



APRIL 13, 2016
ISSUE #27

Head of School

Student Well-Being

Every year the National Association of Independent Schools (NAIS – from the United States) publishes its *Trendbook*. In it, the association discusses the variety of challenges independent schools face and what Boards and leaders need to consider when making strategic and operational decisions. The topics covered range from the economy and demographics to philanthropy and equity. This year, the tenth trend considered has to do with student wellness, a topic Southridge is especially interested in.

In a nutshell, the *Trendbook* summarised the outlook for student wellness at independent schools with three points.

1. Academic stress and depression are among the top health issues experienced by independent school students.
2. Neuroscience research is shedding new light on stress and learning.
3. Independent schools report some barriers in implementing health and wellness programs.

Where does the academic stress come from? You might be interested to know that students were much more likely to report high or extreme pressure coming from themselves rather than from their parents or their teachers, and female students were particularly likely to report feeling a great deal of pressure when compared to their males classmates. Independent schools are not alone in experiencing this trend as higher education has also seen a dramatic uptick in students on campus with depression, anxiety and stress.

Certainly, academic stress, depression and anxiety were hot topics at the Canadian Accredited Independent Schools Heads and Chairs conference in Halifax earlier this year. A panel of university presidents made it very clear that many Canadian students feel like the world they are moving into may not have a place for them. Students also think they need to know at an early age what they will be doing for the rest of their lives. Many students respond by putting even more pressure on themselves, over achieving and striving to be perfect.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Neuroscience has had a significant impact on education over the past decade due to the growth in non-invasive brain research techniques. What is now absolutely clear is how much of a link there is between emotion and cognition. As a matter of fact, the link is so strong that emotion is inseparable from learning. Among other demands that schools now face is one associated with stress management, and, whether we want to admit it or not, we're in the stress management business.

Teachers in particular – along with all of the other demands placed on them – are now responsible to consider the Goldilocks paradigm of stress: not too little (which risks disengagement or boredom and doesn't help build students' stress coping abilities) and not too much (which limits the brain's ability to use its prefrontal cortex higher order thinking and executive functioning skills, reduces memory and can lead to poor health). As you might expect, the Goldilocks phenomenon is, of course, different for every student, and it varies from moment to moment. The expert teacher is now a stress juggler – just one other ball to keep in the air.

The recognition that stress is an issue for our children and that we need to be aware of our varied roles in the stress management chain of influences translates into the question, "So what are schools actually doing about it?" According to the *Trendbook*, among the most common health and wellness policies reported in independent schools were those addressing academic difficulties, thoughts of suicide or harming others, disabilities and substance abuse, misuse or abuse. Unfortunately, intervention measure and programs come up against competing priorities, lack of sufficient time in school schedules and inadequate funding for the personnel it takes to develop comprehensive health and wellness programs. In addition, the *Trendbook* cites the competitive nature of university admissions and the academic rigour of university preparatory schools as challenges as well.

Despite the obstacles, a student's health and wellbeing is an essential component of his/her overall success at school, and we at Southridge look forward to researching and enhancing our current student support programs and resources to help our students manage the academic pressures they so often feel. Of course, Southridge recognizes the importance of working together with parents on this important issue facing our kids. To that extent, I encourage you to spend an evening at Southridge next week when we welcome highly-regarded author and sought-after speaker Julie Lythcott-Haims on Tuesday April 19 at 7:00 pm. Ms. Lythcott-Haims will be addressing important wellness related topics she considers in her bestselling book, *How to Raise and Adult*.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Have a wonderful week!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Authors' Week	Monday, April 11 th – Friday, April 15 th	All Week	Both Schools
Italy Night Concert & Italy Tour Launch	Thursday, April 14 th		Senior School Great Hall
Relay for Life	Friday, April 15 th	2:00 – 10:00 pm	Senior School Field
Peruvian Amazon Trip Info Night	Monday, April 18 th	7:00 pm	Senior School Library
Speaker Series – Julie Lythcott-Haims	Tuesday, April 19 th	7:00 – 8:30 pm	Junior School Great Hall
Film Night	Wednesday, April 20 th	7:00 pm	Little Theatre – Senior School
Film Night	Thursday, April 21 st	7:00 pm	Little Theatre – Senior School
Country Fair Drop-off	Saturday, April 30 th	9:00 am – 5:00 pm	Senior Gym
Country Fair Drop-off	Monday, May 1 st	9:00 am – 5:00 pm	Senior Gym
Country Fair Drop-off	Tuesday, May 2 nd	8:00 am – 4:00 pm	Senior Gym
Country Fair Drop-off	Wednesday, May 4 th	8:00 am – 8:00 pm	Senior Gym
Country Fair Drop-off – Large Items	Thursday, May 5 th		Senior School Parking Lot
Country Fair	Saturday, May 7 th	9:00 am – 4:00 pm	Junior and Senior Schools
Golf Tournament	Friday, June 10 th	11:00 am	Hazelmere Golf Club



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Junior School News

Head of Junior School

Come out and Play!

