



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

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### Head of School

#### Telling the Truth (from Lies)

I've had the fortunate opportunity to be a part of the excitement and wonder of youth for my entire professional career. Without doubt, I count it as a blessing every day – even on the not so great days when our students' energy is lifting the roof off our building. Over the years, I have spent a lot of time watching and listening, and I have noticed a few very interesting patterns – one of which has to do with telling, or understanding, the differences between truths and lies.

It may appear as though telling the difference is easy and straightforward, but I've noticed a particular youthful inclination, one which almost always trips them up even though it's not their fault. It's not their fault, for example, that the messages they receive about their value as people and the basis on which they are told to judge themselves are fabricated. The problem is that when the fabrications become false truths, they can have damaging implications, often surfacing in outward expressions such as stress and anxiety and compensated for through behaviours and beliefs like perfectionism and not feeling "good enough".

There is an idiom, or saying, about hitting your stride when you've established a good pace and found a rhythm that works well for you. When you have hit your stride, you're considered to have established a certain level of competence, and you're thought of as being well balanced. Some people interpret the phrase "hitting your stride" as having a tone of confidence and self-assurance, knowing yourself and feeling good about who you are.

In that respect, being able to tell the difference between truths and lies is critical. If, for example, our children believe that their self-worth is dependent on how smart they are, how good looking they are, how their body is shaped, whether or not they are a good musician (or athlete or artist), what university they get into or what their academic average is, then these lies will prevent them from hitting their stride because they will always be running to catch-up to an elusive goal that is constantly just out of reach.

When Alan Brown, our founding Headmaster, used to tell our students to tell the truth, even if it killed them, he wasn't just speaking about outward expressions of honesty. He was also encouraging our students to look inward and tell the truth to themselves – the



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truth about the real source of self-worth, which we at Southridge describe as moral character.

The problem is that there are way too many sources of lies in our children's lives on which they slowly build their false truths, and unless we act together as thoughtful adults to push back the constant onslaught of misguided messages that care less about the health and well-being of our children than they do about their own financial gain, our children will be left without the support they need to identify their self-worth in a healthy way. They won't even have the chance to hit their stride.

So let's join together in recognition of the importance of moral character as we describe it in our mission statement and stem the waves of lies that are constantly sending the wrong messages to our children so that they can understand and feel what it's like to hit their stride. To put it colloquially, we'd better start tellin' our children the truth before it kills them.

Have a wonderful week!

Drew Stephens  
Head of School

## Important Dates

Event	Date	Time	Location
Junior School Sex Education	Thursday, March 10 <sup>th</sup>	All Day	Junior School
PYP Exhibition Parent Meeting	Thursday, March 10 <sup>th</sup>	6:00 – 7:00 pm	Junior Great Hall
Grandparents' Tea	Tuesday, March 15 <sup>th</sup>	12:30 pm	Junior Gym
PYP Musical	Tuesday, March 15 <sup>th</sup>	1:15 pm	Junior Great Hall
PYP Musical	Wednesday, March 16 <sup>th</sup>	6:30 pm	Junior Great Hall
Speech Day	Wednesday, March 16 <sup>th</sup>	All Day	Senior School
Spring Break	Saturday, March 19 <sup>th</sup> – April 4 <sup>th</sup>		Both Schools
Late Start	Monday, April 4 <sup>th</sup>	10:25	Both Schools



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Event	Date	Time	Location
Country Fair	Saturday, May 7 <sup>th</sup>	9:00 am – 4:00 pm	Junior and Senior Schools

## Junior School News

### Head of Junior School

#### Creative Collaboration

The Junior school is abuzz with excitement for the upcoming PYP musical, *Treasure Island*. Costumes have been fitted, sets are being painted and Mrs. Winterburn and Dr. Bespflug are rarely seen outside of the music room these days. Students from Kindergarten to Grade three are perfecting their songs and the Grade fours have been rehearsing their various roles. Students across PYP and MYP have been working with Mrs. Redies on the sets, and parents have been organizing the costume fittings. The musical is a great example of members of our community working in collaboration to create something for others to enjoy.

