



# SOUTHRIDGE WEDNESDAY

## Our Weekly News

OCTOBER 28, 2015  
ISSUE #08

## Head of School

### Just a Hop Away from Success

There are some key steps we can all take to help us reach our goals and experience success. In very broad terms, some steps have to do with a healthy approach to living while others have to do with character. We often learn about healthy habits and positive attributes from research, and we frequently pick them up from important role models in our lives. Interestingly enough, though, the amphibian world – in its own oblique manner – can serve as a reminder of an important perspective that can help us experience success.

To begin with, however, leading a healthy lifestyle gives us a better chance of meeting our goals, most notably because being healthy positions us to be our best selves. Getting enough sleep, exercising regularly, managing stress and eating right (including limiting caffeine consumption) are habits that, when followed regularly, give us a leg-up when it comes to energy, attitude and clarity of thought.

Attributes of character also figure prominently in the success equation. Reaching or achieving our goals takes not only hard work and a positive attitude, but also a commitment to the end result, perseverance and grit. Depending on how you define success, characteristics such as honesty and integrity are also fundamental character qualities.

You might think that a healthy approach to living and a solid character are all that's needed to be successful, and you might be right. But consider this quote from American novelist and humorist, Mark Twain, "Eat a live frog first thing in the morning and nothing worse will happen to you for the rest of your day." In terms of success, this quote offers sage advice: do the worst things first and save the best (or easiest) for last.

There's a phrase for eating a frog the first thing in the morning, other than "you must be crazy". Psychologists refer to it as delaying gratification. People who tend to be more successful are those who have the self-discipline to get down to business and accomplish tasks – even and especially the dirty jobs that require grinding it out and plain old hard work – before giving themselves the pleasure and satisfaction of accomplishing a string of easy jobs.



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I admit that the oblique reference to frogs is a bit of a stretch; however, you have to admit that delaying gratification by doing the tough stuff first can really help us leap far along the pathway to achieving goals and experiencing success, especially when combined with a healthy approach to living and dependable attributes of character.

Have a wonderful week!

Drew Stephens  
Head of School

### Important Dates

Event	Date	Time	Location
Pumpkin Day	Thursday Oct. 29 <sup>th</sup>	8:00 a.m.	Junior Great Hall
Halloween Costume Day	Friday, Oct. 30 <sup>th</sup>	All Day	Both Schools
Jazz Retreat	Nov. 1 <sup>st</sup> - 3 <sup>rd</sup>	All Day	Penticton
Junior Assembly	Monday, Nov. 2 <sup>nd</sup>	8:10 a.m.	Junior Great Hall
Senior Assembly	Monday, Nov. 2 <sup>nd</sup>	8:10 a.m.	Senior Great Hall
Grade 6 Immunization	Tuesday, Nov. 2 <sup>nd</sup>	8:30 a.m.	
Junior School Poppy Sale	Thursday, Nov. 5 <sup>th</sup>	All Day	Junior Great Hall
Open House	Thursday, Nov. 5 <sup>th</sup>	6:00 – 8:30 p.m.	Both Schools
Remembrance Ceremony	Tuesday, Nov. 10 <sup>th</sup>	10:00 a.m.	Senior Gym
K-Grade 2 Remembrance Ceremony	Tuesday, Nov. 10 <sup>th</sup>	10:45 – 11:15 a.m.	Junior Great Hall



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### **The Southridge Wednesday has a new look!**

For several months, the Communications team has been working away behind-the-scenes designing a fresh, updated Southridge Wednesday. We're very excited to share the final product with you today!

The new design was created to reflect our school culture of "a lighthearted place of serious purpose". With this in mind, we incorporated the elements of the promotional mark, grounding them with our school crest and its colours.

A few highlights of the new online layout include a "Featured Stories" section, where we will share weekly stories from the across the school – these could be remarkable student experiences and accomplishments, stories of character, celebrations of achievement, reminders about upcoming events, or other helpful information. We've also designed a new top navigation bar, to help you move around the various sections of the newsletter with greater ease. At the bottom of the page, you'll find a "Volunteer Now" button linking directly to volunteer opportunities, and next to this you'll find direct links to our social media pages, where we hope you'll join us in celebrating and sharing the wonderful things that happen at our school.

