

# Southridge Wednesday

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12-13

*A Weekly Publication of Southridge School*

December 5<sup>th</sup>, 2012

No. 14

## Head of School

### The Importance of Character in Academic Achievement

Mr. Palm likes to tell the story of the Grade 9 math class he observed earlier this year. One of our students was struggling with getting her thoughts out clearly while she tried to express what she did not understand from one of the homework questions. Despite her frustration she persisted as her peers encouraged her and provided suggestions of what she was trying to say. At last the right connection was made, she articulated the hurdle she was having trouble clearing and her peers were able to support her in understanding how to solve the problem.

Learning is not easy. It is messy and cloudy, and it is fraught with ups and downs. Moments of clarity are often lost in a melee of challenges that serve to deconstruct meaning as we rebuild a robust and sophisticated understanding of an idea or concept. Interestingly, learning with others in a collaborative manner helps us to make sense of the world. Cooperative learning has a positive impact on academic achievement and, as demonstrated by the Grade 9 math story, learning together (as our students do through inquiry and the Harkness approach) is a cooperative learning method that positively impacts achievement.

And it turns out that the way a person approaches the messiness of learning is as important as his or her cognitive capacity (often referred to as intelligence or IQ). Researches in the behavioural sciences refer to the perseverance and passion for long-term goals as grit, and grit is an important non-cognitive trait that has demonstrated predictive validity of success measures over and above IQ and conscientiousness. In other words, accomplished individuals and successful students work day after day – with both intensity and stamina – and they demonstrate the inclination to put in the time and effort needed to succeed.

In a recent Globe and Mail interview about grit and why kids need to fail to succeed at school, author Paul Tough (How Children Succeed: Grit, Curiosity and the Hidden Power of Character) made an interesting distinction between self-esteem and character (in reference to grit). He said, “If you want to develop kids’ self-esteem, the best way to do it is to praise everything they do and make excuses for their failures. But if you want to develop their character, you do almost the opposite: You let them fail and don’t hide their failures from them or from anybody else – not to make them feel lousy about themselves, but to give them the tools to succeed next time.”

In thinking about Southridge and our school’s emphasis on character development, it is important to recognize and highlight the grit that was demonstrated by the girl in Mr. Palm’s Grade 9 math class story. She succeeded in math class that day, and I will bet my bottom dollar that she’ll continue to succeed – not just in math but in life – because of the character/grit she demonstrated and the support she received from her peers. Grit is on all of us. We just need to cultivate it, and to do that we need practice in failing . . . not to feel lousy about ourselves but to know that we have the ability to succeed next time.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

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

## Board of Governors

As the new Board Chair I want to take a moment to mention two items of significance. Firstly, on behalf of the entire Board of Governors, I would like to extend my sincere thank you to our immediate past Chair, Debbie Resera. Few people realize the commitment Debbie has made to our school and the countless hours she has contributed over the years to ensure Southridge's success. Aside from being on the Board for the past ten years, the last three of which as Board Chair, Debbie has served on the Country Fair, Gala and Golf committees, chaired the Volunteer committee for several years, chaired the Golf committee for two years, and was one of the first junior school office volunteers. The multitude of other committees and volunteer roles she has undertaken are too numerous to mention. As her three year term as Board Chair comes to an end she leaves me with a well organized, cohesive and proactive Board of Governors who are all driven to strategically guide the school's vision and mission to the benefit of generations to come. I am extremely fortunate to be stepping into this role following such a committed member of our community.

Secondly, I have to highlight a few of the amazing results I saw in the recent Annual Report for 2011/12 that I think many of us simply gloss over. At the end of last year our Grade 12 graduating class of 67 students was unbelievably successful in so many ways but one figure that struck me was that scholarships offered to our graduating students totaled more than \$875,000! To me, this is an incredible figure but one that can be easily overlooked when scanning the report. The other figure that impressed me was the 26 community organizations assisted by Southridge through student staffing, volunteering and fundraising. Certainly, this is indicative of the reach our school has to the greater global community.

Finally, a statistic that was not in the annual report but amazed me when I heard it was that 50 students out of our graduating class, or 75% of the class, were successful in receiving BC Provincial Scholarships. Thinking back to my graduating class where I think the figure was more like 5-10% (and no, that did not include me...) this and the other Southridge results clearly show that the alignment of our faculty, staff, and families is working exceptionally well to allow our students to reach their full potential. Frankly, that is the primary reason my family is here and I hope, as Board Chair, I can maintain the tradition of good governance Debbie and my other predecessors have created to allow that to occur.

