



SOUTHRIDGE WEDNESDAY

Our Weekly News

SEPTEMBER 13, 2017
ISSUE #02

Weekly Voice

Looking Forward to a Great School Year

With the first week of school under our collective belts, I'd like to officially say "welcome back" to all our students. I've already seen some exciting things happening around the school, which is no surprise, as all of us – teachers and staff alike – are excited to have our students, the heart of Southridge, back with us.

Southridge is committed to guiding students to reach their potential in the classroom, on our athletics fields, in the fine and performing arts, in service endeavors, and in our outdoor program. High standards, realistic expectations, a strong work ethic, and a solid network of support at school and at home are all important ingredients for our students to reach their highest potential.

Beyond their commitment to guide students in the classroom, our teachers look for ways to engage their students' passions and their individuality. We know that when individuality and passion are engaged you can see how kids flourish; and, as more and more of their unique "selves" are drawn into the effort, obstacles and disappointments become part of the learning equation rather than insurmountable impediments. The internal voice of judgment and doubt is put at bay and spirits lighten.

Our Students are encouraged and challenge to seek their passion while they are at Southridge because we know what a positive impact deep engagement with something meaningful has on learning and growth. As such, our expectation is that students will engage in school life beyond the classroom because to truly experience all that Southridge has to offer and to grow in a balanced and well-rounded manner, students really must extend themselves and make an effort to get involved in ways that enliven them and bring them joy. It is exciting that a new school year is beginning to unfold, and I am very much looking forward to all the beautiful aspects of growth it will bring.

Have a wonderful week!

Drew Stephens
Head of School



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Important Dates

Event	Date	Time	Location
Welcome Back Parents Social	Thursday, September 14	7:00 pm	Junior School Great Hall
AR Term 1 Begins	Monday, September 18		Junior School
Junior Assembly	Tuesday, September 19	8:10 am	Junior School Great Hall
MYP Parent Information Session on Reporting	Tuesday, September 19	8:30 – 9:15 am	Junior School Great Hall
Photo Day	Wednesday, September 20	8:00 am	Both Schools
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	Crescent Park
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
Casual Day	Friday, September 29	All Day	Both Schools



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Junior School News

Start of the Day - Please be Punctual!

Please be reminded that our school day starts at 8 a.m. All students should be in their home room classes no later than 8:00 a.m. for attendance procedures. A welcome bell rings at 7:55 a.m. Students arriving after 8:05 a.m. are considered late and must sign in at the Junior School Reception Desk. Starting the day on time is an important part of demonstrating self-management, and sets your child up for a successful day. Thank you for your support from home in developing routines that support a punctual and positive start to the day.

Walking Registry

If your Junior School child walks home from school, please email 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



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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.

Reporting Practices Update for Junior School (K-7) Parents - Tuesday, Sept. 19 @ 8:30 a.m.

Please join Mrs. de Hoog and Ms. Graham for an information session about specific updates to our MYP reporting practices at 8:30 a.m. in the Junior School Great Hall (immediately following the Junior School Assembly) on Tuesday, September 19. At this session we will explain the process and rationale behind the shift to a 5-point performance scale in the MYP Division for the December, March and June report cards, share research about assessment and reporting practices, as well as next steps in our full K-7 report card enhancement process. Both PYP and MYP parents are encouraged to attend. We appreciate that it may be challenging for many parents to attend a morning session. As such, we will have the session recorded by our AV Services department so that all parents can have the opportunity to view the presentation on-line. Please don't hesitate to speak directly with Mrs. de Hoog and/or Mrs. Graham if you have any specific questions.

Photo Day

Photo Day is Wednesday, September 20th. Individual and class photos will be taken throughout the morning by Artona. Please ensure your child wears their Winter Dress Uniform to school on this day. This includes:

- green vest, cardigan or pullover
- grey dress pants with grey socks, tunic, or kilt with black knee socks or tights
- polishable black leather shoes
- hair accessories should be in colors that are a part of the uniform.

Introduction to PYP, MYP Camp Information Sessions, and Meet the Teacher Night- Thursday, September 21st

Please join us on Thursday, Sept. 21 for the following sessions:



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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.

