

Southridge Wednesday

12-13
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Head of School

The Gift of September

What is so wonderful about the world of education is that there are two new years in any one twelve month cycle. There is the usual January roll over to a new calendar year but there is also the September start over to a new academic year. With each new year, there is the opportunity to refresh commitments, consider new ways of approaching things and identify new goals.

The special thing about September, though, is that it often comes with good weather (especially when compared to January) and a really clean start. The sunshine has lightness to it that makes you feel good, and the really clean start is another way to describe beginning a new grade level. Only in September does beginning a new year come with such a great opportunity that holds promise and anticipation. Good weather highlighted by sunshine and warmth combined with the positive feelings associated with promise conjures a sense of hope.

Interestingly, a significant factor strongly associated with success in school is, in fact, a feeling of hope. But the really special thing about the start over in September in schools is that it supports the development of a common sense of hope, which we can all feel. Our students, our teachers and our parents create a special energy together. I think we all recognize the liveliness and positive energy of the opening days of the school year but seldom do we classify it as hopeful.

As we begin this new school year and enjoy the gift of hope that September brings with it, let's all commit to supporting our students by helping to bolster their sense of hope throughout the entire school year. When the road gets bumpy and the energy of September begins to weaken, a significant way to support our students is to help perpetuate their feelings of hope.

The gift of September is something for us to think about because it holds an important clue to the art of teaching and learning for sometimes it is not so much about what we teach our children but how we go about supporting their hopes and dreams.

Have a great week!

Mr. Drew Stephens
Head of School

Important Dates			
Parent Coffee Hour - Grade 7's	Thursday, Sept 13 th	7:30 – 8:30 AM	Junior School Great Hall
Used Uniform for Sale	Thursday, Sept 12 th and Friday, Sept 13 th	Lunch break After 3:00 PM	Senior School Junior School
Welcome Back Picnic	Sunday, Sept 16 th	11:30 – 3:00	Junior School Field
Grad Car Wash	Sunday, Sept 16 th	11:30 – 3:00	Parking Lot
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
University Information Night	Wednesday, Sept 19 th	7:00PM	St. George's School 4175 West 29th Ave, Vancouver
Grade 9 Immunizations	Friday, Sept 14 th	1:00 - 3:00 PM	Senior School Cafeteria
Junior School New Parent Breakfast	Thursday, Sept 20 th	8:30 - 10:00 AM	Morgan Creek

Junior School News

The Bigger the Dream, the More Important the Team

We have had a great start in the Junior school this year, which in part is due to the wide spread efforts of so many of our students, faculty, and parents. The start of anything new can bring a small measure of angst, but especially so if you are a new student entering into a brand new school. Each year at Southridge, we admit 4 students in Grade 1, 4 students in Grade 3, and 4 students in Grade 4. It is positive to add to the peer group of our students, and allow for different friendships to develop and flourish. However, being new to Southridge, entering into a grade where students have been together since kindergarten can potentially be a daunting experience. This is where our team of ambassador or 'buddy' students can excel. We held a New Student Orientation Day on Wednesday, September 5th where our new students were teamed with a buddy from their class—they met in the Great Hall, heard a short presentation about Southridge, and then toured the school with their new friends. This bonding experience hopefully helped allay any concerns over first day jitters, and optimistically, has started to build some bonds of friendship.

All our students at Southridge play an important role in defining who we are as a school. Each has a role to play in ensuring good friendships, kindness, and respect. We have a dream of what Southridge School can be, and our team of students, staff, and parents are so important to continue building this great school. Welcome back, and we are off to a great start!

Parent Coffee Hours - Grade 7 - Tomorrow at 7:30 – 8:30 AM

Although Southridge is a very busy place, we strongly believe in making connections with our parents and teachers. This past year, we hosted 2 coffee hours for each grade where parents could stay after drop off and visit with grade and specialist teachers in an informal way over coffee. The feedback was so successful that we have scheduled two coffee hours for each grade over the course of the year. The coffee hour is from 7:30 – 8:30 AM in the great hall, and we would love to see as many parents as possible. Please check our school website for these dates, and mark them on your calendar so that you can attend that day.