As I will not likely be writing for the Wednesday again until the New Year, I will take this opportunity to wish you all a happy and healthy holiday season.

Doug Wilson  
Board Chair

## Junior School News

### Let Your Life Speak

I have been following a very good friend of mine from Alberta on Face Book since the beginning of December, as he has made a commitment to do a tangible act of kindness each day of December. This friend, Tim, is a person who is authentically kind, and in this life, usually does go above and beyond. But he decided to be more intentional this month.

So far: he has given up his business class seat to a fellow passenger, he anonymously bought an elderly couple their dinner, he found a lost camera in the departure lounge of an airport and went to drastic measures (including calls to Nikon Canada) to find the owner, and has made cookies for his neighbours. I find myself eagerly drawn to his Face Book page to see what he has done next. I am drawn to hear more - because he is bringing a measure of unexpected joy to the lives of others, and reading about it, makes me feel good - and proud of him. The bottom line - he is using his life to make a difference in the lives of others - a very tangible, deliberate difference.

Some may see this as contrived, somewhat of a 'do good' bit for December. However, I know Tim, and using his life to serve others is not contrived at all. No matter what our religious convictions are at this particular time of year, all of us share a concern for humanity. When I look at our overflowing hampers in our hallways, listen to the singing of our choirs sharing the gift of music with shoppers at Semiahmoo Mall and the Morgan Residence and see the teacher preparation of seasonal activities for our students, I realize that we are all making a difference for good this December. Simply put, that is our goal at Southridge - trying to make a difference - and the evidence is overwhelming that we are. Just as reading about my friend Tim makes me feel good inside; the actual doing of the deed feels much better. I hope we choose to let our lives speak, not only in December, but always.

Have a great week.

Mrs. Laurel Middelaer  
Head of Junior School

### **Student Leadership in the Junior School**

Please join me in welcoming our new group of Grade 7 ambassadors whom will serve our school community over the course of Term 2.

#### **House Captains**

Otter Girl: Fiona Firby  
Otter Boy: Ilahyas Nuraney  
Raven Girl: Emily Tees  
Raven Boy: Young Ye  
Chinook Girl: Esha Gill  
Chinook Boy: Haaziq Karim  
Hawk Girl: Millenia Kitikul  
Hawk Boy: Christian Middelaer

#### **Athletic Ambassadors**

Julia Tregobov  
Carson Simoes

#### **Birthday Ambassadors**

Evane Verma  
Torri Young  
Jason Brar  
Cody Sigouin

#### **School Tour Ambassadors**

Cassidy Fu  
Nikki Harrad  
Kale Fehr  
Spencer Zezulka

#### **Driving Records**

This is a reminder that in order to drive students on a field trip, you must submit your driving record (abstract) from ICBC to our Junior School office. This is an annual requirement. If you are uncertain as to this requirement, please contact Jeannie Rickard at [jrickard@southridge.bc.ca](mailto:jrickard@southridge.bc.ca).

### **Chess Competition Results**

This past Sunday, December 2<sup>nd</sup>, 2012 there was a chess tournament held at St. George's School with 63 registered participants. Southridge Junior School was represented by four participants in Categories G7, G6, G4 and G3. All of our participants placed in the top four positions, as follows:

#### **CATEGORY G6 & G7:**

Andy Datcu	2nd Place
Spencer Zezulka	4th Place

#### **CATEGORY G4:**

Irene Datcu	4th Place
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#### **CATEGORY G3:**

Nabil Ashrafi	4th Place
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We are proud to announce that these winners achieved 2nd place, right behind St. George's School. I would like to congratulate the Southridge Junior students, who sacrificed their Sunday to travel and compete at St. George's. Also a special thanks to Ms. Anca Datcu who has inspired and prepared the students for this competition. For those interested, Southridge Junior School is offering a chess club after the Christmas break. Details will be forthcoming from Ms. Graham and Ms. Chong.

### **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<sup>th</sup>, 2012 at 1:30 PM and an evening performance on Wednesday, December 19<sup>th</sup>, 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<sup>st</sup>, 2012, all students are dismissed at 12:00 PM. 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<sup>th</sup>, 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 AM for a start time of 10:25. Please do not bring students any earlier as the faculty will be in meetings and unavailable to supervise.

## **Senior School News**

### **Winter Concerts – Don't Miss It!**

I will fully and completely admit that this is a shameless and biased promotion for our Winter Concerts that are taking place next week! And if you have attended any of the concerts over the years, you will completely understand the reason I am doing this. In a word they are phenomenal! Last year, being my first year at the helm of the SS, I actually wrote down some audience feedback from the concerts last year.