Cross-country Team News

Cross-country running is starting up this week for grades 3-7. If you missed the first practice on Tuesday, you are still welcome to join us this Thursday (September 14th). Please meet on the junior school field at 3:15, changed into your PE gear and ready to run. This is a great opportunity to increase your fitness and set personal goals. Please bring a water bottle with you. Students must be able to commit to the 2 practices per week (Tuesdays and Thursdays) in order to join the team. Practices run from 3:15-4:15 and the season finishes at the end of October. Once you have joined the team, more information will come to you via Schoology.

Hope to see you soon!

Mrs. Ridley-Thomas and Mrs. Khangura



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Senior School News

Senior School Picnic

This year's senior school picnic is on Friday September 22nd. This year, the picnic is at the school and will start after lunch. The afternoon will include welcoming rituals, tug of wars and finally, the Terry Fox Run. New students and teachers will get their house t-shirt at the picnic. 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

Photo Day

Photo day is September 20th. Students must wear full number one uniform, including blazer and official school ties. Please visit <https://artona.com/schools/SRIS> to purchase photo packages. Photos ordered by September 27th will be shipped to the School on October 4th. Photo re-take day will take place on October 17th in the morning.

Pick-up and Drop-Off

Hopefully you have noticed that the flow of traffic on campus is much better due to the later start and finish in the Senior School. Parents and other drivers are reminded that they must not stop in the center "thru lane" by the Senior School to drop students off or to pick them up. Please pull over to the right or left lanes even if the center lane appears to be clear. Also, it is imperative that cars not stop by the yellow curb adjacent to the artificial turf field. Doing so forces cars into oncoming traffic as the road is single lane in each direction at that point. We urge parents not to come too early to wait for your child in the afternoon, this creates a backlog of cars on the lot. Thank you for your cooperation!

Here is a [helpful video](#) about the pick-up and drop-off process.

Thanks.

Brad Smith
Head of Senior School



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Calling all Knitters!

Want to learn to crochet or knit or advance your techniques? The Yarn Club is a fun, social club that meets every day 2 in room 210. We are involved in several service initiatives including crocheting Homeless Sleeping Mats out of plastic bags, and knitting or crocheting infinity scarves for Surrey Youth. If you are interested in joining, sign up at the Club Expo, or join us on Sept 20th (Day 2) in room 210!

Ms. Alexandra

A New Season of Drama Begins!

Happy Wednesday to the Greater Southridge Community! My name is Sara MacGregor and I am the new drama/theatre teacher in the Senior School. I must use the term “new” loosely, as I am not really all that new. After being a TOC in the Senior School for three years and helping out with all three mainstage shows and One Act Play festivals, I already feel as if this place is my second home! I’m thrilled, however, to be taking on the new challenge of this role and wanted to announce that this year we will be mounting the musical adaptation of George Orwell’s celebrated book *Animal Farm*. With new safety restrictions in our Great Hall (and makeshift theatre), it became that much more crucial to choose a show that has the adaptability to be played anywhere—that coupled with the fact that the story speaks very well to the political climate of today, made this choice quite simple.

Auditions will take place September 19-21 after school and interested students should see the call board outside the drama room for more information. Call backs will follow on the following Monday and Tuesday, September 25 and 26. We are also looking **for 2 to 4 piano players**, so interested students should come see me as well. Finally, the following is a list of items we will need for the show and if any family has access to any of these items, please email me at smacgregor@southridge.bc.ca

- bendable wire (silver or copper colour),
- black bandanas
- black knee pads
- heavy duty hinges
- bails of hay (both rectangle and circular)

This is only the first of many lists 😊



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I look forward to meeting many of you at the Wine and Cheese reception tomorrow evening,

Sara MacGregor
Drama Teacher

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

Thank you,

James Knihniski
Curriculum Leader - Social Studies



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Southridge Athletics:

It's an exciting time of year in the Southridge sports world. With the fall sports getting going, coaches and players are preparing for the start of their seasons. In the fall term, Southridge features both field hockey and volleyball as core sports for the girls. There is a junior and senior team for field hockey, while volleyball has a separate grade 8 team along with junior (grade 9-10), and senior (grade 10-12) squads. For the boys, soccer is the main sport. The swim team is a co-ed and along with cross-country, offers opportunities for any interested students to get involved regardless of their previous experience. Also, Ms. Lew is offering a wide range of classes in our renovated fitness centre.

