

Southridge Wednesday

12-13
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February 6, 2013

Head of School

We Are All One

Over the past weekend, the Heads of School from the ISABC (Independent Schools Association of British Columbia) met with a consultant to work through a series of exercises aimed at developing our association's position statement and brand. I found the conversations to be very interesting as they highlighted the importance for all schools to have a clear understanding of who they are and to articulate their distinctive voice – or what is special and unique about them as a community.

The research our own branding committee did at Southridge in 2010 to help determine how we present ourselves to the external community illustrated the fact that the message we wanted to express about ourselves was at odds with what the external community thought about Southridge. With inconsistencies in our message we risk our community losing its sense of purpose. Put another way, for our school to reach its best potential we need to attract families for the right reasons. We – all of us – need families who know what Southridge is all about before they apply. We need aligned families like you. You make us stronger and more able to realize our vision and mission. And our branding helps us in that regard.

To be sure “we are all one” is not meant to replace “let every spirit soar”. Let every spirit soar is our motto. It describes our vision (a community where every spirit soars) and it serves as a touchstone for members of our internal community – the grandparents, parents, students, teachers, staff and alumni who know Southridge from the inside out. Our crest acts in the same way. The eagle/orca shield is the historical signature of who we are. These things unite us and connect us. They serve as a force that holds us together.

We are all one and the circular graphic, on the other hand, is intended to help our external community get to know us better. It is difficult to get to know our school from the outside in. Let's face it; there are stereotypes that we, as an independent school, face. A clear message from the Heads retreat was that virtually all other ISABC schools confront a similar challenge. However, Southridge has been intentional in doing its best, based on research and thoughtful reflection, to dispel some of those stereotypes. And one of the strongest stereotypes of independent schools is that they are elitist.

Those of you who know Southridge also know that nothing can be further from the truth. Our school is just as much about character as it is about academics. You know that goodness is just as important as achievement. You know that our school emphasizes service to the community just as much as it emphasizes athletics and the arts. And you know that letting every spirit soar is only really attainable by those who are concerned for the well-being of others and the welfare of society at large.

We are all one breaks down the stereotypes that independent schools face. It is a message that reflects the same sentiments of our motto but in a way that is more easily conveyed. The graphic is another way for us to demonstrate that Southridge is not self-serving. In fact, the exact opposite is demonstrated. The outward, spiraling, unarticulated rings show the external community that our intention as a school is to reach out, connect and interact with others.

Additionally, the one voice, one spirit, one act and one idea statements are all oriented outward. One idea can influence the world. One spirit can inspire others. One act can change lives. One voice can connect a community. These four statements link “we are all one” to our mission statement, which we often summarize as making a difference in the world. Again, all of us as the internal community know about this already. Unfortunately, we sometimes forget that not everyone in the external community gets it.

And that is the whole point of communicating our unique voice clearly. Are there other ways to express who we are? Sure there are. But trust me; from the conversations I had with other Heads of ISABC schools, Southridge is definitely on the right track.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
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

Junior School News

Pink Shirt Day- February 27, 2013

On February 27, will be joining students all across BC in honouring Pink Shirt Day. Pink Shirt Day started to honour the initiative of two high school boys who stood up for a boy in their school. David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied. They took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. Southridge students can wear a pink top on that day to show our support for a respectful school environment. The following link will provide more information to you. <http://www.pinkshirtday.ca/>

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

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

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

Office Communication

Just a friendly reminder to email or phone Ms. Schaub at the front office if your child is sick or has an appointment. Ms. Schaub is very particular about knowing the whereabouts of every child, and needs communication from parents about absences. Please keep her informed so that she can best care for our students. Thank you.

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.

FSA Testing for the Next Few Weeks

Our grade four and seven students will be writing FSA tests over the course of the next few weeks. We would ask that all our students make effort to arrive early or on time to ensure that the upstairs hallways are quiet. The testing starts first thing in the morning, so we ask that students maintain a calm, respectful environment for these upcoming assessment weeks.

