

Southridge Wednesday

12-13

A Weekly Publication of Southridge School

February 20, 2013

No. 22

Head of School

We are Really Lucky

This is the time of year when our drama program at Southridge shines for all of us to appreciate. As we approach March break, our community will welcome the production of two musicals for the first time ever. Our Junior School's MYP rendition of Willy Wonka Junior will be complimented by our Senior School's production of My Fair Lady. How lucky are we? Really lucky.

These major productions are performed by our students and led by our teachers through our co-curricular program. Both of the performances underscore the incredible commitment of our community to the performing arts. Not only is the commitment made evident by the number of hours devoted to producing the musicals, but it is also made evident by the fact that our teachers and students manage to work within the limitations imposed on them by virtue of our facilities.

Don't get me wrong. Southridge has beautiful buildings and exceptional grounds. We all feel thankful for the resources we have to work with and count ourselves among the lucky ones in our teaching profession. Our students are excellent and our parents are incredibly supportive. The limitations we work within regarding our performing arts program is that we do not have a dedicated space for major dramatic productions.

This means that our teachers and staff need to adapt and adjust on a daily basis. We need to share spaces, accept multiple users of key areas and moderate expectations. I am the first to support the notion of having space in our school that is flexible and able to be used for multiple purposes. Not only does it ensure efficiencies but it also brings our community together as it requires us to communicate and work collaboratively with one another. Moderating expectations is the difficult part.

In fact, moderating expectations is something we do not do very well at all. That is to say, despite the fact that we do not have a space dedicated to the production of performing arts events, our students and teachers consistently reach inspiring heights in results. The results are inspiring because they are attained despite the odds. They are attained in the face of limitations. They are inspiring because they underscore how our community comes together. They are inspiring not just because they showcase the talent of our students and the expertise of our teachers; they are inspiring because we don't even say to ourselves when the performances are finished, "imagine how much better they could have been if we had a dedicated space."

But for me our performing arts productions are a reminder of what makes Southridge so special. They are a very real reminder of the essence of our school's history – that despite the odds, without the resources and when faced with obvious limitations, Southridge does great things. We are really lucky.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Junior School Early Dismissal for Student Led Conferences	Thursday, Feb 21 st	Noon	Junior School
Casual Day	Friday, Feb 22 nd	All day	Both Schools
Senior School Play “My Fair Lady”	Wednesday, Feb 27 th – Friday, Mar 1 st	7:00 – 9:00 PM	Alan Brown Great Hall
	Saturday, Mar 2 nd – Sunday, Mar 3 rd	2:00 – 4:00 PM	
MYP Musical “Willy Wonka Junior”	Tuesday, Mar 12 th	1:30 PM	Junior School Great Hall
	Wednesday, Mar 13 th	6:30 PM	
	Thursday, Mar 14 th		
Paul Tough – author of “How Children Succeed: Grit, Curiosity and the Hidden Power of Character”	Thursday, May 9 th	7:00 PM	Alan Brown Great Hall

Welcome Mr. Jim McGarry

It is with pleasure that I share with you that Jim McGarry joined Southridge on Monday, February 18th as the Facilities Manager. Jim brings to Southridge over 25 years of facilities and construction management experience gained primarily from the Financial Industry where he developed and implemented a diverse range of operational orientated services. Jim is a member of the Building Owners Management Association and holds a designation in BOMA RPA and BOMA FMA Designation and has participated in the BC Hydro Energy Management Program.