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 the “Meet the Teacher” evening will be somewhat altered from previous years to provide an 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:

Time	Activity
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 program.
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.
7:40 – 8:00 PM	Mix and Mingle in classrooms - if you did not get to attend the formal presentation in one of your children’s classrooms, please visit that room during this time. This time is designed to be less formal, and the teachers can provide you with any handouts that you missed. However, it is really important to make that connection with the teacher. Specialist teachers (music, French, PE and art) will also be in the Great Hall at this time for a chat or visit.
8:00 PM	Dismissal - Everyone will depart to their respective families, teachers as well.

Earlier in the evening in our Junior School Great Hall we are also offering an ‘Introduction to PYP’ (Primary Years Program) for any of our new families from 6:15 – 7:00 PM so 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 program.

We thank all of 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.

Accelerated Reader Program

The Accelerated Reader Program is well underway beneath the guidance of Ms. Joyce Chong and Ms. Sue McNeil, and our literacy teachers in Grade 3 – 10. Through this independent reading program, students set goals and reading objectives. This helps focus attention on careful reading of books through a system of assessment and challenge, which improves students’ critical thinking skills and builds the intrinsic love of reading from a young age. The extensive selection of books for the AR program offers various genre all within the students’ particular reading zone. We are proud of the AR program, and endorse it as a valued aspect of our literacy initiative at Southridge. Please note that our Grade 3 students will start the AR reading program in October.

STAT (Student Teacher Access Time aka Homework Club) Every Monday at noon

In an effort to provide balance for our students, we are offering a homework drop in club on Mondays at noon. Students will bring their lunch, and can use this time to catch up on homework and work on assignments. In the spirit of a true study, there is no social conversation, but rather a place to concentrate and focus. There will always be one teacher supervising, and help can be sought when required. We encourage students in Grade 5-7 to attend when they deem it necessary. STAT will be held in Ms. McNeil’s class room—room 229, and will commence October 1, 2012.

Assembly Reminders

We have assemblies in the Junior School on Days 1 and 5. Please ensure that students wear their green sweaters or vests on those days. The assemblies are at 8:10 am and usually are complete at 8:30 am. Day 5 assemblies are Merit Assemblies where students are given recognition for demonstrating examples of sound character and principled behaviour. We believe

that all our students act in a principled manner and are looking to recognize all our students individually over the course of the year.

E-mail Addresses

Just a reminder to any parents that have a change to personal email addresses to notify the school office and also their child's homeroom teacher. Please also use the "Update Your Profile" feature in the Parents' Portal. We utilize parent email addresses extensively in the Junior School and with Schoology and are hoping to make our contact information as accurate as possible. Thank you for your cooperation in this matter.

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. 20 from 6:00 – 7:00 PM in Ms. McNeil's classroom (229).

Please sign in

We appreciate our parent volunteers that help with many activities in the Junior School. Your time commitment to our school tangibly demonstrates your partnership with the school and, we really value your presence and involvement. Please ensure that you sign in with Ms. Schaub at the front reception desk so that we know who is in our building. In adherence to fire drill protocol, we need to account for everyone in our building. Thank you for your cooperation.

Have a great week,

Mrs. Laurel Middelaer
Head of Junior School

Sandwich Making Club

Thank you so much to all of the parents and students who participated in our highly successful sandwich club last school year. We are ready to begin our weekly sessions this Thursday, September 13th. If you are interested in participating please meet in my classroom, Room 128, just after 3:00; we finish by 3:30. Should you have any questions, please email at jmurchie@southridge.bc.ca Thank you so much for your support.

