

Southridge Wednesday

12-13
No. 13

A Weekly Publication of Southridge School

November 28th, 2012

Head of School

The Shifting World - You are not Alone

A curious incident happened to me last week. I was caught in the act of exercising. After school on Wednesday I headed over the gym to grab a dose of exercise on my way home, which I do not do too frequently because of the demands we all have on our time – getting dinner ready, doing the dishes, shuttling kids around the neighbourhood for practices and being available to help with homework. To take 45 minutes out of those family responsibilities to exercise is quite a luxury, really. I often pack my clothes for the gym before leaving home in the morning, but hardly ever have the opportunity to actually get to the gym on the way home. Typically, a situation arises at school and there never seems to be enough time to get everything done.

Anyway, last Wednesday was different. I was not held-up at school, I had my gym bag packed, we were planning to have leftovers for dinner and there was only one practice to drive to. So, without communicating beforehand with anyone in my family that I was shuffling my home responsibilities for a brief period of time to exercise on my way home, I headed to the gym for a brisk walk on the treadmill and a short bout of resistance work on the machines. As it typically happens, I ran into a couple of students from Southridge, an alumnus, a parent and an employee of the school. While completing one of my resistance exercises I saw a student who looked familiar but I wasn't sure if she actually was a former Southridge student. Usually I say hello to the kids and parents I recognize but I wasn't sure enough with this particular student – and it had been a couple of years – so I stuck to the business at hand.

At one point, the young woman in question was exercising at a station facing me when I thought I noticed a movement of pink – she had her phone out in front of her – and I could have sworn the lens of her camera drifted my way. “That was strange,” I thought to myself and decided that I would change machines and be on my way.

Fast forward 30 minutes. I got home after changing back into my school clothes and sat down for some of leftovers before getting to the dishes. I had missed dinner with my family and everyone had scattered to homework and soccer practice. When people started to reappear in the kitchen while I was enjoying a plate of cold eggs and fruit, my son said to me – right in front of Kierstan, my spouse, and before I had the chance to explain that I had exercised on the way home from school – “how was the workout?”

I felt as though I was caught in a secretive cover-up operation while Kierstan managed the dinner and driving. My guilt started to flare, Kierstan smiled slyly and my son had a very satisfied look on his face. What the heck was happening? “How did you know,” I asked. “Did your friends Nick and Drew tell you that I saw them there? Or was it . . . you can't be serious . . . that girl must have . . . did she send you a picture of me?”

It turns out that I was right about the former student that I thought I recognized but wasn't sure. She happens to be in the same grade as my son and they are friends. She did snap my picture with her phone and texted it to him saying something like, “Guess who is at the gym?” After giving very quick consideration to my options I thought that now would be a wonderful time to offer to do all of the dishes. My proposition was graciously accepted.

While reflecting as I did the dishes (alone), a couple things about this experience surfaced as learning opportunities about technology. The most important lesson was the realization that technology renders “alone time” as I once knew it a thing of the past. The other take-away was that technology has elevated the expectations around communication to a whole new level. The world has shifted.

Away Next Week

I will be away from December 3 to 7 at a conference, and will be back at school on December 10. Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Prospective Parents Night	Thursday, Nov 29 th	Junior School Great Hall	7:00 - 8:30 PM
Casual Day	Friday, Nov 30 th	Both Schools	
Junior School Christmas Concert	Tuesday, Dec 18 th Wednesday, Dec 19 th	Junior Great Hall	1:30 - 3:00 PM 6:30 - 8:30 PM
Senior Winter Concert	Wednesday, Dec 12 th and Thursday, Dec 13 th	Alan Brown Great Hall	7:00 - 9:00 PM
PYP Skating	Thursday, Dec 6 th	Cloverdale Arena	8:45 - 9:45AM
PYP Feast	Thursday, Dec 20 th	Junior Great Hall	8:30 - 12:30 PM
Senior Christmas Feast	Thursday, Dec 20 th	Alan Brown Great Hall	6:00 - 9:00 PM
Last Day of School Before Holidays	Friday, Dec 21 st	All	
Casual Day	Friday, Dec 21 st	All	
MYP Breakfast	Friday, Dec 21 st	Junior Great Hall	8:00 - 12:00 PM
Early Dismissal	Friday, Dec 21 st	All	12:00 PM
Christmas Alumni Gathering	Friday, Dec 21 st	Morgan Creek Golf Course	4:00 - 8:00 PM
Classes Resume – Late Start	Monday, Jan 14 th	All	10:25 AM

In Appreciation

Mr. Amir Hamoudi, Facilities Manager, is no longer with Southridge School. We appreciate the contributions made by Amir during his time with Southridge and we wish him all the best in his future career endeavors.

Board of Governors

Thank you to everyone who took the time to fill out our latest survey. One of the initial elements of the planning process is gathering internal and external measurements of our performance, giving us a “State of the Union” view as we begin to plan for the future. The information gathered helps us as we begin the preliminary phase of our next Strategic Plan.

Also, it allows us to see areas that require more attention, sometimes just better communication, based on the comments, questions and concerns presented by you.

Your opinions matter. Your questions and concerns are important and are considered very strongly as we make decisions. As we move forward we will communicate our progress through the Website and the Southridge Wednesday. We will also address, where appropriate, misconceptions that may have appeared in the results of the survey and keep you informed as to our progress. Please take the time to read the information so that you may be informed.

Thank you again,

Lori Dams
Chair, Strategic Plan Steering Committee

Junior School News

How Do You Act When No One is Watching You?

This past Tuesday in assembly, I spoke to the students about the true meaning of principled behaviour. I showed this small video clip which is from CBS News 60 Minutes Overtime http://www.cbsnews.com/8301-504803_162-57551552-10391709/is-your-child-fair-when-no-one-is-watching/ which shows a research study highlighting a child’s sense of fairness. Students in the study were asked to equally divide chocolate bars between two people. The Yale University study did reveal that most children do have a fierce sense of fairness, in particular when an adult is present. Upon looking at this

research, the universal question asked of the students at assembly was: how do we govern ourselves when no one is watching? How fair are you when no one is around to see? At Southridge, we spend a great deal of time focusing on character and being principled in our actions. Although we are pleased with the actions of our students when in our classrooms, we are also mindful that adults and caregivers do set a tone of respect and implied expectations. True character is revealed when no one is around—a sobering thought for all of us, but a constant reminder for all of us to govern ourselves well. The choices that we make in all circumstances ultimately define us. Certainly, we are providing an environment where students can flourish and build their character. They are in a climate where ‘doing the right thing’ is encouraged and celebrated. Our every hope is that in an environment where no eyes are on them, our students would be proud of their actions, and celebrate their own choices.

Upcoming Christmas Concerts

Being mindful of the upcoming season and busy schedules, we would like to announce the dates of our Christmas concerts: Matinee performance on Tuesday, December 18, 2012 at 1:30 pm and an evening performance on Wednesday, December 19, 2012 at 6:30 pm. We hope that our families will be able to attend one of these presentations.

Dismissal for Christmas Holidays and Return for Monday, January 14, 2013- Late Start

On Friday, December 21, 2012, all students are dismissed at 12:00 noon. At this time, all students will receive their report card. Our Christmas break is three weeks this year and please ensure that your calendar is clearly marked for a return date of Monday, January 14, 2013 (Day 2). Please also note that we have a late start that day and students need to arrive between 10:10 and 10:20 for a start time of 10:25 a.m. Please do not bring students any earlier as the faculty will be in meetings and unavailable to supervise.

Mrs. Laurel Middelaer
Head of Junior School

PYP Feast - South American Fiesta

Thursday, December 20th we will celebrate the PYP Feast South American Fiesta style! Dress up and wear bright colour, festival clothes. The brighter the better.

The feast is an opportunity for the PYP learners to connect as a community. We play games and make crafts in multi-age groupings; learning, cooperating and mixing all ages to strengthen our relationships with each other. Last year we went to Africa and this year we will visit South America; we are working our way around the continents. We use the theme to focus the party and learn something new. It is also an opportunity for our Grade 4's to take on a leadership role. They teach the younger children games, help them with crafts, serve them lunch and act as role models.

We will begin with a cultural slide show and singing carols in the Great Hall and move to our multi-age groups to play games and make crafts. After break we will be having entertainment in the gym and watch some dancers perform before we head the Great Hall for a feast of tacos, rice, corn and fruit.

We ask that parents volunteer to bring food for either the Feast or the year end beach day. The classroom room rep will send out the food list or put it on the classroom door. Watch for a note coming with the details from your room rep. The teachers will also post the sign-up sheet and overall schedule on Schoology for your reference.

If you have any questions, please contact the overall Coordinators, Jasmine Sandhu at jasmine_sandhu@live.com or Sabrina Pawa.

Thank you
Rowena Raber

W. E. Kinvig Clothing Drive: A Great Success!

Thank you to everyone who generously donated items for W. E. Kinvig School. It was wonderful to see the boxes we filled with all of your donations. We really appreciate your support and we know that these donations will be a tremendous help for the children and their families of that school community.

We are also excited to announce that our library was able to give a number of used children's books which will be appreciated by the W. E. Kinvig School Library.

Thank you to our parents for helping collect boxes and assemble them for us. By working together, we have all helped to make a difference in many peoples' lives.

Kyla Davies, Madisen Muncey - Buckley, and Isabelle Lei (Grade 8)
Morgan Muncey - Buckley and Mckenna Gill (Grade 6)

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 6 th from 8:30 - 9:30 AM *arrive at 8:15 AM	Cloverdale Arena 6090 - 176th Street Surrey, BC V3S4E7 ph. (604) 502-6410	1SR-T, 1RK, 2TW, 2JM, 3CK
March 12 th from 8:45 - 9:45 AM *arrive at 8:30 AM	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.

Senior School News

Senior School Educational Program (SSEP) Night Follow-up

As a follow-up to the SSEP evening on Monday, November 19th, I invite you to read the submission from Mrs. Jan Holt in this edition of the Wednesday. It is meant to be a synopsis of the main points brought forward from our presentation. We will have another evening in February to allow any individuals the chance to gain insight into the implementation of the SSEP and ask any questions that they might have. In addition, we will add further progress made over these few months.

November – Highlighting Social Responsibility and Faculty/Student Collaboration

The month of November will end this Friday and with it, the “growing” campaign of Movember! If asked what this means, my daughter would say “a smooth kiss” from her Daddy. On perhaps a more significant note, it is a final chance for anyone to support the Southridge’s team to raise awareness of men’s health. Please visit the Movember website and search for the Southridge Team or any participating individual.

On Thursday, November 29th the MoBro group of students have a special day where they can dress up in their best “duds” (non-uniform) to show off the month long facial hair they have grown (or tried to?). It is a great opportunity for students to initiate a meaningful social responsibility opportunity.

The Movember campaign also highlights the special collaboration that occurs with both faculty/staff and students in a shared event. While this is not anything new at Southridge, it highlights building great rapport within the community. Over the past month, I have heard many interactions of student to student and student to teacher commenting on the “growth” they are showing to support this cause. Often times it is a fun and lighthearted comment such as, “hey, there’s something growing on your lip” or “I think there is a bit of dirt on your top lip”. But it allows students to feel a shared connection and

common goal with their fellow peers and teachers. Sometimes this may be the first time that a student has “seen” this person in such a light and it gives a chance for further opportunity to connect and build a bond.

The importance of this type of connection is vital when looking at the success of student learning. The relationship between the student and teacher needs to be one of trust and support. Even something as little as that initial connection like the Movember campaign can start the learning process along a successful road. It can also allow a student to feel more in sync with their peers and this also has an incredibly positive effect to their sense of place in the school. As a side note, we even had a female Grad from last year contribute a donation!

