



AUGUST 30, 2017
ISSUE #01

Head of School

September Hopefulness

What a wonderful summer filled with day after day of beautiful weather! I hope everyone had a chance to soak up some sunshine and restore their energy levels in anticipation of another exciting year at Southridge! Welcome to all of our new teachers, students and families . . . and welcome back to everyone else.

Every September our community comes together with enthusiasm and a keen sense of eagerness. The special feeling of starting a new school year is a certainly good one. Early September is also a good time to remember the things that draw us together as a school community. Surely, our vision, a community where every spirit soars, is an important ingredient that helps define and shape us; and so, too, is the summary phrase of our mission statement – someone who makes a difference in the world.

But there is another key ingredient in our community that is most often felt at this time of the year, albeit not as easily recognized or articulated. That ingredient is hope. In our lighthearted place of serious purpose, the run-up to the school year holds with it a marked sense of hope. Did you know that an essential factor in student success is a sense of hope? When the weather is good, spirits are up and energy is abundant, starting a new school year with an abundant supply of hope helps to fuel and sustain enthusiasm and eagerness.

So, let's celebrate the hope that September brings and remember that being positive, supportive and enthusiastic role models for our children can help them not only manage the pre-school jitters but also help them perpetuate those feelings of hope that are so special . . . and so critical.

Welcome back and have a wonderful week!

Drew Stephens
Head of School



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Important Dates

Event	Date	Time	Location
Labour Day Holiday	Monday, September 4		Both Schools
Junior School New Student Orientation	Wednesday, September 6	9:00 am	Junior School Great Hall
Senior School New Student Orientation	Wednesday, September 6	9:00 am	Senior School Gym & Alan Brown Great Hall
New Parent (Grades 1-12) Coffee Morning	Wednesday, September 6	9:00 am	Southridge Café
Mandatory Laptop Orientation for MYP Students & Parents	Wednesday, September 6	Various Times	Junior School Great Hall
First Day of School	Thursday, September 7	8:00 am	Both Schools
Full School Assembly	Wednesday, September 13	9:30 am	Senior School Gym
Grade 12 Parents and Students Information Night	Wednesday, September 13	7:00 pm	TBC
Welcome Back Parents Social	Thursday, September 14	7:00 pm	Junior School Great Hall

Junior School News

Head of Junior School

Junior School Enhancements

Another wonderful school year is about to begin and I thought I would update you regarding some important enhancements to our Junior School facilities and learning program.

Facilities Enhancements

Over the summer, along with the usual refreshing of spaces with paint and cleaning, some renovations were completed. The Design Lab (formerly Computer Lab) beside the Library has been renovated to better accommodate the materials and space needed to support design thinking and making. New floor to ceiling cabinetry was installed to accommodate the storage of materials, the banks of computer desks were removed and replaced with multi-purpose fold down wall desks that also house the computers, and the space has been opened up so that students can have the room needed to spread out when they are



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working on their projects. We are excited to see how this space will inspire design thinking and making across the Junior School. Two smaller spaces, one on the main floor, and one on the upper floor, have also been upgraded to provide more flexible space for students to receive one-on-one and small group learning support.

Program Enhancements

Timetable

- **Daily Homeroom Time** - Students will have daily homeroom time, where they will meet with their class and two homeroom partner teachers. In the PYP, each grade will have one partner teacher between the two classes. In the MYP, each class will have two homeroom partner teachers. We anticipate that this dedicated homeroom time will enable teachers and students meaningful time to build community within their classes and across the school.
- **15-Minute Afternoon Recess Break** – The addition of an afternoon recess break will enable students to have an afternoon snack, and to stretch and enjoy some fresh air and play time in the afternoon.

