

Southridge Wednesday

12-13
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Head of School

Our Admissions Cycle Begins

This is the time of year of our Open House, which marks the beginning of our admission cycle. At an independent school like Southridge, the admissions cycle and the overall enrolment management plan are big deals. For Southridge to reach its potential we need to make sure that our admissions processes are functioning extremely well and that our enrolment is healthy and vibrant. I am happy to say that over the past four years, Southridge has seen steady growth in the number of people who attend Open House, the number of inquiries we receive before our application deadline and the number of applications submitted to our admissions department. As a matter of fact we have seen an increase of over one hundred applications since our 2010-11 admissions cycle. And as far as enrolment goes, our attrition numbers remain very low with the past year coming in at only 3.9%. As the national average for Canadian independent schools like Southridge is 7.3%, we are in very good shape indeed. Growing interest from the community and low attrition rates spell stability, and stability is definitely a good thing.

Our Director of Admissions, Ms. Renée Lepp, is quick to point out that the biggest advertising network we have is our parents. Word of mouth is still the strongest form of advertisement for Southridge, even though there has been increased activity on our website with more and more people looking for information about our programs and our admissions process. In this regard, our Director of Community Relations, Debbie MacDougall and our web editor, Alan McInnes, have been instrumental in supporting our admission cycle. They have carefully designed our website to ensure that navigation is easy and straightforward, that there is plenty of opportunity to link to our on-line application process and that our Southridge story is told in engaging and diverse ways using many different voices.

One of the most demanding elements of our admissions process is the interview. Ms. Lepp spends an incredible number of hours meeting and getting to know potential families and students. And Ms. Lepp knows how important this part of her job truly is because it is essential for Southridge to be comprised of people who believe in the mission, vision, values and guiding principles of our school. Knowing that we are all pulling in the same direction is critical to our success and we are grateful that our families believe so strongly in the spirit of our community. We like to call this consistency of belief "alignment". And when it comes to a new admissions cycle, aligned families are important because word of mouth is so helpful when spreading our message. Besides, promoting Southridge is a great way for you to make a valuable contribution to our school. Speaking positively, enthusiastically and passionately about all the wonderful things that make-up Southridge is infectious.

Yet even in these times of solid community interest and low rates of attrition, we cannot be complacent when it comes to admissions because admissions is so critical. The bigger our applicant pool the better the likelihood of ensuring the right fit for the student, their family and the school. That is why I am asking all of our parents to get the word out there that Southridge is holding its annual Open House (we only hold one a year) next week on Thursday November 1st beginning at 6:00 pm. Remember, word of mouth fuels our school's admissions cycle and our admissions cycle helps us reach our full potential. On behalf of our admissions team and the entire school community, thank you for your support.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Casual Day	Friday, October 26 th	All day	Junior & Senior School
Parent/Teacher Interviews - Noon dismissal	Wednesday, Oct 24 th	12:00 PM	Junior School
UK Rugby & Field Hockey Tour Parent Meeting	Wednesday Oct 24 th	7:00 PM	Senior School Great Hall
Jazz Retreat	Thursday, Oct 25 th -27 th		Evans Lake
Grade 12 Parent Information Night (Livingston)	Tuesday, Oct 30 th	6:30 - 7:30 PM	Alderdice Library
Halloween	Wednesday Oct 31 st	All day	Junior & Senior School

Junior School News

Coming Home

This past week I was involved in inspecting schools for the BC Ministry of Education as I served on an evaluation team. We spent two days in a school in Chilliwack and another two days in a school in Maple Ridge. These evaluation visits serve as excellent professional development for me as I become acutely entwined with the curriculum and reporting expectations as well as the different implementations by other schools. There is always a wonderful, positive energy in schools—teachers and students engaged in learning and growth; it is great to see all our collective energies targeted towards growth of young people. However - these experiences always make me appreciate Southridge so much; when I returned on Friday, it was like coming home. Although many of our practices for curriculum documentation and policy writing are not readily seen by our parent community, you need to know just how thorough we are! The care and attention to detail by all members of our staff and faculty is commendable and I remain proud when I see our protocols and practices. Additionally, there is a quest to grow and improve our practices which is precisely why we appreciate the IB evaluation visits, and the upcoming CAIS evaluation visits. Although evaluations are not always pleasant, they serve to highlight areas of growth and opportunity for development. Southridge is always open making our programs stronger through targeted feedback and that is why we support being part of the IB World Community and the Canadian Accredited Independent Schools. However, seeing other schools in action, although professionally rewarding, makes me realize how proud I am to call Southridge my home.

