



SOUTHRIDGE WEDNESDAY

Our Weekly News

DECEMBER 9, 2015
ISSUE #14

Head of School

Psssst . . . I've Got a Secret for You

In the December 15th issue of *The Atlantic*, author Hanna Rosin investigates and offers commentary on the number of adolescent suicides in Palo Alto, California. In the article, titled **The Silicon Valley Suicides**, Ms. Rosin cites the research of Dr. Suniya Luthar. Dr. Luthar is a professor of psychology at Arizona State University, and she has also worked and taught at Yale and Columbia University's Teachers College. The American Psychology Association interviewed Dr. Luther and what follows is a slightly amended excerpt from the transcript. Facts and figures are from the United States. To read the full article click on the following link:

<http://www.apa.org/research/action/speaking-of-psychology/affluence.aspx>

Depression rates among children from affluent families are about one and a half to two and a half times as high as national normative samples for problems like depressive symptoms and anxiety symptoms. This population of youth also has higher rates of problems related to substance use, which includes alcohol, marijuana and even hard drugs.

Dr. Luther's first study in the 1990's on upper middle class youth was conducted essentially to look for a comparison group for inner city kids. While doing this research, Dr. Luther's team found, much to their surprise, that the so-called "privileged" kids were doing much more poorly – mostly on substance abuse, but also on depression and anxiety. Since their first study, Dr. Luther and her team have replicated these findings over and over again.

People have a tendency to say, "Oh, it's the parents," and Dr. Luther cannot think of something that is more misguided than to pick on either parents or schools. There is not a single unitary factor that can explain all of this. It is a problem that derives from multiple levels. Let's start with (North) American society and what our values are. More is better – go ahead. The title of the last chapter in one of Dr. Luther's books is *I Can, Therefore I Must* – if you can, therefore you must achieve more and move ahead. So this starts at the level of society, then it goes into the schools, and it goes into the



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universities. The bottom line is that many factors come together to reinforce the one big message of more is better.

It is all about the pressure youth feel to achieve. If your sense of self-worth gets tied into how much you can accomplish two things happen. One is, if you don't accomplish, you feel small, inadequate and lousy. And the other is you live in a state of fear of not achieving. Living in this constant state of tension and fear (if I don't achieve, who will I be?) is something that puts us in a state of anxiety and depression. To medicate, to self-medicate these feelings of anxiety and depression unfortunately, a lot of our kids are turning to drugs and alcohol.

In terms of advice for parents, Dr. Luther draws on when she and her team had first started doing in-depth research on families in poverty. Typically, mothers in poverty living in inner city areas where there is a lot of violence have to work extra hard to make sure that their children do not hang out after dark in places that are dangerous. In much the same way, parents in upper middle class societies have to work extra hard at ensuring that their children have a balanced value system. That they are not all about "Who can I be, how far can I go" . . . at whatever cost. But, that they're equally, if not more invested in, "How can I be a decent, kind person invested in the good of humanity and not just myself?" To be sure, media and societal messages make this task a significant challenge, but challenges exist for inner city families as well. We all need to keep our kids out of dark places that are dangerous, both literally and figuratively.

So, just as the inner city parents must work extra hard to keep their children physically safe and out of trouble with gangs, upper middle class families need to work extra hard to make sure their children do not get swept away in a feeling of "I must do more," and that they stay grounded in decency, kindness and true compassion and concern for humanity.

As parents, we need to look deep within ourselves. Working hard and reaching levels of professional accomplishment can mean a great deal. If we feel that work and career brings enormous gratification, somewhere subconsciously or otherwise, we most likely want our children to have a very successful career path too so that they can have the same kind of gratification.

Yes, it's lovely if my child has a PhD or is on the pathway to a successful professional career, Dr. Luther says, but you know, there are other things in life. As Dr. Luther often tells young people, including her own children when they were applying to university, "You'll get an education. It's alright. You'll get an education. Life does not begin and end with being at the top."



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So here's the secret. Simply put, money can't buy you happiness; quite the contrary, in fact, as there seems to be a mental price associated with affluence.

Have a wonderful week!

