



SOUTHRIDGE

Wednesday

SEPTEMBER 20, 2017  
ISSUE #03

## Weekly Voice

### Que sera, sera...or not?!

*“Que sera, sera  
Whatever will be, will be  
The future's not ours to see  
Que sera, sera  
What will be, will be  
Que Sera, Sera”*

Chorus of the 1956 Academy Award Winning Song, *Que Sera, Sera* (as sung by Doris Day for the Alfred Hitchcock film, “The Man Who Knew Too Much”.)

When I was just a little girl, I asked my mother...to play this song way too much! I can remember dancing around our kitchen at about age 5 or 6 while my mother cooked, belting out this song at the top of my lungs. It’s a song that stayed with me over the years, and I have quite literally spent my life trying figure out just what *que sera, sera* truly means. There are times in life when you are stuck in a situation and it seems impossible. Singing *que, sera, sera* is a bit of a mantra to help you get through. The roots of the phrase are Spanish in origin, and they translate as meaning nothing you can do about it. Perhaps a modern version of the song could be Disney’s 2014 Academy Award winning number from the Movie “Frozen”, *Let it Go*. (I apologize now for putting song lyrics in your heads!)

In order to truly attain a concept, you also have to consider what it is not. In thinking about what *que, sera, sera* is not it struck me that a *que, sera, sera* mentality is not necessarily a good thing to have in every context. Take learning, for example. If a learner had a *que sera, sera mentality* then they would think that there was nothing they could do to improve their situation. They would tell themselves, “*there’s nothing I can do about this, so why bother? Que, sera, sera.*” In the context of learning nothing could be more false. While the future isn’t ours to see, it certainly is ours to shape. Learning is not an accidental process - it requires intention, involves ups and downs, trial and error, repeated attempts, persistence, a willingness to try things differently, effort, and joy. Every learner has the capacity to shape their future, and at Southridge the future of every learner is guided and shaped by our mission statement. As Mr. Stephens pointed out at last Thursday evening’s parent social, our mission statement is unique because it clearly defines how each learner can shape their future through a well-rounded Southridge educational experience.

Perhaps then, a different set of lyrics is better suited for learners at Southridge. How about the words from the 1979 Carl Strommen choral piece, “Like an Eagle”?

*“I will spread my wings and fly into the sun  
Like an eagle I will race above the stars  
I will fly to places yet unseen  
Go beyond my wildest dreams.”*

Let’s have a great year together nurturing every learner’s spirit, from Kindergarten through Grade 12, so that each is the protagonist of their own shape-able future.  
Volet!

Tanya de Hoog  
Head of Junior School

## Important Dates

Event	Date	Time	Location
Grade 9 Immunizations	Thursday, September 21	9:00 am	Southridge Cafe
New to PYP Parent Information Session	Thursday, September 21	6:00 pm	Junior Music Room
Grade 5 Outdoor Education Meeting	Thursday, September 21	6:00 pm	Grade 5PH
Grade 6 Outdoor Education Meeting	Thursday, September 21	6:00 pm	Grade 6SA
Grade 7 Outdoor Education Meeting	Thursday, September 21	6:00 pm	Grade 7SM
Meet the Teacher Night	Thursday, September 21	7:00 pm	Junior School
House Picnic and Terry Fox Run for Senior School	Friday, September 22	11:30 am	School Grounds
Terry Fox Run for Junior School	Friday, September 22	1:00 pm	Junior School
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
Casual Day	Friday, September 29	All Day	Both Schools

## Junior School News

### Walking Registry

If your Junior School child walks home from school, please email [attendance@southridge.bc.ca](mailto:attendance@southridge.bc.ca). If they walk home on a regular basis, one email indicating the days of the week they will be walking will suffice. Just be sure to let us know if anything changes. If they walk on an occasional basis, please email each time they are to walk home. This will help us to maintain a centralized registry of walkers.

### Updated Co-Curricular Calendar

An updated version of the 2017-18 Co-Curricular calendar is now posted in the Calendars and Schedules section in the Resource Centre of the Parent Portal. Please use this schedule when planning for your child's involvement in Junior School athletics and clubs.

### Illness and Injury

Should your child fall ill during the school day (e.g. fever, vomiting) or sustain an injury that warrants parent notification (e.g. head injury, suspected bone injury) you will receive a call from the school. If we cannot reach a parent directly, we will call your emergency contact. Please do not send your child to school if they have a fever, or if they are vomiting or have diarrhea. Children should be symptom free for a full 24 hours before they return to school.