Social Emotional Learning (SEL) – Second Step

This year, we are excited to implement the Second Step program (www.secondstep.org) across all grades, K-7. Second Step is a research and evidence based Social Emotional Learning program created by the Committee for Children that focuses on helping children build a strong foundation of skills, including: skills for learning (focus, listening, asking for help), empathy (feelings, perspective, showing compassion), emotion management (calming down, strategies for anxiety and anger) and problem solving (STEP method). A wonderful component of this program is the resources that will be shared with families so that you can partner with us in supporting Social Emotional Learning from home. Throughout the year, your child will bring home *HomeLinks* that go with several of the Second Step lessons. *HomeLinks* are simple, fun activities for you and your child to explore together. They will be a great way for you to understand what your child is learning and for your child to show you the skills they are building. You will also receive an activation key after school starts that will give you access to additional videos and resources available through the Second Step website.

Each cycle, typically during homeroom time, students will have one Second Step lesson. Second Step lessons will be taught by Mrs. Jo-Ann Murchie in the PYP, and by Ms. Wendy Turiff and Mr. Graeme Swan in the MYP. Homeroom partner teachers will also be present for these lessons so that skills can be reinforced on a daily basis.



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Reporting Practices

As we seek to focus on students at the center of the learning process, as well as the cultivation of a growth mindset, we will begin using a 5-point reporting scale for all grades, K-7. The 5-point Learning Performance Scale that has long been used in the PYP grades (K-4) has been revised for consistent application across the entire Junior School. Students in Grades 5-7 will no longer receive percentage based marks on their assignments or on their report cards. Instead, the focus will be on providing meaningful and contextualized feedback throughout the learning process so that each learner can build agency while they set personalized learning goals that consider their areas strength and areas for growth. Grade 5-7 students will still receive MYP Criterion Rubrics for their summative assessments; however, instead of converting these rubrics to percents, they will be equated to the Southridge 5-point Learning Performance Scale for report card purposes in December, March and June. Grade 5-7 students will still receive the MYP Summative Report Card in June along with their Southridge Report Card. The use of the K-7 Learning Performance Scale is an *interim measure* that is being put in place to encourage a more learner-centered approach to assessment while we undertake a more fulsome review of our current reporting practices and procedures over the next year.

Southridge Junior School K-7 Learning Performance Scale

Scale*	Descriptor
5	The learner consistently exemplified grade level expectations; performance was outstanding/excellent; the learner consistently demonstrated leadership in learning
4	The learner met grade level expectations; performance was very good and demonstrated independence; learner may have demonstrated leadership in learning in some contexts
3	The learner met grade level expectations; performance was good/consistent; learner benefitted from occasional teacher guidance/support
2	The learner is approaching grade level expectations; performance was inconsistent; learner usually required teacher guidance/support
1	The learner did not meet grade level expectations; performance was below expectations; learner required significant and ongoing teacher guidance/support



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***Please Note:** Kindergarten uses levels 1-3; Grades 1-3 uses levels 1-4; Grades 4-7 use levels 1-5

The Junior School faculty is looking forward to seeing all parents at our Meet the Teacher Night on Thursday, September 21st. We will begin with a presentation in the Junior School Great Hall at 7:00 p.m. and then break off into classroom or grade groupings, with the evening wrapping up at about 8:00 p.m. See you next week!

Respectfully yours,

Mrs. Tanya de Hoog
Head of Junior School

Southridge Family Handbook

An updated version of the *Southridge Family Handbook: A Helpful Guide for Life at Southridge, 2017-18* is now available in the Parent Resource section of the Parent Portal. You can find it under the "Both Schools" Tab. Please ensure that you read through this document carefully, and refer to it regularly. It is full of important information about our school departments, operations, procedures, behaviour expectations and routines for students, our academic and co-curricular programs, technology, as well as community expectations and involvement opportunities for parents. Please note that some of our program changes, (e.g. those mentioned in Mrs. de Hoog's post today) are not yet reflected in the Family Handbook. Please don't hesitate to contact us if you have any questions or require clarification.

Junior School Class Lists

The Junior School class lists have been posted to the Parents Portal Resource Centre in the Junior School Class Lists section.