Drew Stephens
Head of School

Important Dates

Event	Date	Time	Location
Senior Winter Concert	Wednesday, Dec. 9 th	7:00 pm	Alan Brown Great Hall
Senior School Term 1 Reports Sent Home	Friday, Dec. 11 th	2:55 pm	Senior School
Albert Seo – Cello Concert	Monday, Dec. 14 th	7:00 pm	Alan Brown Great Hall
Junior Winter Concert	Tuesday, Dec. 15 th	1:30 pm	Junior Great Hall
Junior Winter Concert	Wednesday, Dec. 16 th	6:30 pm	Junior Great Hall
MYP Casual Day	Thursday, Dec. 17 th	All Day	Junior School
PYP Feast	Thursday, Dec. 17 th	11:30 am – 12:30 pm	Junior Great Hall
Senior Feast	Thursday, Dec. 17 th	6:00 pm – 10:00 pm	Alan Brown Great Hall
Casual Day	Friday, Dec. 18 th	All Day	Both Schools
Winter Break Dismissal	Friday, Dec. 18 th	Noon	Both Schools
Late Start	Monday, Jan 11 th	10:25 am	Both Schools



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Junior School News

Head of Junior School

Joy and Laughter and Report Card Writing? Who would have thought?

Collaborative standardized assessment is a best practice in education—simply put, it means that two or three heads are better than one, giving a well-rounded perspective to the student based on a set criteria, within varied context.

Last year, our faculty in MYP developed the ***Approaches to Learning*** Rubric which encompasses the skills in learning: thinking, research, communication, social, and self-management skills. While developed last year, its use was communicated to parents and students in September, as it replaced the EFFORT rubric.

On December 2, all our MYP teachers met in grade groupings, and they came to consensus regarding the achievement of each student and the appropriate descriptor was assigned. The beauty of this document is the alignment with the Core Competencies in the BC Ed Plan curriculum.

Another notable aspect of the day was the holistic assessment of the child through the lens of 8 disciplines. Each child was truly ‘known’. Another amazing byproduct was the fun and collaborative joy that emerged from the room. Since when is assessment fun? When you collectively see progress of a child, and you see a child through 7 other subject discipline lenses other than your own, and you see that your own assessment is validated by others—that is fun. I was professionally jealous that I was not in that room!

The laughter and joyous conversation that emerged from the conference room next to my office actually permeated my walls. It reinforced the phrase that our first Head Master Alan Brown coined ‘*Southridge School is a light-hearted place of serious purpose*’. And it made me so proud to lead these teachers that invest so much time and energy to truly know our students.

Thank you to Alison Graham, our MYP Coordinator and Assistant Head of Junior School, for her steadfast, deliberate, intentional and timely leadership for facilitating this activity—a most impressive feat and perfectly executed.



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Thank you to all the teachers for being ready for dialogue and having a thorough knowledge of each child. And thank you to our parents for entrusting your child to us—we hope you are confident that we know them very well.

The Gift of Time at this Busy Time

At this time of year, with the hustle and bustle and commitments that we all have, we ask that you choose to really be 'present' for the activities with your children. There is nothing that is more important to your child than your presence—knowing that you as parents are completely engaged.

As a parent myself, sometimes I know that I am half listening to my family as I cook dinner, straining to watch the NFL game over my son's shoulder as he talks, or glance at my cell phone as they tell me about their day. Sometimes, we can even be present, but our minds can be going through the list of things we must complete, or sorting through a problem that we are trying to solve, or doing the count-down of how many minutes we have to get out the door before soccer, hockey or swimming practice. Our kids are wiser than we know, and they can detect true presence as opposed to just 'being there'. As they hit adolescence, they become more vocal about this, letting you acutely know that they are aware of your wandering mind or distractedness. But they deserve the complete 'us' when we are with them.

During this time of year I often think of my grandparents, and how blessed I was to have their presence. Over a cup of tea, their eyes would light up with joy as I would share simple accounts of my day—I recall them just listening—I remember them being completely present. What a strengthening of self-esteem to know that you are worthy of someone's complete presence. And our kids are worth it.

I invite you to take that deliberate second or two to decide to be present—when you are watching the Christmas concert, when you attend the PYP feast, when you pick them up to rush to various activities, when you bake cookies—try to make that conscious shift to 'be there'. As parents, many of you are far better than this than I—we see the result in strong self-esteem and a sense of true confidence in your children. But we can all improve. Our kids are a gift, and our complete presence is truly the best gift we can all give back to them.

Enjoy the season's festive activities and build family memories,

Laurel Middelaer
Assistant Head/Head of Junior School



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Upcoming Christmas Concerts

Being mindful of the upcoming season and busy schedules, we would like to announce the dates of our Christmas concerts: Matinee performance on Tuesday, December 15, 2015 at 1:30 pm and an evening performance on Wednesday, December 16, 2015 at 6:30 pm. We hope that our families will be able to attend one of these presentations.

