

Southridge Wednesday

15-16
No. 07

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October 21st, 2015

Head of School

Another (Golden) Brick in the Road

As a parent have you ever contributed to the yellow brick road syndrome? I know I have. Faced with the endless challenge of helping our children feel safe and secure, while also recognizing the end goal of developing independent adults of good moral character and sound judgement, we often err on the side of laying another (golden) brick in the road, in order to try and make life easier and less painful for them. While our intentions are undoubtedly good, the result is that we often rob our children of irreplaceable, yet absolutely necessary, learning opportunities – as painful as they may appear to be.

One of the easiest and most tempting ways for many parents to lay a brick of gold is to rescue. Dropping off forgotten lunches, PE strips and an assignment – or anything else your son or daughter may have forgotten on the way out the door – deprives your child of an opportunity to learn about personal responsibility.

Blaming is another way we lay bricks of gold because blaming robs our children of the invaluable experience of learning from failure and dealing with disappointment, frustration and distress.

Stepping in too soon is also a common golden brick trap that we parents often find ourselves in. Stepping in when our children are having trouble asserting themselves, admitting to wrong-doing or when they are exhausted from the emotion of friendship troubles denies our children of the chance to find their voice, check their actions against the rules and norms of society and understand the need to give and take in relationships.

One Florida school has drawn the line on rescuing with the following announcement posted in its front office: “Attention students and parents: We do not accept items for drop-off such as lunches, backpacks, homework and sports equipment. Please plan accordingly.” Even though, Southridge will not be taking such an approach, the announcement is pretty darn straightforward – and, one could argue, good for the character.

Alas, the road to character is not paved in bricks of gold. In fact, it is hardly a road at all. It’s more like the Grouse Grind but worse. It’s an uphill scramble filled with all sorts of obtrusive boulders, fallen trees and, more often than not, no clear pathway and no evident summit to mark the end point.

I respect the way the principal at that Florida school is trying to get the message across that rescuing is not the way to go. My belief though, is a little more direct; paraphrasing Roger Waters from the Pink Floyd song *Another Brick in the Wall*, I often remind myself, “Hey, parents, leave them kids alone.” And sometimes it works . . .

Have a wonderful week!

Drew Stephens
Head of School

Important Dates			
Event	Date	Time	Location
Junior Assembly	Thursday, Oct. 15 th	8:10 a.m.	Junior Great Hall
Senior Assembly	Monday, Oct. 19 th	8:10 a.m.	Senior Great Hall

Important Dates			
Event	Date	Time	Location
Junior School Noon Dismissal	Thursday, Oct. 22 nd	Noon	Junior School
Junior Parent Teacher Interviews	Thursday, Oct. 22 nd	Through Pick-A-Time	Junior School
Pro-D	Monday, Oct. 12 th	All Day	Both Schools
Half Term Holiday	Monday, Oct. 26 th	All Day	Both Schools
Junior Assembly	Tuesday, Oct. 27 th	8:10 a.m.	Junior Great Hall
Senior Assembly	Tuesday, Oct. 27 th	8:10 a.m.	Senior Great Hall

Junior School News

Head of Junior School

Twenty-one Year Old Mission Statement Still Current - 'is a creative and independent thinker'

In the last ten years, the buzz word of 21st century learning has almost become ubiquitous. The components of critical thinking, collaboration, creative thought and communication have emerged as competencies that schools need to actively build and readjust their programmes in order to successfully meet these needs.

At Southridge, the decision to adopt the IB programme in the Junior School was based on how best to deliver the mission statement of Southridge to our students. The IB platform works in the junior school as the aspects of inquiry, character development and well-rounded course offerings help us meet the demanding principles of our mission statement.

In our senior school, there have been some adjustments in the delivery of their rigorous program to help meet the demands of our mission statement as well, including communication skills, collaboration and being creative and independent thinkers.