Ms. Darcie Sagert
Manager Human Resources

Junior School News

Making a Difference

At today’s assembly, I reviewed the Junior School promise with our students, just to reinforce the respect and care that they need to show for their environment. It is always good to be reminded of the responsibility that people have when they are part of a community, and I know how proud the children are of their school. The philosophy of making a difference was reinforced through a story I told about our former PYP PE teacher, Mr. Gil Cheung. Mr. Cheung is now head coach of the men’s basketball team at Brandon University in Manitoba. At half-time, there was a special event where a student from the University could win tuition for a semester, if they could sink a basket from half court. The twist added to this contest was that they could choose any person to make the shot on their behalf. The student, who knew Mr. Cheung from his classes, chose Gil to make the shot. Dressed in shirt and tie, Mr. Cheung approached centre line, warmed up a bit, and took the perfect ‘swish’ shot that went in without even hitting the rim. The eruption of joy and jubilation is so endearing, and does remind us all of how much we miss Mr. Cheung. Mr. Cheung, through endless hours of practice, did make the shot of his life, when the stakes were high, and performed to make a true difference for another person. A great shot indeed. CNN, ESPN, CTV and CBC all covered this story, and I hope that you enjoy it as well knowing that Mr. Cheung was and still is a valued member of our community. Way to go, Gil!

<http://winnipeg.ctvnews.ca/video?clipId=867796>

<http://www.youtube.com/watch?v=RzvjIQ7B61s>

Mrs. Middelaer
Head of Junior School

Assembly cancelled on Monday, February 25th, 2013

Due to the hosting of the ISABC (Independent Schools Association of BC) Collaborative FSA marking session, the Great Hall will be in use for Monday and Tuesday next week. The merits that should have been given out on Monday, will rather be given out on Wednesday, February 27th (Day 1). Thank you for your flexibility.

Student Led Conferences: Thursday, February 21st, 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 21st, 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.

MYP Musical- Tuesday, March 12th, Wednesday March 13th and Thursday, March 14th, 2013

Please make your plans to join us in our celebration of our interpretation of Willy Wonka Junior as our MYP students present in song, dance and theatre. We extend an invitation to our grandparents to join us for tea on Tuesday, March 12th and then stay for the matinee performance at 1:30 PM. Two other evening presentations on Wednesday, March 13th at 6:30 PM and Thursday, March 14th at 6:30 PM. Come and enjoy these enthusiastic and endearing presentations.

Casual Day for the Country Fair Friday, February 22nd

This month's Casual Day collection is in support of the upcoming Country Fair, which is held in early May. We ask that each child bring \$2.00 this Friday for the fair committee to purchase prizes that are given out at the Country Fair indoor games. Thank you for participating in this huge community event that has immense benefits for our students and teachers.

Ms. Jo-Ann Murchie
Junior School Service Coordinator

Southridge MYP Students Participate in the World Education Games

This year, the MYP students at Southridge have an opportunity to engage with the world while practicing spelling words, calculating math facts, and reciting science knowledge. We have started with practice rounds. Using their laptop, students sign on and are matched within their age category with a few students selected from around the world. They watch as a magnifying glass scan a map of the world to settle on countries as far ranging as China, Guatemala, and England. When their challenge is accepted, they see the country and the flag for the students they compete against.

The actual competition will take place over three days, one each for spelling, math, and science. On Monday, March 4 the official competition will kick off with the World Spelling Day. Students gain points based on correctly spelling faster than their competition. They can complete ten challenges at five levels of difficulty. Tuesday March 5 is World Math Day. The games ended on Wednesday March 6 with the World Science Games.

As of 9:22 am today, the following have made on the world score board for warm up challenges:

- Ingrid Rumm #14 ranking in the age 11-13 category in literacy
- Carson Bay #21 ranking in the age 8-10 category in science
- Cody Sigouin #56 ranking in the age 11-13 category in science
- Hamza Hasan #58 ranking in the age 11-13 category in science

Good Luck to all of the MYP students who compete this year.

Mrs. Beaulieu

Senior School News

Winning and Character

This week article brings together a number of ideas and events that have happened over the past few weeks. It has been brewing for a while in my mind including how to communicate it. I felt that a Wednesday write-up would allow some feedback from others. So, if you find the topic engaging and wish to respond, I would be grateful to hear you opinion!

Last week we had a number of important basketball games being played at all Senior School levels. Some were “do or die” and others were important as they were the beginning of the playoffs and would help to ultimately get into Provincial championships. In every case you could sense the intensity that the athletes and coaches were feeling as these games approached and their desire to succeed. I did my level best to go to as many of these games as possible to support the teams and they all did very well in their results.