We have tested the links and pages several times, but as with any new website, there are likely to be a few glitches or issues. If you do run into any challenges as you navigate your way through the new platform, please contact Mr. McInnes: [amcinnnes@southridge.bc.ca](mailto:amcinnnes@southridge.bc.ca).

We sincerely hope you enjoy the updated Southridge Wednesday!

Erin Labbè  
Director of Communications and Marketing

## **Junior School News**

### **Head of Junior School**

#### **PYP Evaluation- Feedback is favourable!**

On October 15 and 16, we welcomed two evaluators from the International Baccalaureate to commence a thorough evaluation of our Primary Years Programme at Southridge. This visit involved extensive viewing of our self study, analysis of our supporting documents, classroom observations, interviews with parents, teachers,



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students and four of our board members, as well as incidental conversations on an 'as needed' basis with Shanaz Ramji-Motani and myself. Suffice it to say that the two days were quite full and intense. At the end of the session, there is an exit interview with some preliminary feedback, and although we will not receive the full report for several weeks, we gained an initial understanding of its content. Simply put, there is some good news including some of the following commendations that were shared:

The entire school community, governing body, parents, teachers, students expressed an understanding and support of the programme, as evident through assemblies, parent discussions, parent communications such as LMS teacher and student conversations

- A culture of trust and appreciation is evident
- Evidence of sustained support and follow through in collaborative planning as well as appreciation for infrastructure and PYP coordinator support in collaborative planning
- Natural collaboration and a sustained development of the Programme of Inquiry
- Action is alive considering small and large scale actions
- Excellent strength in the library resource program
- Teachers and students were able to demonstrate student learning over time as evident through "the best portfolios they have ever seen"
- Student engagement high with lots of relevant learning experiences

This feedback also included some specific recommendations for further developing inquiry as well as other items that we had targeted in our self-study, and it was validating to see that we are on the correct course in our programme. There are literally hours of work and preparation that were invested to ensure that we not only meet the demands and rigor of the IB requirements, but more so to be certain that we are delivering the best possible programme to the students in our care. Thank you for your continued confidence in our school, and thank you to our PYP teachers. Well done!

Have a great week,

Mrs. Middelaer  
Head of Senior School/Assistant Head



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### **Hallowe'en Activities**

On Friday, October 30, 2015 we will be hosting a Hallowe'en assembly for our entire junior school followed by a PYP parade of costumes to our senior school. This assembly is great fun, and we ask that students select costumes that are engaging and appropriate. We do not allow any weapons to come to school, even 'fake' weapons such as sickles, axes, and others that may accompany costumes.

### **Remembrance Day Ceremonies**

Although Remembrance Day is a time to reflect, mourn and remember—it is also a time to celebrate being a Canadian. Canada has always answered the call to stand up for freedom and human rights. Our commitment to these values is being shown again in Afghanistan, and Canadians, all of us, are proud of the work our brave soldiers are doing to help those less fortunate than us. Our troops are making a difference in a very tangible way, in the countries where they are serving.

In the 20 years of Southridge, Remembrance Day always been honoured and respected. Our MYP students all write Remembrance Day selections and the top pieces are read at the next few assemblies. May the Canadian heroes who lie beneath the poppies in Flanders fields, and in other places, rest in peace knowing that their lives are being honoured, remembered, but mainly that our young people are thriving in this free country of peace bought by the sacrifice of others.

On Tuesday, November 10 our grade 3 – 12 students will be attending the full school Remembrance Day assembly in our senior school gym at 10:15-11:15 a.m. Our PYP students will have their own age appropriate ceremony at the same time. Please join us as we honour those whom have sacrificed for our freedom.

### **No School on Remembrance Day- November 11, 2015**

To honour those who sacrificed for our freedom, there will be no school on November 11, 2015. School will resume on Thursday, November 12 at the regular time with NO late start.

### **Calling all Pumpkins!**

Bring in your decorated and carved pumpkins on the morning of Thursday, October 29<sup>th</sup>. Make them as funny, scary, or creative as you would like. Each pumpkin will be worth five house points. Grades K, 1, 2, 3 can bring their pumpkin to the Great Hall and



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grades 4, 5, 6, 7 can bring them to the upstairs hallway. Bring your Halloween and School spirit by bringing in a pumpkin. Go Chinooks, Go Ravens, Go Hawks, and Go Otters!!!!