Of course, Movember is just one of a huge number of similar types of social responsibility opportunities that students can enjoy. Although, the ‘stache is an easy way to see who is a participant. It also allows a connection to a larger affiliation as it is also a national campaign and I know there are a number of fathers, uncles and friends doing the same thing over the month!

So, if you see a Senior School student or staff member in the next few days with a bit (or a lot!) of upper lip facial hair, send them a smile, a word of encouragement or even a good hearty chuckle! I know they will appreciate it. Have a great week!

Doug Palm
Head of the Senior School

Purdy’s Chocolate Orders – DUE Friday November 30th

Just a reminder that any Purdy’s orders are due this Friday. Please help support the grads and enjoy some chocolates!!
Grad Committee

Gala Clean Up – Thank You!

Thank you to all of the grads, parents and staff that assisted with the Gala clean up the following morning. We greatly appreciate all of your time and the job was done very quickly and efficiently!

Grad Committee

Cinderella Project: We want your formal wear!

Remember that dress that you wore once but never touched again? Or the dress that was forgotten after all of the new dresses you bought? It can now have a new home! The Grade 12’s are once again asking you to donate your gently used formal and semi-formal wear including dresses for girls and suits for boys, as well as accessories such as purses, shoes, shirts, ties, and cufflinks.

The "Cinderella Project provides underprivileged high school graduates with formal attire so they can attend their graduation festivities with pride." "In the spirit of community support, The Cinderella Project celebrates the achievements of high school students in the Lower Mainland who have overcome adversity in reaching the milestone of graduation." There is now a rack stationed at the entrance of the Senior School for your dresses, as well as a box for any accessories. Thank you for your continued support.

Cinderella Project Committee

An Evening in December - Senior School Music Concert

Please consider supporting the students in our music department by attending “An Evening in December” on Wednesday, December 12th and Thursday, December 13th beginning at 7:00 PM in the Senior School Alan Brown Great Hall.

As well as supporting our students, your entrance “ticket” will help the food bank. We ask that each attendee bring a can or two of something to donate to the food bank, in exchange for entrance to the concert.

In addition to music, there will be some fantastic student art work and other offerings from the rest of the Fine or Performing Artists at Southridge.

Please speak with Mr. Burrage if you have any questions. (604 542-2320; sburrage@southridge.bc.ca)

Mr. Steve Burrage

Senior School Education Program Presentation

Last Monday evening Doug Palm and I presented a brief review of the context and background for the development of our Senior School Educational Program to a group of interested Southridge parents in the Alderdice Library. The evening was well attended and we certainly benefitted from the thoughtful exchange of ideas and excellent feedback that we received from those who were there.

In addition to outlining the rationale for our current academic model, Doug spoke about the implementation of our model which is already well underway. He highlighted the summer training that the faculty had received in the discussion centred model of learning, the “Harkness” method as it has become known, in deference to Exeter Academy where this style of education has been pioneered since the 1930s, and stressed our enthusiasm for, and belief in, the positive educational outcomes for our students. Our beliefs are grounded in current brain research on how children learn, and the imperative to look at society’s changing needs for innovative, independent thinkers who can communicate clearly and collaborate effectively. Our academic model is centred on the skills, attitudes and knowledge necessary to enable our students to fully realize their potential in the dynamic and constantly changing environment of the 21st century. In sum, we believe that this model of education yields many benefits highlighted below:

- Students become better conceptual learners and have a deeper understanding of ideas than their peers in more traditional lecture style classrooms.
- As understanding improves, tests and examination scores improve.
- Communication and presentation skills are constantly practiced and improved.
- Long term retention of information and the ability to analyse information is enhanced.
- Students learn to listen and to collaborate effectively with each other. Collaborative learning builds student confidence and enhances social cognition.
- Students must actively engage in classroom discourse; they cannot ‘hide’ in the classroom.
- Students learn from each other and all can contribute to the ‘learning environment’. This leads to much higher student engagement and greater motivation.
- Students are encouraged to take risks in their learning. Mistakes are part of the process.
- Better preparation for university seminar classes and intellectually rigorous courses as students are stimulated to ask more substantive questions at higher cognitive levels.
- Students must take responsibility for their own learning and build an understanding of their own unique learning styles.
- A student learns that his or her attitude to learning is a key component of academic success.
- The thoughtful use of technology will remain an integral part of our program through the provision of stimulating additional material that will help to shape and inform classroom discourse.
- In a technologically rich environment this more interactive approach provides a balance of learning opportunities and helps to develop personal and social skills.

We will continue to seek feedback from parents, faculty and students as we work to refine our practice to better succeed in providing an active, collaborative, forward thinking educational program that will enhance learning for all.

Jan Holt
Senior School Academic Program Director

News for Both Schools

Lots of Great New Items – Christmas Ideas!

Just arrived Youth Jackets, stay warm & dry with our new waterproof, quilt lined, hooded youth jackets. Youth sizes small, medium, large & extra large available.

Need some extra warmth, accessorize with one of our colourful Southridge scarves in fuchsia, teal, grey, navy blue and tan.

If you've been waiting, the Land's End fleece jacket for youth and adult is in the Uniform Shop.

Open Monday through to Thursday
7:45 - 9:00 Mornings
2:00 – 4:00 Afternoons

The Uniform Shop

Daily Digest and Menu for the Week of November 26th – 30th

This month, we are celebrating Waste Reduction by declaring a “Waste War!” What is a “Waste War?” A “waste war” is a focused campaign to dramatically reduce or eliminate (where possible) waste created by items in your Southridge Café.

The staff at the Southridge Cafe are always striving to be more environmentally friendly and conscientious of how we can lead by example. We are already using biodegradable plastic cutlery and napkins made from 100% recycled paper as well as compostable plastic bags and containers in the kitchen, but we want to continue to strive to be better and we would like our customers to know of our efforts and help in the war against waste.

Your focus on waste items will ensure greater waste reduction success.

- Paper Napkins - To reduce waste, please take only what you need!
- Disposable Cups - To reduce waste, please bring a reusable mug
- Disposable Plates - To reduce waste, please use available chinaware.
- Food Waste - To reduce waste, please take what you will eat and eat what you take!

Bon Appetite

Marat Dreyshner
Chef/Unit Manager

Weekly Menu

December 3rd – 7th

Monday

Perogies

Pan fried and topped with
Fried onions a choice of bacon and sour cream

Tuesday

Chicken stir-fry over
Chow Mein noodles

Wednesday

Italian Bolognese
Meat sauce
Over top of penne

Thursday

Meatball action
Tossed in an Asian bbq sauce
Over top of stir-fried vegetables and rice

Friday

Jerk chicken thighs with rice and a choice of coleslaw
Or homemade fries with spicy ancho mayo dip



Tea

Next to water, tea is the most popular beverage in the world!

The Difference Between Black, Green and Oolong Tea

It may seem like there are thousands of varieties of tea available, it may surprise you to know that there are 3 main types of tea – black (78% of the tea produced and consumed in the world), green (20%) and oolong (<2%) and they are all derived from the same plant, *Camellia sinensis*. The three basic forms of tea are determined by the degree of processing. Green tea is the least processed while black tea is the most processed. In Canada, black tea seems to be our favourite!

Health Benefits of Tea

Drinking tea may offer health benefits. Although tea has been consumed for centuries, it has only recently been studied as a health-promoting beverage that may prevent a number of chronic diseases and cancers. The composition of tea leaves depends on a variety of factors, including climate, season, horticultural practices, and the age of the plant.

Teas contain tannin, trace vitamins & minerals, and polyphenols. It is believed that it is the polyphenols found in tea that have a variety of health benefits. Most of the polyphenols in green tea are flavanols, commonly known as catechins. In black teas, the major polyphenols are theaflavin and thearubigin. Decaffeinated teas may contain lower levels of beneficial flavanols. Tea also contains theanine, which affects certain neurotransmitters in the brain to produce a calm state of mind.



Research findings on tea and tea flavonoids suggest that:

- The antioxidant properties of tea flavonoids may play a role in reducing the risk of cardiovascular disease, reducing the instances of heart attacks and stroke and may beneficially impact blood vessel function, an important indicator of heart health.
- Tea flavonoids may lower the risk of certain cancers by combating free radical damage, promoting programmed cell death and possibly decreasing the growth of cancerous cells.
- Drinking tea is associated with oral health and bone health.

Although evidence for the health benefits of tea is growing, further scientific evidence is needed.

CHAI TEA

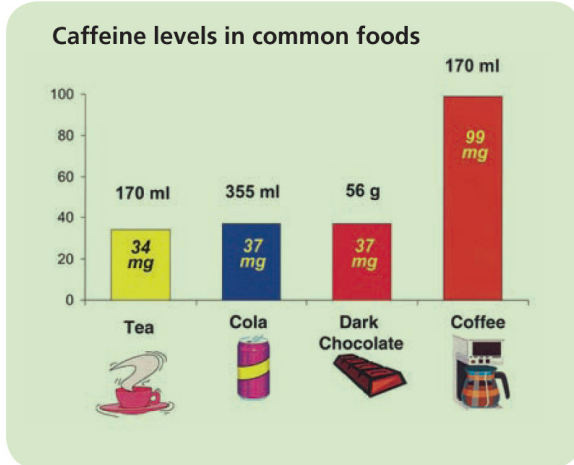
Makes 4 servings

1 inch piece gingerroot, peeled
2 cinnamon sticks (each 8 cm/3 inches long)
12 green cardamom pods
6 whole cloves
4 whole black peppercorns (optional)
750 mL (3 cups) water
500 mL (2 cups) milk or soy beverage
30 mL (2 Tbsp) black tea or Riboos tea leaves (or 4 tea bags)
Honey or sugar to taste



1. To prepare the chai mix; use a mortar and pestle to crush gingerroot, cinnamon sticks, cardamom pods, cloves and peppercorns together.
2. In a saucepan, mix together chai mix, water, milk and tea. Bring to a boil (watch carefully to prevent tea from bubbling over). Reduce heat and simmer for 10 minutes.
3. Strain out spices and tea and pour into 4 mugs.

Note: Make a chai concentrate by mixing the chai mix, water and tea and following the cooking procedure in step 2. Strain spices and tea and keep the liquid concentrate in the refrigerator for up to 3 days. When ready to use mix $\frac{3}{4}$ cup tea concentrate with 125 mL ($\frac{1}{2}$ cup) milk and sweetener. Heat and enjoy!



Tea Contains Less Caffeine than Coffee

Teas are a source of caffeine which stimulates the central nervous system, relaxes smooth muscle in the airways to the lungs, stimulates the heart, and acts on the kidneys as a diuretic (increases urine). One cup of tea (250 mL) contains approximately 50mg of caffeine, depending on the strength, compared to 65-175 mg of caffeine found in a cup of regular coffee. According to Health Canada, we can include a moderate intake of caffeine in our diet. Aim for less than 450 mg of caffeine per day.



Tea and Iron Absorption from Food

Tea flavonoids bind with iron, thereby decreasing its absorption. However, drinking tea between meals has no effect on iron absorption. To overcome any potential for reduced iron absorption, add milk or lemon to tea. If a meal contains milk, tomatoes, orange juice or source of vitamin C, these will balance iron absorption where tea is consumed.

Bottom line: Sit back, relax and enjoy soothing brewed tea daily! For more info on tea and health or recipe ideas, visit www.tea.ca

Sources:

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