

Southridge Wednesday

15-16
No. 06

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October 14th, 2015

Head of School

Truth, Trust, Belief and Hope

When Southridge first opened its doors, our school was extremely fortunate to have Alan Brown as its founding headmaster. Mr. Brown knew a thing or two about leading independent schools as he was the headmaster at St. George's School for 18 years before retiring. Southridge was very lucky that Mr. Brown came out of retirement to help lay the foundation and groundwork for who we are today as a school.

Mr. Brown knew that any supportive and effective community is based on trust. It is the fabric that holds us together as a school. He also knew how to keep his messages simple yet profound. Coining our school's culture as a light hearted place of serious purpose, for example, was brilliant. I am happy to say that the phrase still defines our school today. Southridge is also defined by its values. Truth, tolerance, compassion and respect are written in our mission statement – and have been since day one. These same values are also in our Junior School Promise and our Senior School Code of Ethics. They are a part of our lexicon and they are a part of who we are.

Mr. Brown had the insight to define our values in tangible ways. Having no locks on our lockers was Mr. Brown's way of demonstrating to one another that we trust each other. Truth and trust are certainly complementary, as they work together to establish a framework around which our school can rally and celebrate. Celebrating a community of truthfulness and trust were so important to Mr. Brown that he ensured all students admitted to Southridge promised him three things. These things became known as the "Three T's" at Southridge. As part of the admissions process, students promised Mr. Brown that they would tell the truth (even if it "killed" them), be tolerant of one another and never use tobacco. Truth, tolerance and tobacco – our three T's.

Even though students no longer make a verbal pledge to Southridge, they still commit, by way of the Junior School Promise and the Senior School Code of Ethics, to telling the truth and being tolerant of one another. When our community tells the truth and is committed to doing so even when it is really difficult and ethical dilemmas cause angst and worry, we are saying that we believe in one another.

This may sound surprising, but our student survey data shows that students who have at least one trusted adult in our community have a very high satisfaction rating of their experience here with us. This makes sense because trust begets belief, and when students know that someone – especially an adult – believes in them, it feels good. It feels safe and warm and secure, which are all needed to take risks, make mistakes and learn as much from hardship as success.

The final step in Mr. Brown's brilliant logic is that belief instills a sense of hope and optimism. Not surprisingly, brain research and other relevant educational literature has demonstrated that a sense of hope is a significant contributor to student success in school.

Indeed, the legacy of Mr. Brown goes well beyond the three T's and no locks on our lockers. As a matter of fact, the beautiful logic of truth and trust creating belief and hope is at the foundation of art of teaching . . . and teaching is, at the very least, 50 percent art.

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
Canada's Federal Election - VOTE	Monday, Oct. 19 th	All Day	Polling Stations
Full School Assemblu	Tuesday Oct. 20 th	9:40 a.m.	Senior Gym
Junior Assembly	Wednesday, Oct. 21 st	8:10 a.m.	Junior Great Hall
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

Junior School News

Head of Junior School

PYP Evaluation- Thursday and Friday

On Thursday and Friday this week, our PYP teachers welcome a team of evaluators from the International Baccalaureate as we are due for our cyclical evaluation from the IB. Authorized in 2007, we have already had our first evaluation in 2010, and then fall into a rotation of a visit every five years. The year prior to the evaluation involves an extensive self- study where our faculty assess our school's progress against a set of standards and practices, and then provide documentation and evidence for this assessment. Candidly, the workload is heavy in this year, and the evaluation is intensive. Our teachers should be applauded for their completion of a very comprehensive self-study, as well as insightful reflection of our practices. Special recognition should be given to our PYP coordinator, Ms. Shanaz Ramji- Motani, for her tangible and supportive leadership through this process, and the hands on, practical leadership of Mrs. Rowena Raber, our Primary Division Leader. We have an amazing team of teachers who are dedicated to their craft of teaching, but also to making Southridge School even better. Thursday and Friday are quite intense days for our teachers, so please be mindful of this, and we thank you for your support.