Please remember to take your pumpkin home on the afternoon of Friday, October 30<sup>th</sup>.

Happy decorating!

Ms. Redies and Ms. MacHolm

### WE day

WE day was one of the best experiences of my life. The show was not only an awesome opportunity, but it inspired me to do great things in my life. My favorite guest speakers were Spencer West, Spencer O'Brien, and Shirley Clements. Spencer West inspired me so much. He lost both of his legs due to a severe deformity of the spine that resulted in his legs being completely amputated. But, this has not slowed him down. He was built schools, was a high school actor, and has climbed Mt. Kilimanjaro. I found this truly amazing, and it inspired me to try harder in my activities, even when I feel like I have to stop.

Spencer O'Brien is an Olympic athlete, and competes in snowboarding. Her story really inspired my too. She had made it into the Olympics in 2014, and was training. But, due to injury, she did not win a medal at the Sochi Olympics. She didn't give up, and now is training to make the 2018 Olympic team.

My favorite act was Shirley Clements and her dance crew. Shirley Clements is 60 years old, and can break dance. She rapped a Taylor Swift song, and did some cool dance moves. It was really cool to see a 60 year old do a handstand, when I can't even do it myself.

WE day was a great experience for me, and I hope I will get to go again in the future. I learned to never give up, even if I have some struggles on the way to success.

Madeleine C 6AM

### PYP Skating

Friday, Dec. 4 @ 8:45-9:45 (Day 4) classes: KKR, KSR-T, 2TW, 3CK, 3CG

Friday, Dec. 11 @ 8:45 – 9:45 (Day 3) classes: 1RR, 1RS, 2JM, 4SM, 4PH



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Where? South Surrey Arena (2199-148<sup>th</sup> Street)  
Cost: ice time to be covered by Southridge  
Dress: Come in PE strip and stay in it all day!

**NOTE: Everyone MUST wear a HELMET including adults!!**

We welcome all parents and younger siblings who wish to join us. **Please come directly to the rink between 8:30-8:45 am.** (The children should register with their classroom teacher and inform him/her if you required rent anything.) *EVERYONE* is required to wear a helmet on the ice.

Skating is only 1 hour and we feel that the students should not need a snack before we get back to school. *Please refrain from bringing or buying snacks at the rink.* We will let the children have their snack immediately on returning back to school.

See you on the ice!

Rowena Raber

## Crayola Colour Cycle Participation

Dear Southridge Families,

We would like to tell you about the Crayola Colour Cycle. If you have any dried up markers or highlighters, please send them to school with your child. You can put them in the box by the elevator table on the main floor. You don't have to bring Crayola markers. You can bring any type of marker, highlighter or fineliner. Please, no ballpoint pens. When you do this you help to create fuel for communities through Crayola's recycling programme. Thank you!

Crayola Colour Cycle Kids

## Cross Country News

We are eagerly looking forward to the ISEA cross country meet this Thursday, October 29<sup>th</sup> at Quilchena Park in Vancouver. We will be travelling there as a team on the bus. We will leave the school at 8:30 am and will return in time for normal dismissal. The grade 3 athletes will return with Mr. Gallant on the bus by about noon. Go team! This is



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the final race in our season but we look forward to seeing many of the participants back with us for the track and field season in the spring.

S. Ridley-Thomas  
C. Khuangura

## Senior School News

### Head of Senior School

#### Parking Lot & Beginning the Day Reminder - Senior School

In my daily “parking duty” I wanted to bring a few points to light to help us continue to make our pick-up time be as efficient as possible while ensuring that the safety of the students remain paramount. It is always around this time of year when the weather begins to change and the initial pick-up and drop-off routine has waned somewhat.

- While it may be necessary to pick up your child(ren) right at 3:00 p.m. in order to get to other commitments, we encourage you to consider waiting an extra 10—15 minutes to stagger the number of cars arriving right at 3:00 p.m.
- Please follow the pick-up guidelines below. The efficiency to our plan lessens greatly when drivers decide to change the procedure by stopping (or even turning off their car) in a “through” lane or leaving their car unattended in any of the laneways.
- While we have continued to mitigate issues that might contribute to a less efficient pick-up process, there will no doubt be times when something occurs that will cause problems. We ask you to be patient and remain civil in your response. Please feel free to speak with me during my duty or afterwards via phone or email.

