

Southridge Wednesday

12-13
No. 03

A Weekly Publication of Southridge School

September 26, 2012

Head of School

Changes in Education Point to the Value of Being Nimble

It is an exciting time to be a teacher. Changes are taking place in education brought about by the ubiquitous access to knowledge, the shifting demands of a more interconnected global marketplace and relevant brain research about the way people of all ages learn. No longer is the teacher seen as the keeper and distributor of information, and schools are, more than ever, recognizing the call to prepare students intentionally for a post-industrialized workplace where producing ideas is the main way to grow the economy. Although the shifting tide in society has been taking place over a period of time, it has been forced into focus for the teaching profession within the past decade because of the internet's ability to bring knowledge to so many – regardless of the educational opportunities open to certain segments of the global society.

With the stroke of a just few keys and access to high speed internet searches at their fingertips, students are able to find whatever information they are looking for within minutes or even seconds. As a result, the teacher – once the “sage on the stage” – can no longer rely on a lecture format alone or a Socratic interaction with his or her students because students can access information easily from a variety of sources – not just their teacher. No longer can learning be defined solely by how much students can remember for quizzes and tests because learning is more about the construction of meaning – not the accumulation of information. No longer can students passively sit and receive knowledge from their teachers because the construction of meaning calls for high levels of engagement and participation. And no longer can talking in class be seen as a distraction to learning because the classroom environment needs to encourage and promote collaboration and dialogue in order for students to understand their vital role as a member of a learning team.

The basic formula for education is all changing. Rather than focusing on the teacher, education is focusing on the students. Rather than focusing on the consumption of information, it is focusing on conceptual understanding. Rather than focusing on knowing for the sake of knowing, it is focusing on experiencing and doing. And rather than focusing on the individual, it is focusing on the group. This is welcome progress. But progress, or change, is often fraught with struggle, and in education change happens very slowly. Everything from tradition to politics, from autonomy to solidarity, and from history to fear plays a role in keeping change at bay in schools.

Luckily, Southridge is young and not highly steeped in tradition. And although we have obligations to the Ministry of Education and the Office of the Inspector of Independent Schools, we are removed from a layer of politics that the majority of other schools in our province cannot disconnect themselves from. Our teachers are highly collaborative, they let what is best for our students guide them, and they welcome educational progress that is well researched and makes professional sense. Southridge is small in size and we are metaphorically “light” when it comes to progress. We are nimble and dexterous, and we can respond deftly to developing programs and approaches to teaching that support the changing nature of education.

Yes, it is definitely an exciting time to be a teacher, but it is even more exciting to be a teacher at Southridge because progress happens here.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
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	10:30 – 3:00 PM	Crescent Park (by bus)
Senior School Career Day (Grade 11 & 12)	Monday, Oct 1		
Winter Uniforms	Monday, Oct 1		
Full Day Kindergarten Begins	Monday, Oct 1	8:00 – 3:00 PM	
Grade 11 First Aid Course	Tuesday, Oct 2		
Grad Retreat	Thursday, Oct 4 - 5		Princeton, BC
Thanksgiving	Monday, Oct 8 th	No School	
Late Start	Tuesday, Oct 9 th	10:25 AM	

Junior School News

“It’s okay to make mistakes. Mistakes are our teachers -- they help us to learn” (John Bradshaw).

Now that we have settled into our first month of school, the children should be comfortable with the routines and expectations of their classroom. The days of each cycle should be familiar and knowing when to bring their PE strip and instruments should be almost second nature. Now we are presented with an opportunity to let the students be independent. Over the course of the next while, there may be odd times when your child forgets their belongings such as PE attire, homework items or musical instruments. At this point, we would ask you to avoid the urge to ‘rescue the child’.

In the Junior School, we provide a safe environment to make a mistake, and mistakes are often the best way to truly learn. Rather than interrupting your busy day by dropping items off at the school, we would ask you to allow your child to problem solve and adapt to their circumstances. As teachers, we happily assist in this process. We share lunch, we do allow students to take PE in their uniform (perhaps with a minor consequence), we give preferential seating to a student who forgot their glasses etc. We teach the students to be adaptable and flexible, but the overall goal is teaching them independence. As parents, it is our nature to provide all we can for our child(ren), and driving to the school in the middle of the day may not be seen as too much of an inconvenience. Alternatively, we can view these moments as opportunities to instill that amazing sense of self-reliance. Our Junior School is a safe, soft place to land, with lots of support for making great choices, and being independent. Let’s all support their growth by allowing them make minor mistakes.