Partnership with UBC

We are very pleased and honoured to be partnering with the University of British Columbia, and the Faculty of Education in supporting young educators to get a practical experience at Southridge School. Throughout this 2015/2016 school year, we will be hosting three University of British Columbia student-teachers in the PYP. These student-teachers are enrolled in a special UBC cohort that trains teachers to work within IB programmes. This programme will help new teachers develop their skills and will add to our experience and expertise as well. The student-teachers will be placed with Ms. Ravi Kooner (1RK), Mrs. Jo-Ann Murchie (2JM), and Ms. Cindy Khangura (3CK).

For the first few weeks, these student-teachers will be here only on Thursdays. Although they are placed with a specific teacher, they may be visiting all PYP classrooms throughout the year. The practicum students have already done some observations and have introduced themselves to our students.

We warmly welcome the following UBC students:

Ms. Fiona Szeto	3CK
Ms. Anna Bourak	2JM
Ms. Tiffany Chen	1RK

Again, we are pleased to be mentoring and sharing the expertise of our faculty with those entering our profession, and value this partnership with UBC.

Laurel Middelaer
Assistant Head/Head of Junior School

Full School Assembly- October 20, 2015 9:40 – 10:30 am

Please join us in our senior school gymnasium for another full school assembly, led by Mr. Stephens.

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

Parents please mark your calendars for the upcoming parent teacher interview day on Thursday, Oct. 22, 2015 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. Please note that there will be a **noon dismissal** on that day. We continue to be offering our interview schedule on '*Pick a Time*'. Parents should log into the parent portal and book their interview time using the button on the right hand side of the page. Due to the length of the first term, MYP students (grades 5-7) will be receiving an interim report card on **Thursday, October 15, 2015**. On this report card, there will only be a letter mark and attached rubric. There will be no written comment, but this interim report will serve as a basis for discussion during the parent-teacher interview.

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.

Food Friday in the Junior School

Food Friday has been part of the service component at Southridge Junior School for a couple of years. This year, the Food Friday committee has restructured the program, and we are piloting some new ideas. We would also like to share some startling information with you about Food Bank use in B.C.

Did you know every month food banks in BC help over 97,000 individuals? It may be a family where both parents are working, but just don't have enough left over from each paycheque to fully feed their family. It may be a senior whose fixed income just doesn't stretch far enough. It may be someone who is disabled, has a terminal illness or someone that has lost their job and for the first time in their life, has to reach out for help. It may be a single mom who is struggling to feed her children because she just doesn't have enough support. In fact children make up close to 31% of the people who need help from our community food banks. 31% of people who use food banks are children –what a shocking statistic! This year, we hope to increase the amount of food we donate to our local food bank, and we are asking you all to help. We, the food Friday committee have brainstormed some ideas as to how we can help to increase the amount of food we contribute, and here is how you all can help.

We have created a schedule which will be distributed in classes and posted on LMS. Some PYP grades will work together because there are fewer students in those classes. Below is a list of items that are needed in food banks. We know that this is voluntary, but we also know that reaching out to those in need is a core value that many of us share and support.

1. Large cans of powdered Baby Formula
2. Canned Fish/Meat (e.g. tuna, ham, turkey)
3. Healthy Cereal (Hot or Cold)
4. Meals in a Tin (e.g. Pork n' Beans or Stew)
5. Canned Vegetables
6. Canned Fruit
7. Wholegrain Pasta/Rice
8. Pasta Sauces
9. Canned and Dry Soups
10. Mac & Cheese

The Food Friday Committee

<http://www.surreyfoodbank.org/donors/top-items>

<http://www.foodbanksbc.com/about-hunger-in-bc/hunger-count-2013-2/>

Comfy Day at the Junior School Monday, October 19

On Monday, October 19th, all Junior School students are invited to participate in a house captain theme day by wearing their comfiest clothing. It costs \$2 to participate, with all proceeds raised going to the Grade 7 Legacy Fund. This fund supports local, national, and international service initiatives.

Ms. McNeil
MYP Division Leader

Senior School News

Head of Senior School

Reflections from Grad Retreat – Being Thankful

Two weeks ago, I wrote about our Leadership Experience Week (LEW) and all of the opportunities that are provided for the students to experience outside of the classroom. In past years, I have mentioned that I would love to be able to take a page out of Calvin and Hobbes and clone myself four times to be able to follow each grade for all five of the days. There is something very special about being present as the students undertake an activity and to witness and participate in the learning and growth. Alas, until I can figure this out, I can only be in one location. Last week my time was mainly spent with our ‘elders’ of the school – the Grade 12’s. It was a wonderful to see so much growth, wisdom, maturity and fun from this unique and special Grad Class of 2016!

