



SOUTHRIDGE WEDNESDAY

Our Weekly News

JANUARY 13, 2015
ISSUE #16

Head of School

Bringing the New Year into Alignment

Welcome back to Southridge. I hope you had a relaxing and peaceful holiday and a well-deserved break from the school routine. With a new year comes a new opportunity to make new resolutions, and many of us like to focus our resolutions on health and well-being. Typically, we give attention to getting exercise, managing our body weight and handling stress, and these are worthy areas to place our focus, but they all miss a very important health and well-being factor – sleep.

That's right; when it comes to feeling good, getting enough sleep is critical. Admittedly, this isn't anything new. When we don't get enough sleep we're usually cranky and grumpy, and fatigue puts most people in a bad mood. Until recently, though, it wasn't clear what was responsible for the emotional weaknesses brought about by sleep loss.

As it turns out, according to Professor Talma Hendler from Tel Aviv University, not getting enough quality sleep impairs our capacity to remain neutral because the brain's ability to distinguish important from unimportant information is compromised, and we end up thinking everything is crucial. Put another way, emotionally charged events and neutral events become blurred when we are fatigued, and our sensitivity meter is forced out of alignment.

Think of being emotionally out of alignment in terms of a car. With respect to a car, alignment refers to the system that connects a vehicle to its wheels. When a vehicle's suspension is out of alignment it is difficult to accurately judge its line of travel. In other words, it's hard to tell exactly where you're going. The translation to sleep is that when you are fatigued and the system that connects your brain to your emotions is disrupted, it is very difficult to judge and separate what's neutral from what's bad, and Professor Hendler says that this kind of situation can lead to anxiety.

Just like an adjustment of a vehicle's suspension is not brought about by correcting the tires or wheels themselves; feeling well and good, which is an emotional state of being, doesn't necessarily come from modifying an exercise routine and diet. The key to proper alignment is adjusting the angles of the tires which affect how they make contact



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with the road during daily driving. Similarly, adequate sleep helps you regulate the angle at which you make emotional contact with the events of daily living.

I wish you well in the New Year!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Senior School Noon Dismissal	Thursday, Jan. 14 th	Noon	Senior School
Senior School Parent-Teacher Interviews	Thursday, Jan. 14 th	1:00 – 8:30 pm	Senior Gym
Junior Assembly	Friday, Jan. 15 th	8:05 am	Junior School Great Hall
Grade 7 Parent Information Session	Thursday, Jan. 21 st	7:00 – 9:00 pm	Senior School Great Hall
Grade 6 & 7 Dance	Friday, Jan. 22 nd	7:00 – 9:30 pm	Junior School Gym
Junior Assembly	Monday, Jan. 25 th	8:05 am	Junior School Great Hall
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)



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Junior School News

Head of Junior School

The Joy of Reading

A book is like a garden carried in the pocket. ~ Chinese Proverb

One of the many benefits of the extended Christmas break is getting an opportunity to read. Over the course of the term, I do read for pleasure, but having longer extended periods to read is a real treat. We are a faculty who love to read as evidenced by the fact that our Southridge teachers have two book clubs: one is a professional educational club where we read current journals and books on teaching and learning; the other is a literary club, where we read current bestsellers or whatever we decide would be of interest to our group.

As a result of being in these book clubs, I have read a wide diversity of books — some genres that I may have never chosen on my own. Candidly, I will confess that some books were dark, bland, edgy, confusing, frustrating, or predictable, while others quickly seized me and were absolute page turners. However, the past two books have captivated our book club like I have never seen before...

Written by Canadian First People's author Richard Wagamese, the first is Indian Horse, a tale of residential schools, and the redeeming gift of ice hockey, as told through the eyes and first person account of main character Saul Indian Horse. Although the topic of residential schools is challenging as a Canadian, author Wagamese addresses this with gentle and poetic brilliance. Certainly an adult read, this book is about hope and passion for sport, set in the harsh and uncomfortable history that Canadians need to be aware of, and grow forward from.

The second Wagamese book, Ragged Company, is a testament to the power of friendship and the ability to rise through tremendous challenge, trauma, pain and recovery through community. Reading this book, there were personal connections for me, and if you have not yet read this Canadian author, I encourage you to partake of a writer who can articulate the depth of soul, but also weave in seeds of hope and reinforce the importance of connection and belonging. Richard Wagamese has emerged as one of Ms. Sue McNeil's favourite authors, which is high praise from someone who reads over 100 books a year. Mrs. Raber has read all of his books, as



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has Ms. Beaulieu — of course Mrs. Raber believes we are behind the times — she read these books ‘ages ago’.

Part of the fun in reading is also the social experience of sharing these events that we would rarely encounter in our life. Sometimes as I read something shocking or unusual, I would wonder about Madame Boyle’s response to this, or Dr. Bespflug’s, or Ms. Winterburn’s. When I read something sad, I would always wonder about how reading this affects others that have experienced something similar. When I read Ragged Company, Mrs. Winterburn and I would see each other in the hallway, and could hardly wait to share and discuss what we read. I confess to hounding Madame Kapetanovic almost daily, and begging her to read this book so that I could talk to her. She offers such depth of insight that I craved her feedback and perspective. As of now — she is only half way through the book, which is fine, because there is so much richness in each chapter that we can have a good conversation.

Overall, the discussions of all the books turn into gatherings that are filled with hilarity, raw emotion, insight and growth. I often underestimate the social aspect of reading, and the growth to me personally, as I need to defend and share my perspective on characters and events as well as literary style. It forces me to be open-minded, accepting the viewpoints and opinions of others, given their life experiences and beliefs. And it reminds me that this is exactly what we do in our literary programs at Southridge — our reading program is social, it involves varied genre (the material can be challenging and perhaps something that the reader may not readily choose on their own), it demands open-mindedness and debate, and overall, it deepens and strengthens the perspective of the reader. We are a school of readers who love to learn — this is shown by our students in Kindergarten through Grade 12 – but more so, by our faculty who live the love of reading in their spare time.

Have a great week, and take some time to read.

Laurel Middelaer
Assistant Head/Head of Junior School

Grade 7 Parent Information Session - Thursday, January 21st

On Thursday, January 21st, there is a Grade 7 parent night in the Senior School Great Hall from 7:00 - 9:00 pm. This is a great opportunity to meet some of the Senior School team, receive information about life in the Senior School, and hear about how we prepare the students for this important transition. See you there!



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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@southeridge.bc.ca).

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.

Casual Day *Jump Rope for Heart* - Friday, January 29th

This week we are launching the Heart and Stroke Foundation's Annual *Jump Rope for Heart* campaign. As so many of our community members have been touched by family members or friends with heart and stroke conditions, this event is widely appealing. The money earned supports research projects, medical intervention for existing patients, and preventative educational initiatives. Another benefit to this fundraiser is that Southridge School receives a percentage of all funds raised, which we later donate to our local Surrey school connection, W.E. Kinvig. Its staff uses this fund to buy additional sports equipment for its students.



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To begin with, we had Kate Harvey from the Surrey Heart and Stroke Foundation speak to the students at today's assembly. Then your child received a no-prize pledge envelope via his/her homeroom teacher; please feel free to use one envelope per family. Donations are due by Friday, January 29th, which is our first Casual Day of 2016. (Donations are in lieu of the \$2 contribution expected each Casual Day.)

Please send your child to school on January 29th in pink and/or red to enjoy a day of jump rope activities during their regularly scheduled PE and DPA times. Many thanks to Ms. Morely and Ms. Ferra for their organization and implementation of such a fun and purposeful event.

Thank you very kindly for your attention and donations toward two worthy causes.

Jo-Ann Murchie
PYP Service Coordinator

Senior School News

Head of Senior School

Parent Teacher Conferences

Happy New Year and welcome back! As you are all aware our Senior School Parent Teacher conferences will be happening tomorrow, Thursday, January 14th. These conferences will take place in the gym and parents have signed up through Pick-A-Time when they wish to arrive. Conferences will take place from 1:00 – 8:00 pm with a dinner break for teachers between 5:00 – 6:00 pm. If you haven't already signed up, please go to the website (Parent Portal) and you will see the button for 'Senior Parent Teacher Interviews'. We encourage all parents to take advantage of this important opportunity **and to include your son or daughter to attend with you**. Together with the teacher, key improvement goals can be made to build on the first term's success.

A few reminders and points of clarification about the conferences:

- We ask that each meeting with parents be limited to five minutes. There will be chairs around the gym where families may wait, should a specific teacher be busy. One suggestion would be to locate another teacher that is free to visit in the interim. If you feel that you will need more time to speak with a teacher, we



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ask that you contact them and arrange an alternative time to meet outside of conferences.

- These conferences do not replace our Advisory Student-Led Conferences. Advisors are starting to have their advisees prepare for *these* conferences, which take place on **Wednesday, February 17th**. A reminder that these conferences only involve the Advisor and will be scheduled through Pick-A-Time as well.
- We realize that some parents will not be able to attend the conferences this Thursday due to scheduling challenges. Unfortunately, we will be unable to organize an alternative planned time for people to have conferences. As always, you are more than welcome to contact any teacher to inquire about your son's or daughter's progress. This would be an excellent option should this Thursday not work for you.

We look forward to seeing you there and enjoy the week!

Doug Palm
Head of Senior School

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

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!



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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 Genevieve Hilton.

Thanks,

Glen Pope
Senior School Drama Teacher

***Peter Pan* – A Student Perspective**

One of the reasons I love theatre is that it requires more skills than just performing – set design, lighting and sound, script editing, costume and make-up, and so much more come together to make a show what it is.

For this year's production of *Peter Pan*, I feel truly lucky to have the opportunity to work with a cast and crew with such diverse skill sets. This year, the cast and crew includes students from Grade 9 to 12 (including some who are not members of the Theatre Performance class offered at Southridge), as well as, two teachers and our director, Mr. Pope.

Each person, whether they are a lead, an extra, a stage hand, a stage manager, or part of the tech crew, plays a vital role in the show. What the audience sees onstage could not be possible without the help of everyone involved. It is not one person who makes a show but rather a whole team coming together to create something beautiful, and that's what I love about theatre.



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The more I work with these amazing students and teachers, the more excited I am to bring this classic childhood story to life. So, join us as we continue to work on our production, “headed to the second star on the right, and straight on till morning!”

Genevieve Hilton
Grade 12
Drama Steward

Heritage Week - Monday, January 18th to Friday, January 22nd

Next week, the Senior School Social Studies Department is celebrating heritage week, beginning with a ‘guest that historical figure’ contest on Monday. Students are encouraged to dress up in a historical figure of their choice.

On Tuesday, there will be a High Tea in the Library presented by the White Rock Museum. Students can sign up (outside the library) to enjoy learning their local history while sipping tea and enjoying treats! (Seating is limited).

From Wednesday through to Friday on lunch break, watch ‘The Da Vinci Code’ movie in the library.

Thursday is ‘Cultural Celebration Day’ and will feature a cultural bake sale.

Additionally, every day of the week, in Room 210, there will be pioneer crafts – learning to crochet a scarf or toque.

Ira Alexandra
Senior School Social Studies Teacher

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,



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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	Isabel & Louis Kim
The Harrad Family	The Mao Family
The Zu Family	The Embley Family
The Panaich Family	The Favor/Mantini Family
The Grootendorst Family	Ziheng Wu's Family
The Xie Family	The Lawson Family
The Yang/Wang Family	The Martini/Vipond Family
The Yue Family	The Hodson Family
The Brown Family	The Robins Family
The Povey Family	The Toporowski Family
The French Family	The Gallant/Hodder Family
May Zhang & Ben Lu	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 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



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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 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.

