

Southridge Wednesday

12-13
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December 12th, 2012

Head of School

Self-Esteem or Self-Compassion – What’s the Difference?

I was away last week at a conference in Boston on educational leadership. As part of the conference, psychiatrist Dr. Chris Germer gave an interesting presentation on self-compassion as it relates to education. I found the information really interesting and thought that I would share some of the research findings with you this week in an attempt to pick up on a theme I referenced last week when quoting Paul Tough. I would also like to highlight how self-compassion relates to educating the whole person in a balanced way.

First of all a couple of definitions will help orient us. Compassion involves sensitivity to the experience of suffering, coupled with a deep desire to alleviate that suffering. Self-compassion is compassion directed inward. On the other hand, self-esteem is the degree to which we evaluate ourselves positively. Self-esteem has been part of the educational lexicon for decades but self-compassion has only recently gained the attention of researchers (since 2003, according to Dr. Germer) and the construct is just beginning to appear in reference to education directly.

In our culture, having self-esteem often means being special and it tends to be contingent on particular outcomes like being smart, attractive, athletic or popular and it fluctuates up and down according to successes and failures. Research shows that people may engage in dysfunctional behaviours in order to obtain a sense of self-worth, such as prejudice, narcissism or putting others down. In contrast, self-compassion is not based on positive judgments or evaluations – it is a way of relating to ourselves. People feel compassionate about themselves because they are human beings, not because they are special or above average.

In contrast to those with high self-esteem, self-compassionate people are less focused on evaluating themselves, feeling superior to others, worrying about whether or not others are evaluating them, defending their viewpoints, or angrily reacting against those who disagree with them. Research has also begun to show that self-compassionate people are less likely to be overwhelmed by negative emotions; they’re also willing to experience difficult feelings (rather than stewing about them or trying to avoid them) and to acknowledge them as valid and important.

As far as its influence on educating the whole person in a balanced way, compassion for the self is associated with mastery rather than performance goals. Students who focus on mastery are intrinsically motivated by curiosity and the desire to learn new skills, and they tend to view making mistakes as part of the learning process. Self-compassion is also negatively associated with perfectionism. Students with a performance orientation, on the other hand, are extrinsically motivated to succeed as a means of defending or enhancing their feelings of self-worth, and they tend to fear failure. This orientation toward performance can lead to all sorts of maladaptive behaviours as students attempt to be the best . . . or at the very least above average. Finally, self-compassionate people are more likely to take responsibility for past mistakes and to apologize when they hurt someone. It is easier to own-up to past misdeeds when transgressions are met with kindness and self-acceptance rather than harsh self-condemnation. As far as our values at Southridge are concerned, self-compassionate people appear to have more compassion for others – showing high levels of empathetic concern, forgiveness and altruism toward others while also being able to manage their own personal distress while considering others’ suffering.

I really enjoyed the educational leadership conference I was able to attend and I am appreciative of the Southridge community for supporting my absence. It seems there is a difference between self-esteem and self-compassion and the implications they have for how we choose to educate and raise our children to make a difference in the world is compelling.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
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
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

Junior School News

Parking Lot Safety

It has always been my perception that our parking lot is sacred territory - for it is an area where our most precious children traverse each day. Even when we are rushed, needing to be off to various events at the end of the day, we need to all slow down and honour this space - this space that contains the most important people in our world: our kids.

For the past three and ½ months, I have been out at dismissal time to ensure a safe environment for everyone, and have been reflecting on how to make our school safer. Indeed, we have made some strides in safety: by extended the front sidewalk to 160th Street for our increased pedestrian traffic, and additionally by widening the sidewalk by the front entrance to help alleviate the bottle neck of pedestrian traffic. However, being true to myself, I am not quite satisfied.

For some time now, I have been concerned over a very specific issue in our parking lot. At the end of the day, students are very excited to depart and move on to their next activities. At times, in their excitement, they rush out into the traffic lanes without their parent(s), and do not cross in the designated crosswalks. Additionally, our parents get involved in conversations with other parents, and the children may take matters into their own hands. Most of our drivers are quite courteous and are mindful of the little ones, but candidly, it is a concern.

