upload their photos of school events and activities that can be enjoyed by parents and included in the Yearbook and used for assemblies and special projects.

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

Grad 2018 Purdy's Chocolate Holiday Fundraiser

With the holidays just around the corner, the Southridge Grad Committee is excited to announce our annual Purdy's Chocolate fundraiser. Pre-order all of your chocolate gifts for friends and co-workers or have some boxes at home for when friends and family come to visit during the holidays!

In addition to supporting our grads with this fundraising opportunity, there are prizes for ordering chocolates!!!

Online Draws – order your chocolates online and you are eligible to win a Sweet Traditions Gift Basket!!

To order online:

go to <http://www.purdysgpp.com> and click on “**Sign in as Group Member**”. The Southridge Grad group number is “**24019**”. It will ask you then to fill in your personal information, create a personal password and then you can order your chocolates (and see an online catalogue).

Please get your orders in by **NOVEMBER 24th, 2017**. All orders will be delivered to the school on December 12th and will be ready for pick-up after school in the cafeteria.

We greatly appreciate your support!!

Grad Committee & Mrs. Becker (bbecker@southridge.bc.ca)

Both Schools



Saturday, November 18th

“The Power of Community” Gala is Just Around the Corner!

Now that your calendar is marked for November 18th, it's time to round up your friends and family and join us as we raise a glass to our amazing community and celebrate our biggest fundraising event of the year!

Get ready for a dynamic evening of goodwill and socializing that kicks-off with a welcome reception and the soothing jazz sounds of our Cuban Jazz band students, inspired culinary creations from The Joseph Richard Group and S+L Kitchen, unique live and silent auctions items to bid high and often on, plus a night of dancing and merriment in true Southridge style!

This year's event is a salute to our richly diverse community, so get creative and wear something vibrant that celebrates and honours your heritage.

For more event details about THE event of the year and to register for your tickets [click here](#) now.

Going once, going twice...SOLD!

An impressive list of unique and one-of-a-kind items are once again being assembled for our live and silent auctions, and we need your help to make “The Power of Our Community” Gala one of the most memorable events yet!

The proceeds raised from Gala directly support the education of our students by funding new teaching tools, educational technology, classroom equipment and many other day-to-day provisions and opportunities.

By donating to the silent and/or live auction with a gift certificate, product or service, you will be making a valuable contribution to the success of our school, in addition to receiving prominent recognition that evening and in our 2017/18 Annual Report. We need everyone’s support to make the event a success, so please [click here](#) for donation forms and [click here](#) for more details on “Where the Funds Go”.

“The Power of Community” Sponsorship Options

It’s through the cooperative efforts of our amazing school community that Southridge continues to prosper and we are very grateful to our past Gala sponsors. Your generous sponsorship at last year’s event allowed us to exceed our fundraising goals and we raised over \$270,000 – one of the most successful Gala’s in our school’s history!

Our success is based on your selfless contributions, which allows us to purchase [important items](#) for our students and teachers, and we hope to count on your sponsorship support again this year. To find the level of commitment that is appropriate for you and your family, please [click here](#).

Together we can do this and help our kids make a difference in the world!

[Visit the Gala website](#) for more details.

With thanks,

2017 Gala Committee

Please Donate Your Gently Used Uniform Items

The grad committee is requesting donations for the Fall Used Uniform Sale. Please bring gently used uniform items to the Senior School foyer and put them in the box labelled "Used Uniforms". The date for the sale will be on October 11th and 12th (the Wednesday and Thursday after Thanksgiving) from 2:30 pm to 4:30 pm.

Thank you for all your support!

Grad Committee 2018

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. Each morning we also bake fresh muffins, cookies, scones and cinnamon buns.

Please see the attached menus for the month of September.

Canuel Caterers

Uniform Shop News

Just a reminder that winter uniform starts today! Do make sure your children have all the required items and that they still fit! We are open:

Monday – Thursday 7:45-9:00 am, 2:00-4:00 pm

Friday – Closed

Phala Tan
Business Services Manager



SOUTHRIDGE.
We are all one.

SPONSORSHIP COMMITMENT FORM

The annual Southridge Gala is the biggest fundraising event for our school and your generous financial support is essential for the evening to be an amazing and memorable occasion.