### Reunification Password and Drill (Save the Date!)

Please note that a **reunification password sticker** has been placed inside the cover of your child's Prep Book. Please take a photo of this sticker and save it to your phone, or write it down and keep it in your wallet. You should also share this password information with your emergency contact should they need to pick up your child(ren) in your place. Should an emergency evacuation of the school be required at any point this year, the password, which consists of your child's house name and student number, will be needed for your child to be released to any adult that is picking them up. Last year, we ran our first Junior School Reunification Drill. This year, we will run a full school (K-12) drill on the afternoon of Friday, May 18, 2018. Please mark your calendar now and save the date – more specific communications will come closer to the date of the drill.

## **Terry Fox Run is this Friday, September 22nd**

Terrance Stanley Fox was born on July 28th, 1958. He was a Canadian athlete and hero. He lost one of his legs to bone cancer when he was only 18 years old. In 1980, with one artificial leg, he embarked on a journey, to run east to west across Canada. He called it: The Marathon of Hope, a fitting name. The Marathon of Hope was to raise money for cancer research, to help find a cure for cancer. Today, even though he died in 1981, on June 28<sup>th</sup>, we still today continue his marathon for him. Our school has been supporting the Terry Fox Run ever since it opened.

We ask you to join us on September 22<sup>nd</sup> from about 1:30-3:00, to help us finish, no, exceed his goal. Please bring at least \$5 for a donation to your homeroom teacher before Friday. Also, wear your PE shoes and shorts, and a T-shirt with your house colours. We welcome everyone, and hope that you run your hardest, as we continue the legacy of this Canadian hero, Terry Fox.

*Briana Lu and all the Grade 7 Students*

## **Introduction to PYP, MYP Camp Information Sessions, and Meet the Teacher Night - Thursday, September 21<sup>st</sup>**

Please join us on Thursday, September 21<sup>st</sup> for the following sessions:

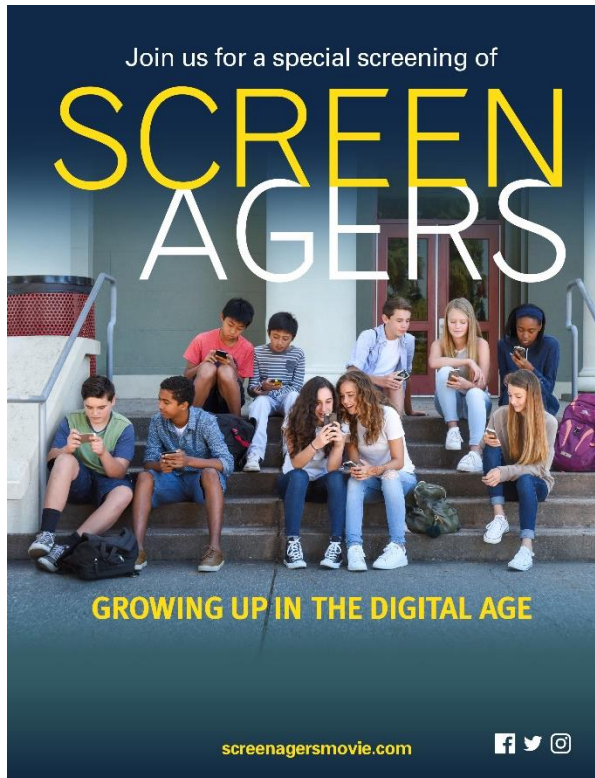
**Introduction to the PYP @ 6 p.m.** For parents new to the PYP, Mrs. Murchie, our PYP Coordinator, will provide an overview of the philosophy and framework of the International Baccalaureate Primary Years Program (IB PYP).

### **MYP Camp Information Sessions @ 6 p.m.**

- Grade 5 - Camp Elphinstone in 5PH
- Grade 6 - Camp Qwanoes in 6SA
- Grade 7 - Camp Summit in 7SM

**Meet the Teachers @ 7 p.m. - 8 p.m.** We will start the evening in the JS Great Hall with an introduction by Mrs. de Hoog. Parents will then go to their child's home room class to hear about the grade-level program and expectations from teachers. Teachers will communicate specific information about meeting locations via Schoology as the date approaches.

