

# Southridge Wednesday

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## Head of School

### An "Outside" Perspective on Southridge

A few weeks ago Mr. Palm wrote about the Exeter Harkness Institute (EHI) that took place at Southridge with our Senior School teachers over the summer. What he did not mention was the reaction to Southridge from our three facilitators from Phillips Exeter Academy (PEA or Exeter) in New Hampshire. Exeter is currently in its 237th year as a school. Over the years it has amassed a very healthy endowment that has helped develop programs and financial support measures rarely seen at a secondary school level. As a matter of fact, the school's sizeable billion dollar endowment can easily leave you thinking that their teachers have all the resources they could possibly need or want.

And so, to be honest, I was a little surprised to see and hear the reaction of our three facilitators (Ralph Sneed, Kwasi Boadi and Erik Janicki) when they arrived at our school to spend three days with us. All three of them commented on our school buildings and the state of our grounds. They thought Southridge has a beautiful campus. I imagine this is something we all recognize, and we may even take our campus for granted from time to time. Our buildings (both inside and out) and our grounds make a big statement about how seriously we take education at Southridge. They also demonstrate how much thought and attention we put into the details of our programs, and they speak of our commitment to and investment in quality, stability and longevity.

Our facilitators were also extremely excited about technology integration at Southridge. One of them, Erik (a biology teacher), couldn't believe how much more engaging and interactive his lessons were when he could use web-based applications via the SmartBoard that allowed his students, for example, to witness for themselves how manipulating variables has an impact on the appearance of certain characteristics in fish species over a period time and successive generations. Erik said that this benefit of technology usage added a new dimension to the discussion he and his students can have around the Harkness Table. He was so excited that he committed to speaking with the biology department at Exeter about requesting a shared SmartBoard (moveable between labs) for him and his colleagues to use. (Erik also said that the microscopes in our biology lab were of a higher quality than the ones his students use at Exeter. I thought that was interesting.)

Perhaps most importantly, all three facilitators were completely overwhelmed by our teachers. Arguably the most important resource at Southridge, Ralph, Kwasi and Erik could not get over what a collaborative, open and supportive group of teachers we have at Southridge. Although they only met roughly half of them (our Junior School teachers were not involved in the EHI), they were completely right. One of the great values of Southridge is our teachers. I remember Ralph saying to me that he has done many, many EHIs in a variety of schools over the past fifteen years, and he has very rarely seen a group of teachers like ours. With close to two hundred teachers at Exeter, our facilitators all spoke with me individually and at different times during the week about how difficult it is to develop the kind of buy-in they saw at our school. They loved the energy of our teachers and felt fortunate to have had such a great opportunity to work with them.

Our teachers certainly gained a great deal from the professional development opportunity this summer, and their enthusiasm and energy will have an impact on our students. It was a pleasure having our guests from Exeter with us, but it was most rewarding to know that the three of them all walked away having taken something with them from Southridge. They only wished that Southridge was not so far away for they would enjoy a more connected relationship with our school.

It's good to know that Southridge can help a more established school in some important ways. But that's the essence of a good relationship, isn't it – reciprocity and mutual growth – and we are looking forward to exploring more ways to work with Exeter in the future.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

Important Dates			
Grad Retreat	Thursday, Oct 4 - 5		Princeton, BC
Thanksgiving	Monday, Oct 8 <sup>th</sup>	No School	
Late Start	Tuesday, Oct 9 <sup>th</sup>	10:25 AM	
Junior School House Captain Theme Day	Friday, Oct 5 <sup>th</sup>		
Junior & Senior School Picture Retakes	Friday Oct 12 <sup>th</sup>	8:10 to 10:30 AM	Junior Great Hall Foyer
Grade 6 Immunizations	Monday, Oct 15 <sup>th</sup>	8:30 - 9:30 AM	Junior Great Hall
Grade 7 Teach Your Parent Night	Wednesday, Oct 17 <sup>th</sup>	6:30 pm	Junior Great Hall
BC Pro-D Day	Friday, Oct 19 <sup>th</sup>	No School	

## Junior School News

### Leadership

*“Leadership and learning are indispensable to each other” - John F. Kennedy*

If we are truly aspiring to build leaders at Southridge, we must in turn, provide opportunities to lead. For some time, we have been carefully considering ways to expand student leadership opportunities, especially for our upper grade levels. This is in keeping with our focus on community service, and also providing developmentally appropriate chances for older students to experience increased responsibilities.