PYP Summer Reading

Reading is a lifelong habit and skill, which we all wish to foster. I hope many PYP students are taking advantage of the summer reading program offered through the local library. Please remember to bring a list of your summer reading to school on the first day of school (September 7th).



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Students entering Grades 1 through 4 please bring:

1. A list of all the books you read over the summer (may use public library recording card).
2. A short summary of **one** book from your reading list that you want to recommend to others to read and/or a copy of the book to be shared.
3. All Grade 4s (except for new students coming to Southridge) need to have a minimum of one, three-point AR book read so they can take an AR quiz on the Thursday or Friday of the first week back.

Children entering Grade 1 in September 2017 may have parents read **to** them and scribe for them.

Note: Students need to read for a minimum of 30 minutes each day in order to maintain their most current (June 2017) reading level (60 minutes if they want their reading level to increase).

Happy Reading and hope you've been having a fun, exciting and adventurous summer!

Mrs. Rowena Raber
PYP Division Leader

Please Return Library Books

Many books were signed out of the library in June for summer reading. Please ensure that you return all books borrowed as soon as possible so we can ensure the library shelves are fully stocked for September book exchange.

Mandatory Junior School Technology Information Sessions for All MYP Students and Parents, September 6, 2017

As we seek to ensure that our MYP students develop healthy habits with their laptops and that parents fully understand their role in partnering with us to support appropriate use of laptops and technology, all MYP students and one of their parents are required to attend **one** of the following Laptop Information Sessions on Wednesday, September 6th, in the Junior School Great Hall:



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- 10:30 am - 12:00 pm **OR**
- 1:00 pm - 2:30 pm **OR**
- 6:00 pm - 7:30 pm

If you have more than one child in the MYP program, you need only attend one session with all your children. This is different than in previous years, and even if you have a child in Grade 6 or 7, students and parents are still required to attend. Attendance will be taken and laptops will not be issued to students if both the student and parent have not attended one of the sessions together. Each session will cover laptop use guidelines and expectations, consequences for misuse, and an overview of how digital citizenship will be integrated into the curriculum. Laptops will be issued to students in their first MYP Design class over the first two days of school. We thank you in advance for saving the date and choosing a time to attend a session with your child. Reminders about the sessions will be sent out again in August; however, we wanted to give you advanced notice so you can save the date and plan accordingly.

Sincerely,

Steve Anderson, Junior School Technology Leader and
Tanya de Hoog, Head of Junior School

Senior School News

Head of Senior School

Welcome Back!

I hope you all enjoyed a wonderful summer and had some time to spend together as a family. I am looking forward to the year ahead and I want to send out a special welcome to all our new Southridge families!

My family and I managed to get away a few times – to the Okanagan, to Seattle to cheer on the Boston Red Sox, to Portland, to Mayne Island for some relaxation, and on a quick trip to Whistler.

As September quickly approaches, the anticipation of a new school year is mounting and I truly believe that this school year is going to be amazing! The Senior School Faculty has



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been doing some summer reading from Harvard Graduate School of Education professor, Ron Ritchhart, called *Creating Cultures Of Thinking - The 8 Forces We Must Master to Truly Transform Our Schools* and I am excited to be making this book study a central focus of our staff meetings throughout the school year.

Please read the attachment to access important information and key dates, intended to give families an idea of some significant events in the Senior School over the first few weeks of the year. More detailed information will be available on our school website in the Parents' Portal as the school year approaches. Do not hesitate to ask questions, however, if anything remains unclear.

The Senior School Faculty and Staff are here to make the start of the new school year as smooth as possible for both students and parents. To help parents understand how life in the Senior School feels for your kids, we invite you to our **Mini School Night** on **Thursday, September 28** from **6:30 to 9:30 pm** in the Senior School. During this event, you will have the opportunity to travel around to your child's classes and meet each teacher. This evening is always a great time and the parents I have spoken with see it as a real highlight of the year.