Laurel Middelaer
Head of Junior School

Jumpin' Jump Rope for Heart Results Released

Thank you all so much for your amazing generosity in support of the Heart and Stroke Foundation at the end of January. Our school and on-line donations again earned \$13,000.00 for research, education, and medical equipment. Special thanks to Ms. Fretter and Ms. Reid for scheduling and running the event.

Student prizes will be distributed when they are organized and distributed by the local Heart and Stroke Foundation. As well, the equivalent of 10% of our funds raised will later be donated to W.E. Kinvig Elementary School to purchase more sports equipment for its students. Your commitment to the Heart and Stroke Foundation is wonderful, as so many people directly and indirectly benefit from your generous spirit. Thank you again!

Ms. Jo-Ann Murchie
Junior School Service Coordinator

Junior School Swim Results

A big congratulations goes out to all 75 of our Jr. School swimmers on excellent results this season, and in our two meets. Swimmers have been working hard since November at our Friday practices at the Surrey Sport and Leisure Centre.

30 swimmers grades 3/4/5 travelled to the island for a fun, beginner meet where they swam freestyle, breaststroke, backstroke and butterfly combined with some fun and silly relays. 40 of our swimmers grades 3-7 took part in Mulgrave's Swim Meet at UBC pool. This meet was competitive, and students raced in combined grade groupings (3/4 and 5/6/7). Through hard work and dedication, Southridge came 2nd overall! Our season is now finished, and we look forward to next year's season November 2013. A big thank you goes out to our grade 8 coaches, Kyla Davis and Madison Muncey-Buckley.

For swimmers who have been invited to compete in the ISEA's on February 19th, there will be an additional practice on Friday, February 15th from 3:45-4:45 at Surrey Sport and Leisure Complex in our regular lanes. There has also been a change to warm-up times for ISEA's. Grades 5/6/7 will now warm up at 11:00am - a change from the very early warm up previously scheduled. This will require a 10:45 arrival to the pool. Grades 3 and 4 will warm up at the originally scheduled time.

Mulgrave individual races results

Top 12 finishes, Grade 3 / 4 Girls

- Stephanie Lee: 1st (50 free), 2nd (50 Back), 2nd (50 Breast), 4th (100 Medley Relay)
- Emma Lawson: 4th (50 Free), 1st (50 Back), 1st (50 Breast), 3rd (100 Medley Relay)
- Leah Wilson: 5th (50 free), 5th (50 Back), 2nd (50 Fly), 3rd (100 Medley Relay)
- Madeline Durning: 10th (25 Free), 11th (25 Back), 4th (100 Medley Relay)
- Isabel Hodgson: 3rd (100 Medley Relay)
- Natty Lee: 7th (50 Breast), 5th (100 Free relay)
- Maddy Cowie: 5th (100 Free relay)
- Ashna Dhaliwal: 5th (100 Free relay)

Top 12 finishes, Grade 3 / 4 Boys

- Hiro Benoit: 1st (25 Free), 2nd (25 Back), 3rd (25 Breast), 4th (100 Medley Relay)
- Nathan Leach: 2nd (25 Free), 3rd (25 Back), 7th (25 Breast), 5th (100 Free relay)
- Jaden Gu: 3rd (50 Free), 2nd (50 Back), 5th (50 Breast), 4th (100 Medley Relay)
- Cameron Hexter: 6th (50 Free), 4th (50 Back), 8th (50 Breast), 3rd (100 Medley Relay)

- Joel Aisenstat: 11th (50 Free) 10th (50 Back), 7th (50 Breast)

Top 12 finishes, Grades 5/6/7 Girls

- Katherine Toy: 1st (100 IM), 2nd (50 Free), 3rd (50 Breast), 1st (50 Fly)
- Cassidy Fu: 3rd (100 IM), 5th (50 Free), 5th (50 Back), 4th (50 Breast)
- Mikaela Wilson: 6th (100 IM), 6th (50 Free), 2nd (50 Back), 4th (50 Fly), 9th (200 Medley Relay)
- Lauren Toy: 7th (50 Breast), 9th (100 IM), 12th (50 Back)
- Mary-Kate Fain: 11th (50 Butterfly), 9th (200 Medley Relay)
- Ingrid Rumm: 8th (50 Free), 8th (50 Back)
- Morgan Muncey-Buckley: 6th (50 Breast),
- Mckenna Gill: 9th (50 breast)
- Kyla Edelmeier: 10th (100 IM)
- Esha Gill: 9th (50 Back)
- Participants: Kate Maguire, Nikki Harrad, Maya Kobylansky, Dilly Cooner, Samantha Battley