Last week, I was outside on the new playground a few times over the lunch hour watching students in all grades enjoy the newly completed section of the playground. We were blessed with fantastic weather and students were taking full advantage of the opportunity to explore the new structure.

I was impressed by the number of students that were able to enjoy the playground at the same time. Soccer players, Pokeman traders, hedge hidiers, and even Grade 7's were happily playing together with genuine joy and excitement. A lot of students were excited to show me some new tricks, and I loved seeing older students demonstrating ways to use the equipment and helping younger students navigate it successfully. I thought to myself, this is what healthy, unstructured play looks like. There were no adults teaching the children how to use the equipment; students were testing their own ideas, helping each other explore, and sharing their "tricks" or their learning.

Unstructured play allows for the time, space, and opportunity for children to develop and practice skills like working collaboratively, sharing, negotiating, and resolving conflict. Play also encourages children to move at their own pace, learn self-advocacy and decision-making skills; and it can help to protect against the effects of pressure and stress. Play is really important. According to Mr. Rogers (of Mr. Rogers' Neighbourhood fame), *"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood."*

The new playground is a pretty cool place to play. If you have not had the chance to check it out please, with your child as your guide, come around to the back of the Junior School and have a look. We know that a playground this awesome would not have been possible without the support of our parents and community. Thank you for your generosity and know that it is appreciated.

Ms. Alison Graham
Interim Head of Junior School



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Communicating Absences/Late arrivals

Just a friendly reminder to please communicate all absences or late arrivals to the following address attendance@southridge.bc.ca

Junior School Book Swap 2016

Here are the details:

What: a process that helps students trade their books from home for "new" books at their reading level as a way of recycling and sharing. Students' books will be collected on the morning of swap day and students will have an opportunity to choose from these books in the afternoon. To participate in the swap, we are asking for \$2 per student at the time of book collection. They can bring as many books as they would like for the cost of the \$2.00.

Who: All students (K-7) are asked to bring in books at their reading level to swap for other books at their reading level. It is important that they bring books at the level that they want to swap for. Ms. Chong will collect the books in the Jr. Great Hall on the morning of Tuesday, April 21st, after 8:05 am. They will be placed on tables and the "swap" will happen on the same day in the afternoon.

How: One coupon for every book will be issued for materials brought in and will be used for claiming a new book (A chapter book coupon for a chapter book, and a picture book coupon for a picture book). We are asking for books at the student's current reading level to ensure an equal swap for all. Coupons can only be used for the corresponding books brought in by each student. Please ensure they are in good condition and meant for trading. Unfortunately, we cannot return books once they have been swapped. All remaining books will be donated to Kinvig school or the Country Fair.

Where: The collection will take place in the Junior School Library on the morning of Thursday, April 28th. The book swap will be held after lunch the same day in the Junior Great Hall. If there are any questions, please see Ms. Chong.

Ms. Chong
Junior School Librarian



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Junior School April Casual Day Money

April has always been “Cancer Month”, and that is why we are dedicating our casual day money in the Junior School to the Friends of Southridge Cycling Team.

The Ride to Conquer Cancer is an annual event which started in 2008. Southridge created a team in 2013, although several teachers and parents had been participating in this ride since it started. The Southridge team is called the Friends of Southridge and over the years, the team has raised almost a quarter of a million dollars. That’s a lot of money, and many of you have supported that cause.

Many parents and some teachers participate in this team, and this year in August 2016, the team will ride again. Traditionally, the team has chosen different colours for their jerseys. The first year, 2013, the jersey was purple and that was to remember Alexa Middelaer, daughter of our former head of Junior School, Laurel Middelaer, as purple was her favorite color. In 2014, the jersey was red because the team was riding for Serena Bonneville who was head girl of the Senior School when she was diagnosed with leukemia.

There are many reasons why people participate in this ride, and the most important reason is to fundraise for cancer research. Nearly everybody here knows someone or has a relative who has been affected by cancer. This could be a grandparent, an uncle, an aunt, a mother, a father, a brother, a sister, a cousin or a friend. Earlier in the year, Madame Boyle spoke about her brother and her niece, two members of the same family diagnosed with cancer at the same time.

