

Southridge Wednesday

12-13
No. 03

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September 19th, 2012

Head of School

Thanks for a Wonderful Welcome Back Picnic

Big thanks to everyone who came out to the Welcome Back Picnic on Sunday. I couldn't imagine a better set of circumstances or conditions to host the event. What a great day for us to welcome everyone back to another school year and to have our new families out with us at our first community event. Special thanks to Cheryl Spence and Pauline Basran for their leadership as co-chairs and a friendly shout out to their husbands Barry and Jerry who were a huge help setting up and taking down equipment – not to mention raking grass. I know our school is looking forward to continuing to enjoy the great atmosphere that we experienced at the picnic together.

The Story Behind Senior School Room 240

After attending well-chosen and specific professional development opportunities last year and participating in comprehensive school visits that included thoughtful faculty discussions, two of our teachers were eager to step away from the front of their classrooms to join their students “at their level” and engage them more deeply in a student-centred, discussion-based, collaborative learning environment. Mr. Seib's AP Calculus and Grade 10 Math classes and Ms. Robinson's Grade 12 Writing class met in the Harkness Room to help bolster the interactive classroom experience they were so eager to pilot.

As the year progressed and we gathered important feedback from our students, we embarked on designing a new table for Southridge – one that would allow for a variety of classroom arrangements while still retaining the ability to gather in a way that promotes face-to-face discussions and problem solving inclusive of the entire class. The modular Harkness Table idea was developed to support this focus in the classroom, and at the same time address some of the important changes that are happening in education, as identified by our Senior School Education Program.

Over the past few years, there have been some critical shifts in thinking regarding education. One big shift sharpens our focus on the skills students will need in order to function successfully and to be leaders in the upcoming decades. The skills and values that the 21st Century will demand (and reward) are sometimes referred to as the five C's: critical thinking, creativity, collaboration, communication and character.

Other big shifts, as noted by Pat Bassett, the President of the National Association of Independent Schools, are described in the following way: from knowing to doing, from teacher-centred to student-centred, from the individual to the team, from consumption of information to the construction of meaning and from high stakes testing to high value demonstrations of conceptual understanding.

At Southridge, we believe that student-centred, discussion-based, collaborative teaching environments complement these critical shifts in education, and we are beginning to use Harkness Tables to help foster the kind of collaborative environment we strive to achieve. But there is no one method to using Harkness Tables. Teachers approach their use in ways that are reflective of their professional dispositions. What is common among them, however, is the recognition of the shifts in education, how our Senior School Education Program addresses those shifts and how classroom environments need to keep pace with the demands of a society that is no longer defined by access to knowledge.

Student-centred, discussion-based, collaborative teaching environments supported by the Harkness approach help our students achieve. But achievement is not just about marks. I encourage you to think of achievement more broadly as encompassing the following six points as they relate to lifelong learning.

1. The ability to identify and present questions.

2. The ability to discuss and analyse, by using effective communication skills in a collaborative environment, leading to a deeper understanding of questions.
3. The development of creative and innovative possible solutions or answers to questions.
4. Regular reference to texts, problems or lab results, which are reflective of the curriculum, to refine or expand answers to questions.
5. Thinking critically about answers to questions by considering, analysing and assessing them against a set of criteria.
6. Determining the conceptual relationship of questions and answers to other subject disciplines and to a larger body of knowledge.