Creating something, in this case a musical production, through collaboration can be challenging but also quite powerful for everyone involved. I am thankful that our music teachers in the Junior school take on the challenge of putting on a PYP or MYP musical each year because it provides so many opportunities for students to learn and develop creative skills in a real-life context outside of the classroom. It also demonstrates to students what can be accomplished through creative collaboration. I also recently had the privilege of attending the closing night performance of *Peter Pan* in the Senior school, and I was amazed at the level of hands-on student involvement in all aspects of the play from technical support, to stage management, to costumes and make up, and of course acting. Again, what an amazing opportunity for students to use their creative skills in collaboration with others to produce something for people to enjoy.

Producing any kind of creative work, especially a performance-based one, is brave and a bit risky; nevertheless, the skills that students gain and the learning they experience through being a part of a production make the risk worth it. I hope you have a chance to enjoy the Junior school's upcoming creative work next week.

- Matinee Performance: Tuesday March 15<sup>th</sup> at 1:30pm
- Evening Performance: Wednesday March 16<sup>th</sup> at 6:30pm



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Ms. Alison Graham  
Interim Head of Junior School

### Spring Break - Term Two Report Cards - FSA Booklets

For those anticipating the Spring Break, the last day of school is Friday, March 18th, with a return to school on Monday, April 4th, (late start). Report cards will be distributed at dismissal on Friday, March 18th. To maintain consistency for all our students, the report cards will not be distributed any earlier than dismissal time. Students in Grade 4 and 7 will have their FSA booklet and final FSA report sent to them in the mail and should receive this in early April.

### Communicating Absences/Late arrivals

Just a friendly reminder to please communicate all absences or late arrivals to the following address [attendance@southridge.bc.ca](mailto:attendance@southridge.bc.ca)

### Grandparents' Tea - Tuesday, March 15, 2016 @12:30 p.m. in the Junior School Gymnasium

Grandparents you are all an important part of your grandchildren's lives. We want to honor you by inviting all of the grandparents in our Southridge family to join us for coffee, tea and cake before the PYP Musical. This year PYP students will be performing the musical: 'Treasure Island'. It will be held on Tuesday, March 15<sup>th</sup> at 1:30 pm in the Junior School Great Hall.

Before the musical the Grade three students will serve you tea and coffee at 12:30 pm in the Junior School Gymnasium. They will greet you the front doors, help you select and reserve your seat for the performance before escorting you to have tea and cake in the gym.

Be sure to let your grandchild know you will be coming before March 12<sup>th</sup>. (We would like to have an idea of how many grandparents will be attending and we will be asking your grandchild.) They will be delighted to see you!

Everyone is welcome to attend this PYP matinee performance but we respectfully request that unless you are with a grandparent there is no reserving of seats or seat saving. We also ask that you do not come and sit in the seats before 1:00 pm. The



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performance begins at 1:30 pm. We want to give priority please to the grandparents for this performance. Thank you so much for your support in accomplishing this.

Thank you for all you do for your grandchildren,

Rowena Raber

## Senior School News

### Head of Senior School

#### Key Dates – End of the School Year

Over the last few weeks we have had a number of families enquiring about the end of the year with regards to key events that occur – mainly examinations and the two award ceremonies. While all of these events are on the calendar with the myriad of items that are found there it can be difficult to find these specific dates.

You will find below a chart showing these key dates in June to help you with end of the year planning. Please do keep in mind that these do not represent all of the dates or full details for the end of the year. We will be sharing more information closer to June with you.

We have created a document containing this chart that can be found on the Parent Portal in order for you to reference them once this Wednesday edition becomes archived. If you look to the right side of the main Portal Page, you will notice a “button” that will link you to this document. If you do have any further questions about the end of the school year, please feel free to contact the Senior School.

Have a great week!