Last year we implemented some new leadership roles in our junior school. Our oldest students may now assume a position as a Student Ambassador; in total, 18 positions will be available in each of the 3 terms. Student Ambassadors include the traditional 8 House Captains, as well as 4 Birthday Ambassadors, 2 Athletic Ambassadors, and 4 School Tour Ambassadors. In a variety of ways, each of these positions allows students to connect with others in their community, act as a role model, and spread positive school spirit. Students can serve as an Ambassador in more than one term, but they cannot serve more than once in the same position.

The Student Ambassadors for this term are as follows:

Athletic Ambassadors: Christian Middelaer, Katherine Toy

#### House Captains:

Otter Girl: Jordan Aisenstat

Otter Boy: Jack Bowie

Raven Girl: Hailey Lehnert

Raven Boy: Kale Fehr

Chinook Girl: Tyra Anderson

Chinook Boy: Josh Block

Hawk Girl: Cali Ellemo

Hawk Boy: Frank Wang

#### School Tour Ambassadors:

Girl: Molly Maguire

Girl: Sarah Vereschagin

Boy: Kaj Grant- Mathiasen

Boy: Rohin Sandhu

Birthday Ambassadors: Alexa Chan, Faizaan Mohammed, Emily Tees, Julia Tregobov

Watching our young people grow and flourish in these leadership roles, making a difference in our school and in the lives of others, is one of the most rewarding parts of being at Southridge.

### **Cops for Cancer**

On Friday, October 5<sup>th</sup>, 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.

### **Thanksgiving Weekend**

We trust that you enjoy this upcoming long weekend with family and friends. Just a reminder that we have a late start on Tuesday, October 9<sup>th</sup>, 2012 and students should be here by 10:25AM. and all classes commence at 10:30 for Period 3, on this Day 5. Of course, there is no assembly due to the late start on this day. Happy Thanksgiving.

Have a great week,

Mrs. Middelaer  
Head of Junior School

## **Senior School News**

### **Spirit Soars!**

As I mentioned in my Southridge Wednesday remarks last week, we had our Annual House Picnic and Terry Fox Run this past Friday. Although this is only the second time I have experienced this, it is fast becoming one of my favorite events in the Senior School calendar. I believe this stems from a few reasons: that the day is focused on being part of a house team, that there is a welcoming to the fold for our new students, we finish with a view to the amazing memory and legacy of Terry Fox and finally, that it is just plain fun!

I want to thank our 8 House Captains and Ms. McCaw for all of the organization that went into the day. They planned some great activities and ideas to build cohesion and spirit and most importantly, set an amazing example of how to show this in an energetic, and engaging fashion!

I was also equally impressed with our Grade 8 students and the other new students for their willingness to literally immerse themselves into the activities and see the activities for what they were: a welcoming sense of fun. Kudos goes out as well to many of our new faculty who got right into the fun!

Finally, it was inspiring to see so many students that had a Terry Fox sticker that read who they were running for: family members, friends and other loved ones touched by cancer.

As we all left, there was a wonderful sense of togetherness and energy that comes from spending time together in a meaningful way. It makes me realize the privilege I feel in helping so many talented and amazing young people to be able to grow and learn!

### **Mini-School Night**

I also wanted to take this opportunity to thank so many parents for attending the Mini-School Night last Thursday. We had a wonderful turn out and all the faculty, staff and I appreciate the interest and engagement that you take with this evening and you child(ren)'s education.