Our mission statement underscores the importance of developing lifelong learners. At the heart of learning lies the ability to ask thoughtful and intelligent questions. Whether in the Junior School or the Senior School, our students' achievement is not defined solely on their grades; rather, it is also defined by how they will make a difference in the world, and the first step in making a difference lies in the ability to ask the right question at the right time and in the right way.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
University Information Night	Wednesday, Sept 19 th	7:00 PM	St. George's School 4175 West 29th Ave, Vancouver
Grade 7 Outdoor Education Meeting	Thursday, Sept 20 th	6:00 - 7:00 PM	Junior School Classroom 229
Intro to PYP (before Meet the Teacher)	Thursday, Sept 20 th	6:30 - 7:00 PM	Junior Great Hall
MYP & PYP Meet the Teacher Night	Thursday, Sept 20 th	7:00 – 8:00 PM	Junior Great Hall
Junior School Terry Fox Run	Friday, Sept 21 st	1:00 - 3:00 PM	School Grounds
Senior School Parent Coffee Morning	Monday, Sept 24 th	7:30 - 8:30 AM	Senior School Cafeteria
Senior School Mini School Night	Thursday, Sept 27 th	6:30 - 9:00 PM	Alan Brown Great Hall
Senior School House Picnic/Terry Fox Run	Friday, Sept 28 th	10:40- 3:00 PM	Crescent Park (by bus)

Junior School News

Signing the Junior School Promise

Over the course of the last week, I have had the pleasure of visiting many of our classrooms where I discuss and sign the Junior School Promise. The promise is a commitment from the students, parents, teachers and myself regarding the expectations for the school year. These chats are most enjoyable to me; our students take this commitment seriously, and they are asked a series of questions related to the promise while they shake my hand:

- Do you promise to do your best work this year?
- Do you promise to ask for help when you need it?
- Do you promise to think about your classmates, and their needs in this room?
- Do you promise to keep your things neat and orderly? (admittedly, a stretch for some☺)
- Do you promise to be caring and solve problems in a positive way?

Looking into the eyes of 5 year olds to 13 year olds, and asking for their commitment to these questions is quite a humbling experience. All our students inherently want to keep this promise—they are sincere and honest in their answers. One Grade 7 boy, who shall remain nameless, stumbled on the 'neat and orderly' promise and candidly stated, "You and I both know, Mrs. Middelaer, that this is a push for me!" Working with young people is so refreshing and energizing as they tend to be raw and transparent in their answers. We do reiterate again that Southridge Junior School is a safe place to grow and develop. Through the process of growth, it is inevitable that young people will make mistakes. We believe in starting this

journey with a promise indicating that they will 'try'. Then, if a mistake is made, we can redirect back to their promise and know that a moment of growth has occurred for them. Candidly, these young people at Southridge have well developed characters, and we do know them to be respectful, honest students. We are just helping them to be their best—and it is an honour to witness their growth and developing maturity.

Have a great week,

Mrs. Middelaer
Head of Junior School

Meet the Teacher Evening- Thursday, September 20th from 7:00 – 8:00 PM

As parents, you are an important partner in your child's education, and we seek to have very strong relationships with you. As such, we are pleased to have our 'Meet the Teacher' on Thursday, September 20th at 7:00 – 8:00 PM

The format of 'Meet the Teacher' evening will be somewhat altered to provide opportunity for parents to meet with all their children's teachers. This evening is important in that our teachers have some very specific information about how their class is organized and the routines that are in place. The format will be as follows:

- 7:00 – 7:10 PM - Introductory Meeting in Junior School Great Hall –Mrs. Middelaer will introduce specialist teachers and present a brief overview of our programme.
- 7:10 – 7:40 PM - Formal presentation by class room teachers in your child's homeroom. Please be on time for this as our teachers have a lot of information to convey, and will be as efficient as they can in presenting. We highly recommend that if parents have 2 or more children, they attend the session of the youngest child.

Earlier in the evening in our Great Hall, we are also offering an 'Introduction to PYP' (Primary Years Programme) for any of our new families from 6:15 – 7:00 PM so that we can explain the philosophy and teaching practices of an International Baccalaureate World School (IB). Ms. Shanaz Ramji-Motani, our PYP Coordinator, will be pleased and honoured to explain our programme.

We thank you for your commitment to Southridge and are honoured that you entrust your children into our care. Thank you for taking the time to build these lasting relationships as we partner in your child's education. We look forward to our time together on Thursday.