As a result, I have consulted with BCAA (Traffic Safety Foundation) and their school patrol program. The correct use of our crosswalks is essential to ensuring that students get safely from our school to their parents' vehicles. Hence, I have asked BCAA to come and assess our crossing areas, and make some recommendations for a patrol or crossing guard program. After the Christmas break, it is my intent to offer an opportunity for our older students to assist in this crossing process, by wearing high visibility gear, and stop signs. If we establish a strong and structured dismissal and crossing process, with clear expectations for all members of our community, from our 4 year old kindergarten students to our parents, care givers, and grandparents who pick up, then we can establish a system and a habit of safety. I am eager to hear the advice from BCAA, as they support safe crossings for students all over our province. In the interim, while I research and structure this system, I thank you for your patience, courtesy, and care towards all members of our school who cross in our parking area, being mindful that they are our most precious people.

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 18th, 2012 at 1:30 PM and an evening performance on Wednesday, December 19th, 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 21st, 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. Please ensure that your calendar is clearly marked for a return date of Monday, January 14th, 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 AM. 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

Junior School Music Merriment!

The Junior School students have been busy spreading the Christmas cheer this past week. Last Tuesday, the PYP Choir (Grades 2-4) members were exceptional ambassadors of our school as they performed in our annual performance at Semiahmoo Mall. The enthusiasm and confidence they showed was most appreciated by the large audience of family, friends, and shoppers. On Thursday, the Grade fives visited our neighbours at The Residences at Morgan Heights, where they played their recorders and sang Christmas carols with the seniors. The students performed with energy and did a terrific job of representing Southridge. And on Friday, MYP Glee (Grades 5-7) visited Sunnyside Manor to sing for and with the residents. The students did a great job of connecting with the senior citizens, many of whom are longtime residents who always look forward to our visits. A special “Thank you!” to Ms. Redies and the PYP students who made special Christmas cards for us to deliver to our friends at Sunnyside Manor. Thank you also to all the parent volunteers who helped with driving and supervising on these special outings.

It is hard to believe that it is that time already, but next week is our Junior School Christmas Concert! We hope that you will be able to join us for the matinee performance on Tuesday, Dec. 18th at 1:30 or the evening performance on Wednesday, Dec. 19th at 6:30. We do not sell tickets to these shows, but if you are able to attend the matinee please do because the Wednesday evening show is always very busy! Please refer to the table below for specific information about costumes, and feel free to email if you have any questions. As a reminder, students should plan on arriving at 6:15 for next Wednesday’s evening show, and they should meet in their homerooms.

Christmas Concert Costume Information

Please note that students should wear dark pants or a skirt (or blue jeans if they are in Grade 6) to school with their white school dress shirt on Monday (for the dress rehearsal) and Tuesday (for the matinee performance). They do not need to wear a tie on those days. On Wednesday, they should wear their regular full winter uniform.

GRADE	T-shirt provided at school	School provided accessories	To Wear From Home
K	White	Red heart necklace (student-made)	Dark pants/skirt, white school dress shirt, & black shoes
1	Green	Santa Hat/Elf Hat	Dark pants/skirt, white school dress shirt, & black shoes
2	Red	Garland Necklaces	Dark pants/skirt, white school dress shirt, & black shoes
3	Purple, Blue, and Grey	None (Please bring scarf and/or toque from home.)	Dark pants/skirt, white school dress shirt, & black shoes
4	Blue	White Snowflakes	Dark pants/skirt, white school dress shirt, & black shoes
5	Yellow	Green bobble necklace	Dark pants/skirt, white school dress shirt, & black shoes
6	None (Students will wear their white school dress shirts.)	Plaid vest	Jeans, white school dress shirt, & black shoes - Optional Santa Hat
7	Black	Some Santa Hats available	Dark pants/skirt, white school dress shirt, & black shoes - Optional Santa Hat

We thank you for your continued support of our Junior School music program, and we wish you and your families the best for this festive season!

Mr. Kevin Bespflug and Ms. Donna Winterburn

Happening Hampers

Thank you everyone for your generous cash donations last Casual Day in support of the many mentally-challenged single Options clients. A total of \$1,500.00 will go toward personalized gifts for each of the clients through their case workers.