Southridge is extremely fortunate to have a very high level of faculty involvement with our athletics program. Many teachers share their expertise and enthusiasm for sports, and in doing so provide so many opportunities for our student-athletes to experience this important aspect of the Southridge experience. One thing that has impressed me so far this year has been the level of support and cooperation within teams of the same sport. At an early morning junior girls field hockey practice run by Ms. Alexandra, both members of the senior team coaching staff (Mr. Barnim and Ms. Kolic) were on the sidelines taking in the session. Meanwhile, in the gym, the junior and senior volleyball teams ran parallel opening try-outs. This allowed for the coaches to share knowledge about the players and for the students across four grades to train and compete together.

Along with the coaches and sponsor teachers, our new Athletic Stewards Katherine Toy and Kale Fehr play a significant role in the promotion of our athletics program and provide announcements about exciting results and upcoming events during the weekly senior school assemblies. There are a few other reminders for students and parents. Schoology is used as the main source for team schedules and updates. Of course individual teachers can also be contacted in person or via email.

Southridge also has a longstanding policy designed to encourage grade 8 students to get involved. They are all expected to try-out each term for one of the core sports, which again are soccer for the boys and volleyball or field hockey for the girls. At the grade 8 level we try and keep as many keen and committed players involved as possible, although there are roster limitations for some of these teams. Hopefully between the fields, the gym, the fitness centre, and the pool, students can find active and enjoyable athletic options to suit their interests.

Mr. Gordon Smith
Senior School Director of Athletics



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Both Schools

Welcome Back Wine and Cheese Event

Now that the 2017/18 school year is just around the corner, please mark your calendar to join us in the Junior School Great Hall on Thursday, September 14th, from 7:00 – 9:00 pm, for an informational wine and cheese gathering to hear about the exciting events that are being planned for the year ahead.

To all our new families, this is a great opportunity to meet other parents and learn more about the spirit and essence of Southridge, so please plan to attend this informative gathering.

The doors open at 6:30 pm and you can RSVP by [clicking here](#). Thank you for your continued support and we look forward to seeing you September 14th!

The Advancement Office

Bus Gets Fresh Look!

You may be excited to hear that one of our busses got a makeover this summer! The 'rainbow bus' or 'ice cream truck' as some of our students affectionately called it, was re-wrapped thanks to the generosity of two of our families and [Wrap Champs](#). A huge thank you to the Moreno Family and the Robbins Family for your financial support of the project! The bus is now proudly and tastefully bearing our school crest and will be happily boarded by our students this year!

Thank you again!

Christiane Hodson
Director of Advancement

Welcome to Our New Website!

I am hoping by now you have noticed that over the summer we gave the website and the Southridge Wednesday a redesign which reflects our Southridge crest colours and is a much cleaner look. What you won't notice as easily is that we also migrated our website to a new software platform and as a result, it was a fairly monumental task. As such, as you browse through the website and Parents' Portal, you may discover a broken link or



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something missing. I'm asking for your help in bringing these issues to my attention as I continue to complete the migration.

The new software should provide a much better viewing and navigating experience on smartphones, tablets and even desktop computers. I look forward to your comments and suggestions as we continue our improvements.

I thank you in advance for your patience as we in the Communications and Marketing team work to bring you what we hope will be a much better website experience.

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

Vidigami Launch for 2017-2018

I have been receiving a number of inquiries about access to Vidigami for this year. Unfortunately, we are launching later this year than usual due to the heavy demand on our Database Manager and my time to implement a number of new data systems and to launch the new website. We are hoping to be able to launch Vidigami for this year by the end of the week. All parents will be receiving an email invitation to log onto Vidigami once we have completed the data upload for the year. We look forward to you being able to share your photos and to view the many wonderful photos that are taken by our faculty, staff and students.