Top 12 finishes, Grades 5/6/7 Boys

- Young Ye: 4th (50 Free), 1st (50 Back), 8th (50 Breast)
- Malcom Beaton: 6th (50 Free), 8th (50 Back), 7th (50 Breast)
- William Liu: 9th (Butterfly)
- Braeden Mussato: 8th (50 Butterfly)
- Brandt Muncey-Buckley: 12th (50 Fly)
- Brandt Muncey-Buckley 12th (50 Fly)
- Jaden Leach: 9th (200 Medley Relay)
- Max Biffin: 9th (200 Medley Relay)
- Participants: Connor Bell, Arjan Dhaliwal

Aggregate results (Total Points)

Grade 3-4A Girls

- 1st. Lee, Stephanie - SOU (46 pts)
- 2nd. Lawson, Emma - SOU (45 pts)

Grade 3-4B Girls

- 1st. Durning, Madeline - SOU (33 pts)

Grade 5-7A Girls

- 1st. Toy, Katherine - SOU (61 pts)
- 3rd. Fu, Cassidy - SOU (51 pts)

Grade 3-4A Boys

- 1st. Gu, Jaden - SOU (43 pts)

Grade 3-4B Boys

- 1st. Benoit, Hiro - SOU (45 pts)
- 2nd. Leach, Nathan - SOU (41 pts)

Grade 5-7B Boys

- 2nd. Ye, Young - SOU (47 pts)

We hope you all continue to practice this year and look forward to working with you again!

Ms. Reid, Ms. Wray, and Ms. Fretter

Senior School News

An Assumption of Excellence & Goodness?

On Monday, as I wandered the Senior School first thing in the morning to greet students and faculty I was pleasantly surprised to see what had happened to the Grade 12 lockers. This might sound like some type of school administrator oxymoron, but it caused me to pause and reflect and, ultimately, write this Wednesday submission. On the outside of most lockers were yellow post-it notes with words on them. As I walked closer, I read statements like: “I love your positivity” and “Thanks for all of your help in Econ 12” and “you are one of the smartest kindest persons I know”. Each of the notes was anonymous in nature and *all* were positive. If you had watched me read the notes and walk around you would have seen a wide smile on my face.

After a little research in trying to figure out how this had begun, I learned that a Grade 12 student thought it would be a great idea to have an activity to let the Grads show their appreciation of each other. On the Grad 13 Facebook page, they put up the idea and ‘challenge’ and then provided the post-it notes in the area of the lockers. As I finished this submission, the notes have continued to grow in colour, number and creativity in their content; lots of humour and fun and some very heartfelt messages. I have also noticed the affect it has had on the younger grades as a form of positive role-modeling.

As I have stated before, one of the benefits with working alongside young people each day is the learning one gains from their inventiveness and energy. This particular activity got me thinking about how I could take this learning and use it in my own role. Certainly the message of positive feedback and authentic praise is an obvious one. However, I wondered if we don’t, as people, sometimes assume excellent behavior or goodness. Society, of which schools are a member, often focus on helping to support those that are struggling to show these traits consistently. While this is something that I believe very strongly in and feel that we need to continue, perhaps we need to focus equal amounts on telling students that their kindness, focus, attention to detail and commitment is appreciated and not taken for granted.

There is an advertisement on television that shows an individual help another person in some way and a third person noticing this. The next scene is that third person taking the initiative to help a different person with a new onlooker noticing the act of kindness. Each time, this kind act initiates a new act affecting a wider and wider audience. It doesn’t take much and slowly more and more people are affected by these selfless actions.

It is often a small act, but it can make a big difference in someone’s day. I encourage everyone to try to find those small ways to help, support and encourage those whom they know (and especially the people whom they don’t)! Take time to assure others that their goodness and excellence isn’t taken for granted. It will make a difference and it might even come right back to you!

Have a great week!

Doug Palm
Head of the Senior School

Course Selection Evening

On Wednesday, February 13th Ms. Holt, Mr. Weaver and Ms. Livingston will present the range of course options available to our current Grade 8-11 students for the next academic year. In addition, it will provide an opportunity to learn about the Senior School's Leadership Experience Week (LEW) and to ask questions. The evening will be structured as follows:

6:30pm – 7:15 pm – Presentation for Grade 8 &9 students.
7:15pm – 8:15pm – presentation for Grade 10&11 students.

We look forward to seeing you there.

Ms. Jan Holt
Senior school Academic Program Director

Southridge Rugby Club – 3 Make U17 Canadian National Team

As we prepare for our upcoming rugby tour to the UK, good news comes in threes to the Southridge Rugby Club. Three of our senior boys, Drew Coles (Gr11) , Nick Collett (Gr11) and Tim Stephens (Gr11) have all made the U-17 Canadian National Rugby Team. This is a massive accomplishment for these three boys, and for a school the size of Southridge. In fact, Southridge has the most number boys from any school on the National team this year – even compared to Shawnigan, St. George's and SMUS, who are perennial powerhouses of rugby. Drew, Nick and Tim have dedicated countless hours to their passion of rugby and dividends are paying off.

The boys will be attending a national training camp in March 2013 and will be competing later in the year and into 2014, wearing the coveted maple leaf on their chest. Congratulations to all three! Well done, lads!

Mr. Doig
Southridge Rugby

News for Both Schools

Volunteer Committee Update

Country Fair Volunteers

Yes, the Country Fair is still months away but we wanted to let everyone know that there are some great lead volunteer opportunities available this year. We are looking for lead volunteers in these areas:

Southridge Café - In this role, you will be working with an experienced department head to organize and manage the Southridge Café which sells snacks, sandwiches, muffins and drinks. You will be assisted by a team of assigned volunteers to set up and run the Cafe on Fair Day. Certification in Food Safe is an asset but not a requirement.

Signage, Internal - In this job, you will also be working with an experienced department head to create, print and laminate signs for various departments. This work is completed before Fair Day. This is a great job for someone creative!

Signage, External - The External Signage Department is responsible for arranging for outside signage to guide fair patrons to the fair and provide way finding signage on the school site on fair day. This involves directing a team of volunteers to put up "Country Fair Today" signs in the community the night before the fair. This work is completed before Fair Day.

Shadow Department Heads for Various Areas, including Games, Face Painting, Loonie Bags and Toys.

We have people in place for the 2012 fair but we are hoping to recruit some volunteers that can shadow/observe an area this year and step in as lead volunteers next year (2013). No past experience necessary so we welcome new parents as well as volunteers that would like to try out a new area of the fair! It would be great to do with a friend, be a —risk taker and try something new!

Contact the volunteer committee if you are interested. We are happy to answer any questions you may have.
volunteer@southridge.bc.ca.

Roles for 2013 / 2014 school year

We are actively planning for next year's volunteer calendar! We have taken stock and there are many leadership opportunities available in a variety of areas such as the Junior School Library, Gala or Golf or departments at the Country Fair. If this type of role interests you and you would like to chat with us about it, please contact the Volunteer Committee at volunteer@southridge.bc.ca.

Stay tuned next week.....

...when we will have an exciting announcement to make about our new website!

Rachael Lawson, Chair
on behalf of the Volunteer Committee

The Cinderella Project: February 22nd Donation Deadline!

The Cinderella Project is a Vancouver based charity that assists graduating students who are in low-income situations have the graduation they've always dreamed of. The charity provides these students with dresses, suits, makeup, shoes and other necessities for their graduation so that they can celebrate their graduation festivities with pride.

The Cinderella Project team in the senior school has organized several successful fundraisers and will continue to do so, but we also need your help! Have any dresses or suits in the back of your closet that you haven't worn in ages? Shoes that you've outgrown? There is a rack situated in the Senior School Lobby where you can hang any dresses that you want to donate to a graduate and a container where you can donate accessories such as shoes, jewelry, purses and cufflinks. All gently used items are welcome.