Parent- Teacher Interviews - October 24th, 2012 - Noon Dismissal

Today is our Parent-Teacher Interview day from 1:00 pm to 8:00 pm. Interviews will be 15- 20 minutes in length and teachers look forward to discussing your child's progress thus far this term. We thank you for your participation in your child's education and your valued partnership with us.

Halloween Activities

On Wednesday, October 31st, 2012 (Day 1) we will be hosting a Halloween assembly for our entire junior school followed by a PYP parade of costumes to our senior school. This assembly is great fun, and we ask that students select costumes that are engaging and appropriate. We do not allow any weapons to come to school, even 'fake' weapons such as sickles, axes, and others that may accompany costumes. Please note that we have full school for the next two days, so please ensure that your son or daughter has sufficient rest and limited treats for the next school days.

Mrs. Middelaer
Head of Junior School

Pumpkin Day on Monday October 29th

Join in the spirit of Halloween! Bring in your pumpkin with a toonie to gain house points and support Unicef. Bring in your Pumpkins on October 29th. Make them funny, scary, or as creative as you would like. Pumpkins are only displayed for two days and need to be picked up on Wednesday for Halloween night. Each pumpkin will be worth 3 house points, so your child can support their house team. All monies collected will be used to support Unicef. Primary kids can bring their pumpkin to the Great Hall and intermediates to the MYP hallway upstairs. Hoping to see lots of interesting pumpkins. Happy Halloween and thanks for supporting Unicef.

Mrs. Khangura

Skating for 2012-13

Please note that there is a change in our skating routine. We were unable to book South Surrey Arena in December so we will meet at Cloverdale Arena in December. Some of us will skate in March as we were able to book South Surrey Arena at that time. Please take careful note of the arena and date that your child is going skating. Everyone will have a skating time but they are in two different terms. Thanks for your flexibility!

If you need support to car pool your child to/from the rink, please contact your room rep and they will help to organize a ride. We hope that this is also family time and that as many parents and younger siblings can join us.

Date and Time Arena Grade and Class
December 6th at 8:30-9:30 AM *arrive at 8:15*
Cloverdale Arena
6090 - 176th Street
Surrey, BC V3S4E7
ph. (604) 502-6410
1SR-T, 1RK, 2TW, 2JM, 3CK

March 12th at 8:45-9:45 *arrive at 8:30*
South Surrey Arena
2199-148th Street
KLW, KJW, 3CC, 4JB, 4RR

Cost: ice time to be covered by Southridge
Your cost: if you rent: \$3.00 skate rental; \$1.50 helmet rental (charged to your account)
Dress: Come in PE strip and stay in it all day! Everyone MUST wear a HELMET including adults!!

We welcome all parents and younger siblings who wish to join us. Please come directly to the rink up to 15 minutes prior to actual start time. (The children should register with their classroom teacher and inform him/her if you required rent anything.) EVERYONE is required to wear a helmet on the ice.

Skating is only 1 hour and we feel that the students should not need a snack before we get back to school. Please refrain from bringing or buying snacks at the rink. We will let the children have their snack immediately on returning back to school.

Ms. Raber

Kids' Art for the Gala - Grades 2 and 6

The Grade 6 classes had a blast last week putting their own creative touches on a custom long board. Although it's not finished yet and will require a few more special steps, the finished product will be creative, colorful and crazy cool!

The Grade 2's were very excited to learn that a tickle trunk is like a toy box, but full of fun costumes and dress-up clothes! They were even more excited when they realized that that is what their gala art project is! They had so much fun painting shapes and creatures that will adorn the side of the trunk! It is sure to be a huge hit at the gala on November 17th!