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

Summer at Southridge: A wonderful success!

As summer draws to a close and we start the 2017-18 school year, I want to reflect on our summer camps that took place this past July, and recognize the many individuals that helped support this year's program.

From July 4 - 28, Southridge delivered close to 80 day camps to 664 kids from our local communities. Similar to last year, our camps started filling up very quickly and in the end, almost 80% of our camps were sold out. As you can see from the above photo, we hosted many happy campers (literally) who had the opportunity to make new friends and new summer memories here at the school, as well as off-campus.



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The purpose of our *Summer at Southridge* program is to connect with the local community, and provide an environment for children to create exciting memorable summer experiences during their break from the academic year. In addition, summer camp provides volunteer opportunities to students 14+ who want to gain valuable leadership skills while making a positive impact in the lives of youth.

A program of this scale requires a huge amount of support from our faculty and staff, including our fabulous facilities team who do an incredible amount of work to make our camps run safely and smoothly. We are also very fortunate to recruit excellent teacher's year after year who consistently deliver fun, creative and entertaining camps. This is truly a team effort that would not be possible without the collective support from everyone involved, so thank you to each and every person who helped make this year's Summer at Southridge Day Camp's a huge success!

I look forward to announcing the 2018 program in March.

Jasmine Boyes
Community & Alumni Relations Manager

Important Volunteer Information

Hot Lunch 2017-2018 (Kindergarten - Grade 3)

All Hot Lunch orders are **DUE TODAY!** If you have not ordered your child's Hot Lunch please go to <http://www.munchalunch.com/schools/southridgesurrey> and follow the step-by-step instructions attached. Our first Hot Lunch for this school year will be served on **Wednesday, September 20th**. Be sure to place your child's order by **midnight tonight**, and submit your cheque to the Junior School front desk by Friday to ensure your child does not miss out!

If you have any problems or concerns please contact your Hot Lunch Co-Chairs, Gabe Embley & Cindy Moreno at southridgehotlunchhelp@gmail.com.

Volunteering@Southridge

Did you know that many of the things that make our school great depend on volunteers? Volunteering gives you a wonderful glimpse into the world of your child, and is a great way to give back to the Southridge community.

Junior School Volunteer Opportunities

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



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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 1, 3, 4, 5, 6 and 7.**

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. 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 twice a week). 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 and tracy.povey@gmail.com for more information.

Library

With 80 library shifts a month there is always room for more volunteers! Please consider lending a hand in the Junior Library once a month or more! Morning shifts are from 8:00 am to 11:30 am, or you can volunteer in the afternoon from 11:30 am to 3:00 pm. Contact Teanna Moe at Southridgejrilib@hotmail.com for more information.

Hot Lunch

Hot Lunch volunteers are required on Wednesdays from 10:30am – 12:30pm to sort and distribute meals to our students. Volunteers will be placed on teams and will be required once every 6 weeks, completing a total of six 2-hour shifts over the school year. If you are unable to commit to a year-long schedule, you can always sign up as an On-Call Volunteer. On-call volunteers will be contacted to fill in when a volunteer cannot fulfill their scheduled shift. If you are interested in either position, please register now through the volunteer website.

Bakers

Calling all bakers! Are you looking for a volunteer position that you can do from home? If you are a busy parent who can't always be on-site to volunteer, the Southridge Baking Committee is the perfect position for you. We provide home-baked goods to the faculty at the Junior and Senior Schools each Friday morning. With enough volunteers, most committee members end up baking only 4-5 times per year. Feel free to contact Vanessa@hiltonslanding.com if you are interested in joining the team or have any questions.



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Junior School Hospitality

We are in need of hospitality volunteers to assist with providing coffee and treats when required for events such as Coffee Mornings and the Open House in the Junior School. Volunteers help with setting up and taking down at the end of the event or meeting. If you are interested please sign up online! If you have any questions please contact Sejal Shah at sejal@shatex.com.