Although, we spent two of the days visiting Universities and a very useful and engaging Careers Day on the Monday, I am going to focus my reflections on the Grad Retreat that we spent from Monday afternoon until Wednesday evening at Rockridge Canyon in Princeton, BC. It begins with a fun icebreaker activity in the Alan Brown Great Hall and ends with a very special reflective activity at the retreat location. Within these bookend activities, there is much time for engaging activities, reflections on how the group wishes to leave their legacy and a whole lot of fun!

Right from the opening activity of putting them into groups – are they the Simpson’s, Storm Troopers or Superheroes – we ask them to try and come together as a group. We ask them some guiding questions such as: How do you wish to be remembered as a group? What is on your bucket list for this final year of high school? Or what three words would you use to describe your Grad Class? Each of these is questions is challenging them to look outward and see themselves as part of a bigger identity. I know that many of the faculty that participated in this retreat observed many signs of this group coming together below are a few of my own reflections in bullet form. Needless to say that each of them shows how positive the time together was:

- During my section of the nighttime scavenger hunt on the second day I asked them what was on their bucket list for their final year at Southridge. The usual and important responses were given such as: getting into university, doing your best, and having the best Grad dinner & dance possible. But I was also really encouraged by other responses: committing to staying together as a group past graduation, mentoring the younger students in the Senior School, and working to truly enjoy their year rather than being ‘stressed out’ with worry.
- During all of our activities – the high ropes course, tower of terror, zip lines and scavenger hunt – the students were very supportive of one another as each of them decided to attempt the activity. Especially for those students that took a personal substantial risk of overcoming a fear or road block, the group cheered loudly and there were ‘high fives’ and hugs and “well-done’s” all around!

- A number of times I noticed one of the students looking out for their peers especially if they looked lonely or worried. A quiet invitation to include them in a group, or to ask them to participate in a paired activity was so wonderful to witness. One unique situation saw a student quickly help a student retrieve a pair of glasses that were dropped in a creek. You can read more about this in the Stories of Character news.
- There was so much laughter and confidence to have a bit of fun with each other. The type of fun that close friends can have because there is a sense of trust in the group and with each other.
- The suggestions that many of them made towards solidifying a 'legacy' for the group were thoughtful and reflective and showed that this Grad Class wants to leave a lasting mark on the school as they graduate!

As mentioned earlier, at the end of the retreat we participated in a reflective activity run by Ms. Nolan-Wood. Students had their eyes closed and a group would go around and tap an individual that they identified from a question posed such as, "this person showed kindness", or "grit", this is an individual that you might go to for advice", or "this person makes your day each day". Each question had a different group stand up and move around to quietly acknowledging their peers and grade. It was wonderful to see the wisdom and awareness that the students showed throughout this activity and you could see the smiles and quiet happiness on so many individuals.

The Retreat experience provided such a strong and encouraged impression of this group of young leaders both as people and as a group. I am thankful that they are our leaders and big brothers and sisters to our younger grades for this school year. I thank Ms. Nolan-Wood and all of the faculty that went on the retreat for helping to make it such a positive experience for the students.

Late Starts – A Reminder

As we had our first of five late starts this year this past week, I wanted to take a moment to remind everyone of the procedure for these unique mornings. These times provide faculty with opportunities for professional development to work collaboratively to strategically implement aspects of our educational program. Sometimes this is done in a full staff setting, Senior School or departmentally. They are very valuable and we endeavor to use them as efficiently and comprehensively as possible.

Because of this fact, we cannot supervise students in the building and we ask that no students arrive prior to 10:10 am. It is not appropriate to drop your children off prior to this time and, in fact, it becomes difficult for us to focus on our main objective of professional development. Please plan ahead to be certain that your children are able to be dropped off at the appropriate time and not earlier just for convenience or to try and see a teacher for a tutorial or to work in the library. If you have any questions about late starts please feel free to contact me.