Cancer research is made possible through donations, and each rider has to fundraise a total of \$2,500 to be able to ride. The ride takes place over 2 days from start to finish and the riders start in Cloverdale and ride almost to Seattle. They cover almost 240 kms. \$2,500 is a lot of money and the riders work hard to fundraise for this and our April casual day money is going towards helping the Friends of Southridge Cycling team reach their goal. There are 21 members on the team, and each member has to raise \$2,500.

All this money goes to the BC Cancer Agency and I have a special connection with the B.C. cancer agency because my mom works there. Before spring break, we did an interview with my mom. She will talk about how this money is used. We prepared some questions for her and she talked about her job and explained that not all cancers are deadly, and cancer can affect anybody young or old.

Normally, casual day costs a toonie, but we are hopeful that you will contribute more and make that donation in the name of someone who has cancer or has had cancer.

[Click here](#) to view our video interview about cancer research.

Amanda Skleryk, Nia Grewal, Ellie Choong, Jaidene Dhaliwal
Grade 5 Students



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Senior School News

Head of Senior School

Student Initiated Service

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” ~ Margaret Mead

This Friday, many students in the Senior School will be participating in the inaugural Southridge Relay for Life (happening from 2 – 10 pm). It promises to be an incredibly memorable event and I am certain that it will touch the emotions of everyone that will be present. This is not only due to the cause it is supporting, The Canadian Cancer Society, but also how it illustrates that a dedicated, passionate and capable student can enact real change! We are so proud of all of the students and staff that have signed up to participate, and those signed on to help organize, too. The seed of this idea and then the tireless efforts to make it become a reality belongs to a Grade 11 student, Justin Sanghe!

Actually, he was a Grade 10 student when he approached Mr. Weaver to ask about the possibility of creating and hosting a Relay for Life at the school. In fact, he actually had been a Grade 9 student when he participated in the Relay for Life at St. George's School that had been organized together by our Head Girl at the time, Serena Bonneville and the Head Boy at Saints. Both had been diagnosed with cancer in their Grad year and they wanted to create an event to bring more awareness towards not only the disease, but the advances that had been made in treatments to those affected. It was a great success! His participation in this event along with how cancer has touched Justin personally in those he knows ignited a spark to initiate this event.

Once Justin got the “go ahead” to have this event, his commitment and the momentum he has created is unbelievable. He has created a team of students that have collaborated throughout the process, communicated to the community – both Southridge and the local community and critically solved the best way for the event to occur. Justin would often ask whether something would work and how he could make a new idea become part of the plan. Certainly, in my five years at the school, the number of companies and sponsors Justin has gathered is very impressive. At last count the number of participants was in the hundreds and we are all so excited for the day to arrive.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

On a purely personal note, one of the most rewarding aspects of working with students is that they continually astound me with what they can accomplish. Often, I speak to those that don't have the chance to work as closely with adolescents and, at times, can short change the impact and capacity young people can have in making a difference. To be clear and not to forget, there have been many other student initiated events that have been created by our passionate and committed students this year and in previous years. As the quote above confirms, never doubt what people can accomplish, especially Southridge students!

I hope I might see you on Friday – we will be there until 10:00 pm and welcome you to join us. Have a great week!

Doug Palm
Head of Senior School

Senior School Pick-Up

Please note that the roadway to the Senior School will be closed after 1:30 pm on Friday, April 15, due to the Relay 4 Life. Please pick up your Senior School children from the Junior School after classes on Friday. Thank you for your cooperation!

Grad Dinner/Dance

Just a reminder to all parents of grade 12 students, RSVP's for the Dinner/Dance are due by April 15th. Please submit your order and requests via the link in the parent portal (questions may be directed via email to hmosher@southridge.bc.ca but orders must be made via the parent portal). Any requests made after the 15th, will not take priority.

Thank you!

Heather Mosher
Grad Coordinator

Italy Night Concert and 2017 Italy Tour Launch Thursday, April 14th at 7:00 pm

Tomorrow, April 14th, is the Italy Night Concert and Tour Information Evening. The Grade 10 Jazz Band and the Grade 9 and Senior Concert Bands will perform, tea and



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

cookies will be served and our tour provider will be here to present the amazing itinerary we have put together.

See you at the show,

The Senior School Music Department

Film Nights 2016 in the Little Theatre April 20 and 21

The media students of Southridge proudly present the best of this year's student work at Film Nights 2016. Shows are at 7:00 pm on Wednesday, April 20 and Thursday, April 21 in the Black Box Theatre. Hope to see you there!

[Click here to see a trailer](#) for the films featured at Film Nights.