The family hampers are growing daily as are the overwhelmingly generous personal gifts for the family members of all ages and genders. Your willingness to help others is admirable. Please remember to send in your individualized requests so that we can include a very thorough grocery hamper. Any additional gifts should be labeled with the names of the recipients; please check with your child's teacher about the wrapping of gifts, as some may want them wrapped and others may want the students to wrap the gifts. As well, any gift cards should go to the homeroom teacher for safekeeping until the time of delivery.

Collection will continue until Friday, December 14th. The hampers will be picked up at the school by the case workers during the week of December 17th to 20th. Your efforts will truly make many holidays very special. Thank you.

Ms. Jo-Ann Murchie
Junior School Service Coordinator

Lost and Found in the Junior School

The holiday season is upon us and as excitement rises our Lost and Found Grows! Please check out the items in the lost and found cupboard, before the holidays. All items unclaimed will be given to charity over the holidays.

We have some wonderful ladies who come to school every Tuesday to help distribute labeled lost and found items to the rightful owners. However, many items do not have names and we cannot store everything without names indefinitely. We have a stock pile of lunch kits and containers. If your child is not coming home with these items please come with them to check out the lost and found items. Your child often does not recognize his/her items and also they need some guidance in learning how to search and find items.

As the year goes on the names and labels begin to wash off or disappear. Please take the time to check the labels and ensure that they are still readable. Remember initials or first names only are not really helpful. Please label using the family name. We cannot find the owner of unlabelled or poorly marked items. Thank you so much for attending to these details. Enjoy the holidays!

Mrs. Rowena Raber

Senior School News

Term Reports Arrive Home Friday or Monday

The Term 1 Reports are in the final stages of preparation and should be given out either Friday or Monday at the end of the day. This report represents the first complete evaluation of the year. Each course will have a percentage grade and effort mark along with a comment from the teacher indicating your child's progress, any concerns, and practical ways they can build upon their success. I encourage you to spend some time with your child reviewing the report.

Having spent almost 20 years as an educator, I know that it is often a stressful event when a student gets their report card, even when they are very successful. Reflecting back on my own experiences, I can clearly remember these days. Sometimes, I was pretty realistic about what the report would contain and I took the important advice from teachers in stride and used it to my benefit. The odd time, when I avoided the effort it took to succeed in a course that I was struggling with, I was disappointed with the grade (even angry), even though I knew this was a true indicator of my standing and learning.

What I also recall was that my parents always reviewed the report with me and then let it settle for a few days. Then we would sit down again to look it over, this time with an eye to planning ways to improve. I always needed to come to this meeting with some clear ideas of my own to share with my parents. (NOTE: I was a student that struggled regularly and needed to work hard for every course I ever took if I wished success!)

While the above story isn't meant to pronounce "the correct way" to review the report card, it does raise the point that there will always be an emotional response when it's received. In addition, it is important to ensure students are reflecting on

their successes and areas they can improve, not just parents. By taking a bit of time before deciding on ways to move forward into 'action' allows that initial emotion to subside.

There are two other points I wish to make about this reporting period. First, it represents a snapshot at a particular point in time of a student's achievement and effort. Even now, students have had a week or two of additional classes and possible assessment and this has likely changed to some minor degree. Second, that there a great deal of time left in the school year to improve and I encourage the students to not lose sight of this fact. Even for our Grade 12 students, while some universities will begin to ask for self-reporting to occur soon, more effort will allow class standing to increase and also ensure that students are maintaining these marks for final acceptances!

As always, if there are any questions about a particular grade, effort or comment, I encourage parents and students to speak with their subject teacher. Beyond this, both Mrs. Holt and I are happy to address any concerns.

Student - led Conferences – Senior School

This is a reminder to parents and students that instead of a Midterm 2 report, we have our Student - led Conferences (SLC's) occurring through our Advisory program. Students will begin to plan for these conferences starting Thursday in long advisory.

Each grade concentrates upon a different theme along their journey in Senior School. These conferences offer an opportunity for students to present their thoughts, ideas and successes in creative ways to their parents and Advisor. It has proven to be a very positive and worthwhile activity and we are looking forward to this once again.

For Grade 12 student conferences, Advisors will plan a time prior to the SLC's Day. For all other grades, the SLC's will take place on Wednesday, February 6th from 1:00 – 8:00 PM. On that day we will have an 11:40 AM dismissal following Period 3.