Winter Uniform

Students have a few more days to enjoy their summer uniforms because on Monday, October 1st the wearing of the winter uniform becomes mandatory. Just to remind students that the winter uniform includes the green school sweater, white dress shirt, school tie, black shoes, grey flannel pants for boys, tartan kilt for girls (hemmed no higher than 3 inches above the knee), dark grey socks for boys and black knee socks or tights for girls. Thank you for making sure the uniform is clean, pressed and worn in a smart manner. We are representing our school in our actions and deeds, but also attire. Let us represent the school well.

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.

Have a great week,

Mrs. Middelaer
Head of Junior School

Thank to EVERYONE for a Wonderful Terry Fox Event!

We want to say a BIG thank you to everyone that helped out at the Junior School Terry Fox Run last Friday, from bringing money to running the run! Special thanks to all the parents who donated orange slices and helped tally the lap points. Also, thanks to all of the teachers who participated and supported and to the school maintenance team for their help. Thank you especially to Ms. Chantal Goodmanson for donating the delicious freezies and providing the water coolers; she also helped organize the parent volunteers, which was a big help to us. Congratulations Grade 7 students for planning and hosting this event and also being great leaders. Once again, thank you to everyone! We really made a positive difference!

Molly Maguire, 7SM

Collection for Cops for Cancer on Casual Day

This Friday's Casual Day will be in support of Cops for Cancer who will be visiting the school on October 5th. Money raised goes to the BC Cancer Society in support of research and camps for children affected by cancer. We hope that your child(ren) will enjoy our first casual day of the school year by wearing casual clothing. Remember that choices should minimally cover the equivalent of gymstrip. In lieu of this privilege, we ask that you send each child with a \$2.00 donation that we may prepare for presentation at the October 5th special presentation. Thank you so much for your generous contribution.

Jo-Ann Murchie
Junior School Service Coordinator

Senior School News

The Hero That is Terry Fox

What image comes to mind when you hear the term hero? Is it a comic book character like Superman or Batman? Is it a sports figure that has been incredibly successful – maybe someone from the past Olympics in London. Perhaps it is the literary hero from a classic novel?

On a completely personal level, each of these definitions hold value for me and I believe there are many individuals that are worthy of this label. However, no matter how many times I watch a film about him, listen to him being interviewed or just think of the sheer impact he has had, Terry Fox remains a wonderful hero for me!

Lately, it seems that a number of individuals considered exceptional in their specific discipline or craft and seeming to have the impeccable character to match these talents were held in a high enough regard to be considered heroes for many people. Unfortunately, a number of these individuals have “fallen from grace” through being exposed as having some fatal flaws that have tarnished their reputations. Perhaps it is unfair to expect so much of any one individual but it seems that this is the reality when the term hero is applied.

Terry Fox, even though his sad passing is now over 30 years ago, seems to stand the test of time in this regard. To be fair, he was very young when he decided to begin his Marathon of Hope and his passing happened shortly after this. Perhaps he didn't have enough time to make mistakes or make poor judgments to rescind our hero worship. However, I think it is the unique combination of doing something unbelievable (143 straight days of a marathon on one leg) along with the feeling that he was just a normal Canadian boy like you or I that makes him such an endearing role model and a lasting hero for so many.

I am amazed at my reaction every year the Terry Fox Run comes around on the calendar. I feel inspired to run, proud to be a Canadian and often brought close to tears as I see his unique gait on film. I am confident he will always be my hero and I will try to set an example at our House Picnic and Terry Fox Run on Friday as I make as many laps as I can! I feel privileged to have been alive when he embarked on this incredible personal journey and also the sense of responsibility in invokes in me to continue it for him.

A friendly reminder that this is a rain or shine event at Crescent Park. I always visualize some of those early days on Terry's Marathon of Hope as he ran across Newfoundland in April in the rain and cold. If he did it for 143 straight days, we can all do on one afternoon in the rain or sunshine!

See you there and have an excellent week!

Doug Palm
Head of Senior School

Mini-School Night

Please join us this Thursday, September 27th at 6:30 PM for our Annual Mini-School Night in Senior School. This is an opportunity to meet many of your child(ren)'s teachers for the year. We will begin in the Great Hall where you will pick up your schedule for the evening and listen to some opening remarks. The first stop will be your child(ren)'s Advisor and then a rotation of a number of classes on their schedule. We encourage everyone to attend as it is often one of the most anticipated events of the year!