[Click here to purchase tickets.](#)

Mr. Westendorf
Media Arts

My Experience Creating a 20-Minute Film

This past year, I have worked on, and completed an 18 minute short film called 'Crucible.' Creating this film was definitely a challenge, but I'm proud of the end product. One of the biggest challenges for me was to condense all my ideas into a short film. Since it was so long, there was a lot of shooting and editing to be done. The scenes in the movie are also quite complicated, with lots of dialogue and even some fighting, so they took a while to execute properly. Another major challenge was organizing our entire cast. There are lots of characters in the film, and with school, homework, and extracurricular activities it was hard to coordinate everyone's schedules.

Despite the challenges, we produced a film that we are all proud of. We had many grueling days, where we would film from morning until night, and I stayed up until 7 am editing all night to complete my deadline. These hard hours of work were worth it. It's a great feeling to see all of our efforts and dedication come together into a complete film, and it's very rewarding. I would like to thank everyone who was a part of the making of this film, as I definitely could not have done it without all of you. Also, I'd like to thank Mr. Westendorf and my family for their help throughout the project. I look forward to Film Nights, where it will finally be shown to the audience.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Angad Maan

Crucible will be shown one night only at Film Nights, on Wednesday, April 20th.

[Click here](#) to see a trailer for Crucible.

One Act Festival - 1 Act 2 Nights

You are invited to join us for our One Act Festival of one act plays performed each night by the Grade 10, 11 and 12 Drama students. The names of the plays for each night will be announced next week.

DATE: Wednesday April 27 & Friday April 29

TIME: 6:30 pm.

LOCATION: The Black Box Theatre

A set piece is needed for one of our plays; does someone have a park bench we can borrow for the shows?

Glen Pope
Senior Drama Teacher

Southridge Heads to Peruvian Amazon in 2017

I am delighted to tell you about a scientific research expedition to the Peruvian Amazon that will be happening in 2017. The expedition is open to all Southridge pupils who will be 16 years of age in the year of the expedition, and who will be studying Biology in Grades 11 or 12. Others who have a particular interest in wildlife, conservation, and ecology may also apply for a place on this two week trip. An informational presentation will be taking place on **Monday, April 18th** at **7:00 pm** in the **Senior School Library** and we hope you will be able to join us!

The expedition is being run in conjunction with **Operation Wallacea** and will be a mixed expedition with Peruvian biologists, academics and university students from around the world. The objective of the visit is to help with a major biodiversity survey in the **Pacaya Samiria Amazonian reserve**, while simultaneously offering students a first-hand experience of conservation biology. The group will fly to Lima, Peru and then onto Iquitos in the heart of the Amazon. From there, they will join a research ship, which will travel for 2-3 days to the remote study area. While on route, there will be lectures on



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Amazonia, its wildlife and conservation. On the return trip, we will visit a Cocama Indian village, a manatee rescue centre, a primate rescue centre, and enjoy a tour of Belen.

The research ship will moor at the study site and the group will rotate between a series of research teams. These teams will be: using small boats to survey for macaws, wading birds, and fishing bats; walking transects through the forest to estimate populations of tapirs, ungulates and game birds; and developing behaviour studies on giant river otters or the 13 species of primates found in the area. In addition, there are teams estimating the populations of the two species of river dolphins, completing fishery surveys to describe the fish communities, and spotlighting and noosing 3 species of caimans. Students will be working directly with university academics and Operation Wallacea staff. All data collected goes toward furthering conservation efforts in the region and toward publications in scholarly journals.

The cost of the expedition will cover each student's food, accommodation, training and participation in the research programmes. In addition, it will also cover the cost of flights, overnight accommodation in Iquitos, as well as comprehensive travel insurance. The quote will be presented at the information presentation on **Monday, April 18th at 7:00 pm.**

We hope to see you there!

Anna Szymczak
Outdoor Education Coordinator

Relay For Life - for your life, your loved one's life, for those who have no loved ones.

My name is Azra Panjwani, and I am the Ceremonies and Survivor Engagement Chair for Southridge School's Relay for Life. Relay for Life is an event created by the Canadian Cancer Society to raise funds and awareness for cancer research, treatment and prevention. Since its inception 1938, the organization has funded over 1.2 billion dollars in cancer research.

We, the Relay for Life Committee, would like to invite all cancer survivors, their immediate families and caregivers to attend **Southridge School's Relay for Life event on April 15, 2016 from 2:00 – 10:00 pm.**



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

As the Survivors Lap initiates the Relay event, we ask that all survivors walk the first lap around the track so they can be celebrated by the other participants for their victory over cancer.

Upon arrival, each participant may decorate a luminary bag in memory of a family member or friend who has lost the fight to cancer. These bags will be placed around the track and the candles lit before the Luminary Ceremony. This ceremony takes place after sunset, and participants will gather to remember and honor those who have lost their fight to cancer.

The Fight Back Ceremony will conclude the evening's event, where participants pledge to take action and spread awareness of cancer research, treatments and prevention.