It is reassuring as a parent and as an educator to note that this mission statement, written over 21 years ago is strong and demanding enough to challenge our programs, yet nimble enough to allow for innovation. I feel great pride at Southridge knowing we are a mission aligned school—and I feel pride in those early parents and innovators who took such care in writing the mission statement to ensure it would stand the test of time, but also present as a benchmark to assess new teaching methods and ideals.

Have a great week,

Mrs. Middelaer
Assistant Head - Head of Junior School

Parking Lot Concerns

Our parking lot hosts our most precious members of our school, and from 7:45 – 8:05 a.m, and 2:55- 3:15 p.m. parents must be on extra alert in when driving on our campus. We have been quite concerned over the following items:

1. Driving fast in the dismissal lanes
2. Backing up, or reversing over our cross walk area
3. Use of cell phones while cars are idling. We are trusting that cars are 'parked' but we can never be certain, and cars can roll or creep if not in 'park'.

Although we teach the students to cross at our cross walks, we would expect that all drivers have their best skills in place when driving on our campus. I have personally witnessed these poorer acts of driving and I feel that they need

mentioning. Our expectation is that our parents model the safety required for our students. Thank you for bringing your best in driving to our campus each day.

Parent- Teacher Interviews - October 22, 2015 - Noon Dismissal

Throughout the course of the week, our teachers are meeting with parents for parent-teacher interviews. This Thursday, Oct. 22, 2015, we will have a noon dismissal with interviews from 1:00 pm to 8:00 pm. Interviews will be 20 minutes in length and teachers look forward to discussing your child's progress thus far this term.

Pro-D Day

On Friday, October 23, 2015, our faculty will be spending time on professional development and the students will enjoy an extended weekend. We will be focusing our attention on social - emotional learning and we have a few teachers attending a conference with Lynn Erickson on Conceptual Based Learning.

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.

Modeling Life Long Learning

Senior School News

Head of Senior School

Modeling Life Long Learning

Southridge's Mission statement reads: "Each student is encouraged and challenged to become someone who is a lifelong learner." I was struck by this section of our mission statement last week as I spoke to many of the Senior School faculty during formal and informal interactions. Referencing Wikipedia, lifelong learning is defined as "the ongoing, voluntary and self-motivated pursuit of knowledge for either personal or professional reasons." For our students, we wish to inculcate both a desire and a capability to be a lifelong learner. Often this term refers to the time after 'organized' education (both K-12 and post-Secondary), where a person is an adult and the learning is more self-directed and is sought out naturally through life experiences. An interesting question that arises from our desire to imbue this skill or attitude in our graduates is how do we know if we have been successful in encouraging lifelong learning?

Speaking to and learning of the 'adventures' of our alumni help to clarify the answer. You may recall the edition of our *Spirit Magazine* that focused on our alumni. It was clear that lifelong learning was very prevalent. However, another very important aspect of teaching this love of learning is through the modeling of the adults in our building, and particularly our teachers as lifelong learners. The myriad of examples I received this past week gave me pause to the amazing variety of learning that is taking place.

Here are some examples of lifelong learners in our midst and by no means is this meant to be a comprehensive list. I have kept them anonymous on purpose, but you may be able to link a name or two to an example.

- A number of our faculty are completing or have completed Masters degrees in their specific field or Education – including technology, leadership and curriculum studies.
- Similarly, many faculty have taken advantage of leadership diplomas and courses offered through our affiliation with organizations such as the Canadian Accredited Independent Schools (CAIS) and Independent Schools Association of British Columbia (ISABC).

- Our Visual Art department is investigating using a completely new medium in their teaching. Through researching and attending classes/clinics their passion to learn is enabling them to introduce this exciting possibility in the future.
- Our Media Arts teacher has consistently looked for better technology, software and techniques to hone his craft in order to provide increased opportunities for his students to thrive and create.
- Those faculty that coach look to increase their own knowledge of the sport, improve their certifications through national level coaching classes and even through sport psychology to better support and encourage our student athletes.
- One particular faculty member's passion to learn a language was slowly ignited from the various trips they have been able to travel on. Just recently, I found out that during the latest trip they were able to write in that language in a journal recording their reflections of the trip.
- A number of our faculty are certified instructors in such activities as Yoga, Zumba, Spinning, Boot Camps and general trainers. Often they provide healthy opportunities in which students and staff can participate.
- Faculty have continued to learn new sports such as mountain biking and road cycling and there are a number of people that ride to school each day setting a great example of a healthy lifestyle.