Scholastic Grade Representatives

Scholastic Grade Representatives help to process the orders for their grade each month, and communicate with parents and the Scholastic Coordinators as required. Scholastic Grade Reps are responsible for collecting the orders from both teachers for their grade, completing the checklist to process and balance their class orders, and returning the envelopes to Junior School reception. **We are still in need of Scholastic Grade Reps for Kindergarten and Grade Five.**

Scholastic Volunteers

Scholastic volunteers assist with separating, collating, and labeling Scholastic flyers for distribution, and again with delivering the order to each classroom. While these are both monthly activities, volunteers will only have to commit to helping for a couple of hours once every month throughout the school year. Contact scholastic@southridge.bc.ca 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.

Terry Fox Run

On Friday, September 22nd, Southridge Junior School students will participate in our annual Terry Fox Run, with all donations going to the Terry Fox Foundation. If you are interested in volunteering please sign up online under 'School Events.'

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



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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.

Uniform Shop

Volunteers are needed in the Uniform Shop (located in the Senior School) in the mornings. Junior and Senior School parents are welcome to volunteer, and training is provided. Contact volunteer@southridge.bc.ca for additional details.

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.

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

The Volunteer Committee

Gala Kids' Art Volunteers Wanted

Budding Photographer Needed - Unique Volunteer Position for Parent with a Camera
Do you have a good camera and like taking photos? Are you interested in helping out with the Kids' Art for the gala? We need someone to arrange and take a few class photos in September to create a final auction item for this year's gala. Less than 10 hours of total time required. Please contact Heidi Luking if you're interested at heluking@me.com.

'Crafty' or 'Artsy' Parent Volunteers Wanted – Fun Positions for Parents with 'Artistic Inclination' Do you love creating crafts with your kids? Do you have a Pinterest board filled with future art projects? If so, we have the best volunteer position for you! We are looking for a few parents to help out in September/October with some art projects in the



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Junior School. These projects will be auctioned off at the Gala in November. Please contact Heidi Luking if you're interested at heluking@me.com.

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.common sense media.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

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



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- 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



BOARD OF DIRECTORS

MR. PETER JEWETT, CHAIR
Torys. LLP

MR. MARC AYOTTE
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MS. DONNA BRIDGEMAN
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MS. PATRICIA MCDERMOTT
Halifax Port Authority (Retired)

MS. KATHLEEN RITCHIE
Gowling WLG (Canada) LLP

MR. DAVID ROBERTSON
Shawnigan Lake School

MS. MICHAELE ROBERTSON
Educational Consultant

MR. DREW STEPHENS
Southridge School

MR. PETER STURRUP
Pickering College

MS. FIONA WEBSTER MOURANT
Manrex Ltd.

ADVISORS

MR. JIM NELLES
CIS Ontario

MR. SHAWN O'DONNELL
QAIS

MR. JOHN WRAY
ISABC

EXECUTIVE DIRECTOR

MS. PATTI MACDONALD

September, 2017

Dear Southridge School Parent:

Happy New Year! As parents, we know that September marks a new beginning. Our children struggle to sleep the night before school begins, awash with excitement accompanied by an undertone of butterflies. What new opportunities and challenges will this school year offer?

I would like to congratulate you on choosing Southridge, a member of Canadian Accredited Independent Schools (CAIS). Together with each of our member schools – over 90 and growing – CAIS takes seriously the responsibility to carefully craft the learning environment with intentionality and care. Through the provision of a secure and supportive environment, students can both engage in new opportunities with excitement and face challenges with resilience.

CAIS is a Canadian association of independent schools that have chosen to take on the challenge of continuous school improvement. Our member schools are required to meet 12 National Standards and undergo a rigorous accreditation review every seven years. In fact, ongoing evaluation enables schools such as Southridge to be more responsive and accountable to their school communities. CAIS schools are committed to looking outside their own walls to ensure that their graduates are prepared for life after graduation including attendance at the most prestigious Canadian and international universities.