As stated above, safety will always be a constant priority and focus at Southridge and we want to ensure this focus continues in our parking areas. Below, please find the detailed steps to follow in order to pick up a student at the Senior School:

1. If you are picking up or dropping off a Senior School student, enter the school from the gate where the traffic light is located.





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2. Travel along the roadway around the turf field and towards the Senior School building. Here there are two lanes. One is a “through” lane and the other lane closest to the fields is “wait” lane. If you plan on waiting, please remain in this lane and move along as cars are able to find spots in the “wait” areas in front of the Senior School.
3. The inside lane is a “through” lane and should only be used if you plan to drive by the school and keep going or if your child is ready to “jump” into the car right away. You may loop around the commons area if you wish to remain in this lane, but please do not stop and wait in this lane.
4. Once you have turned the corner towards the Senior School, the roadway splits into three lanes. The centre lane remains the “through” lane. The two outside lanes allow you to wait for your child. If there are no openings, please wait patiently in the “wait” lane by the field.
5. Note: at 3:00 p.m. we have over 600 students being picked up at both schools.
6. Drive cautiously and with a heightened sense that students are walking onto the road to get into cars. Please help ensure we keep these important people safe.
7. Finally, when it is raining, pick up becomes less efficient and there seems to be less patience amongst our drivers. This is a worrying combination as students run to cars to avoid getting wet. With visibility impaired, please be extra cautious and take your time.

### Beginning the Day Well

Over the past weeks, we have noticed an increased number of students that are arriving after 8:05 am – the time that they are to be ready to start school and be physically present in their Advisory locations. This presents a few concerns:

1. Students arriving late miss their Advisory time which is an important check in for their group and for their Advisor to pass along information. In addition, it is a time for the group to connect with their school “family”
2. Being late causes the day to begin in a rush - perhaps missing part of Period 1 and can cause the rest of the day to be off. Think about arriving late to an important event or your own workplace. Being a bit early provides time to connect with peers, teachers and begin much more calmly.
3. Finally, arriving late causes a great deal of work for recording attendance. Ms. MacKinnon spends a great deal of time calling home to parents or trying to locate a student in the building.



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As always, if you are going to be late, please contact the school in the appropriate manner to ensure that we are aware of any absence or late. We appreciate your help in beginning the day as smoothly as possible!

Have a great week!

Mr. Doug Palm  
Head of Senior School

### Outdoor Ed Mountain Biking Trip

On Monday, October 19<sup>th</sup> a group of 11 intrepid mountain bikers headed to Mount Fromme in North Vancouver, led by Mr. Jones, and Mr. Mitchell. The misty woods set the stage for an epic day of riding.

We started out by testing our technical skills on the cross country loop called circuit 8, where riders had the chance to ride through a hollow tree. After some more skills sessions from our amazing instructors and a quick lunch we headed higher up on to Mt. Fromme. Once there here we had fun on the flowy singletrack run called Bobsled, as well as some more technical trails such as Roadside Attraction, Griffin, and Kind of the Shore.

While for most the riding was the highlight of the day, for some it was the stop at Tim Horton's on our way back to Southridge. We look forward to welcoming more riders on our spring mountain bike trip, set for Friday, April 8<sup>th</sup>. See you then!

### Auditions for the December Concerts Awh! (Auditions With coffee House!) November 19th, 7:00 pm

Our annual senior school Music Department concerts, **An Evening in December**, on Tuesday and Wednesday December 8th & 9th, are fast approaching!

Each year, at the concerts, several students successfully audition to be a part of the show as student-directed small groups or solos. These musical numbers always add a nice breadth to our concerts, as well as reveal some of the amazing talents that our students have.



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However, many more audition than 'make' the show. As music teachers, we wanted to allow more students the opportunity not only to perform for an audience, but also to grow from the experience of doing so. So, we have moved our auditions, which usually happen at lunch in the band room for just a few students and the music teachers, to an evening in the Great Hall with any who want to attend.

On Thursday, November 19th, the Alan Brown Great Hall will be set up like an outdoor patio; there will be sweets to sup and sodas to sip, but the main attraction will be the host of student performers.

Proceeds from donations for the treats will go to the school in Uganda that one of our Spring Break service trips is going to visit. Think of the event as Café Concerto gone Hipster (sans the larger curricular and co-curricular ensembles)...relaxed and supportive of everyone's efforts; Auwh!

Students, if you would like to be added to the "Audition list", email Lenno or Maxton with all the details about your piece and technical requirements. [lliu@southridge.bc.ca](mailto:lliu@southridge.bc.ca) or [mcunning@southridge.bc.ca](mailto:mcunning@southridge.bc.ca)

Mr. Burrage

## University Counselling News

The following universities will be visiting Southridge to discuss the 2016 application procedure. All Grade 12s who are interested in these universities should attend the sessions. Grade 11 students are currently doing university research in Senior Planning classes and are welcome to attend any of the sessions if they are able to. All sessions will be held in the University Counselling Centre unless specified otherwise:

- University of Calgary, Tuesday, November 3<sup>rd</sup> at 3pm
- Carleton University, Thursday, November 5<sup>th</sup> at 3pm
- Western University, Tuesday, November 10<sup>th</sup> at 9am
- McGill University, Wednesday, November 18<sup>th</sup> at 11am
- University of Alberta, Wednesday, November 25<sup>th</sup> at 3pm
- UBC, Wednesday, November 25<sup>th</sup> at 6:30pm in the Great Hall
- UVic, Gustavson School of Business, Thursday, December 3<sup>rd</sup> at 3pm



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Other sessions outside of Southridge:

- U of Toronto will be downtown Vancouver on November 26<sup>th</sup>, 2015
- Registration will begin at 6:30PM; session starts promptly at 7PM. Follow the link below for more details.
- [Register online](#). Space is limited.

Please note that there are a number of updates and news items regarding University Counselling specifically for Grade 12 families on the Parent Portal of the LMS. News items include:

- Globe & Mail University report (2015 version is out)
- Engaging External Service Providers and Agents for Post-secondary counselling
- Wrap-up of Individual Appointment #1 for all Grade 12s

Watch for:

- Updates from Canadian Universities – bulletins from Counsellor days for the class of 2016
- Updates from U.S. Universities – deadlines & activities

Ms. Livingston  
University Counsellor  
[ylivingston@southridge.bc.ca](mailto:ylivingston@southridge.bc.ca)



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### Both Schools

#### Open House is only one week away!

Our largest admissions event is just around the corner. On **Thursday, November 5th from 6:00 - 8:30 pm we are inviting the greater community to join us for our annual OPEN HOUSE.** Invite a neighbor, friend or family member and give them an opportunity to visit our classrooms, meet the faculty and students, and tour our wonderful facilities. We know that our **greatest source of advertising is our own families**, so please help us promote our Southridge community. **Pre-registration is not required.** Thank you for sharing your pride of School!

Renee Lepp  
Director of Admissions

#### The Countdown begins...

The Masquerade Ball organizing committee would like to send out a special thank you to **The Super Save Group**, returning as our Marquis sponsors once again.

But there is still room and need for more sponsorship. We have so many amazing ways you can sponsor the gala, plus just as many opportunities for you and your business to be acknowledged for your participation. To find a sponsorship opportunity that is right for you, please [click here](#).

Thanks also go to those generous sponsors who have supported this event over the past 20 years, we couldn't do this without you!

Remember buying your tickets is also a great way to ensure the success of this important fundraising event – November 21<sup>st</sup> is just around the corner!

The 2015 Masquerade Ball Committee

#### A Primer on Donating to Gala

What:

- **Gift cards** – local stores, restaurants, gas stations



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- **Travel** – a weekend away, overseas flights, a night at a downtown hotel, golf & ski packages
- **Electronics** – we all love gadgets!
- **Event tickets** – Canucks, Whitecaps, Mariners, concerts, live theatre
- **And...** food & wine experiences, family fun adventures and autographed memorabilia are also great donation items.

**When:** Sooner is always better! So many volunteer hours are needed to catalogue all the donations, so giving us extra time really helps.

**How:** Drop your donation off at the Jr. or Sr. office during school hours or call and we can arrange pick up.

**Why:** Our students! Your generous donation affords our children so many opportunities and experiences and isn't that why we are all part of the Southridge Family?

**Where:** The Masquerade Ball is November 21<sup>st</sup>, Southridge Gym. Buying a ticket is also a terrific way of being part of this terrific event!