## 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

## Senior School Picnic

The senior school picnic is on Friday September 22nd. This year, the picnic is at the school and will start after lunch. The afternoon will consist of the Terry Fox run, welcoming rituals, and tug of wars. New students and teachers will get their house t-shirts after the welcoming ritual. Students need to come to school on this day wearing their house colours or spirited costumes and bring:

- Running Shoes
- A towel to clean up after welcoming ritual or a change of clothes
- Raincoat or suntan lotion...we go rain or shine
- Donation for Terry Fox



## **Jazz Retreat - October 26-28 - Rockridge Canyon**

This will be our twelfth Jazz Retreat, and we are pleased to announce that we will be returning to the beautiful Rockridge Canyon Retreat Centre in Princeton, BC. Truly, this has become a bit of a Southridge tradition! If you speak with anyone who has been in previous years, I'm sure they'll tell you it was a great time... musically and in every other way! This year's retreat will be held from Thursday through Saturday, October 26-28.

Our days will be filled with full band sessions, sectional rehearsals, as well as workshops on improvisation. Each evening, we'll be treated to a jazz jam session extraordinaire with our clinicians. Also, there'll be lots of free time for relaxing or playing a game of pool, basketball, or simply soaking up the awe inspiring scenery. Students will stay in dormitory style accommodations.

If you are playing in one of the Jazz Bands or sing in the Choir this year, you will not want to miss this amazing retreat. The sign up forms are now available; check in front of the bulletin board outside room 103.

Parents, if you are willing to help, please email [cmitchell@southridge.bc.ca](mailto:cmitchell@southridge.bc.ca). Each year, we have about 5 or 6 parents join us, to help with the younger students' cabin supervision and some of the food. The evening concerts are definitely a highlight. Any parents who have been before have certainly enjoyed the retreat.

Ms Parker, Mr. Mitchell & Mr. Burrage



## **Purdy's Chocolates**

Chestnuts roasting on the open fire not for you? How about a purple box of glorious goodness? Fortunately, you can experience the bliss of those hedgehogs melting in your mouth while supporting the Grad 2018 class. Ah, the sublime synchronicity of satisfying your salivating sweet tooth - so serendipitous! Details will be distributed once the taste of turkey has ebbed into extinction.

Brenda Becker  
Graduation Coordinator

## **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

## Welcome to the 2017/18 School Year From Your University Counsellors

### **Ms. Yvette Livingston, Director of University Counselling**

With over 20 years in career and education counselling, Ms. Livingston brings expertise obtained through a variety of positions that include post-secondary roles as a University Program Admissions Officer and Scholarship Adjudicator, a Co-operative Education Coordinator for Ontario universities and a Case Manager for the Canadian Government providing training and education support guidance for youth and young adults. She has also worked and taught Planning in various high schools (public and independent) helping to develop career and trades exploration programs. Ms. Livingston is also a Certified Career Development Practitioner with the BC Career Development Association. She is excited to be working to support the growth of the new Career Education Program in grades 8 through 12 as well as supporting all students as they research university and college programs and prepare their plans for life after high school.



### **Mrs. Brenda Becker, University Counsellor**

Although relatively new to the world of university counselling, Mrs. Becker has been teaching high school math for over twenty years, and because of its importance as a “gateway” course in so many programmes, has spent much of her career counselling students regarding their post-secondary options. Her focus in the university counselling office is to work with students who are considering applying to US colleges and universities, and she has familiarized herself with the US admissions process by talking with college representatives and attending national conferences. More than just talking about applications and admissions, Mrs. Becker is available to talk about students’ questions and concerns, thoughts and feelings, and hopes and dreams.



## 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. Interested in UK? Join the Mulgrave School UK Fair (for any senior school grades):

**Date:** September 25, 2017

**Time:** 6:00 pm - 7:30 pm

**Details about who will be there & RSVP to** <http://bit.ly/ukfair2017>

2. 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

3. 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

## What is New in Our Counselling Department?

Hello students and parents. My name is Yasaman Madanikia (Ms. M.). I am covering for Natasha Bains for the duration of her maternity leave. I am a Registered Clinical Counsellor (RCC) and I have my Master's Degree in Counselling and Art Therapy. My goal is to increase feelings of wellbeing and belonging, as well as to decrease levels of stress and anxiety amongst the senior school students here at Southridge.



**Ms Yasaman Madanikia RCC., MCP:AT.**

## Who Should See the Counsellor?

Some may believe that counseling is for youth and adults with moderate to severe mental health concerns. However, in my experience, counselling services are beneficial for everyone, including youth or adults with average levels of negative and positive emotions. Our counselling services are for any student who may want to explore a personal or school matter, experience more positive emotions or work towards an academic or personal goal. Also, during lunch time and after school, the counselling office is a place for students to relax, create and connect with myself and other students.

## What Kinds of Counselling Services Are Available?

**Talk Therapy** - This is the traditional mode of counselling during which clients talk about their issues. The counsellor identifies various emotions and empathizes with the student. The counsellor further identifies unhelpful thought patterns or behavioral patterns. She may ask some guiding questions leading to new insights. This being said, most importantly, the counsellor follows the student's pace and allows the student to come up with his or her own solutions.

