



JANUARY 27, 2016
ISSUE #18

Head of School

Balancing Fixed and Unfixed Mindsets

When we work through problems, sometimes it's really helpful to be fixated on the issue so that we can work towards a solution more effectively. Perseverance and grit, two important attributes of performance character that have received an abundance of positive press over the past few years, rely on being able to fix our mind on working through problems while not letting obstacles get in the way of our success.

Arriving at the exact opposite conclusion, it seems, Carol Dewek from Stanford University has shown that a fixed mindset can have its disadvantages. In essence, having a fixed mindset means that people believe their basic qualities, like their intelligence or talent, are simply fixed traits. On the other hand, having an unfixed mindset (or a growth mindset, as it is more commonly known) means that people believe that their most basic abilities can be developed through dedication and hard work, and that brains and talent are just a starting point.

Moreover, having an unfixed, positive mindset in math specifically does more than just help students feel confident about their skills. It also does more than help them keep trying when they fail. As it turns out, a student's belief about math learning can produce more efficient brain activity. According to Sarah Sparks, also from Stanford University, the brains of students with higher positive-mindset levels have greater activity and faster, smoother connections in brain areas associated with quick recall of facts and math problem-solving.

Furthermore, emotions associated with a student's belief about math and his or her thought structures are closely aligned. In fact, emotion is inseparable from learning, and neuroscience has made it clear through numerous tests and studies that the social-emotional dimension of students' lives is not tangential to academic success but foundational to it. In that regard, the brain is not compartmentalized, and the emotion associated with motivation is not separate from activities like problem solving.

So, as we encourage our children and students to develop important character traits such as perseverance and grit, it is also essential for us to help them distinguish between when it is beneficial for their brains to be fixed on a problem and when it is



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

better for them to have an unfixed, or growth, mindset. Developing a balanced view creates a love of learning and a resilience that is essential for great accomplishment.

Have a wonderful week!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Casual Day <i>Jump Rope for Heart</i>	Friday, Jan. 29 th	All day	Junior School
Grad Photo Session	Friday, Jan. 29 th	Book online	Artona Studios (Vancouver)
Grad Photo Session	Saturday, Jan. 30 th	Book online	Artona Studios (Vancouver)
Course Selection Assembly (Gr. 10)	Monday, Feb. 1 st	8:30 – 9:20 am	Alan Brown Great Hall
Course Selection Assembly (Gr. 11)	Monday, Feb. 1 st	9:30 – 10:40 am	Alan Brown Great Hall
Junior Assembly	Tuesday, Feb. 2 nd	8:05 am	Junior School Great Hall
Professional Development Day	Thursday, Feb. 4 th	All day	No School
Professional Development Day	Friday, Feb. 5 th	All day	No School



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

Junior School News

Head of Junior School

How Others Perceive Us

As the saying goes, you never get a second chance to make a good first impression. We stress to the students that when they don the Southridge School uniforms in sport, or wear our uniform in public, they represent our school, and they need to represent us well. Often times though, we don't consider the impression of visitors coming to our campus. Last week one of my colleagues from Meadowridge School, the Deputy Head, Mr. Jason Parker, caught my eye as he looped through our dismissal lane several times trying to secure a parking spot. As he made his fifth or sixth pass, I noticed a spot and I waved him in. Together we shared a laugh about the struggles with dismissal parking as a common theme that all schools must address. I wished his team well, and sent them off to the JS gym to face our Grade 5 girls' basketball team. The next day, we received a most complimentary email about Mr. Gallant, our coach, Madame Boyle, our Grade five girls' team, and even our Southridge parents. The email is as follows:

"The best part of my week these days is spending time coaching 4/5 girls' basketball. Last night the experience was made doubling pleasing by the reception and good treatment we received from staff and students at Southridge School. I wanted to make mention and thank the group for making us feel welcomed and leaving a sterling impression of your community.

We arrived at dismissal and your parking lot was a busy scene much like our own at that time of day. Laurel spotted me, came to say "hello" and then opened up parking at the very front of the school. This type of treatment is, at least by our local definition, royal. It certainly helped to set a positive tone for the visit.