Outdoor Education

Outdoor education experiences will occur at the end of this month for our older MYP students. The Grade 7 classes are attending Summit Outdoor Education Camp for their excursion and the Grade 6 students are attending Camp Qwanoes for their challenging outdoor education experience. These outdoor education trips provide an opportunity for students to further appreciate and understand their natural environment. Leadership, cooperation and interpersonal skills are developed as students are challenged, comfort levels are extended, and confidence is built. We wish our Grade 6 and 7 students a wonderful time on these trips. Both groups leave on Tuesday, September 25th and return on Friday, September 28th, 2012.

Parent information sessions will be held in the upcoming week: Grade 6 information evening for Camp Qwanoes will be held on Thursday, September 20th before Meet the Teacher in Ms. Mauricio's room (227) from 6:00 – 7:00 pm. Grade 7 information evening for Camp Summit will occur before Meet the Teacher on Thursday, Sept. 20th from 6:00 – 7:00 PM in Ms. McNeil's classroom (229).

Cops for Cancer

On Friday, October 5th, 2012 at 10:05 AM Southridge School is honoured to be a stop on the last leg of the 'Cops for Cancer' Tour de Valley. This does fall during our recess time, so we will readjust our schedule and host an assembly to welcome them. A team of over 20 emergency response workers whom have been cycling for many days and will make a stop at our Junior School before they proceed on to other destinations. The purpose of their cycling trek is to raise awareness and funds for children's cancer research. The team will speak at our assembly that morning, and cycle through our great hall before they resume their journey. Let's welcome them in a sea of blue and yellow which are the theme colours of their 'Cops for Cancer' ride. Students may use temporary hair dye, and are encouraged to wear as much blue and

yellow as possible. Temporary tattoos will also be provided for the cause. Parents are welcome to come and cheer on this team and support their efforts to raise funds for cancer research.

Head Lice

This is the time of year when head lice can become an issue. Lice do not pose a serious health risk, but they are unpleasant and a nuisance to deal with. Contrary to popular thought, lice actually prefer clean hair, and although they do not jump, they are spread by head to head contact, or shared items. We strongly urge our students not to share brushes, hats, barrettes and other items that come close to the head. We also suggest that parents check their own children at least once a week. If you are aware that your son or daughter has head lice or nits, it is essential, and our expectation, that this information be communicated to the school. Treatment for lice has improved and we need to eliminate the possibility of head lice spreading. Once we have received information from the parent, and the child has been treated, we ensure the child is clear of lice before they return to class. Our goal is provide the best learning environment for all our students, whilst maintaining the dignity of the individual child. Thank you for your cooperation in this matter.

Playground Volunteers

Inviting all parents interested in volunteering for playground duty to attend playground orientation on September 25th, 2012 at 8:15 am. Please email your contact information, preferred volunteer days and frequency per month to Cari, cari@windandtide.com or YY, ngskleryk@yahoo.ca This is a great volunteer opportunity for any parents with younger siblings and super fun to get to know all the students. Looking forward to meeting you all at the orientation.

YY And Cari,
Playground Schedule Coordinators

Hot Lunch Volunteers

Looking for a fun way to meet other parents? We are looking for a number of volunteers to help out with hot lunch. Please contact either Jasmine Sandhu jasmine_sandhu@live.com or Stephanie Schmidt nuffers@ymail.com

Jasmine Sandhu
Hot Lunch Coordinator 2011/2012

Terry Fox Run House T-shirts

If you haven't purchased the house t-shirt (for the Terry Fox Run), you can pick them up from the Uniform Shop on Thursday from 7:45 – 9:00 and 2 – 4.

Junior School Terry Fox Run is this Friday!

This Friday, September 21st, is the Terry Fox Run. Terry is a Canadian hero, a man whose dream was to run across Canada and collect 1 dollar from every Canadian to help fund cancer research. Terry had a form of cancer called osteosarcoma, a cancer that often starts at the knee. Four days after Terry was diagnosed, he had his leg amputated six inches above the knee. Unfortunately Terry couldn't complete his run, because the cancer that was in his knee had started up again in his lungs. However, we are all living out Terry's dream when we run and raise money for his cause.

On Friday, please wear running attire (e.g. runners, PE shorts, your gym shirt, Canadian colours, or house colours). You are allowed to dye your hair (not permanently) and are able to wear tattoos as long as they are relevant to the run and positive.