Have a great week!

Doug Palm
Head of Senior School

Fall Canoe Trip: October 1st – 4th - Main Lakes Chain, Quadra Island, BC

For four fantastically stunning days last week, two teachers and eight students in Grades 10 and 11 basked beneath sun and stars in the Main Lakes Chain Provincial Park, on Quadra Island. Ms. Beer and I were well-pleased with the comradery and competence of our crew, and all were delighted with the beautiful blue skies and clear water. Although an errant cell phone would occasionally emerge to check the time or shoot a selfie, it was basically an evading-electronics event, a chance to truly get away. The students cooked their own cuisine, carried their own kit, and canoed their own craft.

The trip began early Thursday morning, October 1, when all arrived to tether trailer to truck and gather gear and grub. Several thankfully uneventful ferry rides and highway drives landed us safely at a launch area with plenty of daylight left to paddle to our campsite on Main Lake. Filling the following few days were explorations of land and lakes alike, lakes with remarkably unremarkable handles, such as Clear Lake and Main Lake and Little Main Lake. Alone in the world it seemed, our campfired evenings rang with riddles and loud laughter; it seemed we were

surrounded by stars, shining above and reflected in the still water below. Sunday came all too quickly, but return we must, lest the rain ruin or our food foul.

It never ceases to amaze me how much tackle we take for just a few days away from house and home; a deer lives year-round in the forest with nothing, finding food, water and shelter with relative ease. We, on the other hand, need everything from paddles to pre-packaged provisions, from gortex to gorp. Makes you wonder if we could just live a little closer to the earth, doesn't it? It also strikes me how sheltered we are in the city from the small but significant changes in the elements that happen many times each day; in the great outdoors, staying warm and dry is not only a personal responsibility, but also a necessary concern.

Highlights of this year's trip for me included witnessing eight energetic teenagers work together, get along, and truly enjoy both one another and our wonderful world. Ryan and Devin's mad caching skills were much admired, as were Dhruv's pot-washing willingness and aptitude. Queenie was truly the queen of riddles and Carol had us all in stitches! Dolphy was a marvel, wrapped like a cocoon in many layers (while Ryan sported a T, shorts and crocs!), she happily chatted up a storm with Georgie while paddling like a pro. While on the trip, several of the group came down with a bug; in spite of not feeling very well at all, Georgie and Isabelle remained indefatigably positive and grittily dug in to the 'grueling' scull across the mirror-calm water. In addition, as a trip leader who's a tad long in the tooth, I am usually the one telling the riddles for the youngsters to solve; on this trip, however, I was delighted to encounter a couple of new ones (riddles and students, funnily enough!). Both "Snaps is the Name of the Game" and Carol amused me for hours!

One event perhaps deserves mention: several years ago, Ms. Beer and I, in the same location, challenged the students to race down a narrow creek, with only a few spots to pass. Having a perfect winning record (only one previous race and Ms. Beer's nationally-ranked swimmer's shoulders being mostly responsible!), we were keen to throw down the gauntlet to fresh antagonists. Naturally, we gave the students a head start... just to make things fair. As the only log that blocked the creek loomed, just one boat remained between us and victory. Having laid the ground rules for the race as twofold (don't grab onto other boats and wait your turn at the log), we were chomping at the bit behind Isabelle and Queenie. They climbed out of their vessel onto the floating log, dragged their canoe over said log, clambered aboard, and dashed for the proverbial line. We teachers followed suit and the two barks ended bow with bow, neck and neck. Since no photo finish was in evidence, it was left to us to decide. We agreed that the girls were first to exit the creek, but the teachers reached the lake in the lead. The question remains whether the reeds bordering the lake at the mouth of the creek are part of the lake or the creek. Lacking impartial international judges, each is left to his own interpretation, but suffice it to say that if the trip is repeated in years to come, the teachers may remember it as yet another victory.

Mr. Burrage

Both Schools

Stories of Character: Episode IV

Our annual Leadership Experience Week is meant to offer students many opportunities to develop and reveal their character. We challenge our students with real-world situations that push their envelopes and may even make them question their physical and mental limits or core beliefs about the world around them. Often, these happen on a large scale, obvious as surviving yet another night of pouring rain in the wilds of Strathcona Park or a facing a fourth day of harvesting carrots and potatoes on God's Little Acre Farm or grappling with your classmates and teachers about the value of Restorative Action in our community.