As a sponsor, you will be acknowledged according to your level of sponsorship, which includes your name on the big screen, on special signage during the event, and in our 2017-18 Annual Report.

Your generous support will serve as a charitable donation, so please choose the amount of giving that is the right fit for your family or company.

Sponsorship Opportunities

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Marquis | \$15,000 |
| <input type="checkbox"/> Leadership | \$10,000 |
| <input type="checkbox"/> Visionary | \$7,500 |
| <input type="checkbox"/> Opportunity | \$5,000 |
| <input type="checkbox"/> Inspirational | \$2,500 |
| <input type="checkbox"/> Patron | \$1,000 |
| <input type="checkbox"/> Supporting | Any amount is greatly appreciated |

For sponsors at the \$5,000 level or higher, reserved parking will be provided for the evening.

Sponsor Contact & Payment Information

Company or Individual Name (for recognition) _____

Contact Name _____

Phone Number _____

Email _____

Payment

☐ Credit Card*

☐ Cheque, payable to *Southridge School* (please attach)

**Our Advancement Assistant will contact you for credit card information. (Sherry Hu: 604-542-2303, shu@southridge.bc.ca).*

Signature _____

Total _____

Tax Receipt

☐ Yes*

☐ No

**You must provide your email address to receive a tax receipt. Receipts will be issued to the name on your cheque or credit card.*

SUBMIT THIS FORM:

Attention: Shelley Slaughter, Advancement Officer
Southridge School, 2656 160th Street, Surrey, BC, V3Z 0B7
T 604-542-2334 | F 604-535-3676 | sslaughter@southridge.bc.ca

Submission Deadline: Friday, November 10, 2017

Mon-9

Tues-10

Wed-11

Thur-12

Fri-13

Breakfast

Thanksgiving

**Pumpkin
Muffin**

**Smoothie
Day**

Bacon Wrap

**Smoothie
Day**

**Chef's
Entree**

NO

Salad Bar

**Chicken
Noodle Bowl**

Salad Bar

**Fish and
Chips**

**Pasta
Bowl**

School

Spaghetti

**Mac and
Cheese**

Rose' Pasta

Marinara

**Grill
Central**

**Chicken
Fajita**

BBQ Ribber

**Personal
Pizza**

Japa Dog

**Weekly
Panini**

Pesto Chicken

Pesto Chicken

Pesto Chicken

Pesto Chicken

**Great
Greens**

Grain Salad

Salad Bar

**Tossed
Salad**

Salad Bar

Chef Salad

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



Mon-16

Tues-17

Wed-18

Thur-19

Fri-20

Breakfast

**Smoothie
Day**

**Sausage
Wrap**

**Smoothie
Day**

**Blueberry
Muffin**

**Smoothie
Day**

**Chef's
Entree**

**Perogies
and Sausage**

Salad Bar

**Chicken
Chow Mein**

Salad Bar

Fish Taco

**Pasta
Bowl**

Ravioli

Bow Ties

**Mac and
Cheese**

Alfredo

Primavera

**Grill
Central**

Smokie

**Butter
Chicken**

Spring Rolls

Pizza

**Spicy Chick
Burger**

**Weekly
Panini**

**Chicken
Caesar**

**Chicken
Caesar**

**Chicken
Caesar**

**Chicken
Caesar**

**Chicken
Caesar**

**Great
Greens**

Thai Noodle

Salad Bar

Chef Salad

Salad Bar

**Tossed
Salad**

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



Mon-23

Tues-24

Wed-25

Thur-26

Fri-27

Breakfast

**Smoothie
Day**

**Cranberry
Muffin**

**Smoothie
Day**

**Sausage
Wrap**

NO

**Chef's
Entree**

**Thai Curry
Rice Bowl**

Salad Bar

**Lemon grass
Chicken**

Salad Bar

School

**Pasta
Bowl**

Marinara

Alfredo

**Mac and
Cheese**

**Curried
Pasta**

Enjoy!

**Grill
Central**

**Pulled Pork
Sandwich**

**Thai
Flatbread**

Pot Pie

Pizza

**Weekly
Panini**

**Chicken
Pizza**

**Chicken
Pizza**

**Chicken
Pizza**

**Chicken
Pizza**

**Great
Greens**

Grain Salad

Salad Bar

Salad Bar

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