In addition to meeting high standards, CAIS also recognizes the importance of school choice and the distinctiveness of each of its members. Within the CAIS community, each school is unique with a specific mission, vision and values that align with their philosophy and approach to teaching and learning. Each member school offers a unique value to its community. Last year, at the CAIS National Leaders Conference in Montreal, school leaders from across Canada heard Grant Litchman, nationally recognized thought leader on K-12 education, speak about the importance of a school's capacity to be responsive to a rapidly changing world. He told the audience that it is vital for schools to innovate in order to be relevant and retain their strength and permanence.

One of the greatest privileges of sending your child to a CAIS school is school choice. Every parent wants to find a school that will support their child to reach his/her potential. Each student is unique

with their individual temperaments, passions and aspirations. As parents, you have done the work and made the commitment to the school that is a fit for your child and reflects your family values. At CAIS, we recognize that this is not a small commitment. Congratulations again for choosing to be part of the Southridge community.

Now that the first day of school is past and the butterflies have flown away, parents turn their attention to reestablishing routines including consistent bedtimes, healthy meals and time for physical activity and play. As your child settles into the school year, I hope the initial excitement to go to school and willingness to face new challenges persist! All the best for a successful school year.

Sincerely,

Patti MacDonald
Executive Director
CAIS

Hot Lunch Program

2017-2018

To register your child for Southridge's Hot Lunch Program please carefully follow these simple instructions.

Visit

www.munchalunch.com/schools/southridgesurrey

- Returning parents who have previously ordered through munchalunch must click the **"Login Here"** button and follow the prompts
- New parents must click the **"Register Here"** button and follow the prompts



After adding your child/children's name, grade and class, click the green **"Order Lunch"** button at the top of the screen



There are 6 menus: Chicken Strips, Pizza, Souvlaki, Burgers, Macaroni & Cheese, and BBQ Chicken Stir Fry. Beginning September 20th, the meals are served every Wednesday on a six week cycle.

To order from a menu you must select a combo:

Click on one item from the **"Meal"** category

Click on one item from the **"Drinks"** category

Click on one item from the **"Treats"** category.

This menu contains "Combo-Items" (in yellow)
For the Combo price, you must purchase:
1 each of Meal/Drink/Treat
If other (white-colored) items are also presented,
they may be purchased restriction-free

Perogies MENU
Nov 02, Dec 14, Feb 15, Apr 12, May 24.

Item Name	Item Description	Price
<- 1: Meals		
CHEESE PEROGIES WITH SMOKEY BEEF SAUSAGE served with raw mixed veggies	Served with sour cream on the side	\$6.75
CHEESE PEROGIES served with raw mixed veggies	Vegetarian option. Served with sour cream on the side	\$6.75
<- 2: Drinks		
2% Milk		\$0.00
2% Chocolate Milk		\$0.00
Apple juice		\$0.00
Bottle water		\$0.00
Drink not wanted	Please note, combo will remain the same price.	\$0.00
<- 3: Treats		
Oatmeal chocolate chip cookie		\$0.00

To begin: click items on the left to add.

Sally's Order

Item Name	Price Each	Qty	Daily Total	# of Days	Menu Total	remove
Select item on left, then click Green Arrow to add						
Totals:			Total			remove

Menu 5 of 6

< Prev Menu Next Menu >

or go to:
Perogies

(If finished) click here to go to Last Menu >

If you see a scrollbar here, use it to view more items

PLEASE NOTE: You do not have to order from every menu. For example, if your child does not eat Pizza and he/she does not wish to participate in Hot Lunch that day simply hit **"Next Menu"**

This menu contains "Combo-Items" (in yellow)
For the Combo price, you must purchase:
1 each of Meal/Drink/Treat
If other (white-colored) items are also presented,
they may be purchased restriction-free

Perogies MENU
Nov 02, Dec 14, Feb 15, Apr 12, May 24.