Again, please read through the attachment carefully and take note of specific dates, times, guidelines and expectations. Further details and information can also be found in the **Family Handbook** in the Resource Section of the [Parent Portal](#). Should any pressing questions arise prior to the start of school, please contact the Senior School Office by phone (604-535-5056) or email Kristy MacKinnon (kmackinnon@southridge.bc.ca).

I hope you will join me in looking forward to a great school year!

Warmest regards,

Brad Smith
Head of Senior School

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.



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Mathematics 8 First Day Assessment

Welcome Back from the Senior School Mathematics Department! This is a friendly reminder that all Grade 8 students will write a one hour Diagnostic and Placement Assessment test on the first day of school (Thursday September 7th) during their first regularly scheduled Math 8 block (Period 3). There is no preparation that can or should be done for this assessment. Students simply need to arrive to class that day with a pencil, eraser and scientific calculator. The results of this test, along with the students' Grade 7 Foundation Skills Assessment (FSA) and Math 7 teacher marks, will be used to assess where individual students are at in terms of their overall math learning. This information will also be used to determine the make-up of our five Math 8 classes for the year.

Mr. Seib
Curriculum Leader for Mathematics

New Season for Junior Girls Field Hockey Team

The Junior Girls Field Hockey team looks forward to seeing all females in Grades 8-10 wanting to be a part of the team on Tuesday, September 5th for our first practise. Dress appropriately to be outside, bring your equipment including mouth guards, and a water bottle. Practise is on the turf field at 3:15 - 4:15 pm.

You will receive information on your next practise and will select your uniforms at 4:15 pm! Do not forget to log all your training on the Google form found on our Field Hockey Schoology page for the month of August.

Coach Alexandra

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



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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

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



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Important Volunteer Information

Welcome back parents! As you read in the email from Mr. Smith and/or Mrs. de Hoog last week, the online volunteer registration system is now up and ready for this year. You can [use this link](#) to sign-up yourself (or your spouse!) for a variety of positions today, including:

- Hot Lunch
- Playground Supervision
- Library (Senior and Junior Schools)
- Uniform Shop
- Hospitality
- Baking Committee
- School events like Christmas feasts, Photo Day, etc.

Please note that not all positions are currently 'available' for sign-up. Junior School class parent positions will not open until classes are posted on September 1, for example, and Country Fair positions don't open until February. Please read *The Wednesday* each week for updates on volunteer positions. Thank you, in advance, for volunteering at Southridge this year! We sincerely appreciate your support and could not operate without you!

Introducing Your Volunteer Committee:

Every year, a dedicated group of parents work behind the scenes to ensure that all volunteer positions are filled, new families are engaged as volunteers, and that all volunteers feel appreciated. If you have any questions about volunteering, are keen to get involved but not sure how, or just want to talk to someone who has likely done every job at the school, contact any member of this committee or send them an email at volunteer@southridge.bc.ca.

Committee Chair: Stephanie Schmidt
Members: Cari Shorrock
Yvette Plante
Emma Gu
Francesca Clarke
Rachael Lawson

Criminal Record Checks for Volunteers:

As per school policy, some volunteer positions at Southridge require you to complete a Criminal Record Check. These positions include field trip drivers, playground supervisors, library and uniform shop volunteers. If you have not yet submitted a CRC to the school, you can now submit one easily online through the Criminal Records Review Program



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(CRRP). Additionally, at no cost, you may also share the results of your check with other registered organizations through the CRRP online service.

In order to request a criminal record check for yourself, please use the link and access code below. This access code is unique to Southridge School and can only be used by Southridge volunteers. You will require this code when submitting your request online.

The results of the criminal record check will be emailed directly to Sherry Hu, Advancement Assistant, who will retain the check for a period of 5 years. If you are unsure if Southridge currently has a CRC on file for you or if you have any questions at all, please contact Sherry directly at 604-542-2303 or via email at shu@southridge.bc.ca.

Online Link: <https://justice.gov.bc.ca/eCRC/>
Access Code: DLQGJ6CENS

Thank you again for volunteering at Southridge! We look forward to seeing you all again next week!

