

Southridge Wednesday

12-13

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Head of School

Old Habits Die Hard or They Hardly Die at All

Welcome back everyone! This is the time of year when we are inclined to make a New Year's resolution or two. Typically, resolutions lean toward making positive changes – either eliminating bad habits, forming new ones or a little bit of both. I was recently reading an interesting book for a course which contained a chapter specifically devoted to why habits are so hard for us to break. I thought it related really well to New Year's resolutions, and so I have decided to share some of what I learned in this edition of the Wednesday.

The title and premise of the book is that, “We are Not Our Brains” – outlining a clear distinction between the brain and the mind. According to the authors, Dr. Schwartz and Dr. Gladding, we unwittingly receive “deceptive brain messages” that are beyond our control. These deceptive messages can best be described as inaccurate thoughts or unhelpful and distracting impulses that take us away from our true goals and intentions. Often backed by strong emotional sensations and supportive/habitual actions, the messages can be very powerful indeed. When the emotions and habitual actions are either felt or repeated over and over they become ingrained, and our brains become wired to support a habit.

For example, if a student has a deceptive brain message that s/he is “not good enough” a backing emotion may be a “pit or unsettled feeling in his/her stomach” and the habitual response (or action) could be overachieving, striving for perfection or seeking reassurance from someone that s/he is okay. If enough attention is devoted to this pattern of thinking and focus is passively applied in an unconstructive and repetitive way, unhealthy habits get wired into the brain making them very difficult to break.

Unfortunately, positive self-talk and willpower alone are surefire ways to become discouraged and disappointed when trying to break a bad habit because the reality is that the brain generates our deceptive brain messages – not the mind – and none of us has any say in when or where the deceptive messages will show up. Drs. Schwartz and Gladding liken this process to when something shiny glints in the sun – we don't cause the object to shine but if our eye catches it, we look. It's natural and automatic . . . and not under our control.

But what is under our control and what can help us untangle ourselves from bad habits is our ability to choose. Interestingly, research is showing that there is a gap of less than 3 seconds between noticing a deceptive brain message and choosing how to respond to it. The short gap interval allows our minds to consciously focus our attention on healthy and beneficial actions.

Just like in the formation of bad habits, when enough mindful, rational and purposeful attention is devoted to constructive responses it helps us rewire our brains in positive ways. It also helps us break our bad habits by not acting on deceptive brain messages that are harmful to us. We have a choice in our habits, it seems, and our success is directly related to how aware we are and how mindfully we respond.

Old habits sure do die hard, and if we try to will them away alone they'll hardly die at all. Free choice allows us to respond to messages that could otherwise cause us to form unhealthy habits. Choice is freedom and so we are free to choose our habits – both healthy and unhealthy. Good luck with your New Year's resolutions!

Update - Web and Audio-Visual Manager

I am pleased to announce that Mr. McInnes' title has been changed from Web Editor to Web and AV Services Manager. The change reflects the expanded responsibilities that he has embraced of not only overseeing the website, but managing the numerous audio-visual tasks and projects, including oversight of our Senior and Junior student technical teams.

Mr. McInnes was hired as the Web Editor for Southridge in June of 2007. The position was created, and originally envisioned as a half-time role. Quickly embracing the Southridge guiding principle of contribution, Mr. McInnes worked more than full time in his first year and ended up donating 501 hours to this community working on the launch of our new website, establishing a photo archive and taking photos of, and video recording, any number of school events. Recognizing the value of public speaking, he further demonstrated his commitment by donating his time outside of work hours to design and build two innovative speaker podiums; one for the Junior School and one for the Senior school. Each of them feature a pull out platform so that Junior School students can “step up and been seen” when speaking at school assemblies.

Mr. McInnes demonstrates his commitment to this community and his passion for his role on a daily basis as he helps capture our history for generations to come. We thank him for bringing his skills and passion in service to this community.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Grade 6/7 Dance	Friday, Jan 18 th	7:00 - 10:00 PM	Junior School gym
A Night of Fashion	Tuesday, Jan 22 nd	6:30 - 7:30 PM	
Student-Led Conferences	Wednesday, Feb 6 th	1:00 – 8:00 PM	Dismissal after Period 3 at 11:40 AM
Pro-D Day	Friday, Feb 8 th		
BC Family Day	Monday, Feb 11 th		
Half Term Holiday	Tuesday, Feb 12 th		
Kindergarten Applicants Assessments	Friday, Feb 15 th		No Kindergarten

Board of Governors

I served as the Chair of the Education Committee, a committee of the Board for a number of years and am currently a member of this committee. As a result, I have been in the position to listen to our Heads talk about the idea of Harkness learning (student driven, discussion based, collaborative learning) for a few years now.