Doug Palm  
Head of Senior School



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### Senior School Dates to Remember in June 2016

Date	Event	Time
Friday, June 10 – Thursday, June 16	Southridge School Exam Week	Schedule TBA
Wednesday, June 22, 2016	Math 10 Provincial Exam	8:30-11:30am
	Social Studies 11 Provincial Exam	12:30-3:30pm
Thursday, June 23, 2016	English 10 Provincial Exam	8:30-11:30am
	<b>Senior School Awards Ceremony</b> <ul style="list-style-type: none"><li>• <i>Year-end awards presented to students in Gr. 8-11</i></li><li>• <i>Mandatory attendance for students in Gr. 8 – 12.</i></li><li>• <i>Families are encouraged to attend in support.</i></li><li>• <i>Located in Senior Gym</i></li></ul>	<b>2:00-4:00pm</b>
Friday, June 24, 2016	English 12 Provincial Exam (re-write)	8:30-11:30pm
	Science 10 Provincial Exam	12:30-3:30pm
	<b>Closing and Commencement Ceremony</b> <ul style="list-style-type: none"><li>• <i>Mandatory attendance for students in Gr. 8 – 12</i></li><li>• <i>Families are encouraged to attend in support.</i></li><li>• <i>Located in Senior Gym</i></li></ul>	<b>7:00-9:30pm</b>
Saturday, June 25, 2016	<b>Grad Dinner &amp; Dance</b> <ul style="list-style-type: none"><li>• <i>Grade 12 students and families with tickets purchased in advance</i></li><li>• <i>Vancouver Convention Centre</i></li></ul>	<b>5:30-11:30pm</b>



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

Cancer, runs in so many families. Cancer, destroys so many families. It needs to be stopped! We, the students at the Senior School will be hosting a Relay for Life to play our part in doing just that. We would like everyone's help, students and parents.

- WHAT: Relay for Life (Canadian Cancer society fundraiser)
- WHERE: Senior school field
- WHEN: April 15th, 2pm -10pm

DETAILS: Form or join a team online on the website at [www.relayforlife.ca/southeridge](http://www.relayforlife.ca/southeridge), fundraise and come out Friday April 15th for a great evening of music from Dj's, food and other activities. Come hang out with your friends while helping a great cause! Can't make it that night, you can still help by DONATING.

PRIZES for top fundraisers: a Macbook Air from Class Electrical, 4 box concert tickets from the Salh family, Headphones from the HiFi centre, 4 tickets to either a Whitecaps or BC Lions game from Mr. Rob Reed (The Beat radio station).

PLEASE support us in raising money for research to stop cancer from destroying anymore families!

Also if you are a Cancer Survivor, please register online as a survivor as you will be honored for you fight against cancer at the beginning of the event!

Justin Sanghe and the Relay Committee

### **Senior Storm Win Fraser Valley AAA Championship**

I have had the pleasure of attending many Senior Boys basketball games over the past two seasons. This past Saturday, Southridge fans in the Rick Hansen Secondary gymnasium were treated to one of the best...ever. The boys were competing in the Fraser Valley AAA Zone Championship game. They were in tough against Rick Hansen (the home team), who was ranked one spot higher than them heading into the action. With many Southridge parents, faculty, alumni, and students from Grades 8-12 in attendance, the boys put on a an amazing show in a hostile environment. The score was tied 22-22 at the end of the first quarter. The game was exciting, and both teams were clearly in the zone.



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As the game progressed and the Southridge crowd challenged the home crowd's enthusiasm, the boys started to pull away. Critical three-pointers were drained from beyond the arc. Trips to the free throw line were not taken for granted. Passes and ball movement were crisp and creative. The boys pulled out all the stops. By the end of the first half, Southridge held the lead 49-40.

The game continued its frantic pace and the boys did not relent. By the end of the third quarter, the Southridge lead had increased, 72-61.

The fourth and final quarter was a loud one. Southridge fans were chanting loudly. Kai Lung was pounding the cowbell. The boys kept up the pressure. With bated breath, the visiting fans witnessed one of the most impressive victories in Southridge Boys Basketball history! With a final score of 94-81, the Senior Boys clinched the Fraser Valley AAA Championship banner. The crowd went nuts and the team celebrated openly on the court.

It's an astounding accomplishment when you consider the size of our school. It speaks volumes to the efforts of the players. It also says a lot about the basketball program established by the dedicated coaches at this school. Some of these kids are enjoying their first year playing on the senior team, while others have spent 4 years on this team working towards this success. I rarely mention individual efforts when I speak or write about this team, but I have to mention the fact that Matthew Andreou and Dominic Clayton were both named to the tournament All Star teams, while Hunter Hughes brought home the trophy for Most Valuable Player.