Mrs. Murchie
Junior School Service Coordinator

Senior School News

Harkness Workshop at Southridge

During the final weeks of summer while many members of our community were perhaps hoping to turn back the summer clocks a turn or two, 36 faculty members in the Senior School participated in an amazing three day professional development opportunity. Beginning Monday, August 27th, faculty took part in a workshop to investigate and more fully understand a student-centred, discussion-based collaborative classroom dynamic – more commonly defined as the Harkness approach to teaching and learning. We were fortunate to have three incredibly gifted educators from Phillips Exeter Academy, in New Hampshire facilitate the workshop. Exeter is where this approach to teaching originated.

As many of you are aware, the Senior School has developed an educational model that has been created over a number of years. Graphically, it takes the shape of a "wheel". In the centre is the student which underscores the importance of a student-centred environment. On our website, in the Senior School academic section is a [wonderful video](#) that Mr. Cam Seib created to help explain our educational program. The model of our program (the SSEP) can be found throughout the Senior School building and the faculty refer to it often in classes. Over the past year, we have begun to implement the SSEP and we will continue to do so over the next few years. In our search about excellent ways to implement a more

student-centred approach in the classroom, we found the Harkness method to connect very closely to our overall goal to educate students who make a difference. The mission statement of our SSEP states:

“The Southridge Senior School Educational Program is rigorous and university directed. It inspires and challenges students to actively engage in their own learning in pursuit of their individual abilities and aspirations. It builds independence, while developing an awareness and commitment to action that surpasses self concern.”

In a nutshell, the Harkness approach supports student-centred, problem-solving and discussions in class, to help students to find ways to make discoveries for themselves, to get them to draw their own conclusions, to teach them how to consider all sides of an argument and to make up their own minds based on the analysis of the material at hand. The Harkness approach does not define one way to accomplish this. Teachers lead the problem solving situations and discussions in ways that work with their own personalities and disciplines, just like they would in a typical classroom.

Over the three days of the workshop our faculty took on the role of the students in a Harkness class. They prepared readings in advance, built their own understandings of what themes they held, collaborated and listened to each other during class discussions and developed deeper conceptual meaning as a result. At the completion of each discussion, we reflected on the nuances and dynamics that had occurred. At the end of each day, we looked at how this kind of student-centred, discussion-based collaborative learning environment could help support our Senior School Educational Program (SSEP). If you are interested in a further explanation of the Harkness approach, I encourage you to follow the link to three videos we have created: <http://www.youtube.com/playlist?list=PL2DAEA65973E9BCEC&feature=plcp>

It was inspiring to see the faculty immerse themselves with such a high level of energy and dedication for the three days! I believe it represents the importance they place on continually learning themselves along with building more effective practices to have their students learn, too!

In the coming weeks and months we will continue to communicate the implementation strategy for our Senior School Educational Program. As always, I encourage you to discuss any aspect of the Senior School with me!
Have a great week!

Doug Palm
Head of Senior School

Drop Off Table

We have a new drop off table to the left of the Senior School Reception desk where you can drop off student’s lunches, sports equipment, backpacks and whatever else they require for the day. Please label the dropped off items with the student’s name and don’t forget to let your child know that it has been dropped off! Thank you.

Mrs. MacKinnon

Upcoming University Information Night

Students and parents are cordially invited to an evening program with representatives from the Undergraduate Admission Offices from the following Ivy League schools: Brown, Columbia, Dartmouth, Harvard, Princeton, Stanford, Pennsylvania. Topics covered include programs, admission policies, costs and financial aid and student life.

LOCATION: St. George’s School, 4175 West 29th Avenue, Vancouver

TIME: 7:00PM

DATE: Wednesday, September 19th

No RSVP necessary.

Don’t miss this opportunity to find out more about these universities and ask questions about the application process.

Mrs. Yvette Livingston
University Counsellor

Grade 10 Trip to Bard on the Beach

Last Tuesday, our Grade 10 class attended a performance of Macbeth at Bard on the Beach. It was the perfect day for this excursion. Bright sunshine and a clear blue sky provided a stunning contrast to the dark world that was created inside the theatre as we entered the realm of witches, ghosts and magic spells. As the term unfolds, it is hoped that this experience will serve as a reference point for students as they consider the impact that the director's choices had on the audience's ability to appreciate this classic literary work.