We encourage all cancer survivors to participate in Southridge School's Relay for Life, please register online as a Survivor Visitor (or a Participant and Survivor). If you would like to bring any guests to our event, please email me at apanjwan@southridge.bc.ca the number of guests along with a list of their names.

Thank you and hope you can join us in the fight to conquer cancer!

Azra Panjwani and the Relay for Life Committee

AUTHORS' WEEK - Monday April 11th to Friday April 15th

We have a number of exciting events lined up for our annual Authors' Week this year to showcase some local talent and to inspire our students as both readers and writers.

We have three authors who will be running interactive workshops and making presentations in our English classes. Along with a haiku contest and additional opportunities for creative expression, Black Bond Books will once again be in the Senior Library for a book sale on Tuesday April 12th with a percentage of proceeds from the book sales coming back to our school. Here are the highlights of what to expect for the week:

- **Thursday April 14th and Friday April 15th:** Ivan Coyote is an award-winning author, poet, spoken-word artist, performer, storyteller and creative writing instructor who will be presenting to our senior classes. *Bow Grip* won the ReLit award and was named a Stonewall Honor Book by the American Library Association and is being developed as a feature film.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

- **Friday April 15th:** We will have our annual book swap in the library at lunch. Students can bring their gently-used books and exchange for a new read. Any leftover books will be donated to the Country Fair.

We are looking forward to hosting this exciting and interactive week,

Ms. Maggie Yee
Senior School Teacher Librarian

University Counselling Update

Interested in studying in the UK?



Would you like to know more about Oxford?



Plan to attend an information session hosted by Collingwood School on Saturday, April 23 from 2:00 to 4:00pm.

Location: Darlene S. Howard Theatre, 70 Morven Drive, West Vancouver



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Dr. Eleanor Parker will offer information, guidance and advice on applying to university in the UK and to Oxford in particular.

Sign up at www.ox.ac.uk/canadatour

All students (Grades 9 and up) and parents are welcome!

Yvette Livingston
Director of University Counselling

Both Schools

Last call for Summer Camp Volunteer Applications (14+)

The **April 22 deadline** for Summer Camp volunteer applications is approaching quickly. For students who are 14+, the summer camp program provides tons of fun volunteer opportunities. Helping with the summer camp program is a great way to gain practical experience, acquire valuable leadership experience and of course, earn volunteer hours. To learn more about opportunities, or to obtain a volunteer form, [click here](#).

If you have any questions, please contact the *Summer at Southridge* administration office:

- Website: www.southeridgesummer.ca
- Email: summercampinfo@southeridge.bc.ca
- Info Line: 604-542-5385

Ms. Boyes
Community and Alumni Relations Manager

Celebrating and thanking our Southridge volunteers...

This week is National Volunteer Week in Canada – a special week dedicated to the celebration and appreciation of Canada's volunteers. At Southridge, we have so much to celebrate and so many to thank.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Our level of volunteerism at Southridge is extraordinary. Indeed, since before we opened our doors for the first time to today, volunteers continue to foster and cultivate our remarkable school community and culture.

In fact, this week at Southridge:

- 30 parents will put in a combined 140+ hours of time volunteering in the MacDougall and Alderdice Libraries;
- 12 current and alumni parents, serving as volunteers on the Board of Governors, will be meeting on Tuesday evening;
- Hundreds of parent volunteers will sign up for their shift at the 21st Annual Country Fair. The fair alone has 900 volunteer shifts to be filled and relies on the support of our entire community;
- 25 parents will be supervising our Junior school students over the lunch hour, keeping our playground and children safe;
- 4 parents will be baking up a storm to treat our teachers with goodies on Friday;
- Several Grade 12 parents are working hard on creating commemorative photo books for our grads;
- Many Country Fair department heads are meeting with their teams to finalize the details of their department;
- The Volunteer Committee, a committee of 8 dedicated moms, is meeting to discuss the Country Fair and the volunteer appreciation coffee morning;
- 8 parents will be helping out in the Uniform Shop;
- 18 parent and alumni parent volunteer canvassers are making their final visits with new parents regarding the Legacy Giving Campaign;
- Many parents are driving children to sporting events and field trips;
- 61 buddy families are reconnecting with their new families to ensure they are feeling comfortable and involved;
- 5 parents will be dishing up a warm meal for our PYP students on Wednesday for hot lunch;
- 10 parents are soliciting sponsorships and finalizing plans for the upcoming golf tournament on June 10th.

This may be National Volunteer Week in Canada, but at Southridge, this is just an ordinary week. And *that* is why we must celebrate and give thanks.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Thank you all for giving your time as volunteers. We would not be the school community that we are without you. Thank you so much and Happy National Volunteer Week!