Christiane Hodson
Advancement Director

Senior School News

Bullying and the Responsibility of Responding as a Community

I am certain it is safe to say that most have heard about the recent cyber bullying incident and the terrible tragedy of a young teen, Amanda Todd, taking her own life. I know I have spoken to many members of our Southridge community about this specific incident and about bullying in general. Mrs. Middelaer, in her Wednesday submission last week, reminded everyone of the School's policies and processes in dealing with bullying behavior, which is very similar at the Senior School level. There is the very real difference in the age and often the complexities involved with older adolescents,

but we feel equally strong that there is no place for this type of behavior in our community and along with responding when issues arise, we continually work to educate the students in ways to affect positive change with this topic.

With all of the many articles and opinions that have been expressed since this tragic event occurred perhaps the only common point is that we all have a strong opinion on the topic and that it evokes a great deal of emotion that often comes from our own experience. I have been on the end of some behavior that was bullying in nature as a student. The aspect that I still find quite amazing is that I can recall the feelings it evoked in me as though it occurred yesterday. Perhaps it is the fact that I am at a school every day that keeps these feelings more “fresh”, but I think it is the lingering effect that hurtful behavior can have on a person that is more the reason.

As an administrator, I constantly work to make the Senior School a safe place for everyone who is a member – students, staff and parents. This can be through encouraging positive interactions, modeling a strong culture of inclusiveness, respect and trust, and having a clear policy on bullying and responding when this has been breached. However, as many articles have stated over the past week, it is not always easy to ensure this is happening. This is partly true because I have only one set of eyes to see everything and even if the entire faculty is being equally aware there will always be moments and times when we aren't there. To add to this, the myriad of communication forms that the digital world offers to youth these days makes some of these bullying behaviors easier to accomplish if desired. Many times these incidents are away from the walls of the school and even the home.

In a recent Globe and Mail article, published October 18th, David Wolfe speaks about a number of aspects of bullying that I found interesting. One main idea was that he explains that bullying is an unhealthy relationship. “Forget the notion that there are bullies and there are victims, and somehow we can identify who they are and get them the proper help...The critical issue underlying this dynamic is that the bullying occurs in an attempt to establish relationships based on power, rather than on equality or trust.” Given Southridge's strong emphasis on the importance of honesty, trust and mutual respect, I am encouraged that this represents a strong foundation on how we can build the culture that won't accept this type of behavior. In the Senior School (SS), each student in their Advisory, signs our Code of Ethics which acts as a promise to abide by and protect the key points found in this important agreement.

In a community like a high school filled with young people attempting to understand themselves and each other there are going to be those inevitable times when conflicts arise. Over the past three years, in the SS we have committed to a process of Restorative Justice/Action to help heal these rifts. This is a process whereby, through a facilitator, students can voice to each other the concerns and feelings that these behaviors are causing them and together, they will commit to an agreement of how each participant will respond moving forward. This reaches down to the heart of the problem without punitive action occurring that often causes further rifts in a relationship. Over the past year, we have seen a real culture shift in the SS with this process in place. I believe as we continue to work to implement more aspects of this plan, we will further strengthen the importance of community at Southridge.

As Wolfe mentions later in his article the responsibility lies in all of us in order to help prevent bullying in schools and society. He feels we need to look at it as “a viral relationship problem, not a fact of life.” He also states the importance of building strong relationships as analogous to building a house: early relationships form the foundation for future ones. The more we can teach young people to build and cultivate healthy relationships, the greater the chance that they will have these in their future.

This is certainly our focus at Southridge and I encourage you to speak to your children often about maintaining these positive relationships with their peers and supporting them when they approach you with concerns when they are not. Together, we can have an incredible impact in responding effectively.

Have a great week!

Doug Palm
Head of Senior School

Grade 9 ISA Volleyball Championships

This past weekend the junior girls' volleyball team travelled to Brentwood College on Vancouver Island for the Volleyball ISA's. Over the two day tournament Southridge won each game in it's pool before defeating Crofton House 2-0 in the semi-final. The Championship game verses York House Tigers was a back and forth affair. Southridge won the first set and York House came back strong in the second set to tie the contest. It was a tough third and deciding set “as we fell behind in the beginning. But perseverance and team work took us to a final score of 15-13; Southridge taking the win.”

This is the first time that the Southridge Junior Girls Volleyball team has taken 1st place in the ISA's and "it was a great honor to get to play with these amazing girls."

