



SOUTHRIDGE

Wednesday

SEPTEMBER 27, 2017  
ISSUE #04

## Weekly Voice

### Senior School Startup

Welcome to the 2017 school year, everyone! We have had a wonderful start to the year in the Senior School with a fabulous group of Grade 12 leaders who have set the tone for an incredibly smooth school opening. All Grade 12s were here meeting with their Grade 8 buddies and kicking off a fun start to the year with all of our new students.

This past Friday we celebrated our House Picnic and Terry Fox Run where, unlike last year, the weather cooperated and students had a great time running or walking in support of the Terry Fox Foundation, participating in our initiation ritual where new students slid down the slip-and-slides, and capped the day off with the House Tug-of-War and, of course, root beer floats. It's hard to believe that next week is already October and we have our Leadership Experience Week (LEW)!

LEW provides students in the Senior School with experiences in a variety of events and activities that are designed to help them form connections with each other and with staff in different settings. Our Grade 8 and 9 students will travel to Strathcona on Vancouver Island where they will experience life outdoors with a variety of exciting challenges and activities. Camping outdoors under nothing but a strategically placed tarp is an experience few will ever forget. This is an important 5 day trip for students to fully integrate into life at Southridge.

Our Grade 10 students will be involved in a variety of service activities outside of the school for the week at such organizations as Semiahmoo House, Orphaned Wild Life (OWL) and Pacific Riding for Developing Abilities to name just a few.

Following Career Information Day on Monday, October 3<sup>rd</sup> where many parents and guest speakers will talk to students about their careers, the Grade 11s get to go off-campus for a Career Experience Day. Based on their interests and the research they are doing, students get to spend a day at a job site, touring, asking questions and meeting with professionals from an area of interest. The Grade 12s also take part in Career Information Day on Monday, and then are off to Rockridge Canyon for the Grade 12 Retreat on Tuesday, returning Thursday at lunch.

LEW is an incredibly rich week for all students in the Senior School, laying the groundwork for a successful Senior School experience as well as preparation for life beyond

# SOUTHRIDGE *Wednesday*

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Southridge. Special thanks to all of the faculty who plan, chaperone, and organize these remarkable and unforgettable experiences for our students!

Thanks to our new timetable in the Senior School, the later start means traffic in the mornings is considerably lighter. Please continue to only drop off students in the outside lanes and never use the center through-lane for drop-off or pickup. Also remember that there is absolutely no stopping next to the yellow curbs adjacent to the turf field. By stopping here, you force traffic to go around you into oncoming traffic. I appreciate the courteous driving habits of all of our parents - let's continue to keep the traffic moving and our students safe especially as the weather starts to get more fall-like!

A reminder to parents that Advisory starts in the Senior School at 8:35. We ask that all students arrive at school no later than 8:30 so they can get to Advisory on time. As always, I invite parents to see me with any questions or concerns they may have throughout the year. Here's to a great 2017-2018 school year!

Brad Smith  
Head of Senior School  
[bsmith@southridge.bc.ca](mailto:bsmith@southridge.bc.ca)

## Important Dates

Event	Date	Time	Location
Grade 5 Outdoor Education Trip	Monday, September 25 – Wednesday, September 27		Camp Elphinstone
Grade 6 Outdoor Education Trip	Tuesday, September 26 – Thursday, September 28		Camp Qwanoes
Grade 7 Outdoor Education Trip	Tuesday, September 26 – Thursday, September 28		Camp Summit
Junior School Assembly	Wednesday, September 27	8:10 am	Junior School Great Hall
Grade 9 Coffee Morning	Wednesday, September 27	8:30 am	Southridge Cafe
Mini School Night	Thursday, September 28	6:30 – 9:15 pm	Senior School
Outdoor Ed Canoe Trip	Thursday, September 28		Senior School
Casual Day	Friday, September 29	All Day	Both Schools
Senior School Course Change Deadline	Friday, September 29		Senior School
Leadership Experience Week	Monday, October 2 – Friday, October 6		Senior School
Junior School Southridge Writes	Tuesday, October 3		Junior School
Junior School Assembly	Wednesday, October 4	8:10 am	Junior School Great Hall
House Captain Theme Day	Friday, October 6	All Day	Junior School
Thanksgiving Holiday	Monday, October 9	All Day	Both Schools
Late Start	Tuesday, October 10	10:25 am	Both Schools
Regulation Winter Dress Uniform Begins	Tuesday, October 10		Both Schools
Junior School Assembly	Wednesday, October 11	8:10 am	Junior School Great Hall
Terry Small Study Skills for Grade 5	Wednesday, October 11	10:10 am	Junior School Great Hall
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