Epic Comic Book Sale Continues at the Uniform Shop!

By popular demand, our student comic sale will continue at the school's uniform shop. The comic book, created by and featuring media students who are currently in Grade 10, was created under the theme "Making Things Right."

The comic books cost \$5.00 with all proceeds going to Semiahmoo House.

Chris Westendorf
Media Arts Teacher

Math for All

We are looking for student volunteer tutors for a new service initiative called 'Math for all'. Volunteers will be tutoring math to students who would otherwise not be able to afford tutors, Student's who are tutored will pay whatever they can and the money will go towards our school's endowment fund. This initiative will take place on Saturdays at the school. It is a great way to earn service hours and studies have shown that one learns better when they teach another. If you are interested in this opportunity, please contact Mr. Sterelyukhin.

Iksha Kumar
Junior Service Steward

Volunteers Needed: God's Little Acre

God's Little Acre is a farm located on 40th Avenue which donates all of its harvest to the local food bank. Farm caretakers rely on volunteers to harvest vegetables and not paid workers. Since it's harvest season right now they need volunteers to help them. The farm recently expanded from 3 to 10 acres and just in the last year they harvested 60,000 pounds of potatoes for the hungry. We are hoping to get a team of students together who would be willing to take part in this initiative and don't worry, you do not need to have experience in harvesting crops to take part in this service opportunity.

Please check out these websites to find out more:

<https://www.facebook.com/GodsLittleAcreSurrey>

<http://www.thenewspaper.com/life/Help+needed+harvest+Little+Acre/7132586/story.html>

If you are interested please contact Brian Kang.

Iksha Kumar
Junior Service Steward

Winter Uniform is Coming!!!

The grads will be having another used uniform sale to help raise funds for their dinner/dance. The sale will be on October 10 & 11th in the Junior School Great Hall from 2:00 pm – 4:00 pm. Everything is priced below \$10 – come and see what we have and help out your graduating class! Donations of cleaned used uniform items are welcome as well. If you are unable to come during these times, please email Ms. Mosher (hmosher@southridge.bc.ca), but items will be sold on a first come, first serve basis.

Thank you for your support!

Grad Committee & Ms. Mosher

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

Bottle Drive

The grads will be doing multiple bottle drives throughout the year to help raise funds for their dinner/dance. The first bottle drive will be on October 9th - 11th (right after Thanksgiving) and we will be accepting bottles in the mornings (Tuesday at 10:00-10:25 AM - late start morning - and Wed & Thurs at 7:30 - 8:00 AM) in front of the Senior School. Load up the car and bring it to the Senior School where the grads will unload your cars for you as you drop off your children! Remember to save up your bottles for the next bottle drive. Thank you for all of your support!

Grad Committee & Ms. Mosher

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

This will be our 7th Jazz Retreat, but this year we are at a 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 are attached.

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

Road Closure In Front of Southridge

Southridge was given notice of single lane alternating traffic in effect Friday, September 28th from 4:00 - 10:00 PM to allow for milling of existing asphalt on 160th Street from 28th Avenue to 30th Avenue.

The following day, Saturday September 29th from 7:30 AM - 5:30 PM, a full road closure will be in effect as asphalt overlay will be placed on 160th Street from 28th Avenue to 30th Avenue.

Kids' Art for the Gala – Grades 5 and 7

This week was a busy one for the Kids' Gala Art. Trying to squeeze in the Grade 7's before their camping trip meant having two classes within a couple of days.

With our Grade 5's, we're adding a fun twist to a classic. Have you ever had your profile traced using an overhead projector? Well, we're doing something similar – a framed collection of their profiles including a picture of 'what was in their heads' at the time. It's hard to describe, but will be lots of fun to see the final product!

Our Grade 7's were VERY excited to hear that they'll be creating a custom skimboard. They used oil pastels to colour orcas that will be applied to the board to create a one-of-a-kind must-have item!

Loads of fun! Thank you to our homeroom teachers for their class time!

Don't forget – if you want to bid on any of these extraordinary items, they'll be at the gala on November 17th! Tickets will be available soon!

Christiane Hodson
Director of Advancement

Menu, Digest and Catering Menu

In the coming week most of the senior students will be away on leadership experience week so the school and the Café will be a little quieter than usual; that's why we decided to have a - the cats are away the mice will play week- mice (Juniors) will enjoy what they want because they are no longer in fear that some of their favorite foods will be gone when the cat (Seniors) are at the Café first.

