

Southridge Wednesday

12-13
No. 07

A Weekly Publication of Southridge School

October 17th, 2012

Head of School

Thank you to Kim Markey

A big thank you goes out to Kim Markey who has served as the chair of our volunteer committee for the past three years. Kim will remain on the volunteer committee and continue to report to the Board on general volunteer activities and their involvement at the school. Thanks very much to Kim!

Enabling Innovation

In a recent publication from the Ministry of Education, *Enabling Education* (August 2012), the following was stated, "It is clear that an education system redesigned with the 21st century priorities in mind must remove the barriers that limit teachers' ability to innovate and personalize learning based on students' needs and the community context." This statement was made based on recommendations from the Curriculum and Assessment Framework Advisory Group, which was formed to provide advice on directions for curriculum and assessment in the province.

In clear alignment with the emphasis of our own Kindergarten to Grade 12 educational program at Southridge, the advisory group recommended that cross-curricular competencies should be clearly defined, supported and related to complex real-world tasks and performances. The competencies identified are strikingly similar to those our teachers identified when researching, considering and defining the future direction of our educational program, as defined by the PYP, MYP and SSEP. The cross-curricular competencies identified by the advisory group are communication, critical thinking, creative thinking and innovation, personal responsibility and well-being and social responsibility.

The advisory group recommended that the curriculum objectives as set out by the Ministry of Education should be fewer in number but designed in such a way to allow for more depth of investigation and open to the contextual influences of a school's particular community nuances. Furthermore, key concepts, disciplines, project-based and challenge-based learning, inquiry and the integration of learning areas were identified as being important to developing curricula that prepares students to be active and engaged citizens in a complex and dynamic world.

And finally, assessment practices of and for learning were recognized as deserving a balanced emphasis in determining student progress. In other words, tests, quizzes and homework assignments are no longer considered valid measures of student progress if they are not balanced with other forms of evaluation – including self-assessment, project-based assessment and other flexible measures that allow students multiple ways to demonstrate their learning and schools more opportunities to communicate student achievement in terms of competencies and performance standards.

All of this means that Southridge is most certainly on the right track. It also substantiates and gives further support to the changes we have been implementing at Southridge for over a decade – starting with the PYP and now working toward implementing the SSEP. The changes the Ministry of Education is considering for transforming curriculum and assessment practices throughout the province are significant and demanding. And considering the size of the public education system in the province it may take years for the changes to take hold and have an impact on student learning. As I have said many times before, one of the important values of Southridge is that our school can respond to the changes and challenges facing education in ways that are nimble and receptive. I hope all of you are as excited about what is happening at Southridge as I am. At Southridge, the future of education is not just possible. It happens.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Grade 7 Teach Your Parent Night	Wednesday, Oct 17 th	6:30 PM	Junior Great Hall
BC Pro-D Day	Friday, Oct 19 th	No School	
Hot Lunch	Tuesday, Oct 23 rd		Junior 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

Junior School News

Staying Safe At Southridge Junior School

With the recent tragic events of the young lady named Amanda Todd, I thought it timely to remind our community of our policy and philosophy regarding emotional and physical safety.

Growing Up

Everyone grows up eventually, but not everyone develops and learns in the same way as they grow. At Southridge Junior School, we want to help you learn and develop positively as you grow, so that you can reach your highest potential and become a good citizen of the world.

A good global citizen is independent, self-disciplined, honest, responsible, compassionate, conscientious, and above all, respectful of themselves and others.

People need the right kind of environment to grow in. Just as plants can't grow in dry soil, people can't learn well at a school where they don't feel supported and safe. We all must work hard to keep Southridge a place where everyone is safe, physically and emotionally.

Here are some of the things we do to help everyone feel supported and safe at Southridge:

- We resolve our conflicts peacefully.
- We include everyone in activities.
- We respect each other's differences.
- We help each other.
- We respect each other.

Making Mistakes

We know that everyone makes mistakes. Mistakes are part of life. Working through our problems is how we learn. When you make a mistake, a teacher, guidance coordinator, or the Head of the School will help you to fix it. Fixing includes doing some thinking and talking about what went wrong. It also includes doing some actions to make things right again. The most important thing is to get back on the right path again and to keep working at being the best you can be.