If you would like to catch the team's final drive to Provincial glory, the action starts Wednesday, March 9 with a 1:45 game at the Langley Events Centre. A full schedule can be found at the BC Boys Basketball website:

[http://www.bcboysbasketball.com/leagues/custom\\_page.cfm?leagueID=0&clientID=2192&pageID=17370](http://www.bcboysbasketball.com/leagues/custom_page.cfm?leagueID=0&clientID=2192&pageID=17370)

Best of luck to the boys and their coaches as they push hard to win our school's first AAA Provincial Championship banner!

Go Storm!

Mr. Jones





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### The Grade 8 Concert Band Earns Superior Ratings in Victoria

Congratulations to the Southridge School Grade 8 Concert Band for their fantastic performance during our annual trip to Bandfest at the University of Victoria. Playing on the big stage at the University Centre is such a treat as it allows the musicians to spread out and really hear each other. The adjudicators, Connie Tuner and John White, commented on the warm tone quality, the brave solo work and the solid rhythm driven by the percussion section. Ms. Turner took up the baton after our performance to give the band a new perspective and some ideas to further improve the group's musicality. The band earned Superior ratings from the judges, and we, the Senior School music teachers, could not be more proud of the music the Grade 8's made that day.

We would like to also mention the commitment of the Grade 8 Girls' Basketball team, who enhanced our performance with their musicianship and then returned to the mainland, with Mr. Shaw, to compete at the Provincial Tournament.

Thank-you to the supportive and super-organized parent chaperones, Ms. Kent and Ms. Stewart, for accompanying the band and organizing breakfast for seventy people. Ms. Berkeley, Mr. Dods and Mr. Shaw were also integral to the management of the group. Thank-you so much for your energy and time.

The Grade 8 Band's next performance will be at Café Concerto on May 31<sup>st</sup> and June 1<sup>st</sup>. See you at the show!

Ms. Parker, Ms. Burrage and Mr. Mitchell

### Intermediate Reach for the Top

I would like to acknowledge the members of the junior Reach for the Top team. We have over 20 students in Grades 8 through 10 who meet regularly on Wednesday afternoon. They are a light-hearted group of keen and intelligent students who come together for comradery, good snacks and a desire to answer questions about a whole myriad of subjects.

**On Thursday, March 3<sup>rd</sup>**, 10 of the junior players (Declan, Molly, Ethan, Richard, Aurin, Sabrina, Ingrid, Jason, Waris and Harry Xie) were able to represent Southridge at the provincial **Reach for the Top** tournament that was held this year at Burnaby North Secondary. They finished 10<sup>th</sup> after round-robin play and moved on to the sudden death play-offs. Unfortunately, they were eliminated after a hard fought battle with Churchill Secondary. They are to be congratulated for their effort and dedication to the team.



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I cannot say enough about these students' integrity, commitment and sense of fun. We have had a great year and I look forward to playing again in September.

Mme Davies

### University Counselling News

**Join us for coffee and conversation – Mark your calendar!!**

University Counselling will also be hosting a series of coffee mornings for Senior School parents to attend and meet with Mrs. Livingston and Mr. Weaver:

- Tuesday, March 15<sup>th</sup> 8:10 to 9:20 am - Theme: U.K. and Ireland – direct entry professional programs in medicine, dentistry, veterinary medicine and law – how does this work?

Mrs. Livingston  
Director of University Counselling

### Both Schools

#### Drop-Off For Country Fair Is Just Around The Corner!!!

It's that time of year again to start going through your cupboards, garage and basement for items to donate to our annual **Country Fair on Saturday, May 7<sup>th</sup>**.

This year's event will once again include a 450-family garage sale, awesome indoor/outdoor kids rides and games, amazing baked goods, yummy food trucks, a "Show & Shine" car show, gift baskets, student entertainment...the list goes on!!!