Each year teachers set personal goals as they strive to improve themselves as educators and the above examples touch on some of these; however, many of these show intrinsic and personally motivated learning.

As this Friday is our first Pro-D day of the year, most of us will be meeting together as a faculty to share, collaborate, communicate and delve into best practices of teaching. A few of the faculty will be using the day to connect with other educators around BC in their subject areas. We are fortunate to have such a committed group of learners in our midst that constantly wish to be better educators and people each day in order to help all of our students to reach their own potential and instill a similar desire to learn for their whole life!

Have a great week,

Doug Palm
Head of Senior School

Reflections on Career Experience!

Leadership Experience Week (LEW) at Southridge has grown and evolved to include a variety of themes and activities that are geared to each of the senior school grades. Career and Post-secondary Information has always been the start of the week for Grade 11s and 12s. Last year we introduced a new activity for the Grade 11s to bookend their week with a career experience opportunity on Friday.

Based similarly on the National Grade 9 "Take Your Kid to Work Day" which most public schools organize each year on the first Wednesday of November, arrangements were made for groups of students to go to a workplace for a profession or career area of interest. This year's ten placements were exceptionally wonderful learning opportunities and they encompassed the following areas:

1. Children's Hospital for careers in sociology, psychology and social work
2. BC Coroner's Office for careers in forensic medicine
3. New Westminster Law Courts for careers in legal services and law
4. Shewfelt-MacMillan and Coast Capital for careers in financial services
5. St. Paul's Hospital, Institute for Heart and Lung Disease research
6. Cascade Aerospace and SFU Mechatronics labs for careers in engineering

7. Hootsuite for careers in business/social media/marketing/human resources
8. Orion Health, PhysioLife and Morgan Crossing Sports Med Clinics for careers in physical therapy
9. Dialog Design for careers in Architecture design and engineering and interior design
10. Fraser Animal Hospital and Equine Care for careers in veterinary medicine

A key part of getting the most out of the day's experience for each student was the research they did prior to the visit using on-line resources given to them in Planning classes i.e. Naviance and Career Cruising. On the day, they were challenged to ask questions and reflect on what they learned about the work site they visited. The learning from these experiences encompasses both negative and positive feelings towards the career path they were exploring.

Here are some of the comments from the students:

"My visit to Dialogue Design truly opened my eyes to the field of architecture...we were able to talk to an interior designer, software technician, structural engineer and architect...I learned all these professionals have to work closely to build these buildings."

"The hands-on session with the hearts and lungs specimens stood out the most...and talking to researchers of different fields of medicine is something new to me."

"We got to see each of the areas (of Hootsuite)...engineering, HR, marketing and sales. We got to listen in to a sales call. I loved the relaxed environment...the nap room, kitchens, gym space and open concept work space."

"At Coast Capital, I mainly spoke with Rhonda, the Manager of the branch and was given the opportunity to sit down with a few different professions and what they do in a day. It was really cool learning how they operate vaults and their security system."

"Speaking with 3 people about their roles at Children's Hospital gave me insight into how social sciences are important in health care services. We spoke with the coordinator of Child Life, then a psychologist who specialized in treating OCD and asked about her treatment methods. We then spoke to a social worker who helped me realize how important they are to the hospital and to society."

"This was a really helpful day for me to see if physical therapy would be a profession I would want to pursue. I was interested before the day began but by the end I learned a lot of information about the education needed and what is actually done during the day."

"Working in a law court would definitely be varied and interesting work however my visit has made me less inclined to pursue law. I realized how emotionally taxing and morally difficult a job related to law can be with a lot of hard work, with long hours and requiring distancing yourself from your clients."