**Art Therapy** - This method has gained popularity in the recent years. Through this method, the student gets to express himself or herself through drawing, painting, sculpting or creating crafts. The art therapist may also use art directives that can help the student to reach deeper insights. Art therapy is known to be a very effective method for anxiety management.

**Sand Tray Therapy** - This is a powerful therapeutic method during which the student chooses miniature characters from a variety provided miniatures and places them on a sand tray and in relation to another. The purpose is for the student to express his or her inner world by creating a 3D image or story. The finished sand tray images are often very deep and metaphoric and create deeper understandings of the matters.

**The Environment as My Co-facilitator** - I see great value in creating a relaxing and welcoming environment where students feel safe. I do this by defusing essential oils, playing soothing sounds and offering tea. Students are free to use the sand or any of the art materials during their visit. The counselling space is also meant to be a place for students to take a break from their studies in order to be able to ground and recharge.

### **Our Wellness Group: Self-Care Tuesdays**

I strongly believe in taking a preventive approach towards mental health. I find it very important for youth to work on their self-care strategies, self-care being any activity that students do deliberately in order to take care of our mental, emotional, and physical health. The purpose of self-care is to increase feelings of well-being and to prevent future burnouts or breakdowns. I understand that putting time aside for self-care can be challenging for students given that their busy schedules; however, self-care is even more vital for youth and adults with demanding schedules.

In an effort towards making self-care a habit, I am running a group named Self-Care Tuesdays. Each session will run every Tuesday, from 3:15 pm to 4:15 pm. During this time, myself and a group of students engage in various activities varying from creating arts and crafts to baking or some fitness related activities. The nature of these activities are flexible and they will accommodate to the interests of the participating members.

## Final Notes

If you have any questions about counselling, art therapy, sand tray therapy or the self-care group, I encourage you to email me at [ymadanikia@southridge.bc.ca](mailto:ymadanikia@southridge.bc.ca) or drop by my office, room 120 A at Student Services. I look forward to meeting you all!

Warm Regards,

Yasaman Madanikia, RCC., MCP:AT.  
Senior School Counsellor

## Both Schools

### Messages of Gratitude

On Thursday evening, 300 parents, faculty and staff came out for our 2<sup>nd</sup> Annual 'Welcome Back Wine & Cheese' event held in the Junior School Great Hall. In preparation for the event, each student in the school was asked to write a message of gratitude. These messages might be addressed to someone specific or are general notes about what they're grateful for.

After the event, parents in attendance were invited to find their child's message and take it home. If you were unable to attend, your child's message is still on display in the Junior School Great Hall. Please pick it up one day before/after school or ask your child to find it and bring it home. There's a high probability that the message of thanks is directed to you! We will leave them up until the end of the week.

Thank you to everyone who attended the event! We have received some wonderful feedback so far. If you have any additional questions or comments about the event, please let me know.

Thanks again!

Christiane Hodson  
Director of Advancement

### Welcome to Vidigami for 2017-2018

I'm happy to report that, thanks to Andrew Wong's (our Data Base Manager) efforts, we are now ready to launch Vidigami for this year. You will be receiving an email invitation to log onto Vidigami shortly. You can log on with your old credentials for those of you who were on Vidigami in previous years. For new parents, you will receive your log on

credentials in the email. It will include a temporary password that you can change once you log on.

You may also want to upload the Vidigami app to your phone as it provides quick access to all the albums and even a way to create an album in the appropriate group and then upload your photos straight from your phone to the album in Vidigami.

For new parents, you may be wondering what is Vidigami? It is a password protected website ([www.vidigami.com](http://www.vidigami.com)) that is exclusive to the Southridge community for uploading and sharing photos. When you log on, you will see it is organized by Grades, Athletics, Arts, Events, Clubs, Junior and Senior Schools. Within each of these groups, you create albums and upload photos to them. Vidigami's powerful feature is that you can tag students in the photos so that they show up as collections for the parents. As you or others tag your childrens' photos, they will show up as collections for you to enjoy. This also allows you to search by student name for photos of that student. You can also create "Sets" of virtual collections for projects. These Sets are private for yourself. Vidigami has a great support portal with lots of "how to" videos and documentation to help you become a proficient user. It has been designed to be easy to use though.