Item Name	Item Description	Price
<- 1: Meals		
CHEESE PEROGIES WITH SMOKEY BEEF SAUSAGE served with raw mixed veggies	Served with sour cream on the side	\$6.75
CHEESE PEROGIES served with raw mixed veggies	Vegetarian option. Served with sour cream on the side	\$6.75
<- 2: Drinks		
2% Milk		\$0.00
2% Chocolate Milk		\$0.00
Apple juice		\$0.00
Bottle water		\$0.00
Drink not wanted	Please note, combo will remain the same price.	\$0.00
<- 3: Treats		
Oatmeal chocolate chip cookie		\$0.00

3 items are ready to be added.
-CHEESE PEROGIES...
2% Chocolate Mil...
Oatmeal chocola...
click arrow to add

Sally's Order

Item Name	Price Each	Qty	Daily Total	# of Days	Menu Total	remove
Select item on left, then click Green Arrow to add						
Totals:			Total			remove

Menu 5 of 6

< Prev Menu Next Menu >

or go to:
Perogies

(If finished) click here to go to Last Menu >

If you see a scrollbar here, use it to view more items

Once you select your three items from the menu they will be highlighted in green. When you are happy with your selection click the green **"Add"** button.

This menu contains "Combo-Items" (in yellow)
For the Combo price, you must purchase:
1 each of Meal/Drink/Treat
If other (white-colored) items are also presented,
they may be purchased restriction-free

Perogies MENU
Nov 02, Dec 14, Feb 15, Apr 12, May 24.

Item Name	Item Description	Price
<- 1: Meals		
CHEESE PEROGIES served with raw mixed veggies	Vegetarian option. Served with sour cream on the side	\$6.75
<- 2: Drinks		
2% Milk		\$0.00
2% Chocolate Milk		\$0.00
Apple juice		\$0.00
Bottle water		\$0.00
Drink not wanted	Please note, combo will remain the same price.	\$0.00
<- 3: Treats		
Treat not wanted	Please note, combo will remain the same price.	\$0.00

To add more items: select them from the left.

Sally's Order

Item Name	Price Each	Qty	Daily Total	# of Days	Menu Total	remove
CHEESE PEROGIES WITH SMOKEY BEEF SAUSAGE served with raw mixed veggies	\$6.75	1	\$6.75	5	\$33.75	
2% Chocolate Milk	\$0.00	1	\$0.00	5	\$0.00	
Oatmeal chocolate chip cookie	\$0.00	1	\$0.00	5	\$0.00	
Totals:			\$6.75		\$33.75	remove

Menu 5 of 6

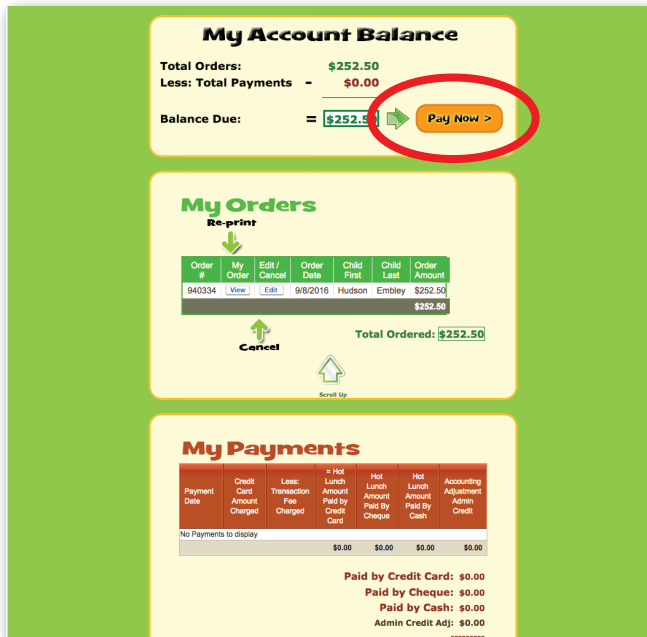
< Prev Menu Next Menu >

or go to:
Perogies

(If finished) click here to go to Last Menu >

If you see a scrollbar here, use it to view more items

Your order will now be shown on the right hand side of the screen. To continue press **"Next Menu"** Complete all 6 menus and review your summary.