In December I went to Phillips Exeter Academy in Exeter, New Hampshire to experience Harkness learning first hand. Three members of the Exeter faculty hosted Drew Stephens and me and allowed us to sit in on three classes while we were there.

At the end of each class we were given the opportunity to speak with students to ask them what they would say to our students and parents about Harkness learning. These are some of their responses:

The old way – teacher driven is boring. Different opinions and perspectives make it way more interesting.

It (the old way) prepares you for tests, not life. Harkness is not just spitting back information – the information is processed and hence retention is much better.

Don't be afraid to be wrong – put your incomplete ideas on the table. Harkness celebrates your mistakes – it is OK to take risks. Questions are good.

It is a community – teach and learn with your peers – you can learn more and better with others than by yourself. Here I have everyone around the table to learn from, not just the teacher. Once I understand I can help others – when they understand they can help me.

The classroom needs to be a safe environment. Etiquette is also important, don't interrupt. Listening is part of it too. Do not be too quick to jump in with answers when another is working through it (this goes for the teacher as well). Another role is making others look good – drawing those who are more shy into the conversation – students do this too, not just the teacher.

I find it very exciting to see the constant improvements happening at Southridge and only wish I had the same school experiences and opportunities as are available to our students.

I hope you will take a minute to watch [this video](#). It gives a great overview of student driven collaborative learning. If you would like to speak with me about my Exeter observations please feel free to email me at waynepeace@gmail.com.

Dr. Wayne Peace
Chair of Governance Committee
Member of Education Committee

Junior School News

Welcome Back

It is great to see everyone back after three weeks away. The students have quickly adjusted to the routines and are fully back into the swing of learning and growing here at Southridge. Having time away, either in a different city, country, or just away from the routine of school life is very good for us in terms of balance and perspective. Being away, always reminds me of why I appreciate Southridge so much. I had the good fortune of venturing 'down under' to Sydney, Australia and a beach area about three hours south of Sydney. Of course, warm sun and white sands are always good for the soul. However, after feeling the freedom of being half a world away, I began to miss the dynamic energy and pulse of Southridge. Indeed, this is a busy school, but there is a positive energy here where people are growing and pushing themselves to be their best. Surrounding yourself with people who are wanting to improve, grow and develop, challenge themselves to be their best is healthy. It is also the essence of the phrase 'iron sharpens irons' meaning that those around us can indeed, help us to be better ourselves. Who we surround ourselves with does indeed influence who we are. Therefore, I am so thankful to be working at Southridge, surrounded by some amazing faculty who are constantly wanting to improve their craft of teaching, and also by some wonderful families, who truly want the best for their children, and to be the best for themselves as well. It is great to be back.

Have a great week!

Mrs. Middelaer
Head of Junior School

FSA Test Dates

This is a reminder to parents for the upcoming important dates for our FSA (Foundations Skills Assessment) testing. Grade 4 students will write during the month of February; Mrs. Raber and Ms. Birch will send home a complete schedule to parents. Due to the CAIS basketball trip, Grade 7 students have their testing scheduled shortly before the trip, and during the following few weeks of February. Our grade seven teachers will send home the schedule shortly. If you have any comments or concerns, please contact me directly at the Junior School office.

Pro-D Day - Friday, February 8th, 2013, BC Family Day - Monday, February 11th, 2103, Half Term Holiday, Tuesday, February 12th, 2013

As a faculty, we greatly value time together for professional collaboration and growth. On Friday, February 8th, 2013 we will have a professional development day so there will be no school for the students. February 8 is a collaborative Pro-d day with all the ISA BC (Independent Schools Association of BC) schools, and we look forward to our time together. Thank you for your support of our faculty's growth. The following Monday is BC's first Family Day holiday and Tuesday will be our half term holiday, so please enjoy this extended weekend with your family.

Student Led Conferences: Thursday, February 21, 2013 (noon dismissal)

Throughout the school term, students have been actively selecting their own pieces of work to secure in a portfolio. These pieces reflect many different subject disciplines and should demonstrate their own personal growth as a student. On Thursday, February 21, 2013 we will be holding student led conferences so that the students can share their portfolios with their parents. This opportunity is empowering for students as they can share their own journey as a learner and actively reflect on each piece. Please be aware also that there will be a **12:00 noon dismissal** on that day to accommodate the conferences.

Kindergarten Parents - No school on February 15, 2013

Just a reminder to our kindergarten parents that there will be no school for their children on Friday, February 15, 2013 due to entrance testing for prospective kindergarten students. Thank you for making alternate arrangements for your children on that day.

Jump Rope for Heart January 25th on Casual Day

This week we are launching the Heart and Stroke Foundation's annual Jump Rope for Heart campaign. As so many of our community members have been touched by family members or friends with heart and stroke conditions, this event is widely appealing. The money earned supports research projects, medical intervention for existing patients, and preventative educational initiatives. Another benefit to this fundraiser is that Southridge School receives a percentage of all funds raised, which we later donate to our local Surrey school connection, W.E. Kinvig. Its staff uses this fund to buy additional sports equipment for its students.

To begin with, your child should receive a pledge envelope via the homeroom teachers by the end of Friday; please feel free to use one envelope per family. On Monday, we will have Dayna Roumanis from the Surrey Heart and Stroke Foundation speak to the students at our assembly. Please come if you are able to. The children will then look forward to a day of jump rope activities on Friday, January 25th. Please send your child to school that day in pink or red and/or gymstrip. He or she can also wear the paper heart you will get with your envelope for someone special who has been impacted by heart problems or stroke.

Many thanks to Ms. Reid and Ms. Fritter for their organization and implementation of such a fun and purposeful event. Please return the pledge envelopes to the homeroom teachers by Monday, January 28th. Thank you very kindly for your attention and donations toward such worthy causes.

Ms. Jo-Ann Murchie

Grade 6/7 Dance

This Friday, January 18th from 7:00 - 10:00 PM there is a dance for Grades 6 and 7 in the Junior School gym. Admission is \$7.00 and there will be snacks and drinks for sale.

Ms. McNeil

Playground Volunteers

Hello Parents; welcome back and happy New Year. We are getting ready to schedule the next round of playground volunteer dates. New parents are welcome to sign up. Please include your preferred days of the week and frequency of volunteer days per month. A big thank you to all the current volunteers. If your volunteer preferences and requirements have changed please email Cari ASAP at cari@windandtide.com.

Once again thank you for all your support.

Cari and YY
Playground Scheduling Coordinators

Friends of Southridge Cycling Team Movie Fundraiser

The Friends of Southridge cycling team is hosting its first fundraiser. It is a family oriented event, and the proceeds will go towards the fundraising efforts of the many parents and teachers who are participating in the 2013 Ride to Conquer Cancer. Each participant has to raise \$2,500.00 in order to be eligible to ride. Each of us knows someone who has had cancer, and this money goes towards helping to find a cure for this all too often fatal disease.

So who doesn't like to go to the movies? Young or old, this is still an activity that is enjoyed by all. I still have tickets available, so if interested in this event, please contact me at aboyle@southridge.bc.ca or stop by the reception desk in the Junior School, and Mrs Schaub will be able to help.

Here is the information for the event:

Where: Clova Cinema (Cloverdale)

Date: January 26th, 2013
 Time: 4:00 PM
 Youth tickets - \$10.00 (includes admission, kids popcorn, pop, and candy)
 Adult tickets - \$11.00 (includes admission, adult popcorn and drink)

ONE of the following movies will be shown- Wreck- It Ralph, Rise of the Guardians or Hotel Transylvania

Madame Boyle

Grade 7 FSA Test Schedule

Below is the schedule for the upcoming grade 7 FSA (Foundation Skills Assessment) tests. Parents, please ensure that you do not schedule any other appointments for your child on these days that would conflict with the test schedule.

The marks from the actual FSA tests are not part of the student’s Southridge mark. These marks are not percentage marks; they are scales from 1-4 used to indicate if the child is above, below, minimally meeting, or meeting provincial grade expectations. The practice activities they do in the weeks leading up to the tests are graded and weighted the same as any other in-class assignment. Students are not expected to study for these tests; the practice activities prepare them for the various formats used, and the tests are intended to measure the skills they have acquired in the intermediate years.

The FSA’s are marked by a committee that includes both Southridge teachers and teachers from other private schools. The results and the tests are then sent home to the parents by the end of March.

If you have any questions or concerns regarding these tests, please contact myself or Mrs. Middelaer.