Ms. Gail Robinson
English Curriculum Leader

Creative Expressions 2012

Over the summer a group of excited and eager students went on a trip to France. This particular program was entitled Creative Expressions and it was a course where we incorporated art and writing into our personal journals. In addition, we were also there to experience the French culture, visit iconic landmarks, and all in all relax and have an amazing time which we did. This course challenged all of us in many different ways; some of us were absolutely horrendous at art while others had no idea what to write. This course, in essence, challenged us to go beyond what was "safe", what we deemed risky and forced us to go out of our normal zone. In France, we were all blown away by the landscape and architecture of Paris; it was absolutely stunning. It was surreal about how it differed from Vancouver as Paris is old. Gothic architecture was prominent throughout the city and none personified this more than Notre Dame. We ended up touring all of the major museums such as the Louvre and Orsay, and the resulting artwork we saw was striking beyond belief. After spending a week in Paris, we traveled to the countryside and relaxed while working in our sketchbooks. Here, we did studies of important pieces of art and reflected on our experiences. After our week in Aquitaine, we returned back to Montmartre and visited Versailles as well as planning our student excursions, the perfect end to a perfect trip. All in all, I think I can speak for all of us that this trip was unforgettable. Experiencing the culture of France was ineffable and I definitely recommend this for other prospective students. Beyond seeing the artwork and doing self study, this trip also forged bonds with each other I know I won't forget. The camaraderie that we experienced as a whole was very inspiring. The fact that we could go from a group that didn't know each other to a close and tight-knitted family is testament to our character. As our trip came to a close, we all were sad that it ended but I think it's safe to say that all the memories which resulted from this trip, will be treasured and remembered for many years to come. Now, a month after our trip we will start on our final masterpieces, a culmination of all of our experiences will be presented at Open House. As a changed individual, I ask that you all definitely come by and see our magnum opus, the amalgamation of all of our emotions, studies, and experiences from France.

Kevin Chung

Project Somos

As many of you may know the Welcome Back Picnic is this Sunday. To those of you who are new to the school service is a core and active part of Southridge; therefore as part of the festivities for the picnic a fundraising car wash has been added. The proceeds from a student run car wash (by donation) will go to Project Somos. Project Somos is a global organization in Guatemala that Southridge students have made an unforgettable volunteer trip to this past spring break.

For Project Somos the goal is to create a village which provides a secure home, a loving family and a hopeful future to Guatemalan orphans. The vision is to build a village that will be ecologically and financially sustainable. The Project Somos Children's Village is being constructed just outside of Tecpán, Guatemala. The Village will be comprised of seven homes with 7 mothers and 49 children. There will be buildings for village activities, guest rooms, art and music workshops, a library, administration space and of course, a large playground and soccer field.

As well as being designed to have an inherent beauty and harmony, the Village will be built to be eco-sustainable with alternative electric generation, rain water capture, grey water recycling, and solar energy. Perma-culture is incorporated into all the design features of the Village and partnering organizations. All means to be energy self-sufficient will be utilized. Organic agriculture will also be a part of the Village and will provide food for the families.

Ultimately, this is a win-win situation: you leave with a gleaming car and have helped Guatemalan children in need in the process. I hope to see you and your dirty cars this Sunday!

Ashley Andreou

Media Students Win Award in National Contest

Congratulations to Southridge Students Cassia Armstrong, Alka Batta, Simarpreet Pattar, Krista Jurva, and Sarah Grimm who received the wonderful news over the summer that they had won a finalist award in a national video contest for teens.

The contest, hosted by the “Out in Schools” organization, asks teens to create a 30-60 second PSA (public service announcement) that “...challenges homophobia and bullying and promotes safe and diverse communities.” With over 250 entrants from across the country, a jury of youth representatives selected the single grand prize and two finalist awards through a voting process.