Deadline for donations is Friday, February 22nd so donate soon! Thanks for your continued support.

The Cinderella Project Team

Bookswap Fundraiser

It is time for our annual Bookswap Fundraiser. The book swap is coming on February 27th in the Junior School Great Hall. We will be collecting books from February 20th to 26th. Please bring your books to Ms. Chong in the Junior School or Ms. Yee in the Senior School. Remember, if you want to trade a picture book, you will get a picture book, and a chapter book will get you a chapter book. Please make sure the books are in good shape for trading. The cost to participate is \$2.00 and will go towards the Cinderella Project. Thank you,

Ms. Chong and Ms. Yee

My Fair Lady

Southridge Senior School presents *My Fair Lady*, a musical based on George Bernard Shaw's play, Pygmalion. After its successful run in 1956, it was transformed into an award winning film, and has had numerous Broadway revivals. It remains a timeless classic that is extremely popular with audiences today.

The story is set in 1912 in London, England where a poor 'cockney' flower girl, Eliza Doolittle aspires to live a better life. Eliza wishes to take speech lessons from Professor Henry Higgins, an esteemed phoneticist, who makes a bet with a good friend, Colonel Pickering that he could pass her off as a lady of higher society. The hilarious attempts to change her speaking voice, along with Eliza's father's opinions on social class and morality, are extremely engaging to watch.

While Professor Higgins finds teaching Eliza how to pronounce her vowels and consonants, and showing her off to high society, an amusing game, he regards her social position to be irredeemably lower class. However, she later proves that she is remarkably self-aware and communicates her feelings far better than he. Moreover, Higgins's self-indulgent bet to transform Eliza into something better than a poor flower girl is not as significant as her ability to deeply transform his soul and touch his heart.

My Fair Lady has been a true community production and the dedicated ensemble includes talented students from Grades 8 through 12, and also features three of our own Southridge school teachers, Ms. Holt, Mr. Doig, and Mr. Sterelyukhin.

Tickets are \$10.00 and can be purchased online through this link.

The five performances will be held in the Alan Brown Great Hall in the Senior School:

- Wednesday, February, 27 at 7:00pm
- Thursday, February, 28 at 7:00pm
- Friday, March 1 at 7:00pm
- Saturday, March 2 at 2:00pm
- Sunday, March 3 at 2:00pm