In my observations at these games, there were feats of fantastic skill and teamwork from not only Southridge but their competitors as well. However, there were also excellent shows of character when a player was fouled, or there was an inadvertent collision or just ensuring that someone was okay. While it was clear the athletes and coaches wanted to win, it wasn't at any cost.

This led me to think about all the news from the professional sports with regards to performance enhancing drugs (PED's) and the strong opinions and response that this has garnered from people. One such view I have heard is the sentiment of “what's the big deal, people have been looking for an edge in sports for years”; this idea that the competition, desire for fame and money is so lucrative that it justifies the reasons to win at any cost. In addition, the argument that everyone is doing it so if you are not, you have no chance to compete.

At the expense of simplifying this incredibly complex issue and looking at it from a lens only as an educator at the moment, I am terrified of this notion. That somehow it is okay to do something you know is fundamentally not right because it has been done before, or that because everyone else is doing it, this is leveling the playfield to be fair. My response is: what about the responsibility we have as individuals and members of a community to do what is right; to show the best possible character? This is not to say one can't work incredibly hard and find new opportunities to increase their success. But it needs to be done with a strong moral character to guide us.

As an educator and father, I believe it is my responsibility to model this in everything I do. As a competitor, can I be disappointed when my team loses – yes! But should it drive me to become a poor sport or worse, find ways to overcome the disappointment by overstepping the rules – absolutely not!

We will always feel stress to want to succeed and do our best and this can often help to allow us to be focused and stay committed to the task at hand. The athletes and coaches playing on the basketball teams mentioned above have put in hours of training and practice. And I know they all wish to reach the pinnacle of their league. I wish them to do so, too, but more importantly, they need to ensure that they can be proud of themselves as people at the end of the competition.

Academically, this time of year can be very stressful for our Grade 12's as university acceptances and decisions are being made. Sometimes the eye on this prize can be so compelling that it might seem to justify doing anything to get an acceptance. We hope that every single student receives the opportunity to study at the school of their choice. However, it certainly needs to come from the hard work and commitment of earning this opportunity rather than at any and all cost.

Finally, if you take a moment to view the Senior School Educational Program model on our website, you will note that surrounding the wheel is the word “character”. We wish for our students to make a difference in the world and allow their spirit to soar, but this is always with the assurance that a strong moral character is present while they strive to be the best that they can be. Watching the students each day, it is clear that this is important to them in everything they do and I believe it sets Southridge apart because of it.

As I said above, I welcome feedback and encourage you to contact me should you wish to discuss anything further and share your thoughts.

Have a great week!

Mr. Doug Palm
Head of the Senior School

Reminder to all UK Tourist PARENTS

We will be having a notary public at Southridge this **Thursday Feb 21 in room 118 from 5pm – 7pm**

- **BOTH parents** need to be present and sign the attached document.
- Your son or daughter does NOT need to sign this document.

- This is a precaution in case questions arise going through immigration as to who the legal chaperone is allowing them to travel.
- Please bring photo ID – a passport is good.
- Please fill out everything prior to coming, EXCEPT DO NOT SIGN OR DATE; the signatures need to be witnessed by the notary.

NOTE 1: Some parents have indicated that they cannot make this time. That is fine. I set this up for your convenience. The notary, J. Amber Goddyn, is coming to Southridge and signing all these documents for free. If you cannot make it, you will still need to get this document filled out and signed by a lawyer or notary. Amber Goddyn has extended the free offer any other time, but you will need to make those arrangements directly with her office:

J. Amber Goddyn
 Notary Public
 1518 George Street
 White Rock, BC V4B 4A5
 (604) 531-2611
<http://www.notarypublicbc.com/>

NOTE 2: I have received some documents already for those who had other legal representatives sign it. Thank you.

NOTE 3: If you son/daughter is 18 years old, I do not need an immigration letter signed and notarized.

I need all documents in hand by FRIDAY MARCH 1, 2013.

Thank you and see you Thursday evening.