But, again, it is the small actions that impress most. While there are plenty of vignettes that faculty and students shared this past week, two snapshots come to my mind. They occurred at the temporal book-ends of our experiential week, happening at Strathcona Park where our younger students were and at Rockridge Canyon where our graduating class mulled their legacy, what they want to leave behind as they prepare to leave our community this year. While the senior students grappled with these weighty questions in discussion groups, they also had time to participate in outdoor bonding activities. During one of these down times, students were hiking in this beautiful area around Princeton. As one of our students was crossing a stream, his glasses slipped and fell in. While he laughed at the accident, along with several of his peers, he was genuinely perplexed as he bent over the cold flowing water and

failed to locate them. Some of his friends continued to think the situation humorous, but Adriana Dobbie flew into action. Without a second thought, she plunged into the creek, and started to help in the search. In a few short minutes, she had organized the students in the area to create a temporary dam and, once the flow had reduced to a trickle, she located the missing glasses. All of this was accomplished with humour and kindness that mobilized her peers and made the other student feel valued. Adriana's actions were those of a true leader – doing what was right, without a second thought, at her own expense but for the good of others and class integrity as a whole.

At the other end of the spectrum, Ms Berkeley wandered into the Strathcona Lodge last Friday morning after a week of wetness with our Grade 8 & 9 students. Like everyone else, she was tired by this point and seeking a cup of coffee to help her through the final day and the journey home. Hearing some noise from the kitchen, she was surprised, upon peeking in, to see one of our students, Ethan Han, washing dishes while chatting away with the kitchen staff. When she exclaimed her surprise, Ethan turned to her, stricken, and asked if he needed to join his peers immediately, if it was now time to depart. When Ms Berkeley reassured him that he still had an hour, he broke into a grin, expressing relief that he could still help out in the kitchen for some time yet. As Ms Berkeley turned to leave with a small smile on her face, one of the kitchen staff chuckled too, and said, "We love this kid!"

Neither Adriana nor Ethan were the designated leaders of their LEW activities in these specific instances, but both showed true character in unplanned situations. These two stories are small examples of what we mean when we say that, in our minds, all of our students can be leaders.

Daryl Weaver
Assistant Head of Senior School/Director of Experiential Education

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 three weeks away!

Our largest admissions event is just around the corner. On **Thursday, November 5th from 6:00 to 8:30 pm** we will open our doors and invite the community to join us as we host our annual OPEN HOUSE. Our guests will have an opportunity to visit our classrooms, meet our faculty and students, and tour the facilities. We know that our greatest source of advertising is our own families, so we encourage you to invite anyone you know who may be interested in investigating what we are all about. Pre-registration is not required.

Thank you for sharing your pride of School!

Renee Lepp
Director of Admissions

Volunteers Needed for Open House

Open House is on **Thursday, November 5th** this year and we are looking for a number of parents to help out! Specifically, we need:

- Parent Greeters to welcome prospective families and guests. We need 3 JS and 3 SS parents to be available to answer questions from 5:30PM to 8:30PM that evening. Contact Jasmine Boyes directly if you are interested at jboyes@southridge.bc.ca.

- Parking Lot Attendants to help direct traffic and patrol the parking lot. We need 6 parents (this is a great job for dads!) to work from 5:30 pm to 8:30 pm that evening. Orange vests provided! Sign-up online under Junior School Operations/Parking Lot Traffic Controllers.
- Hospitality Help in the Senior School. We need 3-4 Senior School parents to help with making coffee, setting out desserts, cleaning up the coffee area, etc. This position requires a longer shift from 5:30 pm to 9:30 pm. Please sign up online under Senior School Operations/On-Call Hospitality Volunteer.

Thank you for your help with the Open House, our premier recruiting event for the year!

Jasmine Boyes,
Community and Alumni Relations Manager

The Masquerade Ball is Just Around the Corner!

Now that your calendar is marked for **November 21st**, it's time to round up your friends and family to help us celebrate our biggest fundraising event of the year – **The Masquerade Ball**.