## Junior School News

### Changeover to Winter Uniform is Coming

The last day for students to wear Summer Uniform is Friday, October 6<sup>th</sup>. All students begin wearing Winter Uniform on Tuesday, October 10<sup>th</sup>. Winter Uniform consists of the following clothing options:

<p><b>Regulation Winter Dress:</b> worn daily and at all formal school occasions beginning on the Tuesday after Thanksgiving through to Good Friday (or the Friday before April Break if Easter falls during Spring Break), as follows:</p>
<p>Choice of:</p> <ul style="list-style-type: none"> <li>• Green vest</li> <li>• Green cardigan</li> <li>• Pullover green sweater</li> <li>• Navy blazer</li> </ul>
<p>Choice of:</p> <ul style="list-style-type: none"> <li>• Grey dress pants with grey socks (black belt optional)</li> <li>• Tunic (K-Gr. 3) or kilt (Gr. 4-7) hemmed no higher than 8 cm above the knee with black knee socks or black tights</li> </ul>
<p>White button-down dress shirt with school tie</p>
<p>All black, polishable <b>leather</b> shoe with black molded outer sole and no obtrusive logo (heel no higher than 5 cm including sole).</p>
<p>Hair accessories should be in uniform colors.</p>

### Medication at School

Please be advised that we do not administer non-prescription medications to students during the school day, unless they have been provided to the JS Receptionist by a parent for a specific reason (e.g. allergies). Medications should be placed inside a clear, Ziploc bag with specific dosage instructions, along with any information about previous dosages (e.g. the dosage your child had before school). If your child needs non-prescription medication (e.g. Advil or Tylenol) to feel better during the school day, then it's likely that they should be at home. Junior School students should not come to the Reception Desk asking for medication without verbal or written consent given to Ms. Orellana directly from a parent.



## Thanksgiving Long Weekend and Late Arrival

Please note that the school will be closed on Monday, October 9<sup>th</sup> for the Thanksgiving holiday. Classes resume with a late start at 10:25 am on Tuesday, October 10<sup>th</sup>. Students need to arrive between 10:10 am and 10:20 am for a start time of 10:25 am. ***Please do not bring students any earlier than 10:10 am as all teachers and staff are in meetings and no supervision is provided.***

## FSAs for Grade 4 and 7 Students

This year, the FSAs (Foundation Skills Assessment) will be written by all Grade 4 and 7 students in the province from October 2<sup>nd</sup> to November 10<sup>th</sup>. Prior to this school year, FSAs were written over January and February. While the FSAs will continue to assess basic literacy and numeracy skills, aspects of the process and testing has been redesigned, as follows:

Students in Gr. 4 and 7 will write their FSA tests in October/November (instead of January/February)

Still Includes online and written components

Now includes:

- a 10 minute, non-scored group collaboration activity (to engage students, build connections with prior knowledge and experience and choose a reading theme)
- choice of reading themes
- more variety in question formats (e.g. clicking and dragging, highlighting, drop down menu selection, or entering numerical responses)
- non-scored self-reflection (related to Thinking and Communication Core Competencies)
- reported on a proficiency scale (Emerging, On Track, Extending)

Scoring of tests remains at the local level (Southridge faculty will still engage in collaborative marking with other ISABC schools)

Student summary reports will be released in February 2018 to allow for the data to be used to inform teaching and learning at the individual school level

If your child is in Grades 4 or 7, their teachers will communicate the specific testing schedule with you over the next two weeks. Please don't hesitate to contact Mrs. de Hoog,

Ms. Reid, Mrs. Frame, Ms. McNeil, Dr. Bepflug, Mr. Anderson or Mrs. Ito if you have questions. A parent brochure can be accessed by clicking the following link: <http://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/assessment/fsa-parent-brochure.pdf>

## **Celebrating Another Awesome Terry Fox Run**

What a great kickoff to the school year with the Terry Fox Run! It was truly a great run for the kids in K-7. The energy was great, the turnout for parents was awesome, and lots of money was raised. It was such a successful and wonderful event. I guess I could say, on behalf of all the students, that it was a blast.