Donation deadline is now **MONDAY, NOVEMBER 9<sup>th</sup>** - [Click here](#) for a donation form

## Come one, come all, to the Masquerade Ball!

The best party on the peninsula is just 4 weeks away – do you have your tickets?

The Southridge Masquerade Ball, our biggest fundraiser of the year, takes place November 21<sup>st</sup> and this event is not to be missed.

Dinner, dancing, Collective You photos, live entertainment from duelling pianos, silent and live auctions, even late night snacks from 2 food trucks!

Here is your chance to make a date with your friends and family, our table's seat 10, dress up to the nines and assume a different new identity for a few hours. We encourage you to don a mask...this is a night of mystery and intrigue after all and support our wonderful school.

[Click here](#) to register for tickets NOW!



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### **Gift Cards for Sale – Fundraiser for Grads 2016!**

Thinking of purchasing some Cineplex gift cards for the movie fanatics in your family? Have a teenager who just got their license who would be thrilled to get some Chevron gift cards instead of buying gas themselves? Have a student studying across Canada and want to make sure they are getting their groceries? Want to impress your wife with a Spa Utopia gift card? Want to treat your staff to a coffee or two? Take a look at the Grad's upcoming fundraiser (flyer and order form are attached to the Wednesday) and consider ordering your holiday gift cards through us! We appreciate all of your support!

Ms. Livingston & Grad Committee

### **Purdy's Chocolates**

The Southridge 2016 Grads are selling Purdy's Chocolates again this year. We love all the support we receive from our community and we know that many people look forward to this fundraiser so they can have gifts and treats ready for friends and family over the holidays. The students have all received the flyers, but in case you have not received it you can view the online catalogue to place your orders. We have included an information sheet as to how to place your orders online.

Thank you!  
Grad Committee

### **Uniform Shop Hours**

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



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### **This week in the Southridge Kitchen:**

We have just begun our Breakfast Smoothie Special for morning break. Last week we featured Blueberry Smoothies, this week was Chocolate Banana, and next week we will do a new flavour. Make sure you stop by to get one... they sell out really fast!!

Also, as late fall and winter creep upon us, we will begin running two types of soups a day. If you have a favourite, be sure to let our Chef know, so you can indulge more often! Nothing quite like a fresh, nourishing soup to warm you up on a chilly day. Mmmmm, soup!

Make-At-Home Recipe of the week:

### **Freshly Dug-up Grave Platter (Fun for Halloween weekend!)**

What you will need:

- 1 box of Oreo Cookies
- 1 Box of Oreo Cookie Crumbs
- 1 package of Chocolate Pudding (or a pack of chocolate pre-made pudding cups)
- 1 Bag of chocolate covered nuts or raisins
- Butterscotch Chips or Skor Toffee Pieces
- Gummi worms
- 1 Large plate or platter

Make the chocolate pudding according to the recipe (or buy pudding cups and empty them into a bowl). Crush  $\frac{1}{2}$  the package of Oreo cookies by hand into large and small chunks. Mix them into the cool chocolate pudding and spread  $\frac{2}{3}$  of the mix in a thick layer over a platter. Sprinkle some gummi worms, some chocolate covered nuts or raisins and some Oreo crumbs all over the pudding mix. Next, with your spoon, put large dollops of the rest of the pudding mix all over so it looks lumpy and piled up in spots. Lastly, sprinkle the toffee or butterscotch chips, the rest of the gummi worms, chocolate covered nuts and the Oreo crumbs over everything. Use the last Oreo cookies for a border around the plate, either crushed, chopped in half or left whole for dipping. Chill in the refrigerator until ready to serve!





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This is the last week before Halloween. We have put up some spooky decorations in the kitchen to celebrate, and we will have special Halloween themed treats and food. We hope you all have a fun and safe Halloween this weekend!

Chef Skye



## SUPPORTER ORDER FORM

NAME OF SUPPORTER: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 NAME OF PARENT: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_  
 POSTAL CODE: \_\_\_\_\_  
 GRADE/CLASS: \_\_\_\_\_

DATE: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_

This is a one time order                       This is my new standing order.