Every child must bring \$5.00. Please bring your donations ahead of time to your homeroom teacher. We are to run on school property only, and there are no wheels allowed (strollers ok). Family members are welcome to run and walk with us. We will start with an assembly at 1:30 and the event will finish in the Junior School field by 3PM.

Thank you everyone!

Hailey Lehnert 7CB

Senior School News

Senior School Leadership Experience Week (LEW)

At Assembly on Monday, we introduced the students to Leadership Experience Week that will take place from Monday, October 1st through to Friday, October 5th. For this entire week, we will be offering an alternative program from regular classes for all grades in Senior School. We are very excited to be able to give students this opportunity to further learn about themselves in a wonderful array of activities.

To be fair, for the Grade 8's through 10's this week is similar to the one we have run the past two years, but now it includes our two senior grades. I want to explain how each grade focuses on a central theme and the experiences that go along with this theme. You will notice that how the themes develop along with the students' individual growth and age.

Grade 8 begins with the theme of "Identity" with their trip to Strathcona Park Lodge. While there and through a number of activities, students will explore personal character through challenging themselves in order to start developing leadership and their grade identity. It also allows an important shared experience that our many new students can share with our veteran Southridge students that have come from the Junior School.

In Grade 9 students return to Strathcona Park Lodge within the theme of "Cooperation". However, the program is more challenging as they focus on specific small group outings that they are able to choose. This continues to build leadership and teamwork in our students and increases the grade cohesion.

This will be the third year running that the Grade 10's have a focus on "Service". Through the wonderful facilitation of the Me to We organization that bookends the week of local service opportunities for the students to experience, they learn the leadership skills to move beyond themselves to helping others. Over the past two years, the feedback from the students has been tremendous and, in many cases, incredibly empowering for them to become more service oriented individuals.

This year, our Grade 11's will focus on a theme of leadership through "Exploration". This theme allows students to explore future options and develop valuable skills in order to make a contribution. The Monday of their week will have them participate with the Grade 12's in a Careers Day on campus. We will have a keynote speaker, a panel of guests explaining their specific path to success and then the remainder of the day will allow students to choose specific individuals to listen to, and ask question of as they learn about this career. Tuesday will have them all receive First Aid training as a valuable life skill. Finally, they will enjoy a three-day workshop on Restorative Justice at Camp McLean in Langley. Learning to facilitate conflict resolution will not only allow our senior students to assist their younger peers in working through issues in our community, but it will be a valuable life skill regardless of the career path they choose to pursue.

Our Grade 12's will also explore leadership through the theme of "Legacy". Throughout the week our Grad Class will look back at contributions made, look forward to university life and, as a class, formulate how they can assume leadership of the Senior School as the senior grade. Along with the Career Day on Monday, Grade 12's will have the opportunity to visit Quest University in Squamish on Tuesday and UBC on Wednesday. For the final two days of the week, they will be traveling to Princeton, BC for a two day Grad Retreat. This affords the opportunity to connect as a class and reflect and decide on the legacy they wish to leave as Grad 2013.

We are excited for the opportunities the students will enjoy during this week. Each year as they develop through the Senior School we can support their growth as leaders within our community and beyond, both for the present but equally important, for the future.

If you have any questions or feedback, please do not hesitate to contact me or Mr. Daryl Weaver, Director of Experiential Education.

Enjoy the week!

Doug Palm
Head of Senior School

Senior School Picnic

This year's Senior School picnic is on Friday September 28th. After a short day of classes, students will get on the buses at 10:40 AM and travel a short distance to Crescent Park. Students will enjoy a picnic and participate in welcoming rituals, tug of wars and finally, the Terry Fox Run. We will return to school by 3:00 PM.