Dismissal for Christmas Holidays and Return for Monday, January 11, 2016- Late Start

On Friday, December 18, 2015, all students are dismissed at 12:00 noon. At this time, all students will receive their report card. Our Christmas break is three weeks this year and please ensure that your calendar is clearly marked for a return date of Monday, January 11, 2016 (Day 3). Please also note that we have a late start that day and students need to arrive between 10:10 and 10:20 for a start time of 10:25 a.m. Please do not bring students any earlier as the faculty will be in meetings and unavailable to supervise.

Junior School Music Merriment!

The Junior School students have been busy spreading Christmas cheer this past week. Last Friday, the students in MYP Glee (Grades 5-7) visited Sunnyside Manor to perform for the residents and sing Christmas carols with them. They did a wonderful job of connecting with the senior citizens, many of whom are long-time residents who always look forward to our visits. Grade 7 students Alyssa Wellar and Rhea Hayre kindly baked cookies for the residents as a special gift from our school to our Sunnyside friends. We are excited to welcome a busload of the residents to our school for next week's Christmas concert.

On Monday this week, the PYP Choir students (Grades 2-4) were also excellent ambassadors of our school as they sang with amazing energy in our annual performance at Semiahmoo Mall. The enthusiasm and confidence they showed was most appreciated by the large audience of family, friends, and shoppers. As happens each year when our choir visits the mall, the joyful voices of students brought many smiles to passers-by.

These are just two examples of how the Southridge Junior School students are using what Ms. Middelaer so aptly described as "the gift of music" at this special time of year. We are very proud of all our students!



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Christmas Concert Reminders

It's hard to believe that it is that time already, but next week is our Junior School Christmas Concert! We hope that you will be able to join us for the matinee performance on Tuesday at 1:30 pm or the evening performance on Wednesday at 6:30 pm.

As a reminder, students should plan on arriving at 6:15 pm for next Wednesday's evening show, and they should meet in their homerooms. As usual, students will wear their white dress shirts (no ties) with dark (black, grey, or navy blue) pants or skirts to school on Monday and Tuesday for the dress rehearsal and matinee, as well as for Wednesday evening's performance. The school will provide the coloured T-shirts and accessories to wear with this base outfit. If you have any questions, please feel free to email us at any time.

We thank you for your continued support of our Junior School music program, and we wish you and your families the best for this festive season!

Dr. Kevin Bespflug and Mrs. Donna Winterburn
kbespflug@southernridge.bc.ca; dwinterburn@southernridge.bc.ca

Senior School News

Head of Senior School

Term One Report Cards and Parent Teacher Interviews

This Friday, December 11th, students will be receiving report cards from their Advisors at the end of the day. These reports will include a percentage grade, attitude & effort mark and a comment from each teacher. Your son or daughter's Advisor will also have a comment about their co-curricular involvement and any other advisory activities that have occurred. The assessments are cumulative and include work completed from the beginning of the year until the reporting date.

It is no secret that this day can be a bit stressful for students. As I read each and every report, I am aware that the Senior School students are incredibly intelligent, talented and set a high standard for themselves. It is uplifting to receive positive feedback in the form of an improved grade or a comment that compliments a skill or success on a particular assessment. It can be so 'energizing' to some that it creates a strong



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motivation to continue working hard; to dig in and do even better. Every report has these sentiments and it is important to find those positive comments. It also can be disappointing to 'see' that in some classes improvement is still in progress. Perhaps a grade has slipped a little due to a difficult assessment or a lack of complete understanding of a concept. There will always be important feedback as to where a student can focus in order to improve.

The toughest part of receiving constructive feedback is to try and look at it as helpful information. I know that sometimes the first reaction of seeing a report can include emotions such as anger, frustration and letdown. These are not uncommon and are perfectly fine to have, to be honest. But once those feelings subside somewhat it is helpful to look a bit more objectively at how improvements can be made to increase success. I encourage parents to sit with your son or daughter and set some goals that can be focused on and accomplished during the second term.

As a way to assist you with this and to gain an opportunity to speak with the teachers, we will be having Parent Teacher conferences on Thursday, January 14th. Further details will be included in the report card and through email communication. These conferences will take place in the gym. To book your appointment for the Senior parent-teacher conferences, you will notice a new button has been added in the Parents Portal. Conferences will take place from 1:00 – 8:00 pm with a dinner break for teachers between 5:00 – 6:00 pm. 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.

Enjoy the final week until the holiday break!

Doug Palm
Head of Senior School

Art Students Help “Celebrate-A-Life”

For the past few months, the Grade 11 and 12 art students have been working diligently to paint illustrations on wooden doves. Inspired by the winter season, the students created scenes and patterns that featured optimism, festivity, and hope. As I passed through the art room, I glimpsed at the exquisite doves and was astounded by their beauty. The students have really poured their hearts into creating these delicate ornaments, and I speak for the Southridge art community when I say that the process of creating these doves was a heartwarming journey.