The girls walked the red carpet, saw their video on the big screen, and were recognized at a special youth night as part of the Vancouver Queer Film Festival this summer. The video was also screened at other theatres throughout the festival. Additionally, the girls received \$1000.00 and their video will be used as part of the organization’s school outreach program.

The girls’ PSA, entitled “Clean up the Labels,” was created at the end of their Grade 10 year as part of Media class. To view the video, please go to approximately 1:40 of the following link:

<http://www.youtube.com/watch?v=tZWK-dD04h4&feature=youtu.be>

*Warning – Video portrays harsh bullying and may not be appropriate for young children

To learn more about Out in Schools: <http://www.outinschools.com>

Mr. Westendorf
Media Arts

Social Studies Students are Making History!

“Those who cannot remember the past are condemned to repeat it” quotes Rashmi Saincher to her classmates during a lively discussion on why we study Social Studies.

Over the past few days several Grade 8, 9 and 10 students engaged in rich and collaborative discussion uncovering several reasons for why they need to learn Social Studies. Aside from the fact that the BC Ministry requires students to learn about the history of Canada and our world, students also discussed that Social Studies teaches us to look to the past so as not to repeat mistakes in the future. Through researching cultures around the world, students learn to respect beliefs and customs, particularly when they are tourists in other countries. Students also listed several jobs that require a history and/or geography background including becoming a historical researcher for cinema, an international diplomat, and a photographer/writer for National Geographic.

The class ended with a 4 minute motivational video showing images of various places and cultures around the world throughout the ages to the tune of “Viva La Vida” by Cold Play.

In celebration of experiencing their first day ever in a Social Studies class for their respective grade, we took an animated photo to add to Southridge’s growing collection of archives. Yes! We did make History!

Ms. Alexandra
Social Studies

News for Both Schools

Welcome Back Picnic This Sunday

Welcome back students, teachers and parents! Please come out this Sunday to enjoy a Western themed Welcome Back Picnic on the Junior School field from 11:30 to 3:00 PM. The attached poster will let you know what to bring for the picnic as well as the start and finish times!

Giddy up!! It’s going to be fun!

Picnic Committee

Student Volunteers Needed for the Welcome Back Picnic

We are looking for student volunteers for the Welcome Back Picnic this Sunday September 16th. Volunteers would be working in two hour shifts, but you could choose to do more than one shift if you like. The Welcome Back Picnic has always been a fun event where you can meet new people and it's a great way to get a head start on earning your service hours.

The areas that volunteers would be helping with would be:

- 1) Games (11:00 - 3:30)
- 2) Bouncy castle supervision (11:00 - 3:30)
- 3) Crafts (11:00 - 3:30)
- 4) Clean up (3:30 - 5:30)

If you are interested, please email me at ikumar@southridge.bc.ca.

Iksha Kumar
Junior Service Steward

Follow Us on Twitter – Like Us On Facebook

Last year we opened our Facebook and Twitter accounts and began our foray into social media with occasional updates and tweets. The response was terrific and so we've decided to expand our presence on both of these social media networks. Follow us to receive up to date feeds of interesting and important school information.

We have four Twitter Accounts:

- @Southridgenews – you will see photos and learn about what's happening on a daily basis at Southridge
- @Southridgesport – athletic schedules, results and information
- @TheSRChronicle – the digital student newspaper
- @Southridgealum – alumni news

We have two Facebook accounts:

Southridge School
<http://www.facebook.com/#!/pages/Southridge-School/336018147405>

Southridge School Alumni
<http://www.facebook.com/#!/pages/Southridge-School-Alumni/169811426385787>

Debbie MacDougall
Director of Community Relations

Used Uniforms for Sale

The Grads of 2013 are selling used, clean, uniforms on Wednesday and Thursday September 12th and 13th. We will be selling the uniforms during lunch at the Senior School and after school at the Junior School. Enjoy the great bargain, and support the graduating class of 2013!