**Drop-off for household items, clothing, toys and books is from Saturday, April 30<sup>th</sup> to Thursday, May 5<sup>th</sup> (no drop-off on Friday, May 6<sup>th</sup>).**

**Please note we are not able to accept the following items:**

- Anything that is broken, damaged, stained or in need of repair
- Large Appliances (Fridges, freezers, stoves or micro-waves)
- Televisions and monitors



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- Electronics without remotes (ie: VHS/DVD etc...)
- All forms of Car Seats (Boosters, Infant seats, etc...)
- Athletic machines
- Old Skis
- Helmets of any kind
- Window Blinds
- Mattresses
- Cribs
- Books that have missing or torn pages, used colouring books, magazines and National Geographic magazines

**All our families are encouraged to donate items and your cooperation with all of the above is very much appreciated.**

If you have any questions, please contact Shelley Slaughter on 604-542-2334 or [sslaughter@southeridge.bc.ca](mailto:sslaughter@southeridge.bc.ca).

Many thanks for your support!

Kasia Dolecki & Sukhi Sunner  
2016 Country Fair Chairs

### Urgent Vacancies

With the Country Fair quickly approaching, the Volunteer Committee is still looking for volunteers to train in the areas of Books, Toys, Clothing, Signage and Pie making. Training is provided, just a willingness to provide leadership in these areas is needed. Contact [volunteer@southeridge.bc.ca](mailto:volunteer@southeridge.bc.ca) for details or to express interest.

### 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".



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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](mailto:advancement@southridge.bc.ca)

### 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 7<sup>th</sup>.

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@southridge.bc.ca](mailto:carshow@southridge.bc.ca) for more details.

The "Show & Shine" Car Show Committee

### Outdoor Country Fair signage sites needed!

With Country Fair just around the corner, we are in need of outdoor space in high traffic areas to place three large advertising signs (98" x 48") from April 1<sup>st</sup> – May 8th, plus the manpower to put the signs up and take them down.

This is a great way to fulfill your Country Fair volunteer hours and help promote the event to the community, so please contact Shelley Slaughter on [sslaughter@southridge.bc.ca](mailto:sslaughter@southridge.bc.ca) or 604-542-2334, for more details.

Thank you!  
Ms. Slaughter



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### Our Country Fair is so much more than a Country Fair...

As you read in Mr. Stephen's message in last week's *Wednesday*, our 21<sup>st</sup> Annual Country Fair will be here before you know it. Since as early as January, our volunteer Department heads have been busy with preparations for this year's big event. From now until May 7<sup>th</sup>, hundreds of volunteers will put in thousands of hours to ensure the event goes off without a hitch.

But to what end? Every year, at least one parent asks me why we continue to put on the Country Fair. If they catch me on an off day (the night before is often when I'm near the end of my rope), I might also have a fleeting moment of doubt if the end justifies the means. But then, on Saturday morning, just before Dave Firby declares the Fair to be officially open, I can be found at the Senior School near volunteer headquarters beaming with pride as I witness first-hand the remarkable power of a community working together towards a common goal.

Our Country Fair *is* so much more than a Country Fair and its purpose is tenfold:

1. It brings **our entire Southridge community** together once a year. Students, parents, teachers and staff – we **are all one** at the Country Fair, working together towards a common goal.
2. Friendships – While we are working our shift at the fair, we meet new people; people we wouldn't otherwise meet. Junior School parents meet Senior School parents. Old\* parents meet new parents. **Friendships are formed at the fair.**
3. Tradition – it is important that we hang on to traditions that were established in our early days. **Traditions provide a sense of comfort and belonging** and help to remind us of who we are. The Fair is one of only a few events that have continued annually without fail every year since we started as a school.
4. Engaging with our greater community – our **neighbours and friends love the fair** (especially since we started using the overflow parking lot at Grandview corners). People are lined up before 6:00AM and greet the early shift volunteers with "Good morning!" and "we love the fair". Families spend the entire day here and often comment on the warm feeling our community exudes.
5. Reputation – Nothing breaks down negative preconceived notions about who we are as a community than seeing our parents, students, faculty and staff, join together as volunteers for every job from garbage clean-up to running the games. It doesn't matter who we are in our regular day jobs, **we are all one at the fair.**