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These painted doves will be donated to the White Rock/South Surrey Hospice Society to support their "Celebrate-A-Life" campaign. Visitors to Semiahmoo Shopping Centre are able to stop by the Celebrate-A-Life Tree on December 19th 10:00 am, write the name of a lost loved one on a paper dove and hang it on the tree. They are also able to make an optional donation to the Hospice Society. For \$20.00, you can bring home a hand-painted dove ornament of your choice! Congratulations, again, to the dedicated art students for a job well done!

Rachel Tong
Art Steward

Thank you from the Grad Committee!

Thank you to all of the parents who donated food, prizes and their time to assist with the Starlight Soirée & Dance. The students had an amazing night and they all looked so good! The grad committee organized and ran interactive contests, online trivia and door prizes throughout the night. They ran multiple photo-booths (red carpet & dance), punch, food and candy stations throughout the night. The event ran successfully and I have heard many great things from the students about how fun the evening was. We hope to have all the photos up on Vidigami soon (hopefully by Monday) and I have a collection of punch bowls and plates in my office ready to be picked up. Please send your grad to my office to pick them up!

Thank you all for your assistance in making the night so wonderful for all of the Grade 10's to 12's. A special thank you to Carol Davis for organizing the volunteers for me and the door prizes. Thank you to all of the parents who came and assisted in the set-up, it went so smoothly and the gym and great hall looked lovely!

Ms. Mosher

Update on UBC Application Deadlines – Notice and reminder for students & their families

As the first deadline for UBC approaches, it is important to remember that you do not have to rush your application essays or video in order to meet the December 10th deadline. Since we began the essay practice for preparing for the UBC Personal Profile in Grade 11, it has been emphasized that the first deadline enables students to be



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considered for scholarship opportunity. The reality is that very few students are offered entrance scholarship dollars and as UBC recently clarified for us on our info night, they have redirected entrance money towards retention awards once you are at UBC and for funding research projects.

If you have been steadily working on your essays and you have received advice in polishing your submission and you are feeling confident, by all means submit before midnight on December 10th.

If you feel you need more time to polish your essays and/or prepare for the new video requirement, take the time you need to thoughtfully and carefully organize your submission. Mr. Weaver and I are available as well as other teachers to assist you with finishing the application in a less stressful timeframe which may mean you need to look beyond the first deadline. I will continue to be available to coach you for the Sauder video.

There is no disadvantage if you do not submit your application by the 10th. On November 25th, the UBC rep clearly told us that there is nothing negative about waiting until after December 10th if you need more time.

What you must keep in mind is that we are on our holiday break from December 18th to January 11th. **Once we return, the final deadline of January 31st will arrive quickly. We do encourage you not to wait until the last week to work on or seek help to polish your application.**

Take time to breathe and consider what your best strategy is for preparing all of the components of the UBC application and doing it in a way that ensures you are putting your best foot forward for the deadline that works best for you.

Reminder that you should have received an invitation for appointment #3 during which we will discuss the status of all your applications and if you require further help or guidance on preparing for upcoming deadlines.

Ms. Livingston
Director of University Counselling



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Both Schools

Stories of Character: Episode VIII

Last Thursday evening, the day before our annual Big Storm basketball tournament and its accompanying Spirit Day, Mr. Jones was working late in his office. Most of the school was empty, but he overheard a strong and patient voice speaking to someone else. Now, Mr. Jones has tremendous powers of concentration but he couldn't get over the content and tone of what was being said. This was clearly a master teacher in action: the speaker was explaining a difficult problem in such a simple way that the listener would have little doubt understood it clearly. And that little doubt was removed by the patience and care with which the speaker handled the clarifying questions that followed. Mr. Jones snuck out to have a look, and discovered that this master teacher was a student, none other than the starting point guard on our Senior Boys' team, Mat Andreou.

This story made me realize two special ways character is developed in our school. One is through athletics, where learning to do the right thing as a person is far more important than learning to make the right moves on the court or field. Over my ten years here, I have witnessed countless times in which the Senior Boys' Basketball Team has exemplified character on and off the court – and Mat was just adding to my list.

The other way is through service. One of the subtlest forms of giving in our school is through the peer tutoring program. This year, there are record numbers of students with a great variety of different talents sharing them with other students in one-on-one interactions outside class time. This is one of the strongest ways our Junior and Senior Schools are connected. It is so neat to watch students from different grades and social groups getting together to initially work through an academic problem; this often eventually transforms into a mentoring relationship.