**NEW THIS YEAR:** Our Grade 8 -12 students will be invited to participate in Vidigami as of October 10<sup>th</sup>. They will be allowed to create albums and upload photos. It is also hoped that they will help with tagging to ensure that all students are identified in the photos. By inviting the students to participate it is hoped that we will capture more of the many wonderful photos that our many talented student photographers take inside school and on trips.

If we all upload our photos to Vidigami, we will create a wealth of photos to choose from for Yearbook, Grad Books, Full School Assembly presentations, and school projects. Not to mention, the joy you will receive by having access to beautiful photos of your children while at Southridge.

For any technical help with Vidigami you can ask Steve Anderson, the Junior School Education Technology Leader or Heather Mosher, the Senior School Education Technology Leader. I also happy to help you with any log on or general use questions you may have.

I look forward to a very well photo documented year.

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



## The Bulletin Board – What do you want to post?

When you log onto the Parents' Portal, you may notice the Bulletin Board in the menu. This is a posting service we provide to our parents, faculty and staff to post non-commercial messages. Perhaps you are looking to carpool, or have an instrument from last year your child no longer plays, you have a sofa to sell, or you are looking for something? There is a form you can fill out on the Bulletin Board page and you can email any photos you want to attach to your post to me.

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

## Volunteering @ Southridge

### *Terry Fox Run Course Monitors—needed this week!*

This Friday, September 22<sup>nd</sup>, Southridge students will participate in our annual Terry Fox Run, with all donations going to the Terry Fox Foundation.

Volunteers are needed as course monitors from 12:30 to 3:00pm. **\*Please note:** course monitors are different from classroom lap counters—volunteers cannot do both. If you are interested in volunteering please sign up online under 'School Events.'

### Junior School Volunteer Opportunities

Volunteers are still needed as Class Parents, for playground supervision, the baking committee, hospitality, and lost and found.

#### **Class Parents**

Class Parents represent each class in the Junior School, and recruit volunteers for a variety of school-based activities such as driving for field trips, sports events and for classroom help. Class Parents communicate information to other parents regarding a variety of volunteer opportunities by email and phone. You must be a returning parent to apply. **We are still in need of Class Parents for Grades 4 and 6.**

#### **Playground Supervision**

Are you interested in seeing your children play during lunch? Volunteer as a playground supervisor! Playground Supervisors have the important job of ensuring that our kids are kept safe on the playground (11:45-12:30). Choose which day, or days, of the week work for your schedule, and how often you would like to volunteer (from 1 day a month to every day!). On-Call Playground Supervisor positions are also available if you can't commit to

a schedule but would like to help out when you can. Please sign up online and contact [ianpovey@gmail.com](mailto:ianpovey@gmail.com) and [tracy.povey@gmail.com](mailto:tracy.povey@gmail.com) for more information.

### ***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 18th, the committee still is looking for volunteers to fill **7 Junior School** and **2 Senior School** spots. 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 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.

**\*Reminder:** please ensure all items are clearly labelled. The Junior School Lost & Found cabinet is located near the exit to the playground. Valuable items such as eyeglasses, jewelry, and watches will be held at the Junior School office.

### ***Uniform Shop***

Volunteers are still needed in the Uniform Shop (located in the Senior School) for the morning shifts. Junior and Senior School parents are welcome to volunteer, and training is provided. Contact [volunteer@southridge.bc.ca](mailto:volunteer@southridge.bc.ca) for additional details.

### ***Hot Lunch***

The Hot Lunch Volunteer positions have now been filled. Although we are still in need of On-Call Volunteers. On-call volunteers will be contacted to fill in when a volunteer cannot fulfill their scheduled shift. If you are interested, please register now through the volunteer website.

<https://southridgevolunteer.campbrainregistration.com/>

## **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**

Welcome back and we hope you had a wonderful summer break. The Uniform Shop will 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-18	Tues-19	Wed-20	Thur-21	Fri-22
<b>Breakfast</b>	Smoothie Day	Sausage Egger	Smoothie Day	Berry Scone	Smoothie Day
<b>Chef's Entree</b>	Chicken Enchilada	Salad Bar	Lemongrass Chicken	Salad Bar	Fish Burger
<b>Pasta Bowl</b>	Cannelloni	Mac and Cheese	Penne Alfredo	Curry Pasta	Primavera
<b>Grill Central</b>	Pot Pie	Beef Dip	BBQ Ribber	Personal Pizza	Poutine
<b>Weekly Panini</b>	Chicken Pizza	Chicken Pizza	Chicken Pizza	Chicken Pizza	Chicken Pizza
<b>Great Greens</b>	Pasta Salad	Salad Bar	Caesar Salad	Salad Bar	Tossed Salad

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



	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