In the future, parents will be invited to sign-up for a time through "Pick-A-Time" on our website. If you have any further questions, please contact your child's Advisor or Mr. Dods, the Chair of our Advisory Committee. Have a great week and see you at the concerts!

Mr. Doug Palm
Head of the Senior School

Purdy's Orders are Here!!

If you have not already picked up your orders, please see Ms. Mosher in the Senior School to get your chocolates! We greatly appreciate all of your support to help our fundraising efforts. A big thank you to Savitha Manjunath for organizing this fundraiser this year. Thank you!

Grad Committee

Gift Card Orders are Here!!

Please come to the Senior School front desk to pick up your gift card orders. We greatly appreciate all of your support to help our fundraising efforts. A big thank you to Marlene Taylor for organizing this fundraiser this year and all of her helpers! Thank you!

Grad Committee

Grad Fashion Show & Bottle Drives

The grads will be having some more bottle drives and a fashion show in the New Year and we'd love for you to mark your calendar with the following dates!

Bottle Drives:

January 15-17, February 13-15, April 2-4 and May 21-23

Fashion Show:

January 22nd 6:30-7:30 in the Senior Great Hall

Details about the fashion show will be coming out in the next week, it will definitely be a fun night for parents and students!

Grad Committee

Southridge to Host the Lower Mainland East Regional Debate Tournament - February 2nd, 2013

We are looking for many volunteers to help out on Saturday, February 2nd from 8:00 AM – 5:00 PM. We will have a morning shift (8:00 - 12:30) and an afternoon shift (12:30 - 5:00).

We are looking for adults to judge debates, and students from Grades 6 to 12 to fulfill various roles such as time keeper, moderator and runner. Even if you have no experience we will be holding a quick training session to go over what you will need to know. Please respond no later than January 15th, 2013 to Mrs. Rodriguez-Lang at crodriguez-lang@southridge.bc.ca.

Debate Club - Fall 2012

Many new students have joined Debate Club this fall. A number of students, many of them Grade 8's, have participated in local debates at Semiahmoo Secondary, Southridge School and Earl Marriott Secondary. Thank you to our parent volunteers who came to judge. A few students attended the UBC High School Debate Tournament and a group of 6 students, Mr. Barnim and myself went to Glenlyon - Norfolk School in Victoria on November 17th for the Newman Fisa Debate for Independent School in BC. Our students did very well with 2 of our teams going undefeated in the tournament.

Anoop Toor was recognized, winning a top speaker's award. Ms. Nolan-wood, Mr. Barnim and I will now be working with the students who have been selected to participate in the upcoming LME Regional Tournament on February 2nd, 2013 for students in Grades 9 - 12. The Grade 8 students compete in the Regional Debate for novices on January 12th, 2013 at a location that is yet to be confirmed. Thank you,

Ms. Cecilia Rodriguez-Lang

Lost & Found

Note that all items in the Senior School Lost & Found will be donated to charity on Friday, December 21. If you are missing any clothing, water bottles or other items, please drop by the south end of the lower senior school hallway across from the Uniform Shop to reclaim them.

News for Both Schools

An Evening in December is Tonight . . . and Tomorrow!

Wednesday & Thursday, December 12th or 13th

7:00 PM in the Alan Brown Great Hall

You are warmly invited to attend "An Evening in December", otherwise known as the Senior School Music Department's Christmas concert. Please join us one or both nights. No need to purchase tickets in advance; to get in, just bring a can or two of something to donate to the food bank. We'll even let you in if you don't bring anything, but we might call you scrooge.

Monday after school was our 'Technical Rehearsal', and Tuesday morning was the dress rehearsal. Nobody lit the Great Hall on fire, and the music is sounding great! In addition to music there will be some fantastic student art work, a musical selection from *My Fair Lady* (our Drama Department's upcoming musical), and two short films from students in Media Arts.

We know that it is a busy time, but the students would love to play to a 'full house' so we'd love to see you there.

Mr. Burrage

My Fair Lady Needs Props

The Drama Department is looking for the following items for our upcoming production of *My Fair Lady*. If you would like to loan or get rid of any of these items you may have at home, please contact Ms. Kelly. Thank you so much! jkelly@southridge.bc.ca

1. Gramophone
2. Ornate Bird Cage
3. Small library stand

4. Old books
5. Ornate side tables
6. Chaise lounge or turn of the century couch
7. Oil Lamps
8. Outdoor street lamps or tall driveway lamp
9. Wagon for garden or outdoor use- maybe even a large child's wagon.
10. Barrels
11. Lamp
12. Wooden boxes
13. Old newspapers

Uniform Shop Now Has Supporter Scarves!