Please enjoy this [Volunteer Appreciation video](#)

Christiane Hodson
Director of Advancement

Sun Run Package Pick-Up: Thursday, April 14th

Hello Southridge Sun Runners!

The day of the big run is this Sunday, April 17th. We look forward to seeing many of you at the run – but before that, we need you to come and pick up your race package.

Please come to the **Junior School Gym** and get your race bibs, timing chips, and official T-shirts on **Thursday, April 14th at recess** (10:10 – 10:30am) or on **Friday morning during homeroom time** (8:10 – 8:30am). If you cannot make it, please arrange for a family member or friend to come on your behalf.

On race day, we don't formally gather as a team before the race, but we always look for each other following the race by the giant "S" that is posted inside BC Place Stadium (S for Southridge, of course!). It is a chance for high-fives and celebrating each other's running achievements. Go STORM!

Congratulations on training for this challenge – and best wishes for a great Sun Run!

Ms. Morley
mmorley@southridge.bc.ca

Don't Miss Out – Southridge Speaker Event Featuring Julie Lythcott-Haims

Next Tuesday, is our exciting speaker event that Southridge is hosting on **April 19th at 7:00 pm** featuring Julie Lythcott-Haims, author of the *New York Times* bestseller, *How to Raise an Adult*.

In this dynamic presentation, Haims – a former Dean of Freshman at Stanford University – will draw on research, conversations with University admissions officers, educators and employers, and on her own insights as a mother and as a student dean



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

to highlight the ways in which over-parenting harms children, their stressed-out parents, and society at large. She will provide practical strategies for enhancing our relationships with our children, while developing boundaries that allow our kids to make mistakes and learn resilience and determination necessary for success. This is sure to be both engaging and inspirational – a must see for all parents!

Tickets are \$10 and can be purchased through the link below. If you haven't already purchased your ticket, I encourage you to do so and pass along to your friends and family members as well. This is a rare opportunity to attend an intimate presentation from an inspirational educator and learn what you can do to help curb this over-parenting trend, and help prepare your child for success.

- Tuesday, April 19, 2016
- Doors: 6:30 pm and Presentation: 7:00 pm
- Southridge School - Junior School Great Hall
- Tickets: \$10 (open to the public)

[PURCHASE TICKETS](#)

Jasmine Boyes
Community & Alumni Relations Manager

Thanks to you....

Through our fundraising campaigns and events, our community continues to give generously. In fact, thanks to you, our students and teachers have the tools, equipment and facilities they need on a daily basis.

For example:

Have you seen our new bus? When it arrived at the school in November *#newsouthridgebusisawesome* was trending nationally. It's safe to say that our students love the new bus. Thanks to a generous donation from Mr. Vandekerkhove, this bus was a lifesaver, replacing a bus that was no longer reliable and costly to repair.

In celebration of our 20th Anniversary year, two moms teamed up to produce a 20th Anniversary cookbook. Thanks to Gemma Martini, Jackie Christofferson, and all the parents and alumni parents who submitted recipes and purchased books, a 3D Printer was purchased for the Junior School computer lab. MYP students will be using it as part of their design projects this year.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

When our PYP students get their laptop for the first time in Grade 5, they are more than equipped to use the device. Through extensive use of tablet computers and iPads from Kindergarten to Grade 4, Southridge students are ready for the next step in technology usage. Thanks to the Gala 2014 and ongoing donations to the Greatest Need fund, our students are very fortunate to have access to such technology on a daily basis.

The donations made by our community today are used immediately to support the needs of our students and teachers. If you have not yet made a donation to Southridge this year, please consider [making your gift online today](#). Your gift can be directed to an area at the school that means the most to you including Arts, Athletics, the Playground Project, any of our bursary funds, or choose to support our Greatest Need fund.

If you have any questions about making a gift to Southridge, please don't hesitate to contact me directly at 604-542-2330 or via email at chodson@southridge.bc.ca.

Thank you for your continued support.

Christiane Hodson
Director of Advancement

Country Fair Volunteer Shifts are now AVAILABLE!

As you all know, the Country Fair requires the support of all our parents and there are 900 volunteer shifts for pre-fair and fair day available! The safety and success of this important event depend on our community coming together in support and commitment.

Shifts are available for online sign-up and it's first-come, first-served, so if you want that afternoon shift in Recycled Treasures, be sure to sign up right away! Click [here](#) to sign up, or go to the Volunteer Corner and select "Volunteer Now".