Get ready for a dynamic evening of mystery, intrigue and glamour as we listen to the soothing jazz sounds of our Jazz Studies students, dine on culinary creations from Chef Dan Olson of Railtown Catering, bid high and bid often on unique live and silent auction items, and party the night away to live music entertainment.

It's a celebration not to be missed, so dress to impress and embrace the theme by wearing an intriguing and colourful mask.

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

2015 Masquerade Ball Committee

Going once, going twice...SOLD!

An impressive list of unique and one-of-a-kind items are once again being assembled for our live and silent auctions, and we need your help to make this year's Masquerade Ball one of the most memorable events yet.

The proceeds raised from Gala directly support the education of our students by funding new teaching tools, educational technology, classroom equipment and many other day-to-day provisions and opportunities.

By donating to the silent and/or live auction with a gift certificate, product or service, you will be making a valuable contribution to the success of our school, in addition to receiving prominent recognition that evening and in our post-event Thank You ad.

We need everyone's support to make the event a success, so please [click here](#) for donation forms and [click here](#) for more details on "Where The Profit Goes".

2015 Masquerade Ball Committee

Masquerade Ball Sponsorship Options

It's through the cooperative efforts of our amazing school community that Southridge continues to prosper and we are very grateful to our past Gala sponsors. Your generous sponsorship at last year's event allowed us to exceed our fundraising goals and purchase important items and services for our students and teachers.

Our success is based on your contributions and we hope to count on your sponsorship support again this year. To find the level of commitment that is appropriate for you and your family, please [click here](#).

2015 Masquerade Ball Committee

Junior Library Schedule

The Junior Library Volunteer schedule is available through Google calendars. [Click here](#) to access the calendar.

Volunteers Still Needed for Uniform Shop

We are still looking for 2-4 parents who can work in the uniform shop on Tuesday or Thursday afternoons from 2:00 pm to 4:00 pm. Please sign-up online. A Criminal Record Check is required. Training is provided. Retail experience would be beneficial.

Thank you,
Volunteer 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

Oct 12- Oct 16
Specials

Mon-12

Tues-13

Wed-14

Thur-15

Fri-16

Breakfast

School

Bacon & Egger \$2.50

Raspberry Scone \$1.50

Cinnamon Bun \$2.00

Blueberry Muffin \$1.50

Chef's Entree

Closed

Beef Taco Salad \$4.50

Sweet & Sour Stir fry \$4.50

Lemon Grass Chicken \$4.50

Fish Taco/ Fries \$5.00

Pasta Bowl \$3.50

Happy

Creamy Bowtie

Cheese Tortellini

Macaroni & Cheese

Spaghetti & Meat sauce

Grill Central

Thanksgiving

Chicken Pizza Wrap \$4.00

BBQ Bacon Burger \$4.00

BBQ Ribber \$4.00

Hot Wrap \$4.00

Weekly Panini \$5.50

BLT Cheese

BLT Cheese

BLT Cheese

BLT Cheese

Great Greens

Garden Salad

Chicken Caesar Salad

Chefs Salad

Spicy Chicken Salad

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



Oct 19-Oct-23
Specials

Mon-19

Tues-20

Wed-21

Thur-22

Fri-23

Breakfast

Yogurt
Parfait

3.00 Berry
Smoothie

Breakfast
Bagel

Breakfast
Wrap

School

Chef's
Entree

Chicken
Burrito \$4.50

Chicken
Noddle Bowl
\$4.50

Chicken
Enchilada
\$4.50

Chicken
Taco Salad
\$4.50

Closed

Pasta
Bowl \$3.50

Gemelli
Pasta

Curry
Pasta

Rotini
Italiano

Macaroni &
Cheese

Grill
Central

Japa Dog
\$3.00

Soft Taco
\$4.00

Pizza
Slice \$3.00

Swiss
Bacon \$4.00

Weekly
Panini \$5.50

BBQ
Chipotle

BBQ
Chipotle

BBQ
Chipotle

BBQ
Chipotle

Great
Greens

Chicken
Ceasar

Tuna
Salad

Chefs
Salad

Chicken Taco
Salad

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



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