Sue McNeil
 MYP Division Leader
 Southridge School

Date	Periods	FSA Section
Thurs. Jan. 24 Day 4	Silent reading & period 3	Reading Comprehension: 60 minutes
Monday, Jan 28 Day 6	Silent reading & periods 3,4	Part IV: Long Write: 60 Minutes
Tues., Feb 5 Day 6	Homeroom & periods 1, 2	Short Reading Connection: 30 minutes Part III: Short Write: 30 minutes
Thurs. Feb. 7 Day 2	Silent reading & period 1	Numeracy: Problem Solving: 30 minutes
Wed. Feb. 13 Day 3	Homeroom and periods 1,2	Numeracy: Multiple Choice: 60 minutes

Senior School News

A Personal Reminder of How One Can Make a Difference in the World!

At our brief assembly today after the Late Start to begin the term, I shared a few personal “happenings” that occurred over the holiday with the Senior School. One in particular was a very proud moment for me and my family and it led me to reflect on Southridge’s mission statement.

On December 30th, 2012 the Governor General of Canada, The Right Honourable David Johnston made his newest appointments to the Order of Canada. It was with much pride and surprise that my aunt, Jocelyn Palm was appointed as a Member of this Order. I have never known anyone personally whom has had this bestowed upon them and for it to be someone that is so close to me made it unbelievable special! Her passion and dedication to the organizations that she is, and

has been, involved with has really inspiring to me. She was the Executive Director of the Royal Lifesaving Society of Canada for a number of years and dedicated much of her time towards aquatic safety and standards while in this roll. She is the owner of a girls residential summer camp in Ontario (Glen Bernard Camp) where she has developed innovative ways to empower youth and create strong leaders for the future. She has also been connected with Women's College Hospital in Toronto and has dedicated many years towards this organizations important work.

I couldn't help to immediately connect this to Southridge's mission statement of creating people that will make a difference in the world. In this particular case, my aunt's steady, dedicated and continual drive to improve the opportunities in these particular areas is just the type of person that we strive to graduate from Southridge. It was a "real" example that I could use to help the students understand the impact that one person can have on the world and it is why I shared it with the student body on Monday. The other reason was that I wanted to show them how proud I was of my family!

One final thought was the email from my aunt to tell us about her achievement. In it, she wanted us all to know that she was very appreciative of the honour, but that it was only through the support, encouragement and connection she had with us all that allowed her to accomplish everything she had done. Similarly, as we support individual students in their growth, there is also the aspect of the strength and benefit they receive by being a part of a community and how this bond can further fuel their desire to make a difference. She also stated that it never feels like work because she enjoys what she does so very much.

I look at so many of our young people in the Senior School and see so much potential in how they, too will make a difference in the world. I am certain that there will be similar achievements and acknowledgements for them in their future.

Have a great week!

Mr. Doug Palm
Head of the Senior School

Upcoming Student-Led Conferences

A quick reminder that this year's Student-Led Conferences will take place on Wednesday, February 6th from 1:00 – 8:00 PM. There will be a dismissal after Period 3 at 11:40 AM. Further details will be forth-coming as to how parents can sign up for a time to meet with their child's Advisor. If you have any initial questions, please speak with your Advisor.

Mr. Doug Palm

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

Ms. Jennifer Kelly
Drama

Southridge Student on Exchange

Classes will be a little smaller with 11 students on exchange this term. Some students have already left.

If you'd like to follow their adventures, see Avery's post from Quebec City <http://adventuresinquebec.wordpress.com/> or Jake Girling's blog from Melbourne <http://www.travelblog.org/Bloggers/jakegirling/> or Kara Van D's from Sydney <http://www.australia-2013.tumblr.com/>.

Mr. Daryl Weaver
Experiential Learning Coordinator

Robotics at Southridge

Do you enjoy working with your hands? What about working with computers? Well with all of the advances in robotic technology anyone can learn how to build and program a robot. Starting Thursday, January 17th we will be having a robotics club again for Grades 7- 10. We will meet on Tuesdays and Thursdays in the Junior School science lab. We will be using the RCX Mindstorm robots and the Robolab programming system to produce robots to achieve challenges set out before you.

If you have any questions contact either Jamie Plett at jplett@southridge.bc.ca or Mrs. Beaulieu at cbeaulieu@southridge.bc.ca.

Jamie Plett

Debate Regional Tournament: Volunteers Needed!

The Debate Club is looking for student and parent volunteers for the Debate Regional Tournament at Southridge on Saturday, February 2nd from 9:00 – 3:00 PM.