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<b><u>Department Stores:</u></b>		
(DB) Giant Tiger	3.0% _____ x	\$25.00
	_____ x	\$100.00
(DB) Hudson's Bay (Hbc, Home Outfitters)	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) London Drugs	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Sears	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Walmart	1.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00
<b><u>Fuel:</u></b>		
(C) Chevron	2.0% _____ x	\$25.00
(DB) Esso	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Petro-Canada	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Shell	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
<b><u>Home Improvement:</u></b>		
(DB) Home Depot	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00
(DB) Home Hardware	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Lowe's	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Rona / Totem	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
<b><u>Grocery Stores:</u></b>		
(DB) Choices Market	7.0% _____ x	\$20.00
	_____ x	\$100.00
	_____ x	\$250.00
(DB) Fairway Market	5.0% _____ x	\$25.00

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<b><u>Grocery Stores:</u></b>		
(DB) MarketPlace IGA	5.0% _____ x	\$50.00
	_____ x	\$_____
	_____ x	\$_____
(C) Killarney Market	3.0% _____ x	\$25.00
(DB) Loblaws(Shop Easy, Extra Foods, Superstore,Lucky Dollar,No Frills,Canadian Wholesale City Market)	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00
(DB) Safeway	3.0% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00
(DB) Stong's	5.0% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$500.00
(DB) T&T Supermarkets (Osaka)	2.0% _____ x	\$20.00
	_____ x	\$50.00
<b><u>Specialty Stores:</u></b>		
(DB) Aeropostale	5.0% _____ x	\$25.00
(DB) Aldo	5.0% _____ x	\$25.00
(DB) American Eagle	5.0% _____ x	\$25.00
(DB) Bath and Body Works	5.0% _____ x	\$25.00
(DB) Best Buy	2.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Canadian Tire	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Chapters/Indigo/Coles***	5.0% _____ x	\$20.00
	_____ x	\$50.00
(DB) Claire's Stores	7.5% _____ x	\$25.00
(DB) i-Tunes	4.0% _____ x	\$10.00
	_____ x	\$25.00
(DB) La Senza	5.0% _____ x	\$25.00
(DB) M&M Meat Shops	3.0% _____ x	\$25.00
(NC) Maison Birks	5.0% _____ x	\$100.00
(DB) Mark's Work Warehouse	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
(DB) Options (Gap, Old Navy, Banana Republic)	5.0% _____ x	\$25.00
	_____ x	\$50.00
(DB) Petsmart	3.0% _____ x	\$25.00
(NC) Pet Solutions	5.0% _____ x	\$25.00

More Specialty Next Page

\*Vancouver Island Only\*

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<b>Specialty Stores:</b>		
(DB) Shoppers Drug Mart	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
(DB) Sport Chek	4.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
(DB) Staples <b>**Reloadable**</b>	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00
	_____ x	\$ _____
(DB) Starbucks	5.0% _____ x	\$10.00
	_____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
(DB) The Children's Place	5.0% _____ x	\$25.00
(DB) Tisol Pet Nutrition and Supply Stores	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
(DB) Winners / Marshalls / Home Sense	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
<b>Restaurants:</b>		
(DB) Boathouse Restaurants	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Boston Pizza	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Browns Socialhouse	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Cactus Club	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Cara-The Ultimate Dining Card (Milestone's, Kelsey's, Swiss Chalet, Montana's Cookhouse, Harvey's, Fionn MacCool's)	3.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Darden Restaurants Olive Garden	5.0% _____ x	\$25.00
Red Lobster	5.0% _____ x	\$25.00
	_____ x	\$ _____
(DB) Earls	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Joey Restaurant	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Keg	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
(DB) Moxie's	10.0% _____ x	\$25.00
(DB) Old Spaghetti Factory***	5.0% _____ x	\$25.00
(DB) Red Robin	5.0% _____ x	\$25.00
(DB) Sammy J's Grill and Bar	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Subway	5.0% _____ x	\$10.00
	_____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<b>Restaurants:</b>		
(DB) Tim Hortons	3.0% _____ x	\$10.00
	_____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Vancouver Dine (The Teahouse, Seasons in the Park, Cardero's, The Sandbar)	10.0% _____ x	\$50.00
	_____ x	\$ _____
(DB) White Spot Restuarant***	5.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Triple O's	5.0% _____ x	\$25.00
	_____ x	\$ _____
<b>Entertainment:</b>		
(DB) Cineplex Odeon	5.0% _____ x	\$10.00
(Famous Players, Galaxy, SilverCity, Colossus, Paramount)	_____ x	\$25.00
	_____ x	\$ _____
<b>Travel</b>		
(NC) Avis Car Rental	5.0% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
(DB) Fairmont Hotels	5.0% _____ x	\$100.00
	_____ x	\$ _____
<b>Spas</b>		
(DB) Spafinder Wellness 365	10.0% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
(DB) Spa Utopia www.spautopia.ca	5.0% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
(DB) WaySpa (over 450 spas across Canada) www.wayspa.com	7.5% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____