Students need to pack:

- Bag lunch
- Water Bottle
- Running Shoes
- Clothes should be old clothes in house colours that they don't mind getting dirty
- Students can dress up in house coloured crazy costumes
- Students can paint their faces/hair in their house colour
- A towel to clean up after welcoming ritual/change of clothes
- Rain coat or suntan lotion...we go rain or shine
- Donation for Terry Fox

Kierstan McCaw

Leadership Experience Week 2012

We are excited for our first annual Leadership Experience Week in the Senior School, which will take place from Oct 1st to 5th, 2012. This is an opportunity for all of our Senior School students to learn outside of the classroom, building practical and leadership skills in real-world situations. Instead of the regular class schedule, each grade will be involved in a specialized program:

Grade 8

- Theme: Identity: exploring personal character through challenging themselves in order to start developing leadership and their grade identity
- Location: Strathcona Park Lodge
- Timing: Sunday, Sept 30th – Friday, Oct 5th, 2012
- Cost: Approx \$540.00
- Attire: Appropriate outdoor wear as per packing list

Grade 9

- Theme: Cooperation: focusing on specific small group challenges and building leadership and teamwork to further develop grade cohesion
- Location: Strathcona Park Lodge
- Timing: Sunday, Sept 30th – Friday, Oct 5th, 2012
- Cost: Approx \$540.00
- Attire: Appropriate outdoor wear as per packing list

Grade 10

- Theme: Service: learning the leadership skills to allow students to move beyond themselves to helping others in their local community
- Location: Southridge School (Mon & Fri); 10 Non-Profit Organizations in the local community (Tues-Thurs)
- Timing: Monday, Oct. 1st – Friday, Oct 5th, 2012, regular school hours
- Cost: \$250.00 (to cover transport & professional Me To We facilitators)
- Clothing: Casual but appropriate to be active at school and specific to the volunteer work being done.

Grade 11

- Theme: Leadership I: Exploration: exploring future options and developing valuable skills, notably those of restorative justice, to prepare students for making a contribution
- Components: Career Day, Mon; First Aid Training, Tues; Restorative Justice Training, Wed-Fri
- Location: Southridge (Mon-Tues), Camp McLean (20315 16th Ave, Langley, Wed-Fri – students need to be dropped off & picked up from the Camp)
- Timing: Monday, Oct. 1st – Friday, Oct 5th, 2012, regular school hours
- Clothing: Professional attire (as for a job interview) Mon; Active athletic wear Tues; Comfortable but appropriate casual wear Wed-Fri

Grade 12

- Theme: Leadership II: Legacy - looking back at contributions made, looking forward to university life, and assuming leadership in our school community in the present
- Components: Career Day, Mon; Quest U Visit, Tues; UBC Visit, Wed; Grad Retreat, Thur-Fri
- Location: Southridge (Mon); Quest & UBC (Tues, Wed, by bus from Southridge); Rockridge Resort, Princeton, (leave Thurs, return Fri evening by bus from Southridge)
- Timing: Monday, Oct. 1st, regular school hours; Tues, 7:45 AM – 5 PM, Wed 7:45 AM – 2:30 PM, Thurs 7:00 AM departure - Friday, 6:00 PM return.
- Clothing: Professional attire (as for a job interview) Mon; Comfortable but appropriate casual wear Tues-Fri
- Cost: Approx \$275.00 (for Grad Retreat).

This will definitely be a highlight of the school year for all of our students. We appreciate your support, and encourage any input, assistance or queries. Please contact Daryl Weaver at dweaver@southridge.bc.ca or 604-542-1796 for more information.

Daryl Weaver
Experiential Leader

Math For All

At Southridge our students benefit from the availability of mathematics tutoring sessions by our teachers in the mornings before school starts and at lunch. Having our math teachers available for these sessions to help students over the rough spots is a wonderful benefit our students enjoy.

Because this is not available for all students in Surrey and White Rock, some of our enthusiastic, service minded Senior School mathematics students will be providing peer tutoring for non-Southridge Grade 8 – 10 students on Saturdays from 9 – 11 in the Senior School library, under the direction of Max Sterelyukhin.