I have received many positive comments both during the evening and following it that it allows a chance to meet teachers (both old and new), learn a bit about them as people and hear about the individual courses. A reminder that we welcome you to contact us about any concerns or questions that you may have throughout the year. In addition, any praise or good news is always welcomed!

We did extend the evening a little longer to be able to add a few more classes to the rotation this year. Our hope was that it allowed parents to connect to more teachers and understand a wider range of classes. While we always take a reflective look back to try and improve these events ourselves, we hope that you communicate any ideas you may have to help in this regard.

Have a wonderful week!

Doug Palm  
Head of Senior School

### **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

### **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<sup>th</sup> & 11<sup>th</sup> in the Junior School Great Hall from 2:00 PM – 4:00 PM. Everything is priced below \$10.00 - 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](mailto: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

### **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 9<sup>th</sup> - 11<sup>th</sup> (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 25<sup>th</sup> – 27<sup>th</sup>, 2012 at Evans Lake**

This will be our 7<sup>th</sup> 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 25<sup>th</sup> – 27<sup>th</sup>.

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](mailto: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

### Welcome to Southridge!

We are delighted to introduce Ms. Agnes Jamont to Southridge. Ms. Jamont joined us on Monday, October 1<sup>st</sup> on a one year contract as an Advancement Officer. Ms. Jamont brings with her many years of proven experience in not-for-profit management and advancement including working at the University of BC Alumni Association and the Canadian Hemochromatosis Society as the Executive Director as well as the Peace Arch Hospital and Community Health Foundation where she was responsible for all aspects of the major gifts program. Ms. Jamont has been sharing her skills, experience and knowledge within the local community and has recently completed contract assignments with the White Rock Christian Academy and the Delta Museum and Archives Society. Ms. Jamont is a member of the Association of Professional Fundraisers, she is passionate about education and is looking forward to assisting Southridge with our fundraising, volunteer and alumni efforts.

Ms. Darcie Sagert  
Manager Human Resources

### True Colours Gala

Keep your eyes peeled for your Gala invitation to arrive in your inbox next week and come out to celebrate Southridge's True Colours on Saturday, November 17<sup>th</sup>.

There are many ways you can participate in the evening; attending the event as a guest, volunteering during, before or after the event, sponsoring an item, or donating items for the live and silent auctions.

This is sure to be an amazing evening filled with great friends, fabulous music, delicious food and fun times!

### Auction Items Still Needed for Gala

The Gala Procurement Team has been busy contacting community businesses for donations to our Silent and Live auctions. As we are now in 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:
  - a. Wine, Spirits and Dining: fine dining gift certificates, catered dinner packages, wine collections, private wine tasting, cooking classes
  - b. Sports and Vacations: sporting event tickets, signed jersey, theatre tickets, golf packages and golf wear, weekend getaways, trips
  - c. Spa, Health and Fitness: personal training sessions, spa/massage treatments, spa gift certificates
  - d. Fashion and Jewelry: gift certificates, jewelry for him and her, teen shopping spree, fashion accessories

- e. 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](mailto:lboudot@southridge.bc.ca)

Gala Committee

### **Uniform Shop**

We are open Monday to Thursday, 7:45 – 9:00 and 2:00 – 4:00

Alert! Just arrived! Gym shorts, sweaters and a new Southridge mouse pad!

Check out the new Uniform Shop web page in the Parents Portal on the Southridge website to learn how to tie a “Four in Hand tie”.

The Uniform Shop

### **Menu, Digest and Catering Menu**

Nearly 50 percent of Canadians can't start their day without breakfast. Life is busy, but that isn't an excuse for not eating. You wouldn't drive your car with no fuel just because you were in a rush to get going - so too your body needs that fuel to work to its maximum. Luckily, while you're being busy, we're thinking of how we can better fuel your body with so many delicious breakfast and lunch items at the Southridge Cafe.