The Problem of Bullying

There are many different kinds of problems that can happen at a school, but one of the worst is the problem of bullying. Bullying is when hurtful, harmful behaviours are done on purpose and over and over to make someone feel small and powerless. We never allow bullying at Southridge School.

Bullying is different than other kinds of bad behaviour. Here is the full definition:

Bullying is negative, harmful behavior towards an individual or group where the intent is to hurt, threaten, or intimidate physically, emotionally, and/or socially that individual or group. In addition, the person or persons committing the bullying acts must be shown to have greater power (physical, mental, or social) than the person or persons on the receiving end of such behavior. Bullying is almost always a repeated behavior, although it is not always committed the same way against the same individual or group.

What Does Bullying Look Like?

Bullying takes many forms. We can categorize the types of bullying based on the kind of damage they cause. Bullying may cause SOCIAL DAMAGE by making someone feel friendless and unpopular. It may cause EMOTIONAL DAMAGE by making someone feel embarrassed and worthless. It can also cause PHYSICAL DAMAGE when a person's body gets hurt or their personal belongings get damaged. Sometimes bullying can hurt a person in all three areas. What's worse, bullying doesn't just hurt for a moment or even for a day. The pain caused by bullying can last for a lifetime!

INTENT TO HARM + MEAN BEHAVIOUR + POWER IMBALANCE = BULLYING

Some Examples of Bullying

- an older, bigger child makes fun of a younger, smaller child so that they feel ashamed and scared
- a group of more popular students ignores and excludes a less popular person on purpose so that the person feels friendless and lonely
- some students spread rumors about another student so that they will be embarrassed and lose the respect of their peers
- a stronger student hurts or threatens to hurt a weaker student and makes them promise not to tell
- one student makes fun of another student's race or religion and gets other people to join in the laughter
- two students frequently try to trip another student in the hall or knock his/her belongings out of their arms because they think it's funny

Can you think of some other examples of bullying?

How Do We Respond to Bullying?

Of course, there are other kinds of bad behaviour that can hurt a person, too, such as arguing and fighting. Bullying is different because of the relationship between the people involved. If one person (or group) has more power than another person (or group), and they use that power to hurt someone on purpose, that could be bullying. It is very important for an adult at the school (e.g. teacher, guidance coordinator, Head of School) to investigate the situation carefully. Only a school adult can decide for sure if bullying has happened, and only a school adult can decide on the consequences.

If anyone sees or hears about a possible bullying situation at Southridge Junior School, they should talk to a teacher, guidance coordinator, or the Head of School right away. Bullying is very serious, and it is the job of the adults at the school to look into anything that sounds like bullying, stop the problem, and make sure that everyone involved gets back on the right path again. We are against bullying behavior, but we believe that people who act like bullies can change their behavior and learn to respect others and themselves. However, if someone continues to act like a bully, even though school adults have tried to help them stop, they may be suspended or even asked to leave the school forever.

Our goal is to ensure that all our students feel emotionally and physically safe at Southridge. We have a great school, and our policies ensure that we can maintain and grow this positive culture.

Upcoming Pro-D day (Friday, October 19th) and Half Term Holiday (Monday, October 22nd)

Students all over the province are looking forward to Friday, October 19th, as it is the provincial Pro-D (Professional Development Day). This year, Southridge has aligned itself with this province wide event, and our teachers have a wonderful opportunity to network and have collegial discussions and learning with their fellow educators in BC. There are many outstanding sessions to attend, and our faculty is attending different conference sessions all over Vancouver. Southridge teachers embrace professional development opportunities, and we look forward to the different perspectives and understandings that they bring back to our school from their different experiences.

On Monday, October 22nd, please enjoy the half term holiday as we extend the weekend for a family break. We look forward to seeing everyone on Tuesday, October 23rd. Please note that there is NO late start on that day, but a regular start of 8:05 AM.

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

Parents please mark your calendars for the upcoming parent teacher interview day on Wednesday, October 24th, 2012 from 1:00 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 continue to be offering our interview schedule on 'Pick a Time'. Parents will be able to log into their parent portal and book their interview time. Mr. Anderson has prepared 'Pick a Time' and there are still a few interview times left. Please proceed to the parent portal, log in, and click on the link for 'Pick a Time'. Due to the length of the first term, MYP students (Grades 5-7) will be receiving an interim report card on Tuesday, October 23rd. On this report card, there will only be a letter mark and an effort mark. There will be no written comment, but this interim report will serve as a basis for discussion during the parent-teacher interview. Please note that there will be a noon dismissal on that day.

Mrs. Middelaer
Head of Junior School

Hot Lunch Change

Please note there is a noon dismissal on Wednesday, October 24th due to Parent Teacher interviews. As a result hot lunch will be served on Tuesday October 23rd. Thank you.

Stephanie Schmidt and Jasmine Sandhu
Hot Lunch Co-chairs

Senior School News

Kindergarten to Grade 12

It is wonderful that we are a K-12 school!

I have been asked, although not too often, what are the benefits of a K-12 school. This has come from a prospective family or someone not affiliated with Southridge who wondered what the strengths of this set up would bring for a school.

There are many positives to this query that include academic programs, the social aspect of knowing your school from 5 years old until graduation and the ability to build a strong culture with all of your community members. However, yesterday I was presented with a perfect example at our Full School Assembly!

If you were in attendance, I am certain you would understand. Before the assembly, our Kindergarteners through to Grade 4's along with our Grade 8 through 12 students all go to meeting areas to connect with their buddies. It might be difficult at times to get adolescents to be on time for a meeting but they all rush to ensure that they are there to meet these important "buddies". For me, my favorite time is watching both this meeting and also the "walk" into the gym. The older Senior School students are riveted with the little ones! Asking them questions, holding hands, piggy-backs at times and best of all...the smiles! I also notice that any parents that have come look for their child (young or old) as they enter the gym wanting a memory of this connection. Faculty and staff stand around by the gym doors waiting for this too!

Both my children in Junior School look up to their buddies and can't wait for the next time that they get to spend time with them. Often, they will find them and say hi if they notice them around the school.

As I am in the platform party, I get a unique view of everyone in the gym. It is wonderful to see a Junior School student sitting beside a Senior School student. They are both very engaged in watching, and often commenting to each other about the events.

During the assembly, the PYP choir and the Grade 10 jazz band treated us with performances. We watched videos from Service Week about some students' time at Semiahmoo House and their reflections and the learning and inquiry that is taking place in PYP. Each of these allowed the respective school to watch and learn and share what is happening with the other. Again, from my perch, I saw many smiles and engaged people as they watched and enjoyed together.

Upon reflection, none of these experiences would have happened if Southridge wasn't a K-12 school. And although elementary and high school have many differences – in a positive way, the fact that we are together allows for these wonderful occurrences and memories that each student can have as a member of this K-12 school. At the end of the assembly, as we all sang the School song and did the actions. It was a powerful symbol of this togetherness!

Have a great week!

Doug Palm
Head of Senior School

Speaking Up for Girls

Lauren Moretto & Ashley Andreou were invited to join a panel of female speakers participating in Girl Effect YVR, an open dialogue about empowering women that took place last Wednesday evening at the Vancouver Public Library.

The focus of the event was on what happens within a community when girls are empowered with access to education, economic independence and healthcare. Among the distinguished panelists were civic leader, Ellen Woodsworth, native community activist and radio host, Suzette Amaya, and entrepreneurs Suzanne Siemens and Madeleine Shaw.

Ms. Breeze and I were in the audience that night and were immensely proud of our students who spoke with such passion and eloquence about their experiences as two young Canadian women going through high-school. They voiced their concerns about the stifling of female voices and called for young women to speak up and be heard, particularly on issues of inequality and discrimination. They also gave the audience considerable insight into their participation in the Southridge school trip to Guatemala last year, commenting on what they had seen and learnt from that community-building project and about the lives of girls in the developing world. They addressed an audience of well over one hundred and fifty people, before fielding specific audience questions as members of the panel. They accomplished this with remarkable composure, confidence, and conviction. They were wonderful advocates for empowering young women and I, for one, congratulate them on an outstanding public performance in the service of others.

Jan Holt
Senior School Academic Program Director

Congratulations to the Senior Swimmers!

Thirteen students from Grades 8 to 11 competed at the ISA Swim Meet at the UBC Aquatic Center on Thursday October 11th. They had a lot of fun and came up with some great results. Here are some of the top three finishes. Anna Shocohian, Isabelle Lei, Nicole Ure and Melissa Liu won both the 4X50m free style relay as well as the 4X50m medley relay. Melissa placed first in her 50m free and 100 breaststroke. Isabelle swam to two second place finishes in her 50 and 100m freestyle. Stephanie Pak won the 50 breast and finished third in her 100 IM. Her sister Claire placed 3rd in her 50m butterfly. Tony Ma, Peter Mittermaier, Karl Rumm, Alan Kniel, James Adamson and Amy Doerksen also posted some great results. Way to go swimmers! Our small team of 13 athletes placed 6th overall and will be competing in the Fraser Valley Championships on October 25th. Good luck to all!

Thank you very much to Ms. Cecilia Rodriguez-Lang for taking the team to the meet and to Mrs Wendy Lei for volunteering to officiate at this event. Your help is greatly appreciated!

Ms. Heike Beer

News from the University Counselling Centre

Grade 11 PSAT – All Grade 11 students will be writing the PSAT today – Wednesday, October 17th from 8:30 to 12:00 PM. Information and preparation was given to students in Planning classes.

Canadian Universities Event (CUE) Fair – Tuesday, October 23rd from 1:50 to 3:00 PM

Southridge is hosting representatives from 34 Canadian Universities in the Senior School gymnasium. Grade 11 and 12 students will be dismissed from period 5 classes that day to attend the session, pick up materials and ask questions about post-secondary options. Parents are welcome to stop by. Please note that we will be welcoming other schools to join in this session. Please be aware that the parking and traffic will likely be very busy at 3:00 PM that day.

Vancouver Area Independent Schools (VAIS) Fair – Wednesday, October 24th from 1:00 to 3:00 PM

Grade 11 and 12 students who are researching post-secondary options in the U.S. are invited to participate in the Fair. It is held at West Point Grey Academy and there will be more than 30 U.S. colleges and universities represented. Students are requested to RSVP by Thursday, October 18th at 3:00 PM as transportation is limited to 35 students. We will travel by bus leaving Southridge at 12:00 PM and returning at approximately 4:00 PM. For a complete list of who is attending the Fair check out <http://www.wpga.ca/vaisfair>

Globe & Mail – ourtimetolead.ca

Check out this series of articles and columns on the trends, directions, challenges and opportunities facing post-secondary institutions across the country. Some thought-provoking material as you help your student research their university programs and options.

Yvette Livingston
University Counsellor

Purdy's Fundraiser for Grad

Need chocolates for the holiday season – for those surprise guests, for staff gifts, for friends and family? This year's graduating class would love your support and are handing out order forms for Purdy's Chocolates in the Senior School this week. Order forms will also be available at the Senior School Reception or you can contact Ms. Heather Mosher (hmosher@southridge.bc.ca) or our parent volunteer Savitha Manjunath (savitha_manjunath@yahoo.com). Orders are due November 26th, you can order online or by dropping off your order forms at the Senior School Reception. Thank you for your support!!

Grad Committee

UK Rugby and Field Hockey Tour Parent Meeting – Wednesday October 24th at 7:00 PM

We are having an informational session on Wednesday, October 24th at 7:00 PM in the Senior School Great Hall for all parents of those players who are travelling to the UK with our rugby and field hockey teams. This meeting will give an overview of the tour, the host schools in Scotland, England and Wales, tour expectations and due dates for payments. Please note, the first deposit of \$300.00 is due October 31st, 2012.

We look forward to seeing all of you in attendance. Players and parents welcome! We have a grand tour planned with 48 players and 7 coaches to 4 host schools in 3 countries!

If you have any questions, please let me know. Thank you.

Mr. Doig

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

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!