This provides Southridge students with the opportunity to teach, which is one of the best ways to learn. It also allows students from the broader community a chance to receive support and instruction they may need. The cost to attend is by donation. The donations will be placed in the school's endowment fund, which helps support students to attend Southridge who would otherwise be unable to attend. Please pass along this opportunity to those you may know in the community who would benefit from this experience.

Non-Southridge students can register by clicking on the link below.

<https://www.netdirectories.com/~srs/oler2.cgi?1078>

Max Sterelyukhin
Sponsor Teacher, Math For All

Southridge Rugby Club – Celebrating our Provincial and National Success!

Four Southridge rugby players represented British Columbia at the National Championships in Eastern Canada over the summer. Grade 11's Nick Collett, Drew Coles and Tim Stephens travelled to Bishops University in Sherbrooke, Quebec in August to play for the BC Under 16 squads, and Grade 9 Jared Thind went to Ontario as part of the BC Under 14 squads.

Nick Collett and Drew Coles were selected to the BC Under 16 Gold team, which posted a perfect 6 wins and 0 losses record and were crowned National Champions after a 15-13 victory over the Ontario A Squad. Nick finished the tournament as the top point scorer in the Under 16 division, scoring two tries and 15 conversions and penalty kicks. Tim Stephens played on the bronze medal winning BC Under 16 Blue squad, which posted 4 wins and 2 losses, with their only losses to the BC Gold team. Tim's team secured the bronze medal with a 12-7 victory over the Ontario B squad.



Picture caption: Drew Coles (Gr11), Tim Stephens (Gr11), and Nick Collett (Gr11) at the National Rugby Festival representing Team BC Gold and Blue.

Earlier in the summer, Nick, Drew and Tim were all members of the Fraser Valley West Representative team that won the silver medal at the Provincial Regional Championships at UBC. Former Southridge teacher, Andy Mullin, was the coach of the Fraser Valley West squad.

Jared Thind was a member of the BC Under 14 A squad that was undefeated in five games against Ontario club, regional and provincial teams. In the final of the National Interprovincial Tournament, Jared scored a try in BC's 15-0 win over the Ontario Red squad. Earlier in the summer, Jared won a gold medal at the BC Summer Games, as part of the Fraser Valley Sevens team.



Caption: Jared Thind (Gr9) on attack for Team BC

Mr. Paul Doig

CASH ONLY COMIC BOOK SALE WED AND THURS AT LUNCH!!!

Last year's Media 9 students spent the end of school year creating comics. These comics have been compiled into a comic book which will be on sale outside of the cafeteria this Wednesday and Thursday at lunch. This is a great opportunity to get your own copy of a LIMITED EDITION comic book created by and featuring many of your favorite Grade 10 students.

Prices:

\$5 for students

\$3 for staff

All proceeds to Semiahmoo House.

Chris Westendorf
Media Arts Teacher

Jazz Retreat October 25th – 27th, 2012 Evans Lake

This will be our seventh Jazz Retreat, but this year we are at new location, the beautiful Evans Lake, just past Squamish. Truly, this has become a bit of a Southridge tradition! If you speak with anyone who has been in previous years, I'm sure they'll tell you it was a great time... musically and in every other way! This year's retreat will be held from Thursday through Saturday, October 25th – 27th.

Students will stay in cabins. Our days will be filled with full band sessions, sectional rehearsals, as well as workshops on improvisation. Each evening, we'll be treated to a jazz jam session extraordinaire with our clinicians. Also, they'll be lots of free time for relaxing or playing a game of cards or soccer, or simply soaking up the awe inspiring scenery.

If you are playing in one of the Jazz Bands or sing in the Vocal Jazz Ensemble this year, you will not want to miss this amazing retreat. The sign up forms will be available by Friday of this week (Sept 21); check in front of the bulletin board outside room 103. We will also post them to Schoology and attach them to an announcement in next week's Wednesday.

Parents, if you are willing to help, please email sburrage@southridge.bc.ca Each year, we have about 5 or 6 parents join us, to help with the younger students' cabin supervision and some of the food. The evening concerts are definitely a highlight. Any parents who have been before have certainly enjoyed the retreat.