When you arrive at the My Account Balance page hit the **"Pay Now"** button. This will take you to the Payment Details page. Here you will see the following

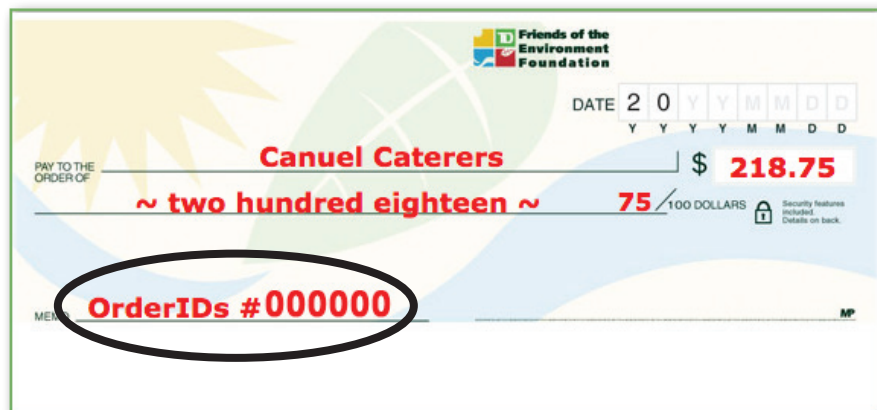
IMPORTANT INSTRUCTIONS:



Please submit your cheque to the Junior School front desk by Friday, September 15th to ensure your child's order is processed. The cheque must be made payable to CANUEL CATERERS. It is also essential that your cheque has your unique OrderIDs number on the memo line.

This page will also display an example cheque with your unique OrderIDs Number and the total amount due.

Cheque must include your unique OrderIDs number!



Once your online order is complete you will receive an email confirmation.

If you have any problems at all, please contact your Hot Lunch Chairs:

Gabe Embley & Cindy Moreno

southridgehotlunchhelp@gmail.com

Mon-11

Tues-12

Wed-13

Thur-14

Fri-15

Breakfast

Smoothie Day

Blueberry Muffin

Smoothie Day

Sausage Wrap

Smoothie Day

Chef's Entree

Stuffed Chicken

Salad Bar

Burrito Bar

Salad Bar

Fish and Chips

Pasta Bowl

Cannelloni

Italiano

Mac and Cheese

Alfredo Pasta

Marinara

Grill Central

Smokie

Greek Bowl

Philly Cheesesteak

Pizza

Spicy Chicken Brg.

Weekly Panini

BBQ Chipotle

BBQ Chipotle

BBQ Chipotle

BBQ Chipotle

BBQ Chipotle

Great Greens

Thai Noodle

Salad Bar

Tossed Salad

Salad Bar

Chef Salad

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



Mon-18

Tues-19

Wed-20

Thur-21

Fri-22

Breakfast

Smoothie Day

Sausage Egger

Smoothie Day

Berry Scone

Smoothie Day

Chef's Entree

Chicken Enchilada

Salad Bar

Lemongrass Chicken

Salad Bar

Fish Burger

Pasta Bowl

Cannelloni

Mac and Cheese

Penne Alfredo

Curry Pasta

Primavera

Grill Central

Pot Pie

Beef Dip

BBQ Ribber

Personal Pizza

Poutine

Weekly Panini

Chicken Pizza

Chicken Pizza

Chicken Pizza

Chicken Pizza

Chicken Pizza

Great Greens

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
Breakfast	Smoothie Day	Chocolate Chip Muffin	Smoothie Day	Bacon Wrap	Smoothie Day
Chef's Entree	Piri Piri Chicken	Salad Bar	Butter Chicken	Salad Bar	Fish Taco
Pasta Bowl	Mac and Cheese	Pasta Alfredo	Bow Ties	Tortellini	Marinara
Grill Central	Philly Cheese Steak	Stuffed Chicken	BBQ Bacon Burger	Pizza	Chicken Fried Rice
Weekly Panini	Thai Chicken	Thai Chicken	Thai Chicken	Thai Chicken	Thai Chicken
Great Greens	Chic Pea Salad	Salad Bar	Chicken Caesar	Salad Bar	Chef Salad

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