"At the Heart & Lung institute, what stood out to me was how hard it is to find the reason why someone's genes trigger diseases...I thought that this experience has decreased my interest in research but I may be more interested in studying the brain."

"I learned a lot about the amount of communication required in (financial) investing and the true difference an investor can make in the lives of his or her client."

"Even though we didn't get to spend a day with a doctor, it was cool to see the other side of medicine, the more hidden research side. It definitely taught me I want to be a physician rather than a researcher."

"I was fascinated by the relaxed environment but still the ability to get work done (at Hootsuite). This experience has definitely opened my eyes to a totally different side of careers. I have learned the importance of social media for making a positive image of yourself. An amazing experience touring and getting direct involvement in this company."

“Visiting the Coroner’s office really opened my eyes to a new career. I learned how a coroner is separate from the police department and the type of work this job entails. I came in today thinking the job was simply a lot of paperwork, but I learned about how interesting the work can be (figuring out the identity of the deceased and the circumstances of death).”

“Going to SFU Engineering and Cascade Aerospace gave me a chance to learn the basics of what mechatronics is...My interest increased as I realized that mechatronics will become more integrated into life.

Both Schools

3D Printer Update

Through the proceeds of sales from our 20th Anniversary Cookbook last year, we were able to purchase a state-of-the-art 3D printer, which was recently installed in the Junior school computer lab and is now ready to go.

Driven by a simple desktop application, the MakerBot Replicator can be easily connected to your phone, tablet or desktop, and has the capacity to turn images into physical things as easily as printing a photo.

Next month, this amazing machine will be officially launched by the Grade 5, 6 and 7 MYP classes, as they create a variety of special projects under the guidance of Mr. Anderson.

We are thrilled to have this advanced piece of technology, and would like to thank Gemma Martini and Jackie Christofferson for spearheading the design and sales of our 20th Anniversary Cookbook – without all their hard work, the 3D printer would still be a just dream.

For more details about the 3D printer, please contact Mr. Anderson.

The Advancement Department

Why donate? Why not!

As a community, Southridge families have proven to be incredibly generous and supportive of our fundraising endeavours and judging by the impressive array of live and silent auction items that have already been donated, this year’s Masquerade Ball is no exception. But there’s always room for more.

And while the recognition is a nice thank you, the real thanks comes from knowing you are participating and supporting the education of all our students. From keeping abreast of new technologies, to providing opportunities for growth and development, it is really the sense of community that resonates for us all.

So, in advance, thank you for your generous contributions. It is up to us all to make this year’s event the best ever, so to donate an item, service or product for the silent or live auction, please [click here](#) to register your donation today.

(And don’t forget, buying a ticket is also a terrific way of being part of this amazing event!)

2015 Gala Committee

The Masquerade Ball needs you!

There is something so incredibly special about being part of the Southridge community. It goes beyond the walls of the school and reaches into every home and family. It is because of this remarkable sense of belonging that each year our annual fundraising Gala is so successful.

We would like to acknowledge all of those sponsors who have supported this event over the past 20 years, and encourage everyone to be part of this year’s Masquerade Ball. Funds raised are essential to the continued growth and excellence of our school.

To find a sponsorship opportunity that is right for you, please [click here](#).

And, remember buying your tickets is also a great way to ensure the success of this important fundraising event – [click here](#) to purchase tickets now!

2015 Gala Committee

Come one, come all, to the Masquerade Ball!

Don't miss your chance to be part of an exhilarating evening of intrigue and mystery. The **Southridge Masquerade Ball**, our biggest fundraiser of the year, happens **November 21st**.

Your evening begins with the cool musical stylings of our Jazz Studies students, while you try to uncover the real identities behind the masks (don't forget yours!)

Then dine on a sumptuous repast created by Chef Dan Olson of Railtown Catering, providing you with all the sustenance needed to dance the night away, but not before you have bid on the impressive live and silent auction items.

It's a party not to be missed, so [click here](#) to register for tickets NOW!