I wanted to express my appreciation for Mr. Gallant who entertained our request to allow breaking our very large team into two smaller squads. He had to develop a special schedule in order to accommodate this request. He was referee for all of the games and was very flexible with my own requests to interrupt the game from time to time to instruct our girls. Likewise, he allowed all players appropriate "wiggle room" in relation to the rules so that the momentum and fun for each game was maintained.

I must also say that I was very impressed with the calibre of your players and the way they handled themselves on and off the court. Your coach mentioned that the girls had been working on passing games in their P.E. classes. The IB approach to teaching



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

team play and the efforts of your coach are obviously quite effective as they won all their games I believe, passing better than any team at that level I have seen.

To top it off, I ran into some of your parents and we struck up natural conversation about the players and the games. They seemed very kind and left a positive impression with me.

While I don't often take liberties to send emails of this type without prior introduction, I wanted to express my gratitude for such fine treatment.

*Appreciatively,
Mr. Jason Parker"*

Certainly an unexpected email, but to me one that summarizes what Southridge School strives to be each and every day. When we live the shared values of our community, it becomes obvious to those who visit our campus, and our first impression is an accurate snapshot of who we are. Thank you to all the parents, our Grade five girls, Madame Boyle, and Mr. Gallant who just naturally are 'Southridge'. Your first impression, as was stated in the email, was sterling.

Have a great week,

Laurel Middelaer
Assistant Head/Head of Junior School

FSA Test Dates

This is a reminder to parents for the upcoming important dates for our FSA (Foundations Skills Assessment) testing. Grade 4 students will write during the month of February; Ms. Milan and Mr. Harder will send home a complete schedule to parents.

Due to the CAIS basketball tournament, Grade 7 students have their testing scheduled shortly before, and during the following few weeks of February. Our Grade 7 teachers will send home the schedule shortly. If you have any comments or concerns, please contact Laurel Middelaer directly (lmiddelaer@southridge.bc.ca).



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

Kindergarten Parents - No school on Friday, February 12th

Just a reminder to our Kindergarten parents – there will be no school for their children on Friday, February 12th due to entrance testing for prospective Kindergarten students. Thank you for making alternate arrangements for your children on that day.

Student Led Conferences: Thursday, February 18th (noon dismissal)

Throughout the school term, students have been actively selecting their own pieces of work to add to their portfolio. These pieces reflect many different subject disciplines and should demonstrate their own personal growth as a student. On Thursday, February 18th, we will be holding student led conferences so that the students can share their portfolios with their parents. This opportunity is empowering for students as they can share their own journey as a learner and actively reflect on each piece. Please also be aware that there will be a **12:00 noon dismissal** on this day to accommodate the conferences.

Jump Rope for Heart January 29th

Thank you very much for your involvement already in our Heart and Stroke Foundation fundraiser. Your pledges are of great support to research projects and medical intervention for existing patients, and to aid preventative educational initiatives. Please remember to return the pledge envelopes to the homeroom teachers by Friday, January 29th. We all look forward to Friday's jump rope activities and mindfulness about those special family members and friends who have been touched by heart and stroke challenges. As such, please consider sending your child to school wearing a personalized heart to acknowledge that certain someone and the colours of pink or red as a silent symbol of support. Friday is also Casual Day with your donations in lieu of the usual donation. Thank you very much for your thoughtful involvement.

Jo-Ann Murchie
PYP Service Coordinator

Voluntary Sandwich Making

Many students and parents work each week to prepare about fifty sandwiches for the local [Surrey Urban Mission](#). They go on Friday mornings with a Senior School advisory group who serves lunch and distributes our sandwiches to the guests.



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

We are grateful to the parent volunteers who organize the supplies for immediate use at 3:00 pm and to the many parents and students who donate mayonnaise, cheese, or cash/gift cards to keep the sandwich making going. COBS Bread generously supplies our weekly bread.

If your family would like to join us each Thursday, we would love to have you attend whenever you are able. We would also appreciate your financial support to sustain this voluntary effort; for more information, please contact me at jmurchie@southridge.bc.ca.

Thank you!

Jo-Ann Murchie
PYP Service Coordinator

iGirl. A place where young, modern girls can learn the ropes.

Move over, Barbies and Polly Pockets, it's time for Sexting, Snapchat, low tops and high skirts.