We have just about everything under the sun that one can simply grab-n-go with yogurt parfait, fresh vegetables and fruit cup, freshly baked muffins made to order. If you have more time then grab an egg, ham and cheese whole wheat tortilla wrap and a cup of coffee or one of our exotic herbal teas.

The Southridge Cafe isn't the busiest cafe and sometimes we will run out of items as we make our food fresh daily and make them in small quantities to lessen food waste, but we sure are the friendliest cafe you might visit, as we like to get to know our customers to better customize what we offer.

Since you love the good food we serve, don't forget to share it by having us cater your next event. We can organize a full English breakfast buffet: full hot breakfast served in chafing dishes for self service. Items include scrambled or poached eggs, bacon, sausage, English Muffins, and tomato slices or Breakfast Sandwich Platter: A selection of Monte Cristo's, scrambled egg and ham croissant and egg burrito.

Check out our Panini ideas that we will be serving at the Café. Taste all that we can do.

Marat Dreyshner  
Chef



# *Eat* *What You Want Day!*

## Weekly Menu

October 8<sup>th</sup>-12<sup>th</sup>

### **Monday**

THANKSGIVING - CLOSED

### **Tuesday**

OKTOBERFEST SAUSAGE

Corn fritters and salad

**VEGETARIAN OPTION AVAILABLE**

### **Wednesday**

CHICKEN POT PIE

### **Thursday**

Sesame chicken and noodles

### **Friday**

LINGUINI BOLOGNESE

Home-made meat sauce





Vietnamese Banh Mi



Cubano



Grilled Vegetable with Herbed Goat Cheese



Canadian Turkey



East Coast Shrimp





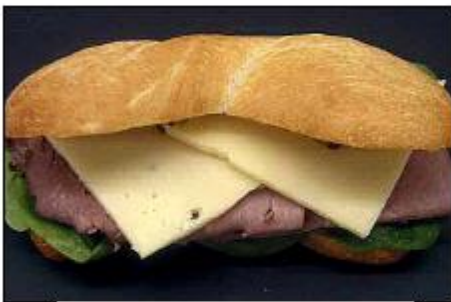
Chicken Red Onion



Portobello Mushroom Swiss



Grilled Chicken and Mango



Roast Beef and Cheese



Grilled Reuben



Roast Beef Cheddar



Bruschetta Spinach Baguette



Mediterranean Feta Baguette

**Flatbread Melts**



Italian Deli Flatbread



Grilled Vegetable Flatbread



Provolone, Prosciutto and Asparagus Flatbread



Reuben with a Twist Flatbread



Southwest Turkey Flatbread



Roast Beef with Oven Roasted Tomatoes Flatbread



## SPICE UP YOUR LIFE... with Herbs and Spices



Your healthy grocery list is about to get spicier! Though herbs have been used for hundreds of years to heal, scientists are finally starting to research these plants' abilities to deliver on health benefits. Emerging science shows that many spices are also potent defenders of good health. To spice up your life, add these herbs and spices to your grocery list.

### Herbs for Health

**Oregano** – Fresh or dried, oregano is a herb that has significant amounts of vitamin K, manganese, iron and dietary fibre (and is also a good source of calcium, vitamin A and C). Oregano is a strong antibacterial agent and has an antioxidant capacity that is 42 times more active than apples, 30 times more than potatoes and 12 times more than oranges<sup>1,3</sup>.

**Basil** – The fresh and aromatic form of basil has many similar nutrients to oregano including plenty of vitamin K. Not only is basil a delicious addition to many dishes, it can prevent foods from being contaminated by bacteria. Basil also fights inflammation and may help promote cardiovascular health<sup>1,2</sup>.