2015 Gala Committee

The World Remembers

As Mr. Stephens described in his Southridge Wednesday article last week, Southridge will again be partnering with The World Remembers, a non-profit organization, by taking part in a Canadian and International remembrance and education project for those men and women who lost their lives during World War I (1914 – 1918). To assist in the creation of the commemoration we will be displaying the names of 516,681 soldiers who lost their lives in 1915 from twelve nations including Canada, where 5,472 Canadian Soldiers lost their lives. Included in our display is a Royal Air Force Uniform worn by Frank Leighton in World War 11 and a Royal Naval Service uniform worn by Jan Holt during her service as an officer in the 1980's. You are welcome to stop by to view the display and take a moment to remember those who have passed before us. The display is located in the main entrance way of the Senior School – just outside the Alan Brown Great Hall – and will run until November 10th.

Open House is only two weeks 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

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!

Welcome to Mrs. Janet Sephton Bailey

Mrs. Janet Sephton Bailey has joined Southridge on a part-time basis, as the Art Tech for the Senior School. For the past 16 years Janet has been the sole-proprietor of a small graphic design company where she has displayed her skills as both a graphic artist and illustrator. Janet has a passion for the arts and enjoys being involved and sharing her knowledge and expertise with others. She has experience in yearbook design and production, program design, stagecraft and prop productions gained through volunteer opportunities with both White Rock Elementary and White Rock Players. Janet is excited about her new opportunity and is looking forward to supporting the Fine Arts Department at Southridge.

Southridge Café

Firstly, a reminder to all parents that all cheques for account loading in the cafeteria need to be made out to CANUEL CATERERS (NOT Southridge School or Compass. We are still getting mis-written cheques). Also, we are open from 7:00 every morning, and cook hot breakfast daily. We have a variety of hot breakfast wraps and sandwiches fresh off the grill (ham, bacon or sausage, eggs, cheese and ovo/ovo-lacto vegetarian options), daily muffins, scones and cinnamon buns baked in-house, scratch made banana bread, bagels (with or without cream cheese), fresh fruit or fruit cups, homemade maple granola yogurt parfaits with berries, oven baked hash browns and spicy tater tots (great dipped in ranch dressing), and hot coffee and tea for the early risers or those who forgot their breakfast!

Secondly, we'd like to encourage the staff to drop by the kitchen and try out the food. They can jump the queue or arrive 15 minutes early before the kids are due for lunch break. Alternatively, if they call ahead in the morning they can pre-order one of the specials of the day, enquire about the soup of the day, or request a special wrap, salad or sandwich for lunch. It will be available at whatever time they would like it. We are all about promoting healthy eating and good nutritional choices, for everyone, not just the students. Allergies, dislikes and dietary restrictions can all be happily accommodated by our knowledgeable staff.

Thirdly, we are going on week six of business, and things have been great! Our daily pasta specials have been a consistent hit since day one. We are enjoying getting to know the kids, the staff, the cooking and the overall atmosphere of Southridge, and are finally getting into a rhythm and it's beginning to feel like home. We really appreciate feedback of any kind that you have for us. We would love to encourage the students, staff and parents to drop by anytime and let us know how we are doing, try the food, ask questions, make suggestions or just come and meet us... we are very friendly and happy to hear about both our successes and potential areas of opportunity in order to meet the needs of the Southridge School Community. Our team consists of two full-time cooks (Jen and Judy), one part time cook (Allison- here as our "Hot Lunch Wednesdays" cook and co-ordinator) and Chef Skye, who manages the entire cafeteria operations and catering department, as well as cooking for and interacting with, all the students and staff every day that come through the doors to eat with us. From time to time Lisa will also be around to assist Chef Skye and the team. Lisa holds one of the regional manager positions for Canuel Caterers and has extensive experience in school food programming and overall kitchen operations. As Chef Skye becomes more familiar with this new culinary Landscape, Lisa will appear less frequently and be freed to tackle needs elsewhere in the company. Chef Skye would like to introduce herself to everyone and give you all an opportunity to meet her and get to know her better, below