Parents, take a minute here and catch your breath. Ready? Good.

iGirl is a straight-to-the-point, light-hearted, two- or three-day workshop that prepares 9–12 year old girls for the multimedia pressure-cooker they'll soon encounter. Knowledge is power and this workshop, created and led by Saleema Noon B.A. M.A., will give your daughter the power to make smart decisions and to successfully navigate the changes galloping into her young life.

In a style that's relevant to preteens, Saleema and her team take the role of big sister, tackling topics like: what to expect from puberty, safety on the Internet, understanding what makes a healthy body image, and how to be assertive in even the toughest situations.

Join us **Saturday, Feb. 27 & Sunday, Feb. 28** at **Ocean Park Library, South Surrey!**

For more information or to register, go to www.saleemanoon.com.

(Also, see attached poster for more details.)



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

Senior School News

Head of Senior School

Mental Health and Wellness

Have you tweeted yet today?

Today is Bell Let's Talk Day and if you use the hashtag **#BellLetsTalk** then Bell will donate 5 cents for every text to mental health initiatives. This is a worthy cause and some of our students made their peers aware of it on Monday. The students are part of our Mental Health and Wellness Club which has three goals: to remove the stigma related to mental health, create awareness of mental health and wellness and provide resources about these topics. They have asked you to add the hashtag **#SridgeCares** to the Bell Let's Talk tweets to show our Southridge support.

Last year the group began to plan a Mental Health and Wellness week in May. Each day they had various events and activities to help achieve these important goals. This year, the group started earlier in the year with a wonderful treat in Long Advisory during November. They went to Advisories and presented a hot chocolate to each student! As you received your cup, written on the outside were different positive thinking and awareness quotes. I can tell you first hand that our day began with a wonderfully positive feeling with students talking openly about the quotes on their cup and ways they could support each other.

The Bell initiative has a very similar goal to our student club and they felt with the number of students that have access to Twitter that it would be an excellent opportunity to promote how people can support and encourage those suffering from mental health to feel empowered to talk about it. Currently, as the Bell website mentions, mental health is the leading cause of workplace disability. A recent study in 2013 suggested that as many as 14-25% of children and youth in Canada (over 800,000) experience significant mental health issues. Schools can promote positive mental health and this student initiative has been a wonderful example of how this can happen.

Looking forward in the term, the club will travel to the "Balancing Our Minds Youth Summit" on February 11th at Rogers Arena. This is a one day event for high school aged youth in BC to learn about mental health, engage in fun activities and participate in meaningful dialogue.



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

In Term 3, the students will be organizing their 2nd Annual Mental Health and Wellness week. They are planning new ways to promote and reach the goals of the club in fun and engaging activities for the Senior School. At the heart of it all are students supporting each other. They feel passionate in sharing their desire to help support those in our community that may be suffering. So, if it is still January 27th when you are reading this...maybe you would consider a tweet. Alternatively, a smile or supportive word can go a long way to help, too! #SridgeCares

Have a great week!

Doug Palm
Head of Senior School

International Trips: The Next Five Years

As you may be aware, we publish a tentative international trip plan for the following five years. This is meant to help parents and students think about which of the many amazing international learning experiences they would like to participate in during their time in the Senior School. You can always access this resource in the Calendar section of the Parent Resource Section on the Parent Portal of the school website. If you have any questions about individual trips or the program in general, please contact me at dweaver@southeridge.bc.ca or 604-542-1796.

Daryl Weaver
Director of Experiential Education

Course Selections for 2016-17

"Two roads diverged in a wood and I – I took the route less traveled by, and that has made all the difference." ~ Robert Frost

In the next few weeks, I will be talking to students about their course selection options for the next academic year. There are limited choices for students currently in Grade 8, but an increasing range of elective courses as students move into the senior grades.

I will be speaking to the Grade 8 and 9 students during period 1 on Tuesday, January 26th. Mr. Weaver, Ms. Livingston and I will present to the Grade 9s and 10s during period 1 on Monday, February 1st and to the Grade 11s during period 2 on the 1st. At that time, students will be given course selection sheets to complete prior to entering their selections into Naviance – the database system that we use to record and manage



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

their choices. The course selection sheets are attached here for your convenience (they are also available on the parent portal) and to allow you to discuss the various options with your children. The closing date for students to enter their choices on Naviance is Monday, March 7th.