Of course, this wouldn't be possible without our enthusiastic volunteers. We would like to thank all the people involved in making this run such a great event, especially our parent volunteers who took time out of their day to join us. We know it took a huge effort. Our volunteers did a phenomenal job! The students had such a fun time from the beginning till the end. We would also definitely like to thank the Senior School for the music and the Grade 7's for doing all the setting up before the run and cleaning up afterwards. Big thanks to Ms. Janzen for orchestrating this whole event; she spread so much joy with the students during the run. Thank you, everyone!

Yik Fung Wong  
Grade 7

## **Cross Country News**

We have a busy week with a meet at Boundary Bay (Centennial Beach) on Thursday, September 28<sup>th</sup> and then a race at Crescent Park on Saturday, September 30<sup>th</sup>. Please see the postings on Schoology for further details. The whole team will travel to Boundary Bay (Grades 3-5) by bus. Please make sure that you arrive at Crescent Park on Saturday at least 30 minutes before your race time.

Good luck to all athletes!

Mrs. Ridley-Thomas

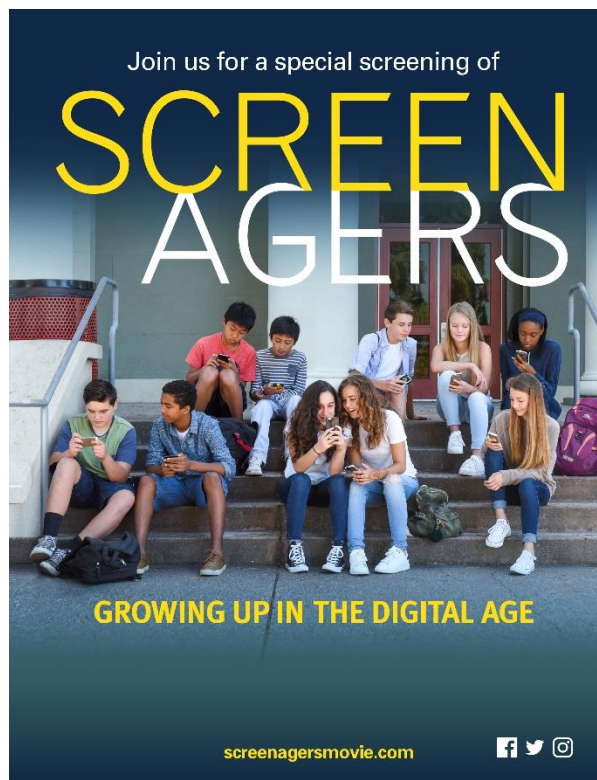
## **Junior School House Captain Theme Day Friday, October 6**

Friday, October 6<sup>th</sup> Kindergarten through Grade 7 are invited to dress in their zaniest outfits from head to toe for Wacky Day. The cost is \$2 to participate, and all proceeds go

to the Grade 7 Legacy Fund: supporting local, provincial, national, and international service projects.

Ms. McNeil  
MYP Division Leader

## Senior School News



### Join Us: Special Screening of Screenagers (October 12<sup>th</sup>)

#### **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 12<sup>th</sup>

- 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](mailto:lholland@southridge.bc.ca)

## Welcome to the Senior School Mini School Evening

There are several opportunities to get to know teachers on an informal basis early in the school year, but on **Thursday September 28th from 6:30 to 9:15 pm** Southridge invites you to the **Senior School Mini School Night**.

This evening provides you with an opportunity to follow your son or daughter's schedule and to meet his or her teachers. This popular event has received excellent feedback from parents who have found it to be a very informative and valuable experience. To parents of students in all grades please come and join us and learn a little more about the varied curriculum, excellent faculty, and daily lives of our students in the Senior School.