Mr. Doig
 UK Tour Coordinator

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, 27th at 7:00 PM
- Thursday, February, 28th at 7:00 PM
- Friday, March 1st at 7:00 PM

- Saturday, March 2nd at 2:00 PM
- Sunday, March 3rd at 2:00 PM

Ms. Kelly
Senior Drama Teacher

Cinderella Project Presents: The Great Grad Grub Grab!

Tired of making lunches? Needing something a little more exciting for his/her lunch? Well think no more.

On Tuesday February 26th the Grade 12's are fundraising for the Cinderella Project which is a legacy event for our Graduating Grade 12s.

They will be preparing lunches and auctioning them off starting at \$5.00 and up. Last year we auctioned from peanut butter and jelly to a full course steak dinner with crème Brule for dessert. Each lunch will include a drink, fruit, dessert and a main course. Please support our legacy by sending your child in with money for lunch on Tuesday February 26th. To learn more about our legacy please visit www.thecinderellaproject.com

We will be accepting gently used formal wear at the Senior School until February 22nd. Please look through your closet for items that you do not need. This includes dresses, men's suits, shirts, ties, men's and ladies formal shoes, and purses.

Thank you for your continued support.

The Cinderella Project Team

News for Both Schools

Spencer West - Saturday April 20 at 2:00 pm

On Saturday April 20th at 2:00, **Spencer West**, author of *Standing Tall: My Journey* will be here to tell his story of losing his legs at age five and how he overcame stereotyping and bullying, about finding meaning and happiness in a material world and how he never lost the hope or courage needed to mount personal obstacles.

After traveling to Kenya on a Free The Children volunteer trip, where he met children who overcomes challenges every day, Spencer realized he could motivate and inspire people around the world with his story. Last year, he climbed to the peak of Mount Kilimanjaro, raising \$500,000 to bring sustainable clean water projects to communities in Africa affected by drought.

Southridge Senior School Service club is organized the Spencer West event and has designated any proceeds from the event to clean water projects, supporting Spencer's passion for making a difference.

This event is open to everyone and is suitable for children and adults, so make it a family event!

[Click here for tickets](#)

Last Chance to sign up for the Southridge Sun Run Team before this Friday's 'school teams' deadline!

Thank you to everyone who has already joined our school team! The final deadline to register for the Southridge School Team is Friday, March 8th. Please note that all ages and levels of runners are welcome – from beginners to experts. There is no pressure to run at a certain pace. It's just fun to run knowing that you are wearing "Southridge School" on your back!

To register, go to www.sunrun.com and at the top of the page select 'Register' and tab 'Register here'. When directed to the new screen, please click on 'Teams and Members: Schools' and then click on the link that is appropriate to you (10K Sun Run or 2.5 K Mini Sun Run) to be guided through the registration process. Our team name is "Southridge School" and the password to join the team is "leteveryspiritsoar". The online registration seems to be very user-friendly this year, but please email me if you have any questions.

If you have any questions, please feel free to send me an email.

Ms. Megan Fretter
mfretter@southridge.bc.ca

5 Year School Tour Planning Calendar

In order to assist parents in their long-term planning, we have a School Tour Planning – 5 Year Outlook document located in the Calendar section of the Parent Resources section of the website (the most recent version is attached). This is periodically updated, so do check back on occasion. For more information about our International Learning Program or about any of the travel opportunities coming up, please contact Mr Weaver in the Senior School at dweaver@southridge.bc.ca or 604 542 1796.

Digest, Menu, and Nutrigrum

We are getting closer to spring and with every sunny day the energy of summer slowly starts to come back and thoughts of pools, beaches, picnics, BBQs and events where good food and good friends brings smiles and laughs. Alas, we are still a few month away from all that goodness, but in the meantime, the Southridge Café can provide the good food and good friends to get you ready for the spring and summer days coming up.

Pay attention to upcoming advertising for times that warm cookies will be coming right out of the oven, and while you're enjoying the warm cookies grab a cold milk or warm tea to make your experience unforgettable.

Looking forward to seeing you at the Southridge Café.

Marat Dreyshner
Chef/Unit Manager

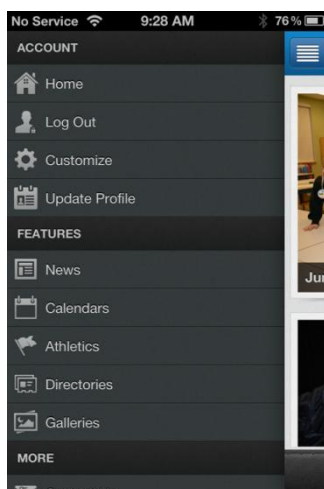
A Beautiful Keepsake for our Grads

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

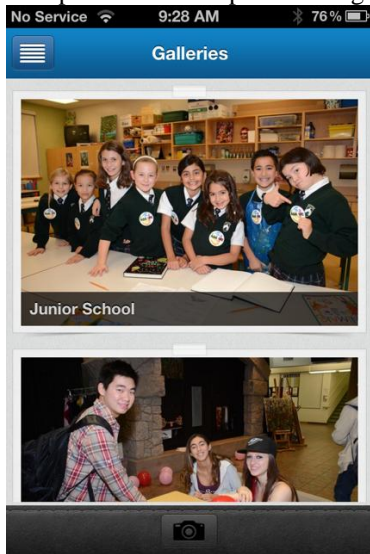
New Southridge iPhone App – Photo Albums

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.

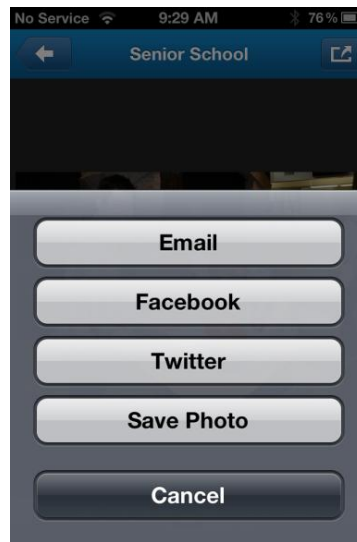
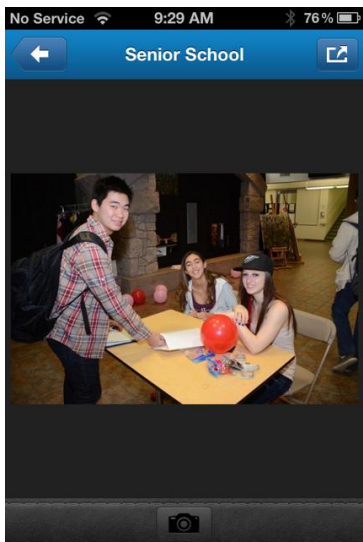
One of the great features of the App is the ability to view and share photos. From the main menu, you can select the photo albums through the **Galleries** link as shown below.



Once you select the **Galleries** link, you will be shown a list of the available photo albums as in the photo on the left below. You can scroll up and down this list by using the standard swipe gesture with your finger. Select the album you wish to view by tapping on it with your finger and you will be shown the contents of the album as in the photo below on the right. You can scroll up and down the photos using your finger and then tap the photo you wish to view.



Once you tap on a photo, it will be presented as shown in the photo below on the left. You can then tap on the icon in the top right corner if you wish to share the photo and you will be presented with the menu options shown in the photo on the right below.



Using the menu choices, you can share the photo in an email, to your Facebook or Twitter account or save it to your phone photo album.

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



SOUTHRIDGE SCHOOL

2656 – 160th Street, Surrey, BC, Canada, V3S 0B7, +604-535-5056

To Whom It May Concern:

I give permission for Mr. Paul Doig, head coach of the Southridge rugby and field hockey team, to travel from Surrey, BC, Canada to the United Kingdom with my child, _____, for the duration of their trip starting March 13, 2013 and returning to Canada on March 26, 2013.

Signed,

Parent / Guardian Signature

Parent / Guardian Signature

Parent / Guardian Print Name

Parent / Guardian Print Name

Address:

Address: (if same, leave blank)

Phone:

Phone: (if same, leave blank)

Date:

Date:

Witness Signature

Date:

School Trip Planning Table
5 Year Outlook Overview: 2012-2013 to 2016-2017

Important Note: These trips are all *tentatively* scheduled in order to allow overall program coordination and to facilitate parent planning. All trips are subject to adequate student interest, foreign affairs advisories, staff availability, and other related issues.

School Year	Christmas	March Break	Summer	Other
2012-2013				
Academic			Europe - Battlefields Tour	
Arts				
Service		Kenya Guatemala		
Athletics	Portland – Sr. Basketball	UK Rugby Tour		CAIS Basketball - January
2013-2014				
Academic			SE Asia - Human Rights Trip	
Arts		Italy – Concert Band		
Service		India/Kenya Ecuador		
Athletics	Phoenix - Sr. Basketball			CAIS Rugby – April CAIS Basketball - January
2014-2015				
Academic			Peru – Biology Amazon Research Trip	
Arts		Cuba – Jazz Band /Choir	Italy - Creative Expressions Abroad	
Service		Kenya Guatemala		
Athletics	Portland - Sr. Basketball			CAIS Rugby – April CAIS Basketball - January
2015-2016				
Academic			Europe - Battlefields Tour	
Arts				
Service		India Ecuador		
Athletics	USA – Sr. Basketball	International Rugby Tour		CAIS Basketball - January
2016-2017				
Academic				
Arts		Europe – Concert Band		
Service		Kenya Guatemala		
Athletics	USA – Sr. Basketball			CAIS Rugby – April CAIS Basketball - January

Weekly Menu

Feb 25th – Mar 1, 2013

MONDAY

HERBED LIME CHICKEN

Vegetarian choice available

TUESDAY

SPAGHETTI WITH MEAT SAUCE

Vegetarian choice available

WEDNESDAY

KOREAN BEEF BULGOGI

Thinly sliced beef over rice

THURSDAY

ROASTED CHICKEN BREAST

In a cranberry and orange marinade

Vegetarian choice available

FRIDAY

CHICKEN POT PIE

Served with homemade fries

Vegetarian choice available



Tea

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

The Difference Between Black, Green and Oolong Tea

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

Health Benefits of Tea

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

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



Research findings on tea and tea flavonoids suggest that:

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

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

CHAI TEA

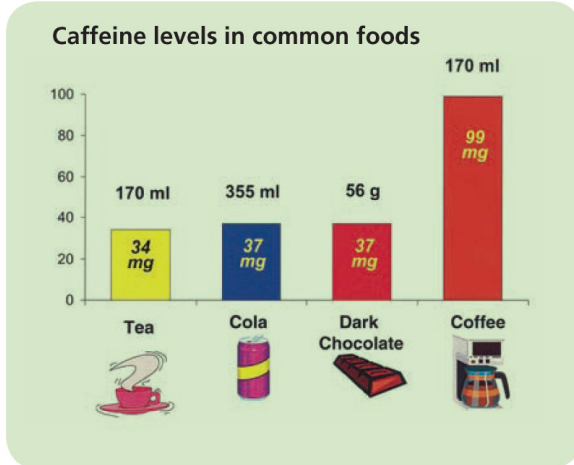
Makes 4 servings

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



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

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



Tea Contains Less Caffeine than Coffee

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



Tea and Iron Absorption from Food

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

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

Sources:

1. Hakim I, et al. Tea consumption and the prevalence of coronary heart disease in Saudi adults: results from a Saudi national study. *Prev Med* 2003;36(1):64-70.
2. Weisburger JH. Tea and health: the underlying mechanisms. *Proc Soc Exp Biol Med* 1999;220:271-5.
3. Isemura M, et al. Tea catechins and related polyphenols as anti-cancer agents. *Biofactors*. 2000;13(1-4):81-5.
4. Sarkar, S, et al. Effect of black tea on teeth. *J Indian Soc Pedod Prev Dent* 2000;18:139-140.
5. Hegarty VM, et al. Tea drinking and bone mineral density in older women. *Am J Clin Nutr* 2000;71:1003-7.