Renee Lepp
Director of Admissions

Grade 1 Kids' Art for the Gala

The Grade 1's had a wonderful time last week 'getting their hands dirty' in the name of gala art! The classes each painted a canvas play teepee using their hand and thumb prints. Even their teachers got in on the fun! The finished pieces will surely be a big hit at the gala on November 17 – and a great addition to anyone's playroom! Photos of the finished projects and classes will be posted on the gala website soon, so keep checking back!

Christiane Hodson
Director of Advancement

Gala Sponsorship Opportunities Still Available

One month to go for the Gala and we still have many opportunities left to help out with the event! With the Gala website up and running now, it's your go-to place to find out all the information you will need for the evening. Want to donate an item? Purchase your tickets? Find out additional information? Head over the website - <http://southridge-events.ca>

While you're there be sure to check out all of the Sponsorship Opportunities still available. There are both exclusive purchase sponsorships and multiple purchase sponsorships left ranging from \$250 to \$12,000. Check the website for more details!

Gala Committee

Volunteer Committee Update

I am pleased to announce that Rachael Lawson will be taking over from Kim Markey as Chair of the Volunteer Committee effective immediately. Rachael will be joining Kim Bay, Chantal Goodmanson, Maria Hodgson, Anar Mohammed, Jeff Bueckert, Marion Laengin-Bueckert, Kayce Lewis, Kim Markey and Wendy Lei on the committee that oversees parent volunteer opportunities at Southridge. In addition, our newest staff member, Ms. Agnes Jamont, will be supporting the committee as needed and will work with teachers and staff to identify new volunteer opportunities.

Christiane Hodson
Director of Advancement

Uniform Shop

Keep dry: Track Suits. Reminder to parents whose children need the embroidered Umbro track suit for wet weather. Please be reminded that the order takes up to 3 weeks to deliver to the school. The student name is embroidered on the back of the jacket and student initials are on the leg. All students wanting a track suit need to come into the uniform shop for a fitting.

New Merchandise: Just received - new logo back pack, Lands End fleece jackets and vests in junior sizes and baseball caps for adults and kids.

Uniform Shop

Menu, Digest and Catering Menu

I wanted to share this note that was sent by one of the staff members of the children's wish foundation thanking our team from Compass Group Canada for our efforts and participation that took place in Maple Ridge:

Hello Team Compass Ridge Meadows, thanks to all of you that showed up to the walk this rainy weekend! The Ridge Meadows walk raised \$12,500.00 that day! Our compass ridge meadows team alone raised \$6,887.00 just with our online pledges! Well done! Through the support and efforts like yours, Compass is able to present Children's Wish with almost \$300,000.00 a year!

Each year, thousands of children are diagnosed with life-threatening illness. Children's Wish is dedicated to granting an exceptional wish to every child. They turn no one down. Your care and energy leading up to and during the Wishmakers Walk makes us extremely proud. Thank you for your generosity.

I have also attached the majority of the menu items that are sold at the Café as we had some requests from families that would like to know what choices their children have and what those items cost. Please remember that some items change from time to time and as well, a variety of specials are also introduced. Bon appetite.

Marat Dreyschner
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: _____



Southridge School

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

PH: 604-535-5056

FAX: 604-535-3676

Dear Parents:

On January 25-27, we will be escorted by Destination Snow for an Alpine Skiing weekend at Apex Mountain Resort. The students will be accompanied by both Southridge teachers and Destination Snow guides. Anna Szymczak will be the teacher in charge for this trip.

Departure: from Southridge school at 3:10 pm on Friday, January 25.

Return: to Southridge school at 9:00 pm on Sunday, January 27.

The cost is between \$460 and \$560 depending on accommodations selected, and rental options. A \$150.00 deposit will be billed to your account on the December 1st billing. The remaining balance will be billed to your account on the March 1st billing. There are no refunds available for this trip. If a student who has booked can no longer attend, they need to find another student to apply for a place on the trip, and be approved to replace them. Reservations are transferrable.

Students will be transported to and from the mountain on charter busses. On Friday, we will make a dinner stop in Chilliwack. On Sunday we will make a dinner stop in Merritt. Students should bring extra money for both these 2 dinners, and for 2 lunches on Saturday and Sunday at Big White. Their package will include Saturday's dinner and both breakfasts. A pass to the tube park is included, as well as a hot chocolate fire side for Saturday evening.

Students can rent skis, boards, boots and helmets if they don't have their own to bring. The wearing of appropriate helmets are mandatory. There is an outdoor ice skating rink if students would like to skate in the day or in the evenings after the slopes are closed. If you don't bring your own skates, there are rentals available for \$9. Students are encouraged to bring appropriate clothing for winter conditions, including waterproof outer layers, and sun screen.

Students are expected to be respectful of all others at Big White. Southridge School expectations for student conduct still apply while away. In other words, all school rules still apply. Teachers will inform students of curfew and room rules prior to exiting the bus at Big White.

Students will be engaging in some or all of the following activities: skiing, snowboarding, snow tubing, ice skating. Risks associated with this trip could include, but are not limited to: hypothermia, getting lost on the slopes, broken bones, sprains, soft tissue damage, sun burn, dehydration. To minimize these risks, students are not permitted to ski/board outside of the boundaries of the runs, perform jumps, or enter the terrain park. Destination Snow guides and Southridge teachers will be on the slopes while students are skiing/snowboarding, but students will not be under direct supervision on the slopes at all times.

There are no ski/snowboarding skill pre-requisites to attend this trip, but all participants are required to take a lesson (appropriate to their ability) provided by Apex staff before going on the regular runs.

Please read the attached Parent Information sheet and sign below.

Please return these forms to Senior Reception by October 26.

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:

- Consent to my son/daughter participating in the activities described in this letter.
- Understand that all school rules apply and that students will be held accountable for their conduct.
- Recognize and understand the inherent risk associated with these types of skiing, snowboarding, snow tubing, and skating 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.
- 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.
- I have visited the Big White website at <http://www.bigwhite.com/> and have an understanding of the nature of the activities in which my son/daughter will be involved.

Parent/Guardian (please print): _____

Signature: _____

Date: _____

Student (please print): _____

Signature: _____

Date: _____

BIG WHITE REGISTRATION PACKAGE

School: Southridge Senior School

Teacher: Ms. Szymczak

Trip Date: January 25-27, 2013

Mountain: Big White

To Parents and Guardians:

The purpose of this handout is to inform you about the proposed field trip involving your child.

REGISTRATION DEADLINE: October 26, 2012

Description of Field Trip:

This is 2-day Destination Snow ski/boardng trip to Big White Ski Resort. Students and teacher chaperons will be staying at the Inn at Big White at Big White Resort and traveling by motor coach that has been chartered specifically for this trip.

Package includes:

- 2 night's accommodation at Big White
- 2 day lift ticket to Big White Ski Resort
- 2 breakfasts and 1 dinner
- evening hot chocolate and bon fire
- 1, 90 minute lesson
- Tube park pass
- 56 passenger video equipped motor-coach
- Destination Snow guide(s)
- Night Skiing
- Free giveaways and prizes on the coaches

Optional activities may be purchased on mountain:

- Ice Skating \$5.60
- Skate Rental \$9.00

**** All students are required to wear a helmet. If your child does not have one, they can be rented at Big White for \$9 per day.**



DESTINATION SNOW is western Canada's largest guided group ski and board tour company. We offer professionally guided tours to BC ski resorts.

ROLE OF ROLE OF DESTINATION SNOW

We help schools plan and organize their school ski trips from start to finish. Destination Snow also provides 1-2 trained guides per bus to look after the details of running the trip for the day.

Destination Snow and Whistler Blackcomb work together to meet School Protection Program safety guidelines for student ski/boardng field trips.

If you have any questions/concerns, please contact Shawna Brown at Destination Snow: (604) 532-1088.

BIG WHITE REGISTRATION FORM

STUDENT NAME: _____ Male ____ Female ____ Grade _____

1	COSTS: Pricing includes all tax	Amount:
	Base Package (4 students per room) \$460	\$ _____
	Base Package (3 students per room) \$510	\$ _____
	2- day rental pkg (ski or board) \$50	\$ _____
	TOTAL	\$ _____
ADD \$25 TO YOUR PACKAGE PRICE FOR REGISTRATIONS SUBMITTED AFTER THE OCT. 26, 2012 DEADLINE		

2	CONFIRM YOUR ROOMMATES
	4 students per room 1. _____ 2. _____ 3. _____
	3 students per room 1. _____ 2. _____

3	IF RENTING: Please complete the following information:
	Ski <input type="checkbox"/> Board <input type="checkbox"/> Weight _____ Height _____ Shoe Size _____
	PLEASE NOTE – rentals must be pre-ordered and pre-paid in advance to receive the discounted rate. If rentals are not ordered at time of payment, then the student will have to purchase them on mountain at the full retail rate (\$75+).