Registration begins promptly at 6:30 pm in the Senior School gym. We look forward to seeing you there.

Ms. Jan Holt  
Senior School Academic Program Director

## LEW Schedule for Grade 12s

**Monday, 2 October: CAREER DAY (details to be confirmed by Ms. Livingston)**

**Tuesday, 3 October to Thursday, 5 October: GRAD RETREAT (Rock Ridge Canyon, Princeton)**

- **meet at Southridge: 10:00 am Tuesday**
- bring money for lunch (stop in Chilliwack)



- pack: warm clothes (mitts & toques), bathing suit (polar bear swim), good outdoor shoes, snacks
- don't pack: sleeping bags, pillows, etc.
- **return to Southridge: approx. 1:00pm Thursday**

## Friday, 6 October: DISCRETIONARY DAY

- Students are not required to be at school, nor to account for their time.
- There is a university application essay workshop with Dr. Beukema from 9:00 – 12:00 at the school.
- Students are encouraged to use this day to visit universities.

## House Picnic

The House picnic is always a memorable back to school tradition and this year did not upset. The new students along with some brave returners slid down the tarps that we spirit captains prepared...(paint, shaving cream, coke, and jello were just a few of the ingredients). After the big flour storm and everyone being all messy the spirit captains set out to pump up their houses before the competitive tug of war. Even with the little mishap of a rope snapping, the tug of war was lots of fun and everyone got super into it. The house picnic was an exciting event that I hope all students, especially grade 8's will always remember!

Linda Otamendi  
Grade 12

## My First House Picnic

As I entered the school on Friday morning, there was a buzz and an energy in the air that was quite different than most days—it was House Picnic day. I was a bit nervous as I was told to dress in clothing I don't care about and be prepared to get very messy. Wait—I thought hazing was banned in most schools...? So with my very sloppiest theatre blacks on, I waited with trepidation until lunch time hit.

The Terry Fox Run was much to be expected—students and staff running laps around the school in support of one of Canada's leading charities, but when it was announced that the welcoming rituals would now take place on the front field, a knot developed in my stomach—was I ready for this?

The idea of being disgusting and sticky for the rest of the afternoon did not appeal to me in the least, but as we gathered around the Thunder House "slip n slide",

full of paint and soap and pop, and seeing the sheer joy on the faces of the senior students, I decided to throw caution to the wind and give it a go. And you know what? As gross as it was, it was also pretty invigorating! The support I felt from both students and staff alike far outweighed the feelings of grossness and nervousness I felt leading up to the event! Then, as I watched flour being tossed around the field, I thought to myself “What better way to bond as a HOUSE and break loose from the academic confines of the day to day?”

This kind of tradition is, I’m sure, one of the many that make Southridge a unique and special school community to be a part of—I certainly got to see many “spirits soar” today, including my own—and the Root beer floats at the end were pretty sweet too!

Ms. S MacGregor  
Senior School Drama Teacher

## **We Root for Root Beer!**

On behalf of the Senior School students, a big “Thank You” to Nick Nuraney for the root beer floats during our House Picnic. They were a real hit!

## **Catch the Spirit!**

Junior Girls Field Hockey have their first HOME game this Wednesday on the turf field at 4:00 pm against South Delta Secondary School. Please come out and support the Junior Girls!

## **Outdoor Ed Mountain Biking Trip**

On Monday, October 16<sup>th</sup> we will be offering a mountain biking trip to the North Shore. This trip will depart from Southridge at 8:00 am and head to Mount Fromme in North Vancouver. There we will participate in a skills session, followed by and ride up and descent down fun, flowing singletrack trails. We are pleased to be working again with Endless Biking, who will provide mountain bike guides as well as instruction. The two teachers on this trip will be Mr. Mitchell and Mr. Jones. The cost is \$100, or \$120 if you wish to rent a mountain bike and helmet. Please see Mr. Mitchell or Mr. Jones for a form. Spots on this trip are limited to 10, and the last trip filled up very quickly, so get your forms in as soon as possible if you are interested!