Christiane Hodson
Director of Advancement

Thank you to our 'Welcome Families' and welcome to our 'New Families'!

Over the course of the summer, we have welcomed 73 new families to Southridge! Some have moved here (or are in the process of moving here) from overseas and others have been attending our Country Fair and Summer Camps for years! Each of these families have received a warm welcome by a current Southridge family - aka their 'Welcome Family'. Thank you so much to all our Welcome Families for ensuring our new families feel welcomed and ready for the year!

On **Wednesday, September 6th**, we are hosting a 'New Parent Coffee Morning' in our Senior School Cafe at 9:00 am. If you are a new family with children in Grades 1-12, a Welcome Family, or a parent of a buddy student, please drop in for a casual coffee while your child attends orientation. No RSVP required and yes, we will have nametags!

If you are a Kindie Family, we are hosting a special coffee morning for you on **Friday, September 8th** from 8:00 am to 10:00 am in the Senior School Cafeteria. Please plan to attend and meet the other parents you will spend the next 13 years with! No RSVP required.



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See you next week!

Christiane Hodson
Director of Advancement

Southridge Cafè

Welcome back and hope you all had a great summer! We are ready to start serving you for the new school year! If you have any ideas or suggestions, please don't hesitate to let us know.

Please see the attached menus for the month of September.

Canuel Caterers

Uniform Shop News

Welcome back and hope you had a wonderful summer break. The Uniform Shop will open at the following hours before school begins. From past experience, many parents will come in on these days and there are usually line-ups. Your patience and understanding is greatly appreciated.

Wednesday August 30 th	10:00 am – 2:00 pm
Thursday August 31 st	10:00 am – 2:00 pm
Friday September 1 st	10:00 am – 2:00 pm
Tuesday September 5 th	10:00 am – 2:00 pm
Wednesday September 6 th	10:00 am – 2:00 pm

From Thursday September 7th onwards, regular hours apply. Regular hours are:

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

Friday: Closed

Phala Tan
Business Services Manager





SOUTHRIDGE.
We are all one.

August 24, 2017

Welcome from Head of Senior School

Back to School

School reopens for all Senior School students on **Thursday, September 7, at 8:35 am**. You are reminded that the Senior School is following a new timetable for the 2017-2018 school year, as follows:

8:35 - 8:45	Advisory
8:50 - 10:00	Period 1
10:05 - 11:15	Period 2
11:20 - 12:30	Period 3
12:30 - 1:20	Lunch
1:20 - 2:15	Period 4
2:20 - 3:15	Period 5

Tutorial sessions will be available from 7:50 - 8:30 am most mornings. A complete schedule of tutorials will follow once school is in session.

New Student Orientation: Wednesday, September 6

To make the transition for new students to the Senior School, including our Grade 8 students who graduated from our Junior School, as smooth as possible, we have arranged an informal meeting the day before classes begin on **Wednesday, September 6, from 9:00 - 11:30 am**. Please check in at the Senior School Gym; dress for this event is the summer uniform. In addition to an orientation to the academic component of Southridge, the students will also meet their House Captains, who have organized some fun and games, and refreshments will be served. Coffee will be served in the cafeteria for parents who wish to wait for their children. We encourage parents to take this opportunity to meet other new and current Southridge parents. **Returning students acting as Buddies arrive at 8:30 am (this includes our entire Grade 12 class).**

- **Laptop Rollout (New Students)**

The laptop orientation and rollout procedures occur for Grade 8's and new Grade 9–12 students on **Wednesday, September 6 at 11:00 am**. More information about acceptable use policies can be found in the Resource Centre in the Parent Portal of the website.

- **Buddy Groups**

We have established “Buddy Groups” for each new student. The Buddy Groups consist of two new students and a returning student from a higher grade — likely a Grade 12 student who is also in the same

house. The Buddy will give a tour of the school to the group and each student will have the opportunity to meet their advisor who will briefly go over their schedules and answer any questions new students may have. Over the first few weeks of school, the Buddies check in regularly with their new student to ensure everyone is connecting and finding their way around the Senior School.