We will have burgers, wraps, grilled cheese sandwiches, Panini's, crazy bread, potato wedges, mac 'n cheese, ice cream and sherbet and much more.

Enjoying a delicious dessert at the end of a great meal is one of life's sweetest pleasures. Eat What You Want Day is all about pure indulgence!

Don't forget to check out our international buffet menu to add some flare to your next catered event.

Bon appetite.

Marat Dreyshner
Chef



Southridge School

2656 – 160th Street, Surrey, B.C. V3S 0B7

PH: 604-535-5056

FAX: 604-535-3676

Jazz Retreat 2012

Dear Parents:

This is the trip consent form for the **Jazz Retreat**, for the first time this year at Evans Lake Forest Educational Center, October 25 – 27, 2012. The students will be travelling via bus to and from the lodge, and will spend some 15 hours or more in rehearsal, clinics, jam sessions, and faculty concerts over the course of the three days. There will also be time for relaxing and enjoying the beautiful outdoors, as well as some "down time" with peers. From a Music Department perspective, this retreat is vitally important in terms of the various jazz groups coming together as ensembles, both in the musical sense and otherwise. The trip is often listed among grads' favourite memories from their high school career.

The teachers attending the trip will be Jenna Parker, Chris Mitchell, Steve Burrage, and one or two more SRS teachers (TBD). We will also have a few parent volunteers, to coordinate some of the food and help with the chaperoning at bedtimes in the cabins. The younger students (all of Grade 8 and some or all of Grade 9) will have a parent in the cabin with them. Older students will be in a cabin on their own.

We are leaving Thursday, October 25 at 8am and will be returning Saturday, October 27 at 4pm. We will leave from and return to Southridge School. The students and at least one of the teachers will travel in a chartered bus. All meals will be provided; there will be dairy-free, gluten-free, and vegetarian options available. Snacks will also be available.

The students should bring the following items:

- Clothes (no school uniform), bring some warm ones!
- Warm jacket, waterproof is best (it can be cold in the mountains in the evening)
- Swimsuit and towel (only possible if we have an adult certified Lifeguard with us: will let you know)
- Toque & flashlight or headlamp
- personal items (toiletries)
- instrument and all music, extra reeds, etc... if applicable
- **WIRE MUSIC STAND (if you have one). Put your name on it so you get it back!**
- **NEW THIS YEAR: Sleeping bag and pillow (no sleeping pad required)**

The costs for the trip will be between \$295 and \$330, depending on the number of students that sign up. The total will be billed to the student's Southridge Account.

In case of emergency, you can also contact us at Evans Lake Forest Education Society, where we will be staying 1 604 898 3832.

The Physical Address for Evans Lake is 1625 Levette Lake Road Brackendale, BC
Recreation Hall Pay Phone: 604-898-9936 (to reach a group staying at the camp)
(Mr. Mitchell phone is 604 306-8243)

The students will be involved in the following activities: driving on the highway from the school to Evans Lake, sleeping for two nights in cabins, relaxing and playing outside or inside, and making music together. We may have an open fire one or both evenings. There is a lake at the Education Center, however the students will only be allowed to swim if an adult lifeguard is on duty. They will be expected to behave in a respectful manner at all times and to attend all scheduled activities. For the duration of the retreat, they will also be expected to treat the parent chaperones in the same manner as they do their teachers.

If you give permission for your child to attend this retreat, please sign the paper attached. The due date for returning this form is Wednesday, October 10th. Keep this page so you can pack, students, and so your parents have the phone numbers and drop off/pick up times.

Thank you,

Steve Burrage
sburrage@southridge.bc.ca

Parent/Guardian Acknowledgement of Risk and Consent:

The undersigned, as the parent(s) or guardian(s) of the student, having reviewed the information on this form, hereby:

- a) Consent to the student participating in the activities described in this letter.
- b) Recognize and understand the inherent risk associated with these types of activities including but not limited to the hazards of vehicle travel, accident/illness in places without nearby medical facilities, weather, and other circumstances beyond the control of Southridge School employees and its agents.
- c) Authorize teacher and/or trip leaders to consent to medical treatment for the student by any qualified medical practitioner as may be necessary in the event of an emergency.