Ms Parker, Mr. Mitchell & Mr. Burrage

News for Both Schools

Kids' Art for the Gala

For this year's 'True Colours' Gala, we are doing something a little different with the kids' art auction. I am so delighted that Grade 2 mom, Ms. Jennifer Toporowski-Smith, has taken on the project and will be working with me over the next few months to put it all together.



From now until the gala on November 17th, I will be sharing information about the projects in The Southridge Wednesday. Last Thursday, for example, we started with our Grade 4's. Each student was asked to draw the cover of a book 'about them'. The covers will be transferred to fabric and sewn into a lovely class quilt. The pictures were amazing – and the final

product promises to be so as well! Here are a few photos of the kids hard at work. A special thank you to all our Grade 4's and to Ms Raber and Ms Birch for your class time! We had a blast!

Christiane Hodson
Director of Advancement

Celebrate Your True Colours Gala

Every year we come together to support the school in the way of a night of fun, food, dancing, auctions and more! And this year is no exception.

We are proud to announce this year's Gala event is True Colours; a celebration of what makes each of us special and unique.

This year's gala event is designed to let your unique spirit and individuality soar. Whether you show your true colours by wearing your most vivid apparel, your cultural or traditional dress, your favourite fashions, or whatever you feel best represents who you are. It's your opportunity to showcase and celebrate your dynamic style and what sets you apart.

We all bring such rich and vibrant colours to the fabric of the Southridge community. Your true colours are beautiful - let them shine through!

We are a part of an inspiring and powerful community - a global world - but at the end of the day, WE ARE ALL ONE.

In upcoming Wednesday's we will be revealing Kids Art projects that will be auctioned off at the Gala, the event webpage launch, ticket sales, opportunities to Sponsor and donate items and much much more!

Gala Coordinators

Item Donations for Gala

The Gala Procurement Team has been busy contacting community businesses for donations to our Silent and Live auctions. As we are nearing October, we are asking our school families to consider making a donation that would complement what has been received to date.

There are many ways to donate:

1. Donate an item to the auction from your family or business. We are hoping for some "priceless", one-of-a kind experiences, or specialty items. Here are some suggestions:

Wine, Spirits and Dining: fine dining gift certificates, catered dinner packages, wine collections, private wine tasting, cooking classes

Sports and Vacations: sporting event tickets, signed jersey, theatre tickets, golf packages and golf wear, weekend getaways, trips

Spa, Health and Fitness: personal training sessions, spa/massage treatments, spa gift certificates

Fashion and Jewellery: gift certificates, jewellery for him and her, teen shopping spree, fashion accessories

Fun for the Kids: unique birthday party package, passes to local attractions, concert tickets, driving lessons, gift certificates to their favorite clothing stores

2. Help procure an item for the auction through a personal or business connection.

3. Let us do the shopping – make a cash donation and we will purchase an item for you.

Please help us assemble an array of items that will appeal to a variety of interests. Please fill out the attached donation form and submit it to Lisa Boudot at the Senior School. T: 604-542-2303 or lboudot@southridge.bc.ca.

Thank you in advance for your generous support!

Southridge Rides Again

Last year, myself and three other teachers participated in The Ride To Conquer Cancer. It was a great experience for all of us, especially Mr. Anderson, Ms. Ridley Thomas and me as this was the first time we had done the ride. It was Ms. Davies second time, and each time she participates; she does it in memory of her father who lost the battle against cancer.

We were not the only Southridge representation on the ride as a number of parents were also riding with us. So this year, a team; Friends of Southridge, spearheaded by Dr. Rob Skleryk has been formed, and we are encouraging you all to get involved.

You do not need to have any previous riding experience as you will have almost ten months to train. The first time I got on a bike was last May, 2011, and I completed the 240 km ride over two days without any problem. Training was the secret. The purpose of the cycling team is to have members join the Ride to Conquer Cancer and raise money for that great cause. We are encouraging all teachers, parents and friends of Southridge to join us. We are planning weekly rides on Sundays for now until the weather turns bad. We will then resume team training rides in the New Year, probably in late January or early February.