Arrival and Departure Times

Students in Grades 8-12 can arrive at the School as early as 7:30 am and **must be at the School no later than 8:30 am** in order to be on time for Advisory, which begins promptly at 8:35 am. With the later start in the Senior School, we expect all students to be at school on time. Repeated late arrival will not be tolerated. Traffic in the morning around the School is congested, so please take this into consideration when planning your morning commute. It is critical that students are here on time for advisory group in the morning to have attendance taken and to confer with their advisor. School ends at 3:15 pm and we ask that students are picked up by 3:30 pm; however, many school activities, such as athletics and clubs take place after school between 3:30 and 5:30 pm.

Student Timetables and Schedule

Student timetables will be available for pick up from their advisors the morning of the ***New Student Orientation*** or on the first day of school. The Senior School schedule runs on an 8-day rotation with three 70-minute blocks and two 55-minute blocks per day.

Uniform

Summer dress is in effect in the Senior School until the end of September. The only exception to this routine will be on **Student Photo Day on Wednesday, September 20**. Students must attend school on this day in full winter uniform (Number 1's), including blazers, ties and a clean white dress shirt. Complete details of student dress and appearance are covered in the Student Handbook, which will be distributed on the first day of school. Uniform shop hours are included in the School's weekly e-newsletter, *The Southridge Wednesday*. We ask that you please ensure your child has an appropriate haircut (hair that is dyed or streaked in "unnatural" colours is not permitted). Students who arrive at school with inappropriately dyed hair will be asked to have it re-dyed before they can return to school. Please ensure that your child's uniform is in good condition, fits properly and that regulations regarding kilt length, skort size and proper shoes styles are followed. Our full uniform and appearance policy for students is available in the **Family Handbook**. Please ensure you and your child have read this prior to the first day of school.

Lockers

All Senior School students are provided a locker. At Southridge, we believe that being trustworthy and honest is of utmost importance and are central tenets of our *Senior School Code of Ethics*; therefore, students do not put locks on their lockers. Although theft is extremely rare, we ask that students do not bring expensive electronics, devices, or large amounts of cash to school. The lockers are property of Southridge.

Supporting Healthy Eating Habits and Routines; Nut-aware Community

All students are expected to arrive at school well-rested and after a good breakfast, with healthy food for snacks and lunches. We ask that parents do not deliver lunches or fast food during the school day, as this can be disruptive to classroom learning and to our administrative staff. Pop and high-sugar energy drinks are not permitted; water in reusable containers is always preferred over juice. The food students eat at school helps to nourish their bodies and brains for optimal learning and physical activity. Please do send a variety of nutritious foods and snacks that will sustain students throughout the day. **Southridge is a "nut-aware" community** as many students across all grade-levels do have life-threatening allergies to peanuts and/or tree nuts. Please do not send lunch or snack items that contain peanuts or tree nuts. Lunch kits, water bottles, and containers should be clearly labelled and taken home at the end of each day.

Students in Grades 8-12 eat lunch in the school's cafeteria, the Southridge Café. Students can either bring their own lunch or purchase lunch at the Café. The cafeteria adheres to the *Food and Beverage Guidelines* in place by the BC Ministry of Education and provides a range of healthy lunch choices at a reasonable cost for Southridge students. Many families enjoy the convenience of this service. Menus are included in *The Wednesday* weekly e-newsletter to assist with planning. Cash and prepaid accounts are accepted. Please note that the cafeteria cannot charge items to the Southridge student account. Please contact Phala Tan, Business Services Manager, if you have any questions (ptan@southridge.bc.ca).

Sleep is another critical component of a healthy lifestyle and much research has been done in recent years on the importance of teens getting enough sleep. We encourage all students to do whatever possible to get at least 8 hours of sleep each night and arrive well-rested for school. The research that has been made available in the past few years about the importance of sleep for teens was the main impetus for the change in our timetable. We hope the later start will allow our students to get the rest they need. If your child is up too late at night working on homework on a regular basis, please let Mr. Smith or Mr. Jones know. Although homework is common, students should not be up into the early hours of the morning on a regular basis.