Captains Natasha Aisenstat and Claudia Mitzel

Vancouver International Writers Festival

Last Thursday, our Writing 12 class attended the Vancouver International Writers Festival to listen to published authors talk about their writing. In the morning, we attended a session entitled, "Words and Images," and we listened to presentations by two illustrators, Nina Matsumoto and Scott Chandler, and a writer, Kallie George. Nina Matsumoto told us how she developed a professional relationship with the producers of The Simpsons by publishing a manga drawing of the show's cast on-line and Kallie George told us about the events that led to her publishing a series of chapter books for Disney/Hyperion. In the afternoon, we attended a session entitled, "Long Walk to Truth" and we listened to two memoirists, Deni Y. Bechard and Carol Shaben, describe the events that led them to write memoirs in which they explored their relationships with their fathers. Deni Bechard quickly won over the audience by telling us stories about his childhood perceptions of his father, who was a bank robber. In addition to the readings, the class enjoyed sharing lunch at the Granville Island Market.

Gail Robinson

Men of Southridge - Movember

We are in the process of organizing our annual MOVEMBER Campaign here at Southridge. This is our annual event supporting the Movember fundraising campaign for men's health, focusing on Prostrate cancer and, newly added this year, men's mental health. The campaign runs from November 1st to November 30th and the men partaking in this campaign will be challenged with growing moustaches in support of this global effort to raise awareness for men's health.

Movember has become a huge success in Canada, and particularly here at Southridge. In Movember 2009, I was the lone Southridge staff growing a 'stache. The students in my Grade 11 physics class were in such support of the cause, and the Mo', they spearheaded an internal campaign and raised over \$1,500 in support of Movember. For Movember 2010, Southridge expanded its wings and invited all Grade 12s and male staff to partake in the cause. We had over 30 participants and raised over \$5000. Last year's 2011 campaign saw our Grade 11s and Grade 12s and staff raising over \$6,000 and culminated with a shaving of one boys hair to further contribute to the fundraising.

So the call is out to expand our campaign and we look to the MEN OF SOUTHRIDGE. It is the call to support our campaign to raise the awareness of men's health. In our 4th year as a team, Southridge is looking to raise over \$7,000, and that can only come through with the help of each MoBro in our community (Grade 11s, Grade 12s, Staff, Dads, Uncles, Brothers, Granddads and, of course, Alumni).

To join the Southridge team, please go to:

- <https://www.movember.com/ca/register/>
- Register with your name, email, and login information.
- After your personal info is done, the Movember system will ask if you are registering as an individual, or if you are "JOINING A TEAM".
- Select "JOINING A TEAM" and type in "Southridge".
- Easy.

More information about our Southridge campaign will be forthcoming. I hope this year is a fun and lucrative campaign for the Men of Southridge.

Thank you MoSistas for your support of the 'Stache! :{)

Paul Doig

News for Both Schools

Gala Item Donations - Absolutely Last Chance!!

A very big thank-you to everyone that has donated an auction item for our gala to-date! We have received some amazing items and are looking forward to packaging them up and posting descriptions on the website in the coming weeks. However, we are a little under where we were last year at this time. So, if you've been thinking about donating an item for the gala, and just haven't gotten around to it yet, you still have until 4:00pm on Friday, October 26th. All items that we receive before that day will be included in our silent auction on November 17th! Also, don't forget that all donors will be recognized on the event website and during the event! Thank you in advance for your generous support!

Gala Committee

Gala Sponsorship

Thank you, thank you, thank you to the generous families, businesses and friends that have sponsored to-date! Please note that there is still time to sponsor the True Colours gala on November 17th - opportunities available range from \$250.00 to \$12,000.00. Also, sponsors confirmed by Friday, October 26th will be included in the event program and all sponsors will be recognized online and at the event. You can find the form online at <http://southridge-events.ca/sponsors-donors>.

Gala Committee

Open House is Coming Up Soon!

Our largest admissions event is just around the corner. On Thursday, November 1st from 6:00 to 8:30 PM we will open our doors and invite the community to join us as we host our annual OPEN HOUSE.

Attendees will be welcome to visit our classrooms, meet our faculty and students, tour the facilities and listen to Mr. Stevens talk about Southridge - who we are and what we value. We know that our greatest source of advertising is our own community so we encourage you to invite anyone you know who might be interested in becoming a part of Southridge.