Here are a few direct quotes:

*"Wow! I was truly surprised at the level of musicianship and talent throughout the whole evening!"*

*"It left me feeling very proud to be a member of the Southridge community"*

*"I was really impressed to see how far along the Grade 8 band had progressed in such a short time."*

*"All of the participants, including the teachers, look like they are enjoying themselves so much."*

I enjoyed the first evening concert so much that I actually decided to come back for the second night because I wanted to hear all of the pieces again. Honestly!

The concerts serve as a chance for the entire Arts Department to showcase students work. Throughout the evening you will see slideshows of art during the music, a scene from drama and two Media Arts videos. The only “charge” for the evening is to bring in a can for the Food Bank and you can enjoy the amazing talents of the Southridge Senior School!

I would also be amiss without mentioning the incredible dedication of our Music department: Ms. Jenna Parker, Mr. Chris Mitchell and led so admirably by Mr. Steve Burrage. And the Arts Department: Ms. Jennifer Kelly, Mr. Chris Westendorf, Ms. Kate Higgins and led expertly by Ms. Susy Baransky-Job. I am fortunate to see these individuals most days and the balance they bring to their craft by demanding a high level of commitment and dedication from the students but always with a great sense of humour and lightheartedness. This creates such a positive dynamic and allows for an incredible amount of growth in each student.

While I certainly realize everyone is incredibly busy and especially during the holiday season, I encourage you to come and enjoy an evening (or two!) of wonderful music, media, visual and dramatic art. The concerts are on: **Wednesday, December 13 & Thursday, December 14 beginning at 7:00 p.m.**

See you there!

Have a great week!

Doug Palm  
Head of the Senior School

### **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](mailto: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

### **4 Southridge Teams nominated for Zoom Fest awards!**

This year's Zoom Fest was a tremendous success with four of our teams nominated for awards. The awards will be announced on December 8th. Thank you to Mr. Barmin, Ms. Berkeley, and Ms. Clark for helping to chaperone the festival. A huge congratulations to these students for their tremendous work in the festival this year:

Ishaan Kohli, Kai Lung, Cory To, Kevin Ahn, Sean Gong, Ian Leighton, Elijah Hower, Cassia Armstrong, Simarpreet Pattar, Nick Pinette, Jake Girling, Aidan Fehr, Kaitlyn Davies, Astrid Kim, Alan Madsen, Max Stowe, Jaren Wong, Tristan Ferguson, Peter Kwak, Nicole Moretto, Harris Wong.

Please enjoy the festival highlights reel here: <http://youtu.be/zUyGX4gzBP4>

About Zoom Fest:

Mulgrave ZOOM Film Festival is in its 13th year and has one of the highest participation rates of any student film competition in the province of British Columbia. Filmmakers have 48 hours to plan, shoot and produce a finished film. During the tension-packed 48 hours students will conceptualize, write, shoot, edit, post and drop-off their six-minute film to be judged by BC industry professionals. Zoomfest films are a true look into today's youth culture, last year there were over 100 films from more than 40 BC schools. [www.zoomfest.com](http://www.zoomfest.com)

Chris Westendorf  
Media Arts Teacher

### **Southridge Drama 9 class performed *The Wizard of Oz***

Over the past two weeks, the Grade 9 Drama class performed their adaptation of *The Wizard of Oz* in the Little Theatre. During the months of October and November, the students have been preparing the play for young audiences. Working collaboratively, they edited the original script and rehearsed alongside Ms. Higgins Art 9 class, who designed the set pieces and properties. The project was both fun and a great learning opportunity for all involved, as students participated in the process of ensemble building and creatively designed stage pieces. The students thoroughly enjoyed performing for students from the Junior School and from Peach Arch and Kinvig Elementary Schools. All of their performances were engaging and well received.

A very special thank you to all of the teachers who organized their schedules in order for their classes to attend and be part of the audience.

Jennifer Kelly  
Theatre Arts Teacher

### **Senior Boys Basketball Tournament Fundraiser**

The senior boy's basketball team is offering a lunch special on Friday, December 14<sup>th</sup>, 2012. Through the kindness of SUBWAY Richmond we are able to pass on this great deal to the students.

All orders MUST be pre-paid by cash or cheque (payable to Southridge School) on or before Tuesday, December 11<sup>th</sup>, 2012 at 12:00 PM and can be dropped off to the Junior School Office. Please label "Senior Boys Basketball Team" on the envelope.