We will also be holding an information evening on Thursday, February 11th. The first part of the evening from 6:30 – 7:15 pm will be directed at choices for our current Grade 8 and 9 students, and the latter part of the evening from 7:15 – 8:15 pm will cover the options available to our students in Grades 10 and 11. Of course, everyone is welcome to attend the entire presentation. The Curriculum Guide for 2016-17 will be available on the Southridge website soon and hardcopies will be available at the evening session on Thursday, February 11th.

The timetable for 2016-2017 is built from the students' choices and we strive to create a schedule of classes that will deliver the optimum choices for the most students. However, it is highly probable that we will not be able to satisfy the elective choices of all students. For this reason, it is imperative that your son or daughter clearly identify his or her first, second, and third choices. Every effort will be made to give students their first choice, but students may be placed in their second or third choice options in order to avoid timetable conflicts or to balance class size.

I would encourage all students to talk to their peers, teachers, parents and counsellors; to gain as much knowledge as they can in order to make informed choices as they move forward with their academic goals. I think it is also important to stress that students should follow those courses in which they have a genuine interest or passion, remembering that excellence usually comes from optimism, engagement and commitment.

Jan Holt
Senior School Academic Program Director

Grad 2016 Artona Photos

It's time to book your appointments with Artona for your grad photos.

When: January 29 – 30th

Where: Artona Studios (Vancouver)

How: Book online at www.artonagroup.com



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

What: The photo session includes grad portraits in casual and dressy outfits. A \$60 refundable deposit is collected at your appointment. When you login online to confirm your yearbook photo and place an order, there will be a \$60 credit in your account.

Questions: Please call Artona at 604-872-7272 (Extension 0).

All appointments are on a first come, first serve basis, so if you have limited availability, please book early! Please take a look at the attached PDF on how to sign up for your grad photos. There is a video for you to view in the LMS Grade 12 Parent and Grade 12 Student Groups. Please take a look for more information!

Senior Drama – *Peter Pan* Production

You may have heard rumblings that this year, the Senior Drama department is performing JM Barrie's iconic *Peter Pan* – you heard correctly! ***Peter Pan* will have its opening night at Southridge on Thursday, February 25th**. As there are many versions, the Theatre Performance class all agreed on a script that is very close to JM Barrie's original piece with a few minor alterations made by students. The spirit of the whole piece is one that is traditional and set in Edwardian London at the turn of the century.

Up until opening week, every *Southridge Wednesday* features an article written by a member of the cast or crew. I hope you enjoy this next piece, written by Georgina Adams.

Thanks,

Glen Pope
Senior School Drama Teacher

Georgina Adams Discusses her Role as Wendy

This year in the production of *Peter Pan*, I am playing the role of Wendy. I was so excited when we first started rehearsing this show and now as the opening night approaches my excitement is only increasing. As a cast member of the past three Southridge productions, I can honestly say this year's show is very unique. This cast consists of many new faces that bring a wealth of energy which is much needed during our long rehearsals.



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

As Wendy, I have been so lucky to have had the opportunity to work with all the cast members to some degree. We all bring something different to the stage which makes this show so dynamic and it has been really amazing to see some of the new members make choices to enhance their characters.

All together as a cast we are slowly bringing this show to life and it is not something you want to miss.

Tickets:

Tickets go on sale February 1st and can be purchased on the website. Watch for the link on February 1st.

General festival seating is \$10

Premium seating is \$20 and there are two choices of premium seats:

1. Front row - comfortable seats run along the front right at the heart of all the action - watch out for fairy dust!
2. Back row - comfortable seats with a raised unimpeded view as you look over the rest of the audience. Provides a great view of the whole stage.

University Counselling News

Are you interested in university programs in the United Kingdom?

Mark your calendar for the following events:

Saturday, February 27th 10am to 12:00noon at Fairmont Waterfront Vancouver, Malaspina Room. Information and mini college Fair for students of all levels and their families.

Register at <https://www.eventbrite.co.uk/e/best-of-u-vancouver-tickets-20914225010>

If you are in Grades 10, 11 or 12 and you are interested in studying law in the UK, you are invited: Thursday, February 25th 6pm to 8:30pm at West Point Grey Academy, 4125 West 8th Avenue, Vancouver. Information and a debate with academic professors about Law studies at Bristol, Durham, Newcastle, Southampton, Warwick and York. Bringing your qualification home to practice to Canada will be covered followed by a mini fair.