Not sure what you want to do or don't have a preference? Sign up for a "**Wherever I'm Needed**" shift and we'll assign you a great position. Having trouble signing up? Contact the Advancement Department at **604-542-2303** or advancement@southridge.bc.ca

The 2016 Volunteer Committee



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Country Fair Drop-off is coming soon – April 30 – May 5th

Now that Country Fair is just over three weeks away (Saturday, May 7th), below is the schedule for dropping off items at the Senior school gym.

Please note that we no longer are able to pick-up items from your home or business and will only accept **large items on THURSDAY, MAY 5th between 8:00am – 4:00pm.**

Saturday & Sunday:	April 30th & May 1st	9:00am – 5:00pm
Monday & Tuesday:	May 2nd and May 3rd	8:00am – 4:00pm
Wednesday:	May 4th	8:00am - 8:00pm
Thursday:	May 5th	8:00am – 4:00pm – Large item

drop-off only on this day (ie: sofa's, tables & chairs, bed frames, desks, shelving units etc)

NO COLLECTION FRIDAY PLEASE

Please [click here](#) for a detailed list of items that we will and will not accept.

All our families are encouraged to donate items and your support is very much appreciated. It costs the school a lot of money to dispose of damaged and unsellable items, so please be considerate when you drop off your donations. A general guideline is – if you wouldn't give it to a friend, then please don't give it to us!

Thank you!

Country Fair Committee

Mother's Little Helper is Open for Business!

Let the Grads of 2016 help reduce your stress the week before the Fair. They will take care of your Bake Table contributions (3 baked items) in exchange for a donation to the grad fund! Complete the attached order form and submit with your cheque to the drop box at either school reception desk. Submit your orders early - this program has sold out five years in a row! The deadline for submissions is April 22nd.

Thank you for your support!



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

News from the Bake Table

Just over three weeks until Country Fair - let the baking begin! As the Fair approaches, our lives become very hectic. Many items freeze well, so consider baking ahead. We request a contribution of **THREE** homemade baking items to be delivered at drop off on Friday, May 6th.

Here are some examples of a baking contribution:

- three dozen cookies (packaged in sets of 6)
- three dozen muffins (packaged in sets of 6)
- three loaves (we always get requests for loaves WITH nuts!)
- three 8x8" pans of brownies or squares (lemon squares, brownies with nuts and date squares are popular)
- caramel popcorn
- homemade fudge or brittle
- gluten-free baked goods in similar quantities listed above. In high demand every year!

In past years, we have seen amazing baking contributions passed over due to lack of labeling. This year, we are making it even easier to package and label your items. When picking up packaging at the school, you can select specific kits to ensure you have everything you need to package and label your contribution. These [packaging kits](#) will be available the week before the fair. Stay tuned for details in *The Wednesday!*

Are you overwhelmed with other things to do? Consider participating in the Mother's Little Helper program to support our Grads and they will do all the work for you! An order form is attached and they are also available on the Bake Table web page, or at the reception desk of either school (by the drop-box).

Happy baking!

Loonie Bag collection for Country Fair

We are looking for new or gently used small toys for the Loonie Bags, so please remember to put them aside while doing your "spring cleaning" for Country Fair drop-off. Items that will fit into party loot bags such as McDonald's toys, small action figures, cars, small stuffies and toy jewellery are the type of things we can use. Please deposit your items in the box marked "Loonie Bags" in the Junior School Great Hall.



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Thank you!

Pauline Basran & Cheryl Spence

Calling all Savvy Car Enthusiasts!

Do you have a hidden gem in your garage that's a showpiece car, truck or motorcycle? If you do, then we'd like to invite you to take part in the second annual "Show & Shine" car show at this year's Country Fair on Saturday, May 7th.

This is a fantastic opportunity to exhibit your pride and joy, and we're looking for anybody with an impressive automobile from the past, present and future to participate – low riders, classic cars, motorcycles and trucks are all welcome! Entry fee is \$10/vehicle and two voting categories will be available (kids and adults) for the coveted "Best in Show" award.

The event will take place rain or shine and space is limited, so email a picture of your wheeled treasure to Jaime-Lyn Hugh at carshow@southeridge.bc.ca for more details.

The "Show & Shine" Car Show Committee

Calling All Golfers!

"If you think it's hard to meet new people, try picking up the wrong golf ball."

~ Jack Lemmon

Or, join us on Friday, June 10th, at the Hazelmere Golf Club for the annual Southridge Golf Tournament – it's a great way to catch up with old friends or meet new people!

The cost is \$175/golfer and this year's Shotgun event includes a delicious burger bar lunch, skill testing on-course activities and games, delectable food and beverage sampling, plus an all-around great day of Southridge community spirit! After the end of a great day on the course join us at the "19th hole" for a sumptuous gourmet BBQ buffet dinner, awards presentation, the always popular wine raffle, and a rockin' End of School Year party (complete with DJ!) in the Hazelmere clubhouse.