Orders will be delivered to the Junior School at lunch time in the Great Hall on Friday December 14<sup>th</sup>. Thank you for your support!

Senior Boys Basketball Team

### **Purdy's Chocolates Pick-up**

If you placed a Purdy's chocolate order, it will be available for pick-up on Friday, December 7<sup>th</sup>, 2012 after 3:00 PM in the Senior School cafeteria. Thank you for your support!

Grad Committee

### **The Pirates of Penzance**

Long before pirates roamed the Caribbean, they terrorized the inhabitants of a small English community in Cornwall, called Penzance. On second thought, "terrorized" might be too strong a word for pirates who refuse to attack orphans, or anyone stronger than themselves.

Last week, the Culture Club attended a dress rehearsal of the Vancouver Opera's *The Pirates of Penzance* and it was a brilliant night of theatre. Directed by Christopher Gaze, this holiday production of one of Gilbert and Sullivan's most loved operettas was thoroughly enjoyed by everyone who had the good fortune to attend.

Upcoming Culture Club events include: a Poetry Slam, at Cafe Deux Soleil, and the Vancouver Opera's upcoming production of *The Magic Flute*.

Gail Robinson

### **What in the World is An Evening in December, Dear?**

Wednesday & Thursday, December 12<sup>th</sup> or 13<sup>th</sup>  
7:00 PM, Alan Brown Great Hall

Putting up your Christmas lights in the rain not sufficient to get you in the holiday mode? Tired of hearing the same arrangements of the same carols? Free parking? For any of the above reasons... and a few hundred more, you are warmly invited to attend **An Evening in December**, otherwise known as the Senior School Music Department's Winter (AKA Christmas) concert.

If you come, and please do, your entrance 'ticket' is a can or two of something to donate to the food bank. 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.

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

Mr. Burrage  
Senior Music Curriculum Leader

### **An Evening in December: Information to Students Involved**

Wednesday & Thursday, December 12th or 13th

7:00 pm, Alan Brown Great Hall

Our Senior School music concerts are just one week away, so please do ALL of the following, students.

1. Ensure parents/relatives/friends know about it! For just a can or two, they can enjoy a wonderful evening.
2. Make sure that you are free BOTH nights. It may mean moving a piano lesson, emailing a sports coach, letting your boss know... Please assume that this event has priority over out of school commitments. Speak with one of us ASAP if you foresee a problem.
3. Practice your part to 'pull your weight'... one band; ONE SOUND!
4. Be in the right room at the right time with the right instrument and the right music dressed in the right uniform.
  - Gr. 8: 6:30pm in either the Art room or Room 202
  - Choir: 6:30pm in Room 200
  - Gr. 10 Jazz Band: 6:30pm in Room 102
  - Gr. 9: 7pm in Room 200
  - Rest of Senior Band: 8pm in the Art room
5. Have fun; it's going to be great!

Ms Parker, Mr. Mitchell, & Mr. Burrage

### **Lost and Found**

**A Friendly Reminder that any unclaimed Lost & Found will be donated to charity at the end of the term.**

Over the next few weeks we will display some of these Lost & Found items on tables across from the Uniform Shop outside the Lost & Found room. Please encourage your child(ren) to check here for any missing items – there are a good number of these! As is our usual practice, any unclaimed non-Southridge uniform items will be donated to charity. We will also remind Senior School students in assembly and Advisory about claiming these items.

### **News for Both Schools**

#### **Annual Campaign and 2012 Tax Receipts**

A sincere *thank you* to all our families and friends that have made a financial contribution to Southridge in 2012. If you haven't yet, but are still wanting to make a gift by the end of the year (in order to receive a tax receipt for 2012), you have only a couple more weeks to do so. All gifts received by December 21 or post-dated by December 31, will be receipted for the 2012 tax year. Please note that the office is closed from December 24 to January 4.

So...if you've been putting it off all year and now it's keeping you up at night, please use the attached Annual Campaign pledge form. Or, alternatively, just give me a call and I can take your credit card information over the phone - 604-542-2330.

Thank you again! I look forward to hearing from you soon.

Christiane Hodson  
Director of Advancement

### **HR Update**

From time to time, we will include a human resources section in the Wednesday to highlight news about our staff and employment opportunities.