Register at <https://www.eventbrite.co.uk/e/best-of-u-law-tour-vancouver-west-point-grey-academy-tickets-20913718495>

Yvette Livingston
University Counsellor



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

Both Schools

Playground Project Update

A HUGE thank you to all of our families who have supported the Playground Project to-date. Between the success of the gala and our fundraising efforts, Phase 2 is nearly a reality.

Phase 2 is just being finalized and will include nearly all our students' wish list items, including a 'saucer' swing, a climbing wall and climbing net, a 'tree house fort' structure, a teeter-totter, diggers and LOTS of spinning equipment! Once completed, our playground will be **the** place to be at lunch and recess!

It is not too late to donate! If your family would like to make a contribution to the playground, we could still use your support! **Please consider making your gift today.** All families who contribute \$1,000 or more will be listed on a special donor wall that will be installed on the playground this summer. [Click here](#) to give online today or contact me directly to discuss your contribution at chodson@southridge.bc.ca or 604-542-2330.

Thank you, in advance, for your generous support.

Also, please thank the families that have supported the playground to-date:

The Zhu/Li Family
The Harrad Family
The Zu Family
The Panaich Family
The Grootendorst Family
The Xie Family
The Yang/Wang Family
The Yue Family
The Brown Family
The Povey Family
The French Family
May Zhang & Ben Lu
Isabel & Louis Kim

The Mao Family
The Embley Family
The Favor/Mantini Family
Ziheng Wu's Family
The Lawson Family
The Martini/Vipond Family
The Hodson Family
The Robins Family
The Toporowski Family
The Gallant/Hodder Family
The Oxley Brothers
Anonymous

Phase 2 is currently scheduled for installation during Spring Break. Although we had hoped to organize a 'community build' for this phase, unfortunately the equipment we've selected must be professionally installed. On the plus side, this means that the



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

equipment will be ready for our kids when they return to Southridge on Monday, April 4th!

If you have any questions about the playground project, [click here](#), or contact me directly any time.

Thank you,

Christiane Hodson
Director of Advancement

Pro-D Days – Thursday, February 4th & Friday, February 5th BC Family Day - Monday, February 8th Half Term Holiday - Tuesday, February 9th Late Start - Wednesday, February 10th

As a faculty, we greatly value time together for professional collaboration and growth. On Thursday, February 4th and Friday, February 5th, we will have two professional development days, resulting in no school for students. Thank you for your support of our faculty's growth.

The following Monday is BC's Family Day holiday and Tuesday will be our half term holiday, so please enjoy this extended weekend with your family.

We commence with a late start on Wednesday, February 10th. As with all late starts, please do not bring students until about 10:10 am, since our faculty are in meetings and there is no one to supervise. Classes commence at 10:25 am (period 3) on this Day 3.

New Pro-D Day in May to support the BC Education Plan - Friday, May 20th

With the implementation of the new BC Educational Plan, the Ministry of Education has given additional hours for Pro-D for teachers across the Province. Southridge School will use these hours on Friday, May 20th for curriculum planning and mapping.

Our teachers will use this planning time to ensure that they are fully prepared for the new curriculum implementation coming September 2016 and as a consequence, this gives our families an extra-long Victoria Day weekend. Traditionally, Southridge School



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

has two Pro-D days per year, but with the adoption of the BC Education Plan, it is necessary to support our school's faculty in this tangible way. The protocol of two Pro-D days per year will return next year. Enjoy this extended weekend.

Save the Dates!

Mark your calendars now for our three 2016 annual fundraising events – whether you contribute as a sponsor, donor or volunteer, your support is needed and much appreciated!

Country Fair - Saturday, May 7th
Golf (Hazelmere Golf Club) - Friday, June 10th
Gala - Saturday, November 19th

Stay tuned for further details in future issues of the *Southridge Wednesday* or contact Shelley Slaughter at 604-542-2334 or sslaughter@southridge.bc.ca.

Shelley Slaughter
Advancement Officer

Ms. Middelaer's Final Junior School Assembly

As you are aware, Ms. Middelaer's last day at Southridge will be Wednesday, February 3rd. She will host her final assembly in the Junior School on **Tuesday, February 2nd at 8:00 am**. All members of the Southridge community are welcome to attend as we wish Ms. Middelaer great success on her new adventure!