Grad Committee

Menu, Nutrigram and Daily Digest

Hello and welcome to another wonder year that is sure to offer excitement and adventure and a culinary journey of the palette that is sure to take the staff and students of Southridge around the world multiple times.

We started the year with some wonderful new offerings at the Southridge Café that I am confident will be a hit with all. Over the summer we had a wonderful new Panini grill added as a result we will have healthy and delicious Panini's offered on focaccia bread, flat bread and many other interesting and delicious selections with mouthwatering fillings.

Also new this year is mac-n-cheese. This favorite meal will now be offered every day, and some days we will offer a play on the traditional but with a twist.

While you're in the Café, don't forget to test out our new Keurig coffee machine. It offers better tasting coffee and quite user friendly.

And lastly, I'd like to mention that our company, Compass Group Canada is supporting the Children's Wish Foundation. Every year thousands of individuals come together in communities across Canada to walk and raise funds to create the magic of a wish for Canadian children living with a life-threatening illness.

Wishmaker Walk for Wishes presented by Compass Group Canada is the national signature event for The Children's Wish Foundation of Canada. It is a walk followed by a celebration including food, entertainment and prizes. Your participation will help to ensure that Children's Wish continues to deliver on its promise to never refuse a wish to an eligible child; a promise the Foundation has kept for over 25 years to over 18,000 children.

Your contribution, in the form of each dollar raised or each step taken in Wishmaker Walk for Wishes will help bring a wish to life and come true for a special child. Register or donate and help to start fundraising today to make a real difference in the lives of children and their families.

If you would like to sponsor us in our endeavor please feel free to do so at the Southridge Café. I look forward to seeing you at the Southridge Café. Bon Appétit.

Marat Dreyshner
Chef

WELCOME BACK PICNIC

SEPTEMBER 16, 2012



Round up your family and your western duds for a day of fun at Southridge. There will be plenty of games and prizes to be won!

On sale for your enjoyment will be hotdogs, popcorn, root beer floats and drinks.

Please contribute to our potluck lunch. If your last name begins with:

<i>A-B</i>	<i>Veggie Tray</i>
<i>C-D</i>	<i>Fruit Tray</i>
<i>E-K</i>	<i>Appetizer</i>
<i>L-R</i>	<i>Salad</i>
<i>S-Z</i>	<i>Dessert</i>

See y'all at the Southridge Senior School
11:30 – 3:00pm

Any questions please email: southridgepicnic2012@hotmail.com



Taking it to the Macs!