## **Best Practices in Assessment and The First Term Interim Report card**

Summer is now officially behind us and the vibrant energy and enthusiasm of all our students, staff and faculty once again permeates our hallways and classrooms. The school's current strategic plan has placed the emphasis squarely on helping our students grow and flourish within the Southridge school environment and, to this end, we are aligning our assessment practice and protocols to ensure that we are adopting best pedagogical practices.

The importance of “formative assessment”, which allows teachers to monitor student learning and provide ongoing feedback without the imposition of a percentage or grade, is a key element in helping students to improve their learning and allows faculty to more closely target their instruction and support for students. The aim of this kind of instructional feedback is to help students identify their strengths and weaknesses and focus on areas that need attention, while helping faculty recognize and address problems immediately. This is the rationale behind our diagnostic assessment of all Grade 8s in mathematics. Our aim has been to place them in classes that will facilitate their growth in confidence and intellectual capacity by targeting our instruction to their needs. The provision of more feedback and formative assessment does not mean that we are eliminating, or rejecting, the value of summative assessments, simply that we want to provide our students with time and more than one opportunity to improve their learning before a final “test” of mastery of skills or content.

Many of the assignments in the opening five weeks of school are formative and diagnostic in nature as teachers focus, not only on evaluating their skills, but also on getting to know their students. The value of establishing strong, respectful and authentic relationships between student and teacher has long been recognized as a central element in fostering student success. The Leadership Experience Week (LEW) builds on those relationships and on nurturing those between our students. LEW also provides leadership opportunities, tests resourcefulness and resilience, and promotes cooperation, collaboration, and communication. These are among the ‘core’ competencies that the BC Ministry, in its new approach to curriculum, is emphasizing. The Southridge Senior School Education Program (SSEP) has similarly articulated and endorsed these essential capacities and skills.

Our first interim report represents the first summative report of student progress, but it is very limited in its scope and in its assessment of a student’s potential ability, coming as it does so soon in the school year after just over four weeks of classes and the Leadership Experience Week in early October. Parents are encouraged to contact individual faculty if they are concerned about a student’s progress and similarly advisors and subject teachers will call or email parents if specific problems or concerns arise. Our

Parent/Teacher interviews are scheduled for **Wednesday, November 8<sup>th</sup>**, in order to provide a much earlier opportunity for dialogue between teachers and parents.

In the first interim report, Grade 8 students and all students new to Southridge will receive a comment, letter grade and attitude and effort mark from each of their teachers. Any student who falls below a C- or receives a '2' for effort will also receive a comment indicating the areas for improvement. All remaining students will receive letter and effort grades only. The BC Ministry of Education letter grades and descriptors are outlined below.

It's my hope that the opening weeks of school have been positive ones for your son or daughter and that we can continue to work to provide a stimulating, safe and productive environment for all.

## **BC Provincial Letter Grades**

- A = The student demonstrates excellent or outstanding performance in relation to expected learning outcomes for the course or subject and grade.
- B = The student demonstrates very good performance in relation to expected learning outcomes for the course or subject and grade.
- C+ = The student demonstrates good performance in relation to expected learning outcomes for the course or subject and grade.
- C = The student demonstrates satisfactory performance in relation to expected learning outcomes for the course or subject and grade.
- C- = The student demonstrates minimally acceptable performance in relation to expected learning outcomes for the course or subject and grade.

Ms. Jan Holt  
Senior School Academic Director

## **China Tour – Summer 2018**

The Social Studies department has created an opportunity for an academic/cultural trip to China for the summer of 2018. The trip would consist of three main concentrations: Beijing, Nanjing and Hong Kong.

In Beijing the highlights would include visiting Tiananmen Square, the Forbidden City, the Temple of Heaven, the Summer Palace, and of course, a trip outside the city to walk on the Great Wall and to also visit the Ming Tombs.



In Nanjing, the highlights would include a visit to Purple Mountain, which holds the mausoleum of Sun Yat-sen, and many other spectacular sites. In Nanjing, we will also learn about the history of the city during the Second World War, which will complement their studies in the upper grades of Social Studies.