Go Storm! Southridge Supporter Scarves have just arrived. You can get them at the Uniform Shop. Drop by and check out all of our new items.

Barb Collett
Southridge School Uniform Shop
T:604.542.2337 F:604.535.5056

Southridge Café Menu for the Week of December 17th – 21st

December is all about different food traditions around the world at holiday time. In addition to Christmas, there are also other religious and cultural holidays around the same time, like Hanukkah and Kwanzaa. Even Christmas is celebrated differently around the world.

We will also explore other holiday culinary traditions. Like Hanuukah meals. Fried foods like potato pancakes (latkas) doughnuts are traditional Hannukah treats because they are cooked in oil and remind us of the miracle of the holiday. Other foods like cheese, cheesecake and blintzes are also traditional, as well as roasted chicken and wine marinated brisket with root vegetables.

- Hannukah: - How they say Happy Hannukah: Chag Chanuka Sameach
- Kwanzaa: - How they say happy Kwanza: Kwanzaa yenu iwe na heri!
- Brazil: - How they say Merry Christmas: Feliz Natal!
- Czech Republic: - How they say Merry Christmas: veselé Vánoce
- France: - How they say Merry Christmas: Joyeux Noël
- Guatemala: - How they say Merry Christmas: Feliz Navidad
- Japan: - How they say Merry Christmas: Shinnen omedeto. Kurisumasu Omedeto
- Philippines: - How they say Merry Christmas: Maligayang Pasko
- Spain: - How they say Merry Christmas: Feliz Navidad

Marat Dreyshner
Chef/Unit Manager

Weekly Menu

December 17th – 21st

Monday

Taco

a Mexican style Meal

Tuesday

Penne pasta

In a tomato sauce

Wednesday

Shepherd's pie

Thursday

EAT WHAT YOU WANT DAY

Make up your own meal with our everyday
Choices

Friday

Open for breakfast only



*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 -	\$6.50
<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	\$2.80
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
SANDWICH/WRAP SPECIAL	\$3.30
SALADS	\$2.80
JELLO	\$1.50

ALL
SANDWICH
BREAD AND
WRAPS ARE
WHOLE
WHEAT OR
WHOLE
GRAIN

Hydration

Wellness Scenario:

"I've been getting a lot of headaches lately and my doctor thinks I might not be well hydrated. I drink when I am thirsty, but don't really like water. What can I do?"

How much water do we need?

According to the Institute of Medicine, most women and men need about 9 and 13 cups of fluids per day, respectively, to stay well hydrated. If we are drinking from 20 oz bottles, that would be just under 4 bottles for women and about 5 for men. The rest of the water that we need each day typically comes from water containing foods like fruits and vegetables.

Anyone who is sweating will need more water to replace what they are losing through sweat. Exercise, hot weather, fever or any other situation that makes us sweat increases our water needs. In some cases this extra loss could double the amount of water we need to drink to stay hydrated.

Any beverage that we drink provides water, and therefore contributes to our daily needs. Despite the fact that alcohol and caffeine cause our bodies to lose water more rapidly, this effect is considered temporary and doesn't necessarily increase our overall water needs.

What happens when we are not well hydrated?

Dehydration can cause fatigue and difficulty with mental focus, make it difficult to tolerate hot weather, negatively impact exercise performance, increase our risk for urinary tract infections, kidney stones and gallstones and has been suggested as a trigger for headaches.

Tips To Take Action

1. **Keep water with you.** Seeing the glass or bottle sitting next to you can remind you to drink.
2. **Add citrus fruits or fresh herbs to give your water a flavour boost.**
3. **Try frozen fruit bars for a water-packed dessert.**
4. **Do the at-home test.** Check how dark or light your urine is. While not as exact as lab tests, it will give you an idea of how you are doing. Aim for almost clear. If it is dark, it is time to drink more.

Written by Jennifer M. Ignacio, MS, RD. Information provided is offered for educational purposes only and is not intended to replace the guidance of a healthcare professional.