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6. Recruitment – We estimate that anywhere between 5,000 to 8,000 people attend our fair every year. **Many of these families are prospective families** who get a better sense of who we are after seeing us in action on fair day.
7. Fundraising – Although fundraising is not the primary purpose of the fair, **we raise between \$40,000 to \$50,000 a year**. This year, fair revenue will fund three important and exciting items at the school - stay tuned for a future announcement!
8. **Our kids love the fair!** When that gorilla goes up on the roof, the energy in the school is palpable. When we talk to alumni about their time at Southridge, they inevitably comment on the fun times they had at the fair. This event is truly an annual highlight in the life of a Southridge student.
9. It's who we are and it's what we signed up for. In researching Southridge as a prospective parent and employer, I was particularly drawn to the school **because of that sense of community that comes from everyone 'pitching in' together**. I know from speaking with many parents that that is what they wanted for their families as well. The Country Fair *is the one day a year that we all pitch in* and I am very much looking forward to working with you hand-in-hand on May 7<sup>th</sup>.
10. It's fun...as long as you plan in advance. I know that you're busy and you all have other activities to get to that day. So, make all the necessary arrangements now, call in reinforcements (grandparents) and then sign up early so you get your top choice for position and shift on fair day. If you are artistic, sign up to paint faces. If you love to be outside, run one of the games. **When we all sign up and there are enough volunteers to run a safe and enjoyable fair, we all have fun**. At the end of the day, it's a fair...and who doesn't love a fair?!

*\*by old, I mean parents who have been at the school longer, which is not necessarily reflective of their age ☺*

So thank you, in advance, for your support of our 21<sup>st</sup> Annual Country Fair, a valuable and meaningful event at Southridge School for so many reasons. . .See you on May 7<sup>th</sup>!

Christiane Hodson  
Director of Advancement



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### 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...

If you were fortunate enough to attend “An Evening in December”, the Senior School’s winter concert, or last week’s Full School Assembly and the Grade 9 jazz band performance, you would have heard the beautiful and unmistakable sounds of the tubular bells. These ‘chimes’ made the music all the more magical! This instrument was purchased thanks to the donors that supported the Arts Fund last year as part of the Annual Campaign.

Throughout the Junior School, our teachers, staff and students, are still enjoying the new carpet that was installed last year. This capital project was long overdue and is thanks to the 2014 Gala. The carpet, along with locker and wall painting, has helped the Junior School to look completely refreshed.

This year, our teachers are all using a Lenovo tablet computer in preparation for the tablets to roll out to students in 2016/2017. These tablets were a considerable purchase for the school and were made possible thanks to a donation by a parent, Mr. William Vandekerkhove.

Your gifts do make an enormous difference at the school. 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](mailto:chodson@southridge.bc.ca).

Thank you for your continued support.

Christiane Hodson  
Director of Advancement



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### Just Announced:

### Southridge Speaker Event Featuring Julie Lythcott-Haims

You should have received an email yesterday announcing an exciting event that Southridge is hosting on **April 19<sup>th</sup> at 7:00 pm** featuring Julie Lythcott-Haims, author of the *New York Times* bestseller, *How to Raise an Adult*. Southridge is proud to host this special evening which is open to the public as part of our annual speaker series.

*How to Raise an Adult* is a provocative manifesto that exposes the harms of helicopter parenting and sets forth an alternate philosophy for raising preteens and teens to self-sufficient young adulthood. Julie Lythcott-Haims has appeared on TEDx talks, as well as the *Chicago Tribune*, *Forbes*, *New York Times*, *Slate* and *Time*. Her presentation 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. I hope you will take the opportunity to attend this special presentation which is sure to be of value to all parents. Since this event is open to the public, I encourage you to pass on the link below to friends, family and anyone you think might be interested in attending. I hope to see you there!

### [PURCHASE TICKETS](#)

Jasmine Boyes  
Community & Alumni Relations Manager

### Information Session for Junior and Senior School Parents

Presented by: Darren Laur of Personal Protection Systems Inc.  
Junior School Great Hall – Tuesday, April 5, 2016 - 6:30 – 8:30 pm

Parents are the foundation when it comes to youth on-line interactions. Attending this Internet/Social Media Safety presentation will offer you insight into social media use, along with valuable tools needed to help navigate the on-line world when it comes to digital literacy and privacy. Come learn what your children already know!

Wendy Turriff and Natasha Bains





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ISSUE #24

### Last Call for Southridge Sun Run Registration Final deadline is Friday, March 11<sup>th</sup>!

Thank you to everyone who has already joined our school team! We currently have just over 40 members signed up and would love to have even more. **The final deadline to register for the Southridge School Team is Friday, March 11<sup>th</sup>.** Please note that all ages and levels of runners are welcome – from beginners to experts. There is no pressure to run at a certain pace; in fact, many people walk the Sun Run. It's just fun to run (or walk) knowing that you are a part of a team and are representing our school!