Uniform Shop News

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



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Southridge Cafè News

Welcome back to the Southridge Cafè for 2016. Please see attached menus for the rest of this week and January.



GRAD 2016

FOUR COMPLETELY DIFFERENT STYLES
AND SIXTEEN DIFFERENT POSES.

MODERN LOOK

This is where it all begins.
A unique, fashionable, studio set.
We recommend a coordinated full length
outfit. You can use any of our props or
bring any from home.



CLASSIC LOOK

Get inspired with bold style and creative
flare in our classic Black and White set.
A variety of close-ups come to life in your
second photographic experience.



TRADITIONAL COMPOSITE

Celebrating graduation means
connecting with your family, friends,
and classmates. It also means connecting
your Artona portrait with the school yearbook
and graduation composite.



GRAND LIBRARY

Formal cap and gown presentation in our elegant
library setting. **Gentlemen** are required to
wear a white or light coloured dress shirt and tie.
Ladies, we suggest a plain white blouse with
a simple neckline or wear a top that fits under
the gown neckline.



Your Portrait Session is FREE.

We require a \$60 refundable deposit to provide you with your personal preview
booklet and online access. Your deposit will be applied to any purchase or
refunded if you choose not to place an order.



CLICK TO PLAY

View our **How To Prepare** video to
make the most out of your session!



CONTEMPORARY GROUP ROOM

Group portrait sessions for 4 or more are available in
our contemporary group room.

Group sessions must be scheduled separately by
one person representing the entire group.

\$15 each and everyone will receive a Digital Image.

REMEMBER

You must be photographed by Artona to appear in the
yearbook and Graduation Wall Composite.

Please plan on a one hour session.

Arrive at least 15 minutes prior to your appointment.

Find us on Facebook and Twitter!



Find us on Facebook:
www.facebook.com/ArtonaGroup



Find us on Twitter:
[@Artona](https://twitter.com/Artona)

Jan 11- jan15
Specials

Mon-11

Tues-12

Wed-13

Thur-14

Fri-15

Breakfast

Late Start

Berry Smoothie

Breakfast bagel

Apple/Cinn Scone

Banana Smoothie

Chef's Entree

Perogies W/ sausage

Chicken Enchalada

Chicken Strips

Chicken Chow mein

Fish Taco

Pasta Bowl \$3.50

Gemelli Pasta

Pasta Alfredo

Rotini Italiano

3 Cheese Tortellini

Macaroni & Cheese

Grill Central

BBQ Ribber

Soft Taco

BBQ Bacon Burger

Chicken Strip Wrap

Poutine

Panini of the week

Chicken Ceasar

Chicken Ceasar

Chicken Ceasar

Chicken Ceasar

Chicken Ceasar

Veggie Selection

Pasta Salad

Veggie soft Taco

Veggie Strips

3 cheese Tortellini

Macaroni & Cheese

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



Jan 18- Jan 22

Specials

Mon-18

Tues-19

Wed-20

Thur-21

Fri-22

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
Mozza 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



Jan 25- 29
Specials

Mon-25

Tues-26

Wed-27

Thur-28

Fri-29

Breakfast

Bagel/Cream
Cheese

Berry
Smoothie

Raspberry
Scone

Blueberry
Muffin

Banana
Smoothie

Chef's
Entree

Quesadilla
Chicken

Teri Chicken
Stirfry

Chicken Fried
Rice

Italian
Calzone

Lemon Grass
Chicken

Pasta
Bowl \$3.50

Pasta
Alfredo

Creamy
Bowtie

Pasta
Rose

Macaroni &
Cheese

Spaghetti &
Meat sauce

Grill
Central

Hot Italian
Sub

Japa Dog

Pizza
Slice

BBQ
Ribber

Fish Taco

Panini of
the week

chicken
pesto

chicken
pesto

chicken
pesto

chicken
pesto

chicken
pesto

Veggie
Selection

Veggie
Quesadilla

Creamy
Bow Tie

Veggie
Pizza

Veggie
Calzone

Caesar
Salad

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