4	LESSON: A 90 minute lesson for EVERYONE is included in this package. The lesson is given by qualified resort personnel.
	Ski <input type="checkbox"/> Board <input type="checkbox"/>
	Please check off your level of skiing or boarding for your lesson:
	<input type="checkbox"/> Level 1: You have never ever skied or snowboarded before or you have been out a few times but you still consider yourself a beginner.
	<input type="checkbox"/> Level 2: You have been up the lift before and you are becoming comfortable making turns on runs designated with a beginner and some intermediate runs
	<input type="checkbox"/> Level 3: You are comfortable on all intermediate runs and are seeking out more advanced terrain
	<input type="checkbox"/> Level 4: You are comfortable on all advanced terrain

5	CANCELLATION POLICY: There are no refunds available for this trip. You may, however, find another student to replace your child if he/she cannot go on the trip. It is the responsibility of the parent/student to find a replacement. _____
	PARENT SIGNATURE – by signing this form you are agreeing to the terms and conditions of the cancellation policy

Celebrate Autumn



WEEKLY MENU

OCTOBER 22ND -26TH

MONDAY

CLOSED

TUESDAY

SPICED PUMPKIN AND QUINOA
WITH MUSTARD CRUSTED CHICKEN LEGS

WEDNESDAY

CHICKEN POT PIE

THURSDAY

CARIBBEAN JERK CHICKEN THIGHS
WITH ROASTED ROOT VEGETABLES

FRIDAY

LINGUINI PUTTANESCA

*DAILY SPECIALS,
LOYALTY CARDS,
FRIENDLY SERVICE*

BREAKFAST COMBOS

SAVE

CEREAL CUP & MILK -	\$3.25	(.25)
BREAKFAST WRAP&TEA	\$ 4.50	(.25)
MUFFIN & MILK -	\$2.80	(.20)
COOKIES & MILK -	\$2.50	(.10)
BREAKFAST WRAP -	\$3.50	
TATER TOTS	\$2.50	

*ALL
PRICES
INCLUDE
12% HST*

DRINKS

- ORANGE JUICE
- APPLE JUICE
- LEMONADE
- FLAVORED WATER
- WATER
- KIWI STRAWBERRY
- MANGO
- BLUEBERRY
- YOP YOGURT DRINK

LUNCH

HOT ENTRÉE -	\$6.00
<i>CHANGES DAILY INCLUDES SALAD</i>	
PIZZA W/PEPPERONI -	\$3.00
PIZZA W/CHEESE -	\$2.80
DAILY PIZZA SPECIAL	\$3.00
GRILLED CHEESE -	\$2.25
PANINI W/MEAT -	\$5.50
PANINI VEG. -	\$5.00
CHICKEN BURGER -	\$3.30
CHEESE BURGER -	\$3.00
CHICKEN CORN DOG -	\$2.25
TUNA MELT -	\$4.50
FRESH SOUP -	\$3.00
SIDE SALAD	\$2.25
MAC N CHEESE Fridays	\$3.30
CRAZY BREAD Fridays -	\$2.80