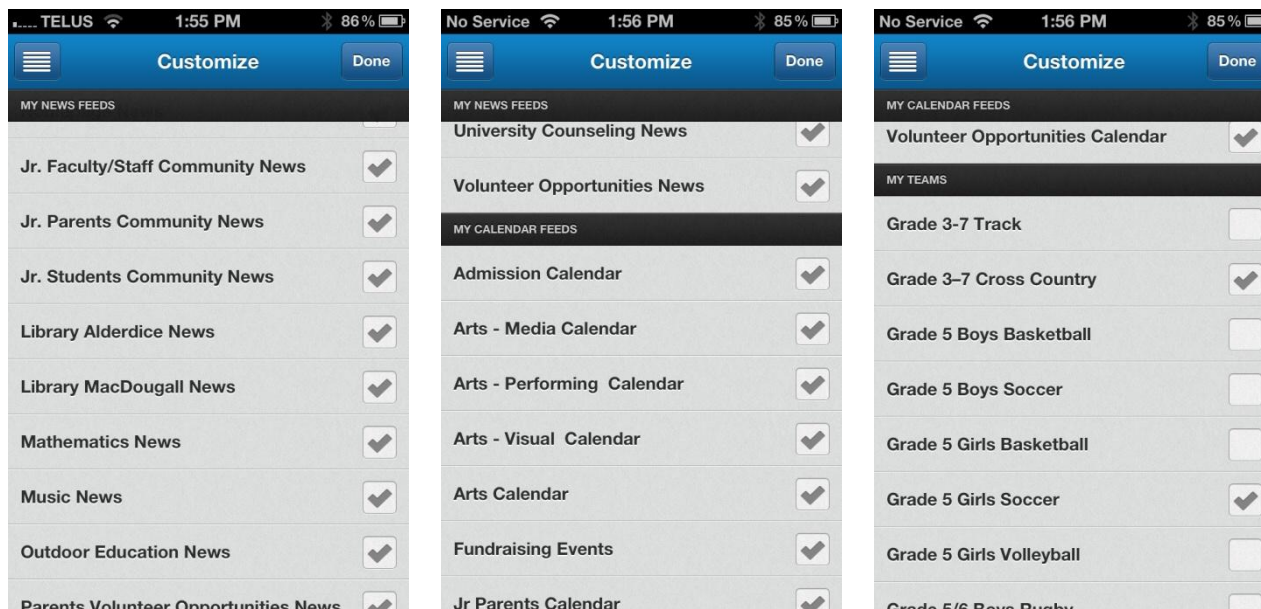
Ms. Kelly

Southridge's New iPhone APP – Customizing your News, Calendars and Teams

Hopefully by now, many of you have had the opportunity to download and start using the new Southridge School iPhone App. With each Southridge Wednesday newsletter, I will write about various aspects of the App and how you can get the most out of its use.

Once you have logged in, you can customize your News, Calendar and Team News by using the Customize feature which is available through the Main menu or Settings menu. When you select Customize you will see screens as shown below. As you scroll down past the News categories you will then view the Calendar categories and finally the Team News categories. In each area, you can touch the box next to the category you want to have show in your News, Calendars or My Teams views.

Once you have selected all the News, Calendar and My Team categories, touch the "Done" button in the top right corner of the screen to save your selections.



Please feel free to contact me with any questions you may have about the use of the new iPhone app.

Alan McInnes
Manager
Web and AV Services

A Beautiful Keepsake for our Grads

Grad commemorative pillows are available to order through the uniform shop now and until March 14th. Your name and grad year is embroidered onto an 18" x 18" black felt pillow. Pillows are \$85.00

Southridge Uniform Shop

Daily Digest – Café Menu for the Week of February 11th- 15th

Emphasizing moderation and encouraging healthier lifestyle choices is our goal at the Southridge Café.

In order to make good decisions about the foods they eat, students need two things: healthy options and the insight to choose wisely. We go beyond the cafeteria and support nutrition education whenever possible, setting the stage for a lifetime of smart dining decisions that will help Students live long, healthier lives.

The Southridge Café has many health options such as fruits cups, veggie cups, yogurt drinks, milk and freshly made sandwiches and soups and of course fresh made entrée daily that keep in mind nutritional dining by offering meals with vegetables and salads.

We look forward to seeing you at the Southridge Café. Bon appetite

Marat Dreyshner
Chef

Weekly Menu

February 11th – 15th, 2013

Monday

Closed

Tuesday

Closed

Wednesday

Chicken pot pie

Thursday

Cajun meatloaf
With taters and salad

Friday

Spaghetti and meatballs





tomato

Tomatoes provide a convenient way to get nutrients – they are an excellent source of potassium, folate and vitamins A, C, and E. Tomatoes are also a great source of fibre – tomato paste having the most fibre at 12 g per cup. Tomatoes are low in calories, fat and sodium.

Tomatoes also contain a variety of phytonutrients including carotenoids and polyphenols. In tomatoes and tomato products, lycopene is the carotenoid with the highest concentration. Chopping and cooking (especially in oil) increase the bioavailability of lycopene. Tomatoes are a concentrated source of flavonols, which are mostly contained in the skin. Many of these nutrients and phytochemicals have antioxidant properties and, in combination with lycopene, may contribute to the numerous health benefits of tomatoes. Enjoy tomatoes fresh when in season but also use processed or canned (look for lower sodium versions) tomatoes and sauces in your favourite recipes!

There is a high degree of scientific consensus about the consumption of a diet that is high in vegetables and fruit particularly those which contain dietary fibre and vitamins A and C, like tomatoes. Enjoy the tomato harvest!



Members of Compass Group Canada