Please note that as this is a special assembly, it may run a little longer than usual.

Join the Southridge School Sun Run Team!

The Vancouver Sun Run is just around the corner! This year's event will take place on Sunday, April 17th. We are hoping for a large turnout of Southridge students and teachers from both the Junior and Senior School. All ages are welcome to take part in this fun and fit community event, so be sure to tell your family and friends about it! Whether your goal is to run the full 10K race or the 2.5K Mini Sun Run, we would love to have you join us on the Southridge team.

Please note: This is not an official Southridge excursion, so families will need to arrange their own transportation and supervision.



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

Beat the rush and sign up by February 11th to enjoy an 'early bird' rate of \$22 per student and \$35 per adult. To register, go to www.vancouver.sunrun.com, at the top of the page select 'Register' and click 'Join an Existing Team. Search for "Southridge School", on the next page you will be asked to enter our team access code which is "leteveryspiritsoar". Next, choose between the 2.5K Mini Race or the full 10K, fill out the registration information, and proceed to the checkout. Please E-mail me (mmorley@southridge.bc.ca) if you have any questions about the event!

Good luck to everyone and happy running!

Mrs. Morley & Dr. Bespflug

Country Fair Alert!

Have you wanted to get involved with more of the planning of the Country Fair? Below are several great opportunities and roles we are looking to fill:

1. Consider a 2017 **Department Head** role! This year, we will be opening several "**shadow**" positions for interested volunteers to learn the roles to take over for 2017.

Department heads are responsible for organizing and managing the respective areas (and collection week, if applicable), liaising with the Fair Co-Chairs as needed for logistical, equipment, supplies and volunteer needs, as well as overseeing the volunteers in their area. These can be done as a team of two (some require two), so feel free to ask a friend to join you!

The departments that are requesting shadows are:

- 50/50
 - Recycled Treasures (team of two)
 - Books (team of two)
 - Toys (team of two)
 - Student Entertainment
 - Student Volunteer Centre (team of two)
2. Looking for a bit MORE involvement? Consider the role of **Co-Chair**. The Volunteer Committee is looking for two individuals to shadow the current Country Fair Co-Chairs this year, taking on the role for 2017.



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

3. Wanting to get involved quicker? Consider a 2016 Department Head role! Department Heads are needed immediately for the Books department, Recycled Treasures and the Student Volunteer Centre.

Further details can be found under Job Descriptions on the Volunteer Corner of the Parent Portal. Contact volunteer@southridge.bc.ca if you are interested.

Princess Project Needs Your Generous Support!

Thinking of doing some spring cleaning? Consider donating gently used formal wear to the Princess Project!

Graduation is an important time, and with today's economy many girls and their parents can't afford to buy their photos, tickets and outfits. The Princess Project is working hard to help by trying to ensure they get an outfit that makes them feel like a princess, at no cost.

Princess Project is a 100% non-profit, volunteer run, registered charity serving the graduating students of the lower mainland.

"Never worry about the numbers. Help one person at a time and always start with the person nearest you."

Princess Project committee is looking for formal wear to help graduating students in the lower mainland have a graduation to remember. This incredible project is a Grade 12 legacy. Southridge Grade 12 students have been participating in this project for over 15 years. Please drop off dresses, suits and all accessories (shoes, jewellery, purses, shirts, ties, and shawls) in the Senior School Great Hall.

Visit www.surreyprincessproject.ca for more information.

Thank you for your generous support.

Princess Project Committee

Uniform Shop - Help Needed

The Uniform Shop is in need of volunteers for the following shifts:



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 27, 2016
ISSUE #18

- Tuesday afternoons 2:00 - 4:00pm
- Thursday afternoons 2:00 - 4:00pm
- Wednesday mornings 7:45 - 9:00am

These are consistent, weekly shifts to assist with sales transactions and inventory. Further details can be found under Job Descriptions on the Volunteer Corner of the Parent Portal. Contact uniformshop@southridge.bc.ca if you are interested.

Uniform Shop News

Just a kind reminder: the Uniform Shop has long-sleeved PE shirts available for Junior and Senior students who would like better warmth for outdoor activities during winter.

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 the rest of this week and February.



School Trip Planning Table
5 Year Outlook Overview: 2016-2017 to 2020-2021

Important Note: These trips are all *tentatively* scheduled in order to allow overall program coordination and to facilitate parent planning. All trips are subject to adequate student interest, foreign affairs advisories, staff availability, and other related issues.

School Year	Christmas	March Break	Summer	Other
2016-2017				
Academic			Peru Biological Research Trip	
Arts		Italy– Concert Band		
Service		Guatemala Cambodia		
Athletics	USA – Sr. Basketball	Spain – Sr Girls’ Soccer		TBA - Rugby – April
2017-2018				
Academic			China – Cultural & Historical Tour	
Arts		Cuba – Jazz Band /Choir		
Service		Uganda TBA		
Athletics	USA – Sr. Basketball	Europe – Sr Boys’ Soccer TBA - Volleyball		TBA - Rugby – April CAIS Field Hockey - October
2018-2019				
Academic	Guadeloupe – French Language Trip		Europe - Battlefields Tour	
Arts				NY Arts Trip – October?
Service		Guatemala Cambodia		
Athletics	USA – Sr. Basketball	UK - Rugby		
2019-2020				
Academic			TBA – Biological Research Trip	
Arts		Europe – Concert Band		
Service		Uganda TBA		
Athletics	USA – Sr. Basketball	Europe – Sr Girls’ Soccer TBA - Volleyball		TBA - Rugby – April CAIS Field Hockey - October
2020-2021				
Academic				
Arts		Cuba – Jazz Band /Choir		
Service		Guatemala Cambodia		
Athletics	USA – Sr. Basketball			

Meet with World-leading Academics in Vancouver

When: Thursday 25nd February, 6pm – 8:30pm

Where: West Point Grey Academy

4125 West 8th Ave, Vancouver, BC, V6R 4P9

Schedule

5:45pm: Guest arrival

6pm: Introductions

6.30pm: Law debate with academics from the 6 Best of U institutions:

- [Mr Andrew Charlesworth](#), *Reader in IT and Law* (University of Bristol)
- [Dr Alex Williams](#), *Law Undergraduate Admissions Director* (Durham University)
- [Dr Kevin Crosby](#), *Lecturer in Law* (Newcastle University)
- [Dr Alun Gibbs](#), *Acting Undergraduate Director of Programmes, Senior Lecturer in Public Law* (University of Southampton)
- [Dr Ania Zbyszewska](#), *Research Fellow in Law* (University of Warwick)
- [Dr Laurence Etherington](#), *Lecturer, Director of Professional Liaison & Undergraduate Admissions Tutor* (University of York)

7.30pm: Bringing your qualification home to practice in Canada (NCA accreditation, licensing process)

8pm: Mini College fair, *An opportunity to chat with Law academics and university representatives individually and ask questions*

Who Can Attend?

Grade 10, 11 and 12 students and their families from schools in the Vancouver area who are interested in studying Law

Registration



Register for the event online here:

<https://www.eventbrite.co.uk/e/best-of-u-law-tour-vancouver-west-point-grey-academy-tickets-20913718495>

All events are free, no ticket is required and food will be provided



BEST of U

Come and meet 6 world-leading UK universities in Vancouver

When: Saturday 27th February, 10am – 12pm

Where: Fairmont Waterfront Vancouver, Malaspina Room

900 Canada Place Way, Vancouver, BC V6C 3L5 Canada

Schedule

9:45am: Guest arrival

10:00am: Study in the UK

Discover how a UK Education will get you a step ahead.

10:15am: Mini College fair

An opportunity to chat with university representatives individually and ask questions.

Who Can Attend?

Students of all levels & their families in the Vancouver area are welcome to attend!

Registration



Please register for the event online here:
<https://www.eventbrite.co.uk/e/best-of-u-vancouver-tickets-20914225010>

All events are free, no ticket is required and food will be provided



Jan 25- Jan 29

Specials

Mon-25

Tues-26

Wed-27

Thur-28

Fri-29

Breakfast

**Breakfast
Wrap**

**Berry
Smoothie**

**Breakfast
Bagel**

**Banana
Bread**

**Banana
Smoothie**

**Chef's
Entree**

**Pizza Bagel
With salad**

**Butter
Chicken Pot
Pie**

**Chicken
Stirfry**

**Honey Garlic
Meatballs**

**Fish and
Chips**

**Pasta
Bowl \$3.50**

**Pasta
Primavera**

**Mushroom
Ravioli**

**Macaroni &
Cheese**

**Rotini
Italiano**

**Pasta
Alfredo**

**Grill
Central**

**Spicy
Chicken Burg**

**Chicken
Fajita**

**Pizza
Slice**

**BBQ Pork
Ribber**

**Bacon
Moza Burg**

**Panini of
the week**

Pulled Pork

Pulled Pork

Pulled Pork

Pulled Pork

Pulled Pork

**Veggie
Selection**

**Asian Noodle
Salad**

**Mushroom
Ravioli**

**Veggie
Pizza**

**Rotini
Italiano**

**Pasta
Alfredo**

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



Feb 1- Feb 5
Specials

Mon-1

Tues-2

Wed-3

Thur-4

Fri-5

Breakfast	Breakfast Wrap	Berry Smoothie	Blueberry Scone		
Chef's Entree	Chicken Pot Pie	Ham/cheese Calzone	Chicken Taco Salad		
Pasta Bowl \$3.50	Pasta Primavera	Pasta Carbonara	Macaroni & Cheese		
Grill Central	Jalepeno Smokies	Chicken Fajita	Pizza Slice		
Weekly Panini	Roast Beef W/ Sriracha	Roast Beef W/ Sriracha	Roast Beef W/ Sriracha		
Great Greens	Asian Noodle Salad	Tuna Salad	Chicken Taco Salad		

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



Feb 9-12
Specials

Mon-8

Tues-9

Wed-10

Thur-11

Fri-12

Breakfast	School		Raspberry Scone	Smoothie Day	Blueberry Muffin
Chef's Entree	Closed		BBq Pork Chow Mein	Lemon Grass Chicken	Sweet & Sour Stir fry
Pasta Bowl \$3.50	Happy	Happy	Creamy Bowtie	Asian Style Spaghetti	Pasta Alfredo
Grill Central	Family Day	Chinese	Banh Mi Sub	Spring Rolls	Fish Burger
Weekly Panini \$5.50		New	Turkey Sun Dried Tomato	Turkey Sun Dried Tomato	Turkey Sun Dried Tomato
Great Greens		Year	Chicken Caesar Salad	Chefs Salad	Spicy Chicken Salad

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



Feb 15-19
Specials

Mon-15

Tues-16

Wed-17

Thur-18

Fri-19

Breakfast

Breakfast
Wrap

Smoothie
Day

Blueberry
Scone

Smoothie
Day

Yogurt
Parfait

Chef's
Entree

Honey Garlic
Meatballs

Poutine

Greek
Chicken

Perogies

Fish
Taco

Pasta
Bowl \$3.50

Gnocci
Marinara

Cappeletti
W/ cheese

Spaghetti
Carbonara

Macaroni &
Cheese

Pasta
Alfredo

Grill
Central

Bacon
Cheese Burg

Chicken
Fajita

Pizza
Slice

BBQ
Ribber

Smokies

Weekly
Panini \$5.50

Chicken
Ceasar

Chicken
Ceasar

Chicken
Ceasar

Chicken
Ceasar

Chicken
Ceasar

Great
Greens

Quinoa
Rice Salad

Tuna
Salad

Greek
Salad

Chefs
Salad

Caesar
Salad

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



Feb 22-26
Specials

Mon 22

Tues-23

Wed-24

Thur-25

Fri-26

Breakfast

Bagel/Cream
Cheese

Smoothie
Day

Pumpkin
scone

Smoothie
Day

Breakfast
Wrap

Chef's
Entree

Italian
Calzone

Chicken
Quesadilla

Beef Dip

Lemon Grass
Chicken

Fish and
Chips

Pasta
Bowl \$3.50

Gemelli
Pasta

Macaroni &
Cheese

Ricotta Spin
Ravioli

Pasta
Marinara

Spaghetti
Carbonara

Grill
Central

BBq
Ribber

Japa Dog

Pizza
Slice

Spicy
Chicken Burg

Mushroom
Burger

Panini of
the week

Chipotle
Chicken

Chipotle
Chicken

Chipotle
Chicken

Chipotle
Chicken

Chipotle
Chicken

Great
Greens

Caesar
Salad

Grain
Salad

Chicken
Caesar

Chefs
Salad

Garden
Salad

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