September 17th -21st

MONDAY

CHICKEN AND CHEESE
BURRITO

TUESDAY

PEROGIES

With fried onions and bratwurst

WEDNESDAY

CHICKEN POT PIE

Homemade delicious
A Southridge café specialty

THURSDAY

LASAGNA

Basil tomato sauce, mozzarella

Lean ground beef

Vegetarian also available

FRIDAY

BROCCOLI, CHEDDAR, HAM

QUICHE

SERVING EVERYDAY

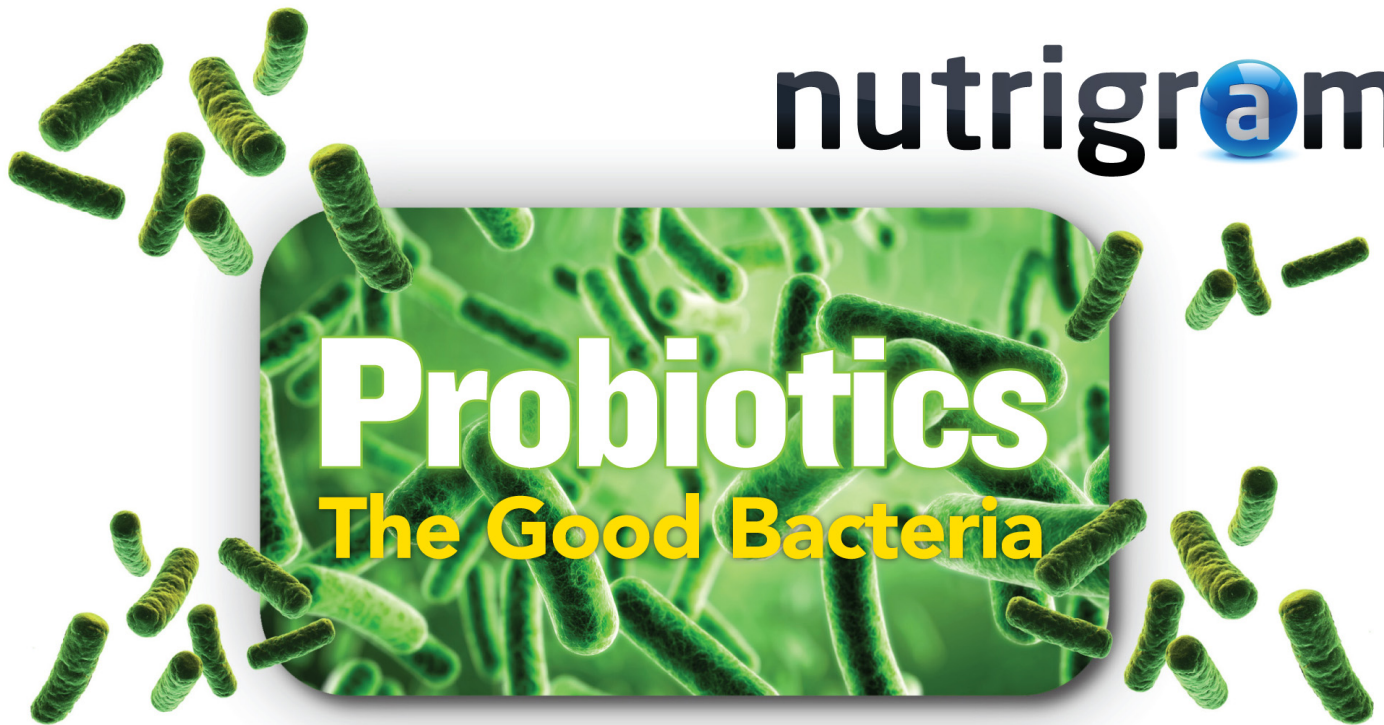
MAC N CHEESE

TUNA MELT

GRILLED CHEESE

PANINI SANDWICHES

SALAD



From antibiotics to antibacterial hand soap, a lot of energy is focused on ridding ourselves of bacteria and other microorganisms. While this may prevent us from falling victim to infection causing bacteria, it may also be keeping us from reaping the benefits of good germs.

What are probiotics and prebiotics?

Probiotics are live microorganisms, often bacteria, that offer health benefits when we get enough of them. At any given moment there are a variety of microorganisms living in our bodies that actively participate in some key functions such as digestion and nutrient production. There are also potentially harmful bacteria present and keeping the two in balance is important for maintaining our health. Prebiotics, are not microorganisms themselves, but act as “food” for probiotics, by promoting their growth and activity.

What do they do?

Probiotics have been credited with improving gastrointestinal and immune function and show preliminary benefits in other areas. One of the most common uses has been in helping to restore the bacterial “balance” that can be upset when we get an infection and are treated with antibiotics. The theory is that the antibiotics destroy both good and bad bacteria and that probiotics help to restore the good bacteria. The science supporting the use of probiotics and prebiotics is still developing, but there is some evidence to suggest that specific strains of probiotics help with certain gastrointestinal problems, particularly those associated with infection.

Where do we get them?

Probiotics are found in both foods and supplements. Yogurt, fermented milk, tempeh and some juices and soy beverages are examples of foods that contain probiotics. Prebiotics are found in fruits, vegetables and grains, in addition to supplements.

Bottom Line

The science supporting the benefits of probiotics is still evolving. Incorporating foods that contain probiotics and prebiotics may offer health benefits, particularly for gastrointestinal function. The use of probiotic supplements should be done with caution and guidance from a health care professional to ensure safety and efficacy are addressed.

References

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