The final destination will be Hong Kong. Once again, there is a huge connection to the Second World War and the Canadians who fought there, which is taught in Socials 10. In addition, we will visit the harbour, Victoria Peak, Stanley Market, and leave some time to do some final shopping!

The trip will begin on Monday, June 25, 2018 and we will return to Vancouver on July 5, 2018. The dates will not conflict with any final exams or Grad events. The cost of the tour will be around \$4,100 and it covers all transportation, food, lodging, entrance fees, and our guides.

If you have any questions or concerns, please feel to contact me at 604-542-2325 or [jknihniski@southridge.bc.ca](mailto:jknihniski@southridge.bc.ca)

James Knihniski  
Curriculum Leader - Social Studies

## University Counselling and Career Education

The 2018 university and college recruiting season is gearing up and will be in full swing in the next few weeks as post-secondary representatives travel throughout Canada to do their admissions and program information sessions. The visits will entail a variety of options for our students. Some of the sessions are for any senior grades who wish to gather information and ask questions and some sessions are specifically for Grade 11s and/or 12s:

### FAIRS

1. Canadian universities come to Southridge (for Grades 11 & 12 only)!

**Date:** September 28, 2017

**Time:** 9:00 am to 10:30 am

Grade 11 and 12 students will be given a time to go our Senior School Gym to meet with, and gather information from over 50 Canadian universities and colleges that will be represented during this fair

2. Interested in studying in the U.S.? Sign up for a seat on the bus travelling to West Point Grey Academy (for Grades 10, 11 & 12)

**Date: October 12, 2017**

**Time: afternoon, bus will leave Southridge at lunch and return to school by 4:00 pm**

Mrs. Becker will be announcing and posting a sign-up sheet for seats on the bus to enable students interested in the U.S. for post-secondary to go to the U.S. fair where over 100 colleges will be represented.

## INDIVIDUAL VISITS

Universities and colleges from Canada, U.S. and U.K. book individual visits during the fall to meet with prospective students (especially the grade 12s) to discuss programs. These sessions are booked and posted on Naviance/Family Connection as well as on the board outside the University Counselling Centre. Sessions that are booked during lunch or after school are open for any grades to attend. Please note the following evening events that are open for students and parents to attend:

1. UBC visits Southridge on Wednesday, October 25 at 6:30pm in the Senior School Great Hall. All are welcome!
2. McGill visits Southridge on Thursday, November 16<sup>th</sup> at 7pm (location will be announced). All are welcome!

## STAYING UP-TO-DATE ON UNIVERSITY & COLLEGE ADMISSIONS

Mrs. Becker and Ms. Livingston have recently returned from the National Association for College Admission Counselling conference. This massive event brings together all stakeholders in the world of university, college and career counselling (over 7000 attendees – counsellors, admissions professionals, exhibitors and supporting organizations) offering plentiful opportunities to grow professionally to understand and build awareness of the shifting landscape of post-secondary admissions. The conference offered over 100 educational sessions and workshops as well as one of the biggest college fairs where we met with admissions reps to discuss updates. In between these sessions, we met and networked with colleagues from independent schools to share and work together to build best practices. We have brought back the most up-to-date information that we will share with our students to ensure they are ready and aware of how to determine the right college or university fit for their specific needs.

## **LEADERSHIP EXPERIENCE WEEK (LEW) & CAREER EXPLORATION FOR GRADES 11 & 12**

Monday and Tuesday of LEW is all about career information (for the 11s and 12s) and career experience (for the 11s only). On Monday of LEW, students will be attending a jam-packed Career Information Day where we will have over 30 representatives from a variety of career and professional backgrounds. Students will attend a keynote speaker (a Southridge alum with an inspiring story to share) followed by 5 break-out sessions that they choose according to careers of interest.

On Tuesday of LEW, Grade 11s will be experiencing a career of their choice by visiting a worksite or office location to tour, meet with and ask questions. A letter has been sent to Grade 11 parents providing more details about Career Experience as students will be required to arrange transportation to/from the location they have signed up for.