Chef Skye has an extensive background in restaurant cooking and is a Red Seal Certified Chef. Her passion for cooking began in her teens, when she attended a large private boarding school in Upper State New York. She was quickly promoted to Assistant Kitchen Manager as part of her daily chores, and ran the cooking crew at her school until she graduated and left to travel, work and attend university. Her last place of employment prior to taking over the kitchen under Canuel Caterers at Southridge was with Cactus Club Café as a Culinary Trainer and Lead Cook/Management Trainee for the last 3 years. She has cooked beside Chef Rob Feenie and Chef Matt Stowe, catered high end private and community events and networks globally with many talented and well-known Chefs all over North America and the whole world. She loves to travel, garden and stay active, and spends her leisure time learning more about cooking and pastry, while raising her 6-year-old daughter. Her passion for the culinary arts has

taken her into fine dining, line and short order cooking, baking, cake decorating, menu management, private chef work and small event catering. She is really excited to be here at Southridge and loves to share her deep love and knowledge for cooking with anyone who shows interest. In future circulars, she will be submitting easy-to-make, original recipes she has written for the kids to take home and try for their families. Good food doesn't have to be complicated or expensive to make... In fact the simplest foods made with a few fresh ingredients are typically the most delicious. A willingness to try or learn is all you need to be able to cook your favourite meals, stay healthy and impress your friends and family. So keep your eyes peeled for weekly make-at-home recipes from the mind of Chef Skye!

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



Grad 2016 Purdy's Chocolate Holiday Fundraiser

Dear Students & Parents,

With the holidays just around the corner, the Southridge Grad Committee is excited to announce our annual Purdy's Chocolate fundraiser. Pre-order all of your chocolate gifts for friends and co-workers or have some boxes at home for when friends and family come to visit during the holidays!

In addition to supporting our grads with this fundraising opportunity, there are prizes for ordering chocolates!!!

Online Draws – order your chocolates online and you are eligible to win a Sweet Traditions Gift Basket!!

There are two options for ordering:

1. **Order Forms** – Send your order form to the senior school, attention to **Heather Mosher** along with a cheque for the amount of your purchase payable to **Southridge School (memo: Grad Committee)**
2. **Order Online** – go to <http://www.purdysgpp.com> and click on “**Sign in as Group Member**”. The Southridge Grad group number is “**24019**”. It will ask you then to fill in your personal information, create a personal password and then you can order your chocolates (and see an online catalogue).

Please get your orders in by **NOVEMBER 20st, 2016**. All orders will be delivered to the school on December 11th and will be ready for pick-up after school in the cafeteria.

We greatly appreciate your support!!

Grad Committee & Ms. Mosher (hmosher@southridge.bc.ca)

Oct 26- Oct 30
Specials

Mon-26

Tues-27

Wed-28

Thur-29

Fri-30

Breakfast

**Breakfast
Wrap \$3.00**

**3.00 Banana
Smoothie**

**Blueberry
Scone \$1.50**

**Banana
Bread \$1.25**

**Yogurt
Parfait \$3.00**

**Chef's
Entree**

**Cheese
Perogies 3.50**

**Butter
Chicken 4.50**

**Greek
Chicken 5.50**

**Chicken Chow
Mein \$4.50**

**Fish &
Chips**

**Pasta
Bowl \$3.50**

**Pasta
Primavera**

**Cheese
Manicotti**

**Pasta
Marinara**

**Macaroni &
Cheese**

**Pasta
Alfredo**

**Grill
Central**

**Chicken
Burger \$3.50**

**Chicken
Fajita \$4.00**

**Pizza
Slice \$3.00**

**BBQ
Ribber \$4.00**

**Swiss Bacon
Burger \$4.00**

**Weekly
Panini \$5.50**

**Chicken
Ceasar**

**Chicken
Ceasar**

**Chicken
Ceasar**

**Chicken
Ceasar**

**Chicken
Ceasar**

**Great
Greens**

**Pasta
Salad**

**Tuna
Salad**

**Garden
Salad**

**Chefs
Salad**

**Caesar
Salad**

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