This is an excellent way to support our school and have a great day of golfing with colleagues and the Southridge community, so [click here](#) to book your spot now!



SOUTHRIDGE WEDNESDAY

Our Weekly News

APRIL 13, 2016
ISSUE #27

Sponsorships are also available and selling out fast, so please [click here](#) to see how you can support the event with a financial donation.

Still have questions? Please contact Shelley Slaughter on 604-542-2334 or sslaughter@southeridge.bc.ca

Thank you!
2016 Golf Committee

Uniform Shop News – Summer Uniform

With the coming of the summer uniform starting May 1st we want to update you regarding summer uniform items. A new dark navy polo shirt will be available to Senior School students. This polo shirt, which is 50% cotton and 50% polyester, uses a special yarn that offers less shrinking and pilling. The current navy polo shirt can still be worn until the end of the 2017-2018 school year and will be available at a reduced price while available. We will continue to stock the 100% cotton white polo shirts.

After maintaining consistent prices for the last few years, please be advised that there will be a modest price increase (around 3%) for some major uniform items as a result of cost increases from our suppliers. The price increase will take effect on May 1st. We continue to keep our prices reasonable and thank you for your support of the Uniform Shop.

Regular Uniform Shop Hours:

Monday – Thursday (closed Fridays) between 7:45 – 9:00 am and 2:00 – 4:00 pm.

Phala Tan
Business Services Manager

Southridge Cafè News

Please see attached menus for the Southridge Café for April.





Mother's Little Helper

Order Form

Name	
Contact Number	
Email Address	

- ✓ The Grads of 2016 will bake, wrap and deliver your contribution of 3 baked goods to the Bake Table the morning of Friday, May 6th.
- ✓ Please attach a cheque with your donation of a minimum of \$35 payable to Southridge School with a notation "Mother's Little Helper" and drop it in the labelled box at the reception of either School.

The Grads of 2016 thank YOU for your support!



April	Mon-11	Tues-12	Wed-13	Thur-14	Fri-15
Breakfast	Bacon Egger	Smoothie Day	Berry Scone	Breakfast Wrap	Smoothie Day
Chef's Entree	Perogies	Salad Bar	Butter Chicken	Salad Bar	Personal Pizza
Pasta Bowl	Asian Style Spaghetti	Lasagna	Mac & Cheese	Sacchetti Pasta	Pasta Rose
Grill Central	Smokie	Mushroom burger	Pizza	Greek Wrap	Fish Burger
Weekly Panini	Sundried Tomato Chick	Sundried Tomato Chick	Sundried Tomato Chick	Sundried Tomato Chick	Sundried Tomato Chick
Great Greens	Pasta Salad	Salad Bar	Chefs Salad	Salad Bar	Chicken Ceasar

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



April 18-22
Specials

Mon 18

Tues-19

Wed-20

Thur21

Fri-22

Breakfast

Breakfast
Bagel

Smoothie
Day

Pumpkin
Scone

Raspberry
Muffin

Smoothie
Day

Chef's
Entree

Chicken
Strips

Salad
Bar

Chicken
Chow Mein

Salad
Bar

Fish and
Chips

Pasta
Bowl \$3.50

Pasta
Marinara

Mac &
Cheese

Pasta
Alfredo

Spaghetti
W/ Meat
sauce

Stuffed
Pasta

Grill
Central

BBQ Bacon
Cheeseburger

Chicken
Fajita

Pizza

BBQ Ribber

Soft Taco

Weekly
Panini \$5.50

Chipotle
Chicken

Chipotle
Chicken

Chipotle
Chicken

Chipotle
Chicken

Chipotle
Chicken

Great
Greens

Thai
Pasta

Salad
Bar

Chefs
Salad

Salad
Bar

Garden
Salad

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



APRIL	Mon-25	Tues-26	Wed-27	Thur-28	Fri-29
Breakfast	closed	Smoothie Day	Cheesy Scone	Breakfast Bagel	Smoothie day
Chef's Entree	/	Salad Bar	Honey Garlic Stirfry	Salad Bar	Chicken Quesadilla
Pasta Bowl	Happy	Mac & Cheese	Italiano	Chicken Lasagna	Smoked Salmon Pasta
Grill Central	Spring	Italian Pizza Wrap	Pizza	Smoked Salmon Bagel	Fish Taco
Weekly Panini	\	Turkey, Apple Cheese	Turkey, Apple Cheese	Turkey, Apple Cheese	Turkey, Apple Cheese
Great Greens	/	Salad Bar	Grain Salad	Salad Bar	Garden Salad

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