Student volunteers are needed to help as moderators and timekeepers and Parent volunteers are needed to help judge the rounds of Debate. No experience is required as you will be told everything you need to know! This volunteer opportunity can be counted towards service hours. Free lunch is provided.

For more information, please feel free to email: gdhatt@southridge.bc.ca or crodriguez-lang@southridge.bc.ca. Thank you.

Southridge School Debate Team

A Night of Fashion January 22nd from 6:30 - 7:30

Southridge's Grad Committee is proud to present A Night of Fashion on January 22nd from 6:30 - 7:30 as students prepare for their upcoming graduation celebrations. Come and enjoy an evening of refreshments and fashion for \$10.00 at the door. In addition to amazing ideas for hair, make-up, dresses from Bella Sposa and tuxedos from Moores, there will be coupons, door prizes and raffle prizes. We hope that you can come and help the celebrations begin toward their countdown to grad!

Grad Bottle Drives

The Grads are running their bottle drive this week Tuesday through Thursday from 7:30 - 8:00 in front of the Senior School. If you have more bottles please save them, we will be running another bottle drive on February 13-15!
Thanks!

Grad Committee

News From the University Counseling Office

Are you interested in university studies in the US or UK?

Southridge welcomes Dr. Whitney Laughlin to the school on Tuesday, January 29th from 6:30 - 8:30 PM to provide information and insight into understanding the university admissions process for the United States and United Kingdom. Dr. Laughlin is an Educational Consultant with graduate degrees from Berkeley and Harvard. Her presentation will include a lively and interactive US case studies exercise where parents and students become the "admissions committee" and review two actual applications (names changed, of course) and have to decide who gets admitted and why.

This event is primarily directed at Grade 11 students and their parents although other students and parents are welcome. Please confirm your attendance to Mrs. Livingston at ylivingston@southridge.bc.ca.

Ms. Livingston
University Counselor

News for Both Schools

HR Update – Welcome Paul Best

Please join me in welcoming Paul Best to Southridge. Paul will be taking on the role of Intermediate English and Junior Art teacher effective January 14th. Paul has had an extensive career as a graphic artist in both New Zealand and Hong Kong before relocating to BC to pursue his second career as a teacher. Paul's international background combined with his strong artistic talents and his ability to incorporate creative audio visual elements in to his teaching reinforce his passion for education and his desire to motivate and encourage children to learn and express themselves not only via the art program but through English classes as well. Please join me in welcoming Paul.

Ms. Sagert
Manager Human Resources

Scholastic Book Fair

A big thank you to everyone who helped make our Scholastic Book Fair a success this year. Students and families were able to purchase new books and gifts for the holidays. The proceeds in the form of new books went to Kinvig school, hamper families in the Junior School and also to the Junior and Senior Libraries and special purchases for the Junior Classrooms. Special thanks to parents who helped with setup/take down and running of the fair. Thank you again for your generosity.

Ms. Chong
Junior School Librarian

Southridge Scarves at the Uniform Shop

Show your team spirit, wear your Southridge Supporter Scarf!
Get it at the Uniform Shop.

Barb Collett

Daily Digest – Café Menu for the Week of January 21st – 25th

The Super Bowl is the annual championship game of the National Football League (NFL), the highest level of professional American football in the United States, culminating a season that begins in the late summer of the previous calendar year.

The game was created as part of a merger agreement between the NFL and its then-rival league, the American Football League (AFL). It was agreed that the two leagues' champion teams would play in an AFL–NFL World Championship Game until the merger was to officially begin in 1970. After the merger, each league was designated as a "conference", and the game was then played between the conference champions. Currently, the National Football Conference (NFC) leads the series with 25 wins to 21 wins for the American Football Conference (AFC).

The day on which the Super Bowl is played, now considered by some a de facto American national holiday called "Super Bowl Sunday". It is the second-largest day for food consumption, after Thanksgiving Day

This year the fun begins on CBS at the Mercedes-Benz Superdome in New Orleans on Sunday, February 3rd, 2013.

With so much excitement you need food with excitement. Enjoy some great Pre-Super bowl food at the Southridge Café and stay tuned for more Super Bowl fantastic nibbles. Bon Appetite

Marat Dreyshner
Chef

SUPER ☆ BOWL

January 21st - 25th , 2013

Pre Super bowl inspired menu

Monday

Appie plate

Spring roll, chicken wings, quesadilla

Vegetarian option available

Tuesday

Chicken Fajitas

Wednesday

Chicken pot pie

Thursday

French dip hoagie with

Homemade potatoes

Friday

Chili nachos