Parent/Guardian (please print): _____ Signature: _____ Date: _____

Student (please print): _____ Signature: _____ Date: _____

Eat *What You Want Day!*

Week of
Oct. 1st – 5th
Feature Menu

Monday

Tex mex poutine
Topped with chili con carne
On homemade fries

Tuesday

Pizza poutine
Favorite pizza toppings
On home-made fries and crazy bread

Wednesday

Chicken pot pie
Home made

Thursday

Perogies

Friday

Mac n cheese

Fresh salads served daily as an option with the
meals





Foods from blueberries to chocolate are getting the healthy stamp because of their antioxidant content, but are antioxidants really that good for us?

Much of what we are exposed to every day from pollution to smoke to healthy activities like exercise can produce free radicals that have the potential to injure the healthy cells in our body. Antioxidants can stabilize these free radicals, preventing them from causing damage. In healthy people, the free radicals and antioxidants are in a good balance. When this balance is upset, for example as we age, our healthy cells become exposed to the free radicals. The damage they cause is thought to play a role in many diseases including cancer, heart disease, Alzheimer's and others.

The way that antioxidants protect us would make it seem that they have a clear role in preventing disease. Unfortunately it isn't that simple. The research on individual antioxidants and their role in disease prevention hasn't shown a clear benefit and in some cases actually showed risk. Where there is promise, however, is in the benefits of eating foods that are rich in antioxidants overall.

Antioxidants can be found in foods in many forms including carotenoids, flavonoids and vitamins E and C, among others. The advice to eat a variety of colourful foods comes in part from the fact that the colour of a food can be a sign of its antioxidant content.



Carotenoids are found in red, orange, deep-yellow and some dark-green leafy vegetables, like tomatoes, carrots, spinach, Brussels sprouts, sweet potatoes, winter squash and broccoli.



Vitamin E is found in vegetable oils, salad dressings, wheat germ, whole grain products, seeds, nuts and peanut butter.



Flavonoids are found in berries, cherries, tea, cocoa, grapes and cinnamon.



Vitamin C rich foods include citrus fruits (oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes.

References:

1. Functional Foods Fact Sheet: Antioxidants. International Food Information Council Foundation. Retrieved November 22, 2011 from <http://www.foodinsight.org>.
2. Antioxidants. American Dietetic Association. Retrieved November 22, 2011 from <http://www.eatright.org>. Published December 2011. Written by Jennifer M. Ignacio, MS, RD Compass Group, North America

Impressions
CATERING

THE ART OF CREATIVE CUISINE

To obtain more information or to
place an order, please contact:

Marat Dreyshner
Chef
604-542-2329
Cell : 778-838-9206
Chartwells
great People
great Service
great Results
...

Please contact the
foodservice manager for details.

Nuevo Latino
FLAVOURS

INTERNATIONAL BUFFET



Classic Mexican & South American Fare

Prices per person

Empanadas

Small savoury pastries filled with your choice of

Beef	4.99
Pork & Black Bean	4.99
Turkey & Squash	4.99
Corn & Black Bean	3.99

Quesadillas

Two flour tortillas, served unrolled, filled with your choice of

Black Bean	3.99
Guacamole	3.99
Salsa	3.99
Chicken & Mushroom	5.99

Burritos

Soft flour tortillas rolled with your choice of fillings

Beef & Bean	4.99
Turkey & Bean	4.99
Cheese & Bean	4.99
Pork & Bean	4.99

Tacos

Hard or soft shell tacos with your choice of beef or chicken and served with all the toppings

4.99

Nuevo Latino Favourites

Prices per person

Paella 7.99
Chicken, shrimp and sausage served in a tomato and spice infused rice

Vegetarian Paella 2.99

Citrus Pork Carnitas 5.99
Pork loin seasoned with cumin, garlic and hot sauce and braised with cilantro, onions, lemon zest and fresh orange

Grilled Lamb Chops with Chimichurri Sauce 5.99
Marinated lamb chops, grilled and served with chimichurri sauce; a combination of olive oil, parsley and garlic

Grilled Salmon with Mango Mint Mojo 6.99
Fresh salmon loins grilled and topped with a mango, mint and lime sauce.

Chicken Mole 5.99
Seared chicken quarters served with a spicy chili sauce

Sides

Arroz Rojo 0.69
Rice with corn, sundried tomatoes and peppers

Mexican Coleslaw with Jicama 0.99

Mexican Corn Salad 0.99

Southwest Corn Bread 1.99

Black Bean Salad 0.99

Tortillas with a trio of dips 5.99
Served with Guacamole, salsa & sour cream