**Rosemary** – The wonderful smell of rosemary creates more than just great food. Rosemary contains substances that may improve digestion and stimulate the immune system. It also improves circulation, and increases blood flow to the head and brain, thus improving concentration<sup>3</sup>.

### Spices for Health

**Turmeric** – The main spice found in yellow curry powder, turmeric, contains curcumin which is a compound that may inhibit cancer cell growth and promote health of the brain. Some studies suggest that it may even protect against Alzheimer's disease<sup>4</sup>.

**Ginger** – This spice, derived from the ginger root, has long been used as a natural remedy for nausea, morning sickness and other stomach discomforts. Combined with its natural antibacterial, antifungal and anti-inflammatory properties, ginger may be a great spice for healing.

**Cinnamon** – This fragrant spice, traditionally used for baking, has the highest antioxidant capacity of any spice. In ancient Chinese medicine, cinnamon was used to improve energy and vitality. It has anti-inflammatory properties and is a powerful antimicrobial agent. New research shows that cinnamon may even help regulate blood sugar levels<sup>5</sup>.

Add these herbs and spices to a variety of foods and not only will your meals and snacks be full of flavour, but also brimming with tasty nutrition, antioxidants and healing benefits. For more information on the health benefits of spices, visit [www.spicesforhealth.com](http://www.spicesforhealth.com).

### Sources:

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- Ringman JM, Frautschy SA, Cole GM, Masterman DL, Cummings JL. A potential role of the curry spice curcumin in Alzheimer's disease. *Current Alzheimer Research* 2005;2:131-136.
- Hlebowicz J, et al. Effect of cinnamon on postprandial blood glucose, gastric emptying, and satiety in healthy subjects. *Amer J Clin Nutr* 2007;85:1552-1556.

### MOROCCAN BEAN AND PEPPER STEW

Cinnamon, ginger, and red pepper not only warm up the flavours of this healthful bean stew, they also fill it with health-promoting antioxidants.



15 mL (1 T)	Olive oil
480 mL (2 cups)	Chopped yellow and/or red bell peppers
480 mL (2 cups)	Cubed peeled butternut squash
360 mL (1½ cups)	Chopped onions
10 mL (2 tsp)	Cinnamon, ground
5 mL (1 tsp)	Garlic powder
3 mL (½ tsp)	Cumin, ground
3 mL (½ tsp)	Ginger, ground
2 mL (¼ tsp)	Cayenne pepper, ground
2 mL (¼ tsp)	Salt
1 can (16 oz)	Chickpeas (garbanzo beans), drained and rinsed
1 can (15½ oz)	Red kidney beans, drained and rinsed
1 can (14½ oz)	Diced tomatoes, undrained
240 mL (1 cup)	Water

### Couscous:

180 mL (¾ cup)	Vegetable broth
2 mL (¼ tsp)	Cinnamon, ground
2 mL (¼ tsp)	Ginger, ground
160 mL (⅔ cup)	Whole wheat couscous
90 mL (¼ cup)	Golden raisins



### Garnish:

Chopped fresh mint (optional). Toasted sliced almonds (optional)  
Makes 6 servings.

- For the Stew, heat oil in 3-quart saucepan on medium-high heat. Add bell peppers, squash and onions; cook and stir 5 minutes or until vegetables are softened. Add cinnamon, garlic powder, cumin, ginger, red pepper and salt; cook and stir 1 minute. Stir in beans, tomatoes and water. Bring to boil. Reduce heat to medium-low; simmer, covered, 20 minutes or until vegetables are tender.
- Serve stew over couscous or rice in large soup bowls. Sprinkle with mint and almonds, if desired.

### Serving Size: 1 serving

Calories: 272 kcal, Fat: 4 g, Carbohydrates: 50 g, Cholesterol: 0 mg, Sodium: 477 mg, Protein: 9 g, Fibre: 10 g.

Recipe from by McCormick Gourmet.

Visit [www.spicesforhealth.com](http://www.spicesforhealth.com) for more recipes.