We are currently recruiting externally for the following positions:

- Facilities Manager
- Groundskeeper

For more information on these opportunities please refer to the employment section of our website at [http://www.southridge.bc.ca/who-we-are/employment\\_opportunities/index.aspx](http://www.southridge.bc.ca/who-we-are/employment_opportunities/index.aspx)

Darcie Sagert  
Human Resources Manager

### **Uniform Shop**

Drop in for a little Christmas shopping, luggage tags, toques, pens, and tee shirts, we are open Monday to Thursday mornings from 7:45 – 9:00 and afternoons from 2:00 – 4:00. Be sure to check out the wonderful seasonal socks!

### **Hot Chocolate Fundraiser**

As the weather is getting colder, it is a great time to warm yourself up with some hot chocolate. Luckily, this Thursday from 7:20 am till 8am, we are selling hot chocolate in front of the Junior School for a minimum donation of \$1.00. All donations will go towards Project Somos, an orphan village in Guatemala. Please support this great cause!

Thank you

Guatemala Service group





# Southridge School

## Annual Giving Campaign 2012

Name (s) \_\_\_\_\_  
Please Print

Address \_\_\_\_\_  
Address and Street City Postal Code

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

### I/We would like to contribute:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> \$ _____ per year | <input type="checkbox"/> \$250 per year   | <input type="checkbox"/> \$500 per year    |
| <input type="checkbox"/> \$1,000 per year  | <input type="checkbox"/> \$2,000 per year | <input type="checkbox"/> \$3,000 per year  |
| <input type="checkbox"/> \$5,000 per year  | <input type="checkbox"/> \$7,500 per year | <input type="checkbox"/> \$10,000 per year |

for \_\_\_\_\_ year(s).

### I/We wish to allocate my Annual Giving Donation to:

- ☐ Greatest Need – Please use my gift where it is needed most.
- ☐ Alan Brown Memorial Endowment – Please endow my gift to support bursaries for deserving female students in honour of our founding headmaster.
- ☐ Bursary Assistance – Please use my gift in support of bursary programs at Southridge.\*
- ☐ Athletics – Please use my gift to purchase extraordinary items in support of our athletics programs.\*
- ☐ Arts – Please use my gift to purchase extraordinary items in support of our arts programs.\*

\*should designated contributions exceed a fund's budgeted limit, the school will direct excess funds to Greatest Need.

I/We will pay: ☐ Annually ☐ Quarterly ☐ Monthly First Payment Date: \_\_\_\_\_

☐ Post-dated cheque(s) enclosed. (Make cheques payable to: *South Surrey Independent School Society*)

☐ Please bill pledge payments to our credit card, as they come due:

☐ Visa ☐ MasterCard

Number \_\_\_\_\_ Expires \_\_\_\_\_

Name on credit card: \_\_\_\_\_

☐ Please send me payment reminders (first payment enclosed)

☐ We would like our name to appear in the Annual Report as follows:

\_\_\_\_\_  
Please Print

Donor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Thank you!*

South Surrey Independent School Society 2656 – 160<sup>th</sup> Street, Surrey, BC V3S 0B7  
Phone: 604.542.2330 Fax: 604.542.2324 [www.southridge.bc.ca](http://www.southridge.bc.ca)

## **PRINCIPLES OF PHILANTHROPY AT SOUTHRIDGE**

*Southridge School has the following underlying tenets which are fundamental to our donation programs:*

- 1. Donations must be purely voluntary.*
- 2. Donors receive no favour and non-donors suffer no penalty.*
- 3. Donations, or a willingness to donate, are not taken into account in admission or readmission decisions.*
- 4. Donated funds must be used for capital purposes only and are not to be used to subsidize operating expenses.*

## SENIOR BOYS BASKETBALL TOURNAMENT FUNDRAISER

The Senior Boys Basketball is offering a lunch special on FRIDAY, December 14, 2012. Through the kindness of SUBWAY Richmond we are able to pass on this great deal to the students. All orders MUST be pre-paid by cash or cheque (payable to Southridge School) on or before Tuesday, December 11, 2012 at 12:00pm noon. They can be dropped off to the Junior School Office. Please label "Senior Boys Basketball Team" on the envelope.

Orders will be delivered to the Junior School at lunch time in the Great Hall.

Name	Grade	Teacher

Quantity	Item	Price
	SUBWAY: BLT 6" sub sandwich & soup, chips, and water OR juice box	\$6.00
	SUBWAY: TURKEY 6" sub sandwich & soup, chips, and water OR pop	\$6.00
	SUBWAY: Veggie Delight 6" sub sandwich & soup, chips and water OR pop	\$6.00

# 2012 SENIOR BOYS BASKETBALL FUNDRAISER

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Orders can be picked up at lunch time in the Senior School Kitchen.