Ms. Livingston  
Director of University Counselling

## **Both Schools**

### **Vidigami is Now Open for 2017-2018**

Hopefully by now you will have received an email invitation to log onto Vidigami. You can log on with your old credentials for those of you who were on Vidigami in previous years. If you haven't received an email invitation, please contact me and I will ensure that you get enrolled.

Alan McInnes  
Manager, Web and AV Services  
[amcinnnes@southridge.bc.ca](mailto:amcinnnes@southridge.bc.ca)

### **Head Injury Baseline Testing Update**

Baseline tests are assessments that measure reaction time, memory capacity, speed of mental processing, and executive functioning of the brain and are traditionally taken prior to a sport season when an athlete has not yet had exposure to training and/or competition. Last year, Southridge initiated baseline testing for its athletes with the understanding that

much needed research into the validity and practicalities of such testing would impact our school's future practices.

Based on relevant research in the field of concussions and head injuries, Parachute has concluded that only licenced healthcare professionals should provide medical assessments and give medical clearance to athletes diagnosed with a suspected concussion. For these reasons, Southridge will follow Parachute's recommendations and will no longer be conducting baseline testing on athletes. Athletes who have a suspected concussion will follow the Return to Play protocol and would need medical clearance prior to returning to their sport. That being said, if you as a parent would like to pursue baseline testing for your child(ren) you are, of course, welcome to do so. Southridge suggests that you consider a health care professional with specific training and experience in concussion testing protocols.

Parachute is a national, charitable organization, formed in July 2012, which united the former organizations of Safe Communities Canada, Safe Kids Canada, SMARTRISK, and ThinkFirst Canada into Canada's injury prevention leader. Parachute's injury prevention programming and advocacy efforts are designed to help Canadians reduce their risks of injury while enjoying long lives lived to their fullest. For more information, visit [info@parachutecanada.org](mailto:info@parachutecanada.org).

## Volunteering @ Southridge

### Junior School Volunteer Opportunities

Volunteers are still needed for the baking committee, hospitality, and lost and found.

#### ***Bakers***

Baking is the perfect opportunity for parents who cannot volunteer on-site! If you are a busy parent, the Southridge Baking Committee is just the position for you. We provide home-baked goods to the faculty at the Junior and Senior Schools on Friday mornings. With enough volunteers, most committee members end up baking only 4-5 times per year. As of September 25<sup>th</sup>, the committee is still looking for volunteers to fill **5 Junior School** and **1 Senior School** spot. If you are interested in joining the Baking Committee, please register online (<https://southridgevolunteer.campbrainregistration.com>). Feel free to contact [vanessa@hiltonslanding.com](mailto:vanessa@hiltonslanding.com) if you have any questions.

#### ***Lost & Found***

We are looking for volunteers to come in on Fridays at 11:45 am for about 30 minutes, and periodically pop in during the week to tidy and sort the Lost & Found cabinet. The position also includes washing unlabeled clothing once a week.



## **Senior School Volunteer Opportunities**

### ***Senior School Hospitality Co-Chair***

We are looking for a Senior School Hospitality Co-Chair to oversee the Hospitality Volunteers in the Senior School. The Co-Chair will assist in planning and coordinating hospitality functions for Senior School events, as well as maintaining an inventory of refreshment supplies, and replenishing as needed.

### ***Senior School Hospitality***

Senior School Hospitality volunteers provide coffee and treats when required for events and meetings in the Senior School. Volunteers help with setting up and taking down at the end of the event or meeting. Volunteers are required approximately 2-3 times per month.

## **Sign Up Today!**

Similar to previous years, volunteer positions are posted online through the Parent Portal, and you can sign up today through the Volunteer Corner by clicking on the orange 'Volunteer Now' button! <https://southridgevolunteer.campbrainregistration.com/>

If you have any questions about volunteering at Southridge, please don't hesitate to contact the Volunteer Committee at [volunteer@southridge.bc.ca](mailto:volunteer@southridge.bc.ca).

Thank you so much for volunteering at Southridge and keeping our strong tradition of volunteer support alive!

The Volunteer Committee

## **Southridge Cafè**

Welcome Back! We are excited to be back cooking for you once again this school year. 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](mailto: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**

Want some hair accessories that match your Southridge uniform? The Uniform Shop has a selection of headbands, hair clips, and hair ties that match your uniform nicely. Come in and take a look!