To register:

1. Go to [www.vancouver.sunrun.com](http://www.vancouver.sunrun.com) and select 'Register' and then click 'Register for a Team'.
2. Our team name is **"Southridge School"** and the code to join the team is **"leteveryspiritsoar"**.
3. Fill out your information, choose between the 2.5K Mini Race or the full 10K, and proceed to the checkout. Note: it is free for parents to sign up as an escort for the 2.5K option.

Happy Training Everyone!! If you have any questions, please feel free to send Ms. Morley an E-mail.

Megan Morley  
[mmorley@southridge.bc.ca](mailto:mmorley@southridge.bc.ca)

### Stories of Character: Episode XI

Character and the Arts – or the art of character? Our students amaze us so often with their artistic abilities that we can begin to become numb to their many talents. While the last few weeks have featured several inspirational performances that have reminded us of their virtuosity, I am even more impressed by how, through expressing themselves in the various ways they do here, our kids also reveal and build their character.

For our music program, it is festival and competition season, which allows our students to showcase how far they've progressed this year musically but also allows them to demonstrate their intrinsic character. Last week, all of the Grade 8s traveled to Victoria to take part in the Bandfest, and among the many positive stories that came back, Josh Clarke's amazing ability to be inclusive and supportive of his peers illustrates how



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teamwork is just as central to our bands as to our athletic teams. Sterling Rawlins was another standout, going out of his way to organize the entire percussion section and their equipment on his own initiative. The week before, three of our bands competed in the Envision Festival, and I was proud to witness the enthusiasm and professionalism of the Senior Band members as they headed out on a Friday afternoon in bleak weather. One of them, Peter Mittermaier, had volunteered to participate in the younger band as well as his own, giving up his own weekend evening to support students in another grade.

Of course, last week was also the pinnacle for our theatre and performing arts students. While the cast's and crew's performances were flawless and exhilarating for everyone who sees the wisdom in remaining a child at heart, it was perhaps even more heart-rending this week to watch these students emerge from this intensively creative process transformed, exhausted, and a bit at a loss with their sudden bounty of extra time after school and on weekends. As evidenced by their tears after the final show, they truly become something bigger than the sum of their parts, a team united by hard work in the creation of a fantastic production. While their teamwork was their greatest feature, a special mention must be made of Molly Maguire as one of the cast members who continually stepped up along the way whenever any task, menial or crucial, needed to be done. She was one of many examples of the hard work done behind the scenes that led to their ultimate success.

Finally, in the visual arts, we were all in awe of the talent and deep thinking of Amrit Athwal as he presented one of his creations at the Full School Assembly this week. Amrit has always been a capable artist and likely the foremost intellectual in our school, but the courage it took to bare his soul in front of faculty, parents, and peers left a lump in my throat. He embodies what we hope for all of our students: intellectual prowess and creative talents backed up by a desire to effect change in our world. Watch the news – he will do great things one day.

Daryl Weaver  
Director of Experiential Education

## Human Resources News

Jenni Watson will be leaving Southridge at spring break to pursue a new opportunity with the North Vancouver School District. Jenni has been with Southridge since 2005 and has held both full-time and part-time positions at our school including teaching Grade three, Elementary Art, Kindergarten and most recently in Learning Resources. Jenni has also contributed to our co-curricular program in meaningful ways



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especially in the area of track and field and soccer. Her commitment and dedication to Southridge will be missed.

Olivia Clayton will be moving from the role of a Teacher on Call to a temporary Learning Resources Teacher in the Junior School as of March 15<sup>th</sup>. Olivia recently obtained her Bachelor of Education with a minor in learning disabilities and also holds a Bachelors in Physical Education and Psychology. In addition, Olivia has her certificate in Orton Gillingham and has been tutoring in math and language since 2010. Olivia's passion is working with students who have learning differences and enjoys being able to create innovative ways to engage students while providing a supportive place of learning.