People wanting to join the Friends of Southridge Team can go to the Ride to Conquer Cancer website (click on the following link below), click on the Register Button, enter Friends of Southridge Team and enter the password STORM.

http://www.conquercancer.ca/site/TR/Events/Vancouver2013?pg=team&fr_id=1441&team_id=53810

Once you join the team, you will be kept informed about upcoming rides and planning meetings to help coordinate fundraising events.

Dr Rob Skleryk is the team captain, so if you require any information, please email him at drrob@laserhealth.ca

Also check The Southridge Wednesday for articles relating to the ride.

Anne Boyle
MYP French teacher and team member

Menu, Nutrigram, Deli Platter, and Daily Digest

The Southridge Café is full delicious options. Our daily hot meals are always a worldly treat of something new that's sure to keep your palette honed and primed.

Our panini sandwiches are great hit with the students and the feedback we get from our customers is invaluable to our success and to the menus that we create.

Every Friday is Mac 'n cheese and pasta day. A unique offering that surely will hit home with the pasta lover.

The Southridge Café is a lot more than just a café but a catering solution as well.

We would be happy to create wonderful and fresh sandwich platters with salads, desserts and a selection of teas and coffee for any event.

We look forward to seeing you at the café. Bon appétit

Marat Dreyshner
Chef



Southridge Fundraiser November 17th, 2012

Deadline for Submitting Donation Form: **Friday October 12th, 2012**

Item Name:

Detailed Item Description:

Retail Value:

Delivery:

Items must be dropped off at the Senior School to the attention of Lisa Boudot by **Friday October 19th, 2012**. Large items can be picked up if necessary.

Delivery (check one):

Procurer will deliver

Donor will deliver

Pick-up needed

Scheduled Pick-Up/Delivery Date:

Donor Information:

Name: _____

Address: _____

Phone: _____ **Email:** _____

Contact: _____ **Website:** _____

Recognition Name for Online Program: _____

Tax receipts will only be issued when appropriate and only for items with a minimum fair market value of \$100. Donors must provide an official invoice/receipt confirming the item's fair market value.

Do you wish a tax receipt?

Yes

No

(Will only be issued if the donation qualifies)

If you have any questions, please contact Christiane Hodson at (604)542-2330 or chodson@southridge.bc.ca

For further information or to donate, please contact lboudot@southridge.bc.ca



Taking it to the
Macs!

September 24th -28th

SOUTHRIDGE CAFÉ

MONDAY

SOUTHWESTERN FAJITAS
MEXICAN RICE

TUESDAY

STIRFRY

WEDNESDAY

CHICKEN POT PIE
Homemade delicious
A Southridge café specialty

THURSDAY

MOROCCAN TORTILLA WRAP
WITH CHICKEN

FRIDAY

LINGUINI SALMON DIABLO



tomato

Tomatoes provide a convenient way to get nutrients – they are an excellent source of potassium, folate and vitamins A, C, and E. Tomatoes are also a great source of fibre – tomato paste having the most fibre at 12 g per cup. Tomatoes are low in calories, fat and sodium.

Tomatoes also contain a variety of phytonutrients including carotenoids and polyphenols. In tomatoes and tomato products, lycopene is the carotenoid with the highest concentration. Chopping and cooking (especially in oil) increase the bioavailability of lycopene. Tomatoes are a concentrated source of flavonols, which are mostly contained in the skin. Many of these nutrients and phytochemicals have antioxidant properties and, in combination with lycopene, may contribute to the numerous health benefits of tomatoes. Enjoy tomatoes fresh when in season but also use processed or canned (look for lower sodium versions) tomatoes and sauces in your favourite recipes!

There is a high degree of scientific consensus about the consumption of a diet that is high in vegetables and fruit particularly those which contain dietary fibre and vitamins A and C, like tomatoes. Enjoy the tomato harvest!



Members of Compass Group Canada



Italian Deli Platter

A selection of traditional Italian deli meat sandwiches on a variety of artisan breads.

small trays
starting at