The Uniform Shop is open at the following hours:

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

Friday: Closed

Phala Tan  
Business Services Manager

	Mon-25	Tues-26	Wed-27	Thur-28	Fri-29
<b>Breakfast</b>	Smoothie Day	Chocolate Chip Muffin	Smoothie Day	Bacon Wrap	Smoothie Day
<b>Chef's Entree</b>	Piri Piri Chicken	Salad Bar	Butter Chicken	Salad Bar	Fish Taco
<b>Pasta Bowl</b>	Mac and Cheese	Pasta Alfredo	Bow Ties	Tortellini	Marinara
<b>Grill Central</b>	Philly Cheese Steak	Stuffed Chicken	BBQ Bacon Burger	Pizza	Chicken Fried Rice
<b>Weekly Panini</b>	Thai Chicken	Thai Chicken	Thai Chicken	Thai Chicken	Thai Chicken
<b>Great Greens</b>	Chic Pea Salad	Salad Bar	Chicken Caesar	Salad Bar	Chef Salad

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



	Mon-	Tues-	Wed-	Thur-8	Fri-9
<b>Breakfast</b>	Smoothie Day	Pumpkin Spice Scone	Smoothie Day	Bacon Egger	Smoothie Day
<b>Chef's Entree</b>	Hot Wrap	Chicken Nuggets	Chicken Soft Taco	Pizza Bagel	Poutine
<b>Pasta Bowl</b>	Marinara	Alfredo	Italiano	Rose'	Mac and Cheese
<b>Grill Central</b>	Pizza	Fries	Mashed Potato	Pot Pie	Special Burger
<b>Weekly Panini</b>	Pulled Pork	Pulled Pork	Pulled Pork	Pulled Pork	Pulled Pork
<b>Great Greens</b>	Pasta Salad	Chef Salad	Caesar Salad	Tossed Salad	Chicken Caesar

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





	Mon-9	Tues-10	Wed-11	Thur-12	Fri-13
<b>Breakfast</b>	Thanksgiving	Pumpkin Muffin	Smoothie Day	Bacon Wrap	Smoothie Day
<b>Chef's Entree</b>	NO	Salad Bar	Chicken Noodle Bowl	Salad Bar	Fish and Chips
<b>Pasta Bowl</b>	School	Spaghetti	Mac and Cheese	Rose' Pasta	Marinara
<b>Grill Central</b>		Chicken Fajita	BBQ Ribber	Personal Pizza	Japa Dog
<b>Weekly Panini</b>		Pesto Chicken	Pesto Chicken	Pesto Chicken	Pesto Chicken
<b>Great Greens</b>	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
<b>Breakfast</b>	Smoothie Day	Sausage Wrap	Smoothie Day	Blueberry Muffin	Smoothie Day
<b>Chef's Entree</b>	Perogies and Sausage	Salad Bar	Chicken Chow Mein	Salad Bar	Fish Taco
<b>Pasta Bowl</b>	Ravioli	Bow Ties	Mac and Cheese	Alfredo	Primavera
<b>Grill Central</b>	Smokie	Butter Chicken	Spring Rolls	Pizza	Spicy Chick Burger
<b>Weekly Panini</b>	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar	Chicken Caesar
<b>Great Greens</b>	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
<b>Breakfast</b>	Smoothie Day	Cranberry Muffin	Smoothie Day	Sausage Wrap	NO
<b>Chef's Entree</b>	Thai Curry Rice Bowl	Salad Bar	Lemon grass Chicken	Salad Bar	School
<b>Pasta Bowl</b>	Marinara	Alfredo	Mac and Cheese	Curried Pasta	Enjoy!
<b>Grill Central</b>	Pulled Pork Sandwich	Thai Flatbread	Pot Pie	Pizza	
<b>Weekly Panini</b>	Chicken Pizza	Chicken Pizza	Chicken Pizza	Chicken Pizza	
<b>Great Greens</b>	Grain Salad	Salad Bar		Salad Bar	

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