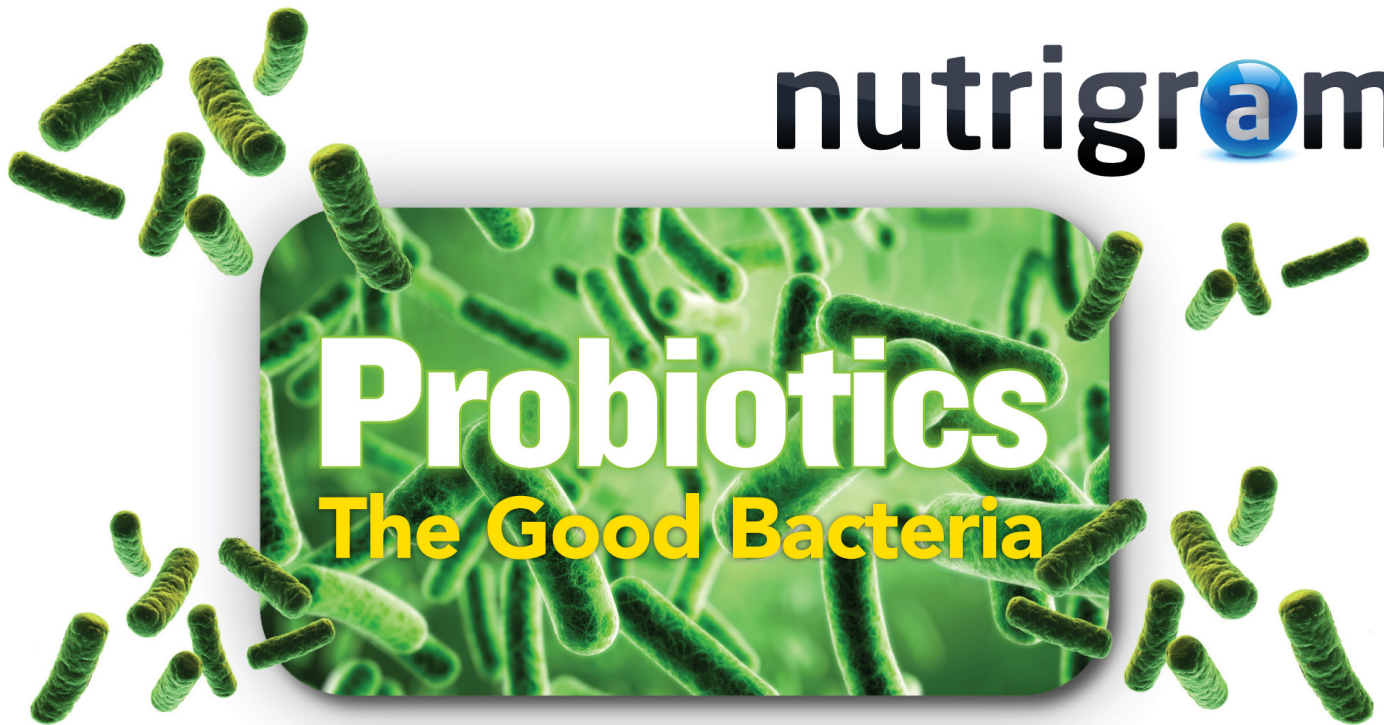
GRAB N GO

CHIPS	\$1.50
RICE KRISPIE SQUARES	\$1.10
GRANOLA BARS	\$1.10
COOKIES	\$1.10
MUFFINS	\$1.50
BROWNIE BITES	\$1.75
CEREAL BOXES	\$1.25
OATMEAL	\$1.25
ICE CREAM	\$1.50
TEA	\$1.25
HOT CHOCOLATE	\$1.75
MILK	\$1.50

CHILLED ITEMS

FRUIT CUP	
YOGURT PARFAIT	\$2.95
FRESH FRUIT	\$1.10
MARBLE CHEESE SLICE	\$1.15
TUNA SANDWICH	\$3.95
EGG SANDWICH	\$3.30
VEGETARIAN SANDWICH	\$3.30
DAILY SANDWICH/WRAP SPECIAL	
SALADS	\$3.30
JELLO	\$1.50

ALL
SANDWICH
BREAD AND
WRAPS ARE
WHOLE
WHEAT OR
WHOLE
GRAIN



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

Douglas LC, Sanders ME. Probiotics and prebiotics in dietetics practice. *J Am Diet Assocn.* 2008;108:510-521.
International Food Information Council Foundation Functional Foods Fact Sheet: Probiotics and Prebiotics. October 15, 2009. Retrieved from <http://www.foodinsight.org>.
National Institutes of Health, National Center for Complementary and Alternative Medicine. An Introduction to Probiotics. Retrieved May 10, 2011 from <http://nccam.nih.gov/health/probiotics/>.
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