Name	Grade	Advisory

[illegible]

# Weekly Menu

**December 10<sup>th</sup> – 14<sup>th</sup>**

**Monday**

**TACO TATER TOT BAKE**

Combines tater tots into  
a Mexican style casserole

**Tuesday**

**STICKEY CHICKEN**

Deliciously sticky baked chicken  
With rice and house salad

**Wednesday**

**BUTTER CHICKEN**

**Thursday**

**CHICKEN POT PIE**

**Friday**

**CAJUN ALFREDO**

Over spaghetti pasta





## Avoid the Holiday Pitfalls!

As the holiday season gets underway, calendars are quickly filling up with all sorts of seasonal get-togethers, which usually involve food! With some planning, holiday treats can be a part of a healthy lifestyle.

### Top 10 Tips for the Holidays

1. **Never skip meals.** Eat breakfast and several small meals throughout the day. If you deprive your body of food, you'll eat more at your next meal.
2. **Eat more nutritious foods throughout the day.** Choose Balanced Choices options, such as healthy entrees, fortified sandwiches made with whole grain bread, milk or low fat yogurt, vegetable soup, raw vegetable sticks or sliced fruit. If you don't feel famished when you arrive at the party, you'll be much more able to make better food choices!
3. **Watch your serving size.** Often, the problem is not *what* you're eating, but rather, *how much*. Limit the number of appetizers you consume before main meals. When eating from a buffet, trick yourself by using a smaller plate.
4. **Satisfy your thirst with water most often.** Water has a great advantage: it has no calories! Also, remember to remain hydrated when you drink alcohol, as well as before and after. Also include milk, pure juice, soy beverages and black or green tea as other healthy beverages.
5. **Eat sweets intelligently!** Give yourself the pleasure of eating those delicious traditional holiday desserts. Take a small serving and savour it bite by bite.
6. **Don't drink alcohol on an empty stomach.** You will feel the effects of the alcohol much too quickly. Also, since alcohol makes you want to eat, be careful not to over indulge!

(continued on back)

### A healthy choice at your Holiday gatherings:

#### SPICY BLACK BEAN DIP-VEGAN

Makes 10 Servings

2 cups	Black Beans/Cooked/Drained/Rinsed	500 mL
1 tsp	Fresh Garlic Cloves/Minced	5 mL
¼ cup	Vegetable Broth	60 mL
2 tsp	Lime Juice	10 mL
½ tsp	Tabasco Sauce	3 mL
2 Tbsp	Fresh Cilantro/Chopped	30 mL

1. Rinse cooked black beans well.
2. In a food processor, combine black beans, garlic, vegetable broth, lime juice, Tabasco sauce and fresh cilantro. Pulse until just smooth.
3. Chill until ready to serve.
4. Serve with baked tortilla wedges, pita bread and assorted raw vegetables.

#### Serving Size: 60mL (¼ cup)

Energy: 60 Kcal; Protein: 3 g; Fat: 0 g; Carbohydrate: 14 g;  
Sodium: 180 mg; Fibre: 5 g







7. **Balance your choices.** Choose higher calorie options in smaller quantities and balance them with plenty of vegetable sticks, fresh fruit, whole grains, green salads and low fat dips. Offer to bring the Black Bean Dip (see recipe included). Your family and friends will thank you!
8. **Ensure your alcohol intake is moderate.** Reduce your alcohol consumption by sipping your drink slowly and alternating between non-alcoholic beverages and alcohol.
9. **Do not rely on coffee to "sober you up."** Coffee does not help you sober up more quickly. Like other beverages, it can help keep you hydrated.
10. **Remember to keep your body moving!** There is nothing better than taking a walk in the snow with your family or friends! When you go shopping, take the stairs and park your car further away from the store.

Adapted from "Holiday eating survival tips" from the Dietitians of Canada. For more information, visit the Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca)

### Making baked tortilla or pita chips:

Preheat oven to 350°F (180°C). Cut large whole wheat tortillas or pita bread into 8 wedges. Place in single layer on baking sheet. Bake for 12 – 15 minutes or until golden brown. Let cool and place in an air tight container. Chips will stay fresh up to 2 weeks.

**Quick Meal:** Place 60 mL (1/4 cup) black bean dip on a soft whole wheat tortilla and top with salad or roasted vegetables. Fold and enjoy.

Source: Compass Group Canada



Members of Compass Group Canada