Senior School Fall Athletics

Athletics in the fall will include Soccer (boys), Swimming (co-ed), Field Hockey (girls) and Volleyball (girls). Students who do not compete on the School's teams will have the opportunity to participate in other fitness activities, such as: recreational running, yoga, spin classes and weight training. **Please note that all Grade 8 students are required to try out for one competitive team each term before choosing another athletic option.**

Houses

All students in Grades 8 through 12 will remain on their current house teams, which they will represent during various events and competitions throughout the year. Students new to Southridge will be assigned to one of our four houses, which are **Lightning**, **Hurricane**, **Thunder** and **Blizzard**. New students will learn of their house affiliations on the *New Student Orientation Day*.

Faculty and Staff Directory

We are pleased to provide an online directory of our Faculty and Staff via the [Parent Portal](#) of the website. Please take the time to login and peruse the directory, as it is a great way to get to know our faculty and staff.

Summary of Important September Dates

Event	Date and Time
New Student Orientation	Wednesday, September 6 (9:00 - 11:30 am)
First day of school for all students	Thursday, September 7
Parent Information Night (Grade 8, 9 and 12 parents)	Tuesday, September 12 (7:00 - 9:00 pm)
Welcome Back Wine & Cheese Reception (all parents)	Thursday, September 14 (7:00 - 9:00 pm)
Senior School Meet the Leaders Events (attendance required at only one session) NEW PARENTS ONLY	Tuesday, September 19 (8:15 - 10:00 am Morgan Creek) or Tuesday, September 26 (6:15 - 8:00 pm at Sr. School)
Student Photo Day (all students in Number 1 Uniform)	Wednesday, September 20
Terry Fox Run and House Picnic	Friday, September 22
Mini School Night	Thursday, September 28 (6:30 - 9:30 pm)

Important Volunteer Information

As a Southridge parent, you are probably keen to log-in to the online volunteer registration system and sign-up for amazing volunteer opportunities this year. You can [use this link](#) to sign-up yourself (or your spouse!) for a variety of positions today. Please note that not all positions are currently 'available' for sign-up. Junior School class parent positions will not open until classes are posted on September 1st, for example, and Country Fair positions open in February. Please read *The Wednesday* each week for updates on volunteer positions. Thank you, in advance, for volunteering at Southridge this year! We sincerely appreciate your support and could not operate without you!

Criminal Record Checks for Volunteers

As per school policy, some volunteer positions at Southridge require you to complete a Criminal Record Check. These positions include field trip drivers, playground supervisors, library and uniform shop volunteers. If you have not yet submitted a CRC to the school, you can now submit one easily online through the Criminal Records Review Program (CRRP). Additionally, at no cost, you may also share the results of your check with other registered organizations through the CRRP online service.

In order to request a criminal record check for yourself, please use the link and access code below. This access code is unique to Southridge School and can only be used by Southridge volunteers. You will require this code when submitting your request online.

The results of the criminal record check will be emailed directly to Sherry Hu, Advancement Assistant, who will retain the check for a period of 5 years. If you are unsure if Southridge currently has a CRC on file for you or if you have any questions at all, please contact Sherry directly (604-542-2303 or shu@southridge.bc.ca).

Online Link: <https://justice.gov.bc.ca/eCRC/>

Access Code: DLQGJ6CENS

Mon-4

Tues-5

Wed-6

Thur-7

Fri-8

Breakfast

**Chocolate
Muffin**

Bacon Egger

**Chef's
Entree**

Pizza

**Burger and
Fries**

**Pasta
Bowl**

**Mac and
Cheese**

**Alfredo
Pasta**

**Grill
Central**

Japa Dog

BBQ Ribber

**Weekly
Panini**

Welcome

Back!

**Great
Greens**

Chef Salad

Caesar

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



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