To all the students and athletes showing us what true character is, and all of the parents, coaches, and teachers who contribute to making these interactions possible, a very merry Christmas indeed.

Daryl Weaver
Director of Experiential Education



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HR News

Ms. Susan Frame will be taking on the role of a temporary full-time Grade 2 teacher as of January 11th. Susan spent 35 years teaching Kindergarten to Grade 2 in the Surrey School District and recently spent two years teaching Kindergarten at an International Baccalaureate School in Indonesia. Susan holds her PYP Level I and has been a teacher on call at Southridge since September.

Ms. Antonia Kolic will be joining us on Monday, December 7th as a temporary part-time Biology/HCE Teacher. Antonia is a graduate from Mulgrave School, obtained her Bachelor of Science from UBC and just completed her Professional Development Program with SFU. Antonia is a passionate, enthusiastic educator with a strong belief in inquiry-based learning and is looking forward to demonstrating her love of education and science to our Southridge students.

Please join me in welcoming Susan and Antonia to Southridge.

Darcie Sagert
Director of Human Resources

Support the Team!

Junior Boys Winter Storm Basketball Tournament

Come and support the Junior Boys Basketball team as they host and compete in the Winter Storm basketball tournament at Southridge School. There will be a concession open on Friday and Saturday featuring pizza, samosas and other goodies. Come and cheer on our boys!

Ms. Becker & Mr. Geddert

Gift Card Fundraiser Pick Up Details – Friday, December 11 (7:45 am to 3:30 pm)

All gift card orders have been submitted and the cards will be ready for pick up this Friday, December 11th. Junior School orders will be available at the Junior School Reception and Senior School orders will be available at the Senior School Reception after 7:45 am. Thank you to Ms. McKinnon and Ms. Schaub for assisting with this.



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A big thank you to all families who supported this fundraiser for the 2016 Grad class. It has been a successful venture and on behalf of the grad parent coordinators, Mrs. Hilton, Mrs. Pope, Mrs. Hsu, we thank you so much for your orders!

Ms. Livingston

Purdy's Pick-Up

Thank you to everyone who purchased Purdy's chocolates. They will be ready to pick up in the senior school cafeteria between 2:30 and 4:00 pm on Friday, December 11th.

Ms. Mosher

Uniform Shop News

The Uniform Shop offers grey dress pants for Junior School girls who choose to wear pants in the winter for warmth. You are welcome to come to the shop and take a look.

The Uniform Shop is open during the following hours.

Monday – Thursday (closed Fridays)
7:45 - 9:00.a.m and 2:00 – 4:00 p.m.

Phala Tan
Business Services Manager
ptan@southridge.bc.ca

Southridge Cafè News

Please see the attached menus for the rest of this week and December.



Dec 7- 11
Specials

Mon-7

Tues-8

Wed-9

Thur-10

Fri-11

Breakfast

Breakfast
Wrap

Banana
Smoothie

Cheese
Scone

Banana
Bread

peach
smoothie

Chef's
Entree

Chicken
Chow Mein

Butter
Chicken

Individual
Pizza

Chicken
Stir-fry

Chicken
Strips

Pasta
Bowl \$3.50

Pasta
Primavera

Spaghetti
Meat Sauce

Mushroom
Ravioli

Macaroni &
Cheese

Pasta
Alfredo

Grill
Central

Spring Rolls

Chicken
Fajita

Bacon Mozza
Burger

Beef Dip

Fish Burger

Panini of
the week

Turkey
Swiss

Turkey
Swiss

Turkey
Swiss

Turkey
Swiss

Turkey
Swiss

Vegetarian
Selection

Spring
Rolls

Veggie
Fajita

Veggie
Pizza

Mac& Cheese

Caesar
Salad

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



Dec 14 Dec 18
Specials

Mon-14

Tues-15

Wed-16

Thur-17

Fri-18

Breakfast	Breakfast Wrap	Berry Smoothie	Breakfast Bagel	Apple/Cinn Scone	Banana Smoothie
Chef's Entree	Chicken Burrito	Perogies W/ sausage	Greek Chicken	BBQ Pork Fried Rice	Very
Pasta Bowl \$3.50	Gemelli Pasta	Pasta Alfredo	Rotini Italiano	3 Cheese Tortellini	Merry
Grill Central	Veggie Burger	Meatball Sub	BBQ Ribber	Fish Taco	Christmas
Panini of the week	BBQ Chipotle	BBQ Chipotle	BBQ Chipotle	BBQ Chipotle	Happy
Vegetarian Selection	Veggie Burger	Pasta Alfredo	Greek Style Tofu	Cheese Tortellini	New Year

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