Darcie Sagert  
Director of Human Resources

### Uniform Shop News

The Uniform Shop has wheeled backpacks that can fit your laptops and they also fit perfectly into our lockers. It is light and durable and comes with limited warranty. Come in and have a look.

#### 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

Students who have an outstanding balance with Canuel Caterers please remember to bring money to settle their accounts with Canuel. If you are not sure whether you have an outstanding balance or the amount, please check with the ladies in the cafeteria or refer to their list. Outstanding balances are to be settled before Spring Break.

Please see attached menus for the Southridge Cafè for March.



## Senior School Dates to Remember in June 2016

Date	Event	Time
Friday, June 10 – Thursday, June 16	Southridge School Exam Week	Schedule TBA
Wednesday, June 22, 2016	Math 10 Provincial Exam	8:30-11:30am
	Social Studies 11 Provincial Exam	12:30-3:30pm
Thursday, June 23, 2016	English 10 Provincial Exam	8:30-11:30am
	<b>Senior School Awards Ceremony</b> <ul style="list-style-type: none"> <li>• <i>Year-end awards presented to students in Gr. 8-11</i></li> <li>• <i>Mandatory attendance for students in Gr. 8 – 12.</i></li> <li>• <i>Families are encouraged to attend in support.</i></li> <li>• <i>Located in Senior Gym</i></li> </ul>	<b>2:00-4:00pm</b>
Friday, June 24, 2016	English 12 Provincial Exam (re-write)	8:30-11:30pm
	Science 10 Provincial Exam	12:30-3:30pm
	<b>Closing and Commencement Ceremony</b> <ul style="list-style-type: none"> <li>• <i>Mandatory attendance for students in Gr. 8 – 12</i></li> <li>• <i>Families are encouraged to attend in support.</i></li> <li>• <i>Located in Senior Gym</i></li> </ul>	<b>7:00-9:30pm</b>
Saturday, June 25, 2016	<b>Grad Dinner &amp; Dance</b> <ul style="list-style-type: none"> <li>• <i>Grade 12 students and families with tickets purchased in advance</i></li> <li>• <i>Vancouver Convention Centre</i></li> </ul>	<b>5:30-11:30pm</b>

March 7-11  
Specials

Mon-7

Tues-8

Wed-9

Thur-10

Fri-11

Breakfast

Breakfast  
Wrap

Smoothie  
Day

Sausage  
Rolls

Smoothie  
Day

Apple Cinn  
Muffin

Chef's  
Entree

Perogies w/  
Sausage

Salad  
Bar

Chicken  
Fried Rice

Beef/ Bean  
Enchalada

Butter chick  
pot pie

Pasta  
Bowl \$3.50

Penne with  
curry cream

Italian Saus  
Tortellini

Gemelli  
Rose

Mac &  
Cheese

Bow Tie w/  
Peppers

Grill  
Central

Pork  
Fajita

Bbq Bacon  
Cheeseburg

Pizza

Chicken/  
Bacon Sub

Fish  
Taco

Weekly  
Panini \$5.50

Turkey Pesto

Turkey Pesto

Turkey Pesto

Turkey Pesto

Turkey Pesto

Great  
Greens

Grain  
Salad

Salad  
Bar

Pasta  
Salad

Chicken  
Ceasar

Chefs  
Salad

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



March 14-18  
Specials

Mon-14

Tues-15

Wed-16

Thur-17

Fri-18

Breakfast

Breakfast  
egger

Smoothie  
Day

sausage  
Roll

Smoothie  
Day

Peach  
Muffin

Chef's  
Entree

Beef  
Dip

Salad  
Bar

Chicken  
Stirfry

Taco  
Salad

Chicken Pot  
Pie

Pasta  
Bowl \$3.50

Pasta  
Alfredo

Tortellini

Pasta  
Italiano

Primavera  
Pasta

Mac &  
Cheese

Grill  
Central

Poutine

Pulled Pork  
Sub

Pizza

Chicken  
Waffle Burg

Fish  
Burger

Weekly  
Panini \$5.50

BBQ  
Chicken

BBQ  
Chicken

BBQ  
Chicken

BBQ  
Chicken

BBQ  
Chicken

Great  
Greens

Quinoa Rice  
Salad

Salad  
Bar

Pasta  
Salad

Garden  
Salad

Chicken  
Ceasar

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