**GRAND TOTAL:** \$ \_\_\_\_\_

DB: Declining Balance Shopping Card  
C: Change Back Shopping Certificate  
NC: No Change Back Shopping Certificate

**CANNOT PAY OFF ACCOUNT WITH CARDS OR CERTIFICATES**

**PAYMENT INFORMATION:**  Cheque # \_\_\_\_\_  
 Cash

**Total Order:** \$ \_\_\_\_\_

**Thanks for your support!**

**\*\*\*Please note the following cards are also available as reloadable cards; Chapter/Indigo/Coles, The Old Spaghetti Factory and White Spot Restuarants. Please phone our office for more information.\*\*\***



# GRAD 2016

## GIFT CARD FUNDRAISER!

Help support the Grad Class of 2016!  
"Perfect gift for the Holidays & Birthdays"  
(Over 100 choices of cards)

Drop off Orders forms to Junior & Senior office by  
Dec. 1<sup>st</sup> and receive your cards by Dec.12<sup>th</sup>



Nov 2- Nov 6

**Specials**

**Mon-2**

**Tues-3**

**Wed-4**

**Thur-5**

**Fri-6**

**Breakfast**

**Bagel/Cream  
Cheese**

**Berry  
Smoothie**

**Raspberry  
Scone**

**Blueberry  
Muffin**

**Banana  
Smoothie**

**Chef's  
Entree**

**Quesadilla  
Chicken**

**Chicken  
Stirfry**

**Fried  
Rice**

**Lemon Grass  
Chicken**

**Italian  
sausage  
Calzone**

**Pasta  
Bowl \$3.50**

**Curry  
Pasta**

**Creamy  
Bowtie**

**Pasta  
Rose**

**Macaroni &  
Cheese**

**Spaghetti &  
Meat sauce**

**Grill  
Central**

**Spicy Chicken  
Burger**

**Japa Dog**

**Pizza  
Slice**

**BBQ  
Ribber**

**BBQ Bacon  
Burger**

**Panini of  
the week**

**chicken  
pesto**

**chicken  
pesto**

**chicken  
pesto**

**chicken  
pesto**

**chicken  
pesto**

**Great  
Greens**

**Pasta  
Salad**

**Garden  
Salad**

**Chicken Caesar  
Salad**

**Chefs  
Salad**

**Spicy Chicken  
Salad**

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



Nov 9- Nov 13

**Specials**

**Mon-9**

**Tues-10**

**Wed-11**

**Thur-12**

**Fri-13**

<b>Breakfast</b>	<b>Breakfast Wrap</b>	<b>Berry Smoothie</b>		<b>Banana Bread</b>	<b>peach smoothie</b>
<b>Chef's Entree</b>	<b>Pizza Bagel With salad</b>	<b>Butter Chicken</b>	<b>No School</b>	<b>Chow Mein</b>	<b>Fish Taco</b>
<b>Pasta Bowl \$3.50</b>	<b>Pasta Primavera</b>	<b>Cheese Manicotti</b>		<b>Macaroni &amp; Cheese</b>	<b>Pasta Alfredo</b>
<b>Grill Central</b>	<b>Spring Rolls</b>	<b>Chicken Fajita</b>		<b>Beef Dip</b>	<b>Hot Wrap</b>
<b>Panini of the week</b>	<b>Pulled Pork</b>	<b>Pulled Pork</b>		<b>Pulled Pork</b>	<b>Pulled Pork</b>
<b>Great Greens</b>	<b>Asian Noodle Salad</b>	<b>Tuna Salad</b>		<b>Chefs Salad</b>	<b>Caesar Salad</b>

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