Thank you for sharing your pride of School!

Renée Lepp
Director of Admissions

Volunteer Committee Welcomes Rachael Lawson

The volunteer committee is pleased to welcome Rachael Lawson as the new committee chairperson. Rachael has been extensively involved in the many volunteer opportunities at Southridge serving on various committees and most recently as one of our Country Fair Chairs. She is excited about working with our school families over the next few years. Welcome Rachael!

Volunteer Committee

Uniform Shop News

The uniform shop just received our new cinch gym bags by Adidas. As well as our baseball hats, USB sticks and new back pack with the Southridge Crest. Come in and check out these new items!

Uniform Shop

Diversity Week and Menu for the week of October 29th – November 2nd

“Diversity Week” in Compass Group Canada and Chartwells will be held November 1st to 17th, 2012.

“Diversity Week” is an opportunity to celebrate the diversity of all our associates and customers, to recognize we're a great company serving great people not in spite of, but because of, our differences. We value and recognize the contribution that each of us brings to our environment.

If you have any ideas to help us create a diversity month through our menu and decorations to create a diverse environment, please feel free to email recipes and we will be sure to give them a try and I encourage you to bring in any ethnic artifacts that you don't mind lending to the Café to help us decorate in order to create that diverse ethnic feel.

We look forward to seeing you at the café to enjoy the many wonderful tasting food selections we offer.

Bon appétit

Marat Dreyshner
Chef

Celebrate Autumn

WEEKLY MENU

OCTOBER 29th – November 2nd

MONDAY

MEAL IN A PEEL MONDAY

BAKED POTATO

WITH GROUND BEEF AND VEGETARIAN TOPPINGS

TUESDAY

SAVOURY TURKEY, APPLES AND
THYME POT PIE

WEDNESDAY

CHICKEN POT PIE

THURSDAY

ASIAN NOODLES IN SOUP

Cilantro, ginger, green onions, and beef slices

Served with spring roll and salad

FRIDAY

PEROGIES WITH SOUR CREAM

FRIED ONIONS AND SAUSAGE

FAT IN FOOD

Quality vs. Quantity

Recently, the story on fat has been evolving. Leading experts suggest a shift in focus from how much fat we eat to what type of fat we eat.

Which Fats are the Right Fats?

Research suggests that the type of fat that we eat is more connected to our risk for heart disease than how much fat we eat. More specifically, too much saturated fat found in solid, animal fats like butter, red meat and cheese and too much artificial trans fat found in foods with partially hydrogenated oils puts us at a higher risk. Monounsaturated and polyunsaturated fats found in liquid vegetable oils, nuts and fish actually lower our risk for heart disease. Instead of “eat less fat,” the message is changing to “eat the right fat.”

Why a Change?

It turns out that when people simply eat less total fat, they tend to replace the fat with other things – primarily sugar and other refined carbohydrates. This also happens when food products are changed to a low fat or fat-free version. Unfortunately, this is not a positive move for overall diet and health and might end up putting us at higher disease risk. The key is to put the focus on eating better fats and keeping overall calories in check, not just focusing on whether or not things are “low fat.”



Bottom Line

- Choose healthy fats more (vegetable oils, nuts, fish, avocado)
- Choose unhealthy fats less (partially hydrogenated oils, fatty meats, butter, whole milk cheeses)
- Don't confuse “low fat” with low calorie or healthy. Many “low fat” products are high in sugar and other refined carbohydrates with as many or more calories than the original product.
- To manage your weight, look at total calories from all sources, not just from fat.

References:

1. W Willet, D Mozaffarian, A Lichtenstein, L Kuller. Member Showcase: The Great Fat Debate: Is There Validity in the Age-Old Dietary Guidance? American Dietetic Association, Food and Nutrition Conference and Exhibition, November 2010.
2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
3. WS Harris, D Mozaffarian, E Rimm, P Kris-Etherton, LL Rudel, LJ Appel, MM Engler, MB Engler, and F Sacks. Omega-6 Fatty Acids and Risk for Cardiovascular Disease: A Science Advisory from the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention. Circulation, Feb 2009; 119: 902 - 907. Published April 2011. Written by Jennifer M. Ignacio, MS, RD Compass Group, North America.