

# Southridge Wednesday

12-13  
No. 06

*A Weekly Publication of Southridge School*

October 10<sup>th</sup>, 2012

## Head of School

### How do Parents Affect Student Achievement

Just recently, the Organization for Economic Cooperation and Development (OECD) completed a study after analyzing the responses of parents from fourteen countries to specific education-based questions. The study's purpose was to determine how parents' backgrounds, home environment and involvement in their children's primary and adolescent education impacts student achievement. The OECD study used data from the Program for International Student Assessment (PISA, 2009) to help align parent responses with student achievement. I thought it would be interesting to share some of the results of the OECD study with you this week.

Two key parental activities that appeared to affect student performance were identified. One was reading books to children when they are beginning school. The other was talking with adolescents about topical political and social issues. Interestingly, children whose parents read to them when they entered elementary school were far more likely to have higher reading scores at age 15. In some cases, the study found that adolescent reading scores were as much as one year higher. Even when socio-economic factors were controlled and accounted for reading to young people still had a positive effect.

It is helpful to remember that even beyond the early elementary years, parents can still have an effect on student achievement simply by modeling positive values about reading – and learning – that children can observe and emulate. And stimulating conversations help too. The OECD study found that children who have open conversations with parents requiring them to reflect on their experiences learn to process and communicate information better. Talking to adolescents in particular about social and political issues (or about books, films and television programs) that require analytical thinking develops more sophisticated use of language. In fact, the study found that students whose families engaged in this kind of discourse scored up to almost a year above peers whose families did not talk about issues that require analysis and other such higher order thinking skills.

The results of the OECD study are interesting because they highlight the importance of engaging with your children in the learning process. Everything from reading to discussions to role-modeling is important to keep in mind when considering how parents can support learning and attitudes toward intellectually engaging activities.

Have a wonderful week!

Acknowledgement: Information for this Wednesday article was sourced through the Federation of Independent Schools (Issue 202).

Mr. Drew Stephens  
Head of School

Important Dates			
Junior & Senior School Picture Retakes	Friday Oct 12 <sup>th</sup>	8:10 to 10:30 AM	Junior Great Hall Foyer
Grade 6 Immunizations	Monday, Oct 15 <sup>th</sup>	8:30 - 9:30 AM	Junior Great Hall
Grade 7 Teach Your Parent Night	Wednesday, Oct 17 <sup>th</sup>	6:30 PM	Junior Great Hall
BC Pro-D Day	Friday, Oct 19 <sup>th</sup>	No School	

Important Dates			
Hot Lunch	Tuesday, Oct 23 <sup>rd</sup>		Junior School
Parent/Teacher Interviews - Noon dismissal	Wednesday, Oct 24 <sup>th</sup>	12:00 PM	Junior School
UK Rugby & Field Hockey Tour Parent Meeting	Wednesday Oct 24 <sup>th</sup>	7:00 PM	Senior School Great Hall
Jazz Retreat	Thursday, Oct 25 <sup>th</sup> -27 <sup>th</sup>		Evans Lake

## Junior School News

### ...Has an appreciation of, and desire for, life- long physical activity and fitness...

Part of our mission statement at Southridge includes the phrase: 'Has an appreciation of, and desire for life- long physical activity and fitness.'

We are pleased to be offering a very unique implementation of DPA in the Junior School. Our new teacher intern, Ms. Megan Fretter, has been scheduled into our primary classes three times/six day cycle in order to deliver a very structured DPA experience. The BC Ministry of Education has mandated that all school-aged children participate in a DPA session per day. Given that we have Physical Education classes three times per cycle, we needed to supplement our offering. However, with our plan of DPA, we have also met a desired request of our primary classroom teachers; working with smaller groups for core subject areas such as Math, Reading and Writing. In kindergarten to Grade 4, Ms. Fretter will take half of one class and half of another scheduled class for DPA. This leaves the remaining portion with the classroom teacher. So instead of working on reading/writing/or math with 20 students, the teachers are now able to work on reading/ writing/ or math with 10 students. Inherent in this plan is the opportunity for teachers to diversify education and provide more for the individual needs of the students. The benefit to the student obviously is a great DPA program, but also an opportunity to have 'a few classes' with the other students in the other class. The groupings are flexible, at the teachers' request and based on student need.

In Grade 4 to 7 we offer lunchtime intramurals and therefore have only scheduled DPA two times per cycle on those days that the students do not have PE. On those days, different teachers will take the groups with Ms. Fretter or Mr. Gallant and complete a DPA activity.

Because we have DPA every day, it is imperative that every student have a pair of PE shoes at school. We do insist that shoes are worn on our fields at all times, and when involved in fitness, our preference is for the students to wear athletic shoes. In Grades 4 to 7 students need to keep these PE shoes in their locker, as they will be needed every day. We do not change out of uniform for DPA, but we feel that that appropriate footwear is essential. If students who do not have this footwear, it will be deemed to be a uniform infraction which has the consequence of Supervised Study. Thank you for your support; if you have any questions, please speak to your child's class room teacher, or myself. We are very pleased to be offering such a diverse program of fitness, and seeing our fields and our students busy is a great thing.

### Picture Retakes - October 12<sup>th</sup>, 2012

For those students requiring photo retakes, they will occur in the Junior School Great Hall from 8:00 - 10:30 AM. If you need more information, please contact Ms. Rickard at [jrickard@southridge.bc.ca](mailto:jrickard@southridge.bc.ca)

### Full School Assembly - October 16<sup>th</sup>, 2012 from 9:40 – 10:30 AM

Please join us in our Senior School gymnasium for another full school assembly led by Mr. Stephens. This is a great opportunity for the entire school to come together.

### Upcoming Pro-D day (Friday, October 19<sup>th</sup>) and Half Term Holiday (Monday, October 22<sup>nd</sup>)

Students all over the province are looking forward to Friday, October 19<sup>th</sup> as it is the provincial Pro-D (Professional Development Day). This year Southridge has aligned itself with this province wide event and our teachers have a wonderful opportunity to network, have collegial discussions, and learning with their fellow educators in BC. There are many outstanding sessions to attend and our faculty is attending different conference sessions all over Vancouver. Southridge teachers embrace professional development opportunities, and we look forward to the different perspectives and understandings they bring back to our school from their different experiences.

On Monday, October 22<sup>nd</sup> please enjoy the half term holiday as we extend the weekend for a family break. We look forward to seeing everyone on Tuesday, October 23<sup>rd</sup>, 2012. Please note that there is NO late start on that day, but a regular start of 8:05 AM.

### **Parent- Teacher Interviews - October 24<sup>th</sup>, 2012 Noon Dismissal**

Parents please mark your calendars for the upcoming parent teacher interview day on Wednesday, October 24<sup>th</sup> from 1:00 to 8:00 PM.

Interviews will be 15 - 20 minutes in length and teachers look forward to discussing your child's progress thus far this term. We continue to offer our interview schedule on 'Pick a Time'. Parents will be able to log into their parent portal and book their interview time. Mr. Anderson and Ms. Rickard are busy prepping this feature right now and login will be available after October 12<sup>th</sup>. Please proceed to the parent portal, log in, and click on the logo for 'Pick a Time'.

Due to the length of the first term, MYP students (Grades 5-7) will be receiving an interim report card on Tuesday, October 23<sup>rd</sup>. On this report card there will only be a letter mark and an effort mark. There will be no written comment, but this interim report will serve as a basis for discussion during the parent-teacher interview. Please note that there will be a noon dismissal on that day.

Mrs. Middelaer  
Head of Junior School

### **Hot Lunch Change**

Please note there is a noon dismissal on Wednesday, October 24<sup>th</sup> due to Parent Teacher interviews. As a result hot lunch will be served on Tuesday October 23<sup>rd</sup>. Thank you.

Stephanie Schmidt and Jasmine Sandhu  
Hot Lunch Co-chairs

### **Junior School Theme Day on Friday, October 12<sup>th</sup>**

This term's 'Theme Day' is 'Make-Your-Own Theme Day'... This means that every student gets to choose what they want to be. All students in the Junior School are encouraged to take part, and it only costs \$2.00 to participate. All money raised goes to the Grade 7 Legacy Fund. This fund is used at the end of the year to support a local, national, or global service project.

Theme Day ideas can range anywhere from dressing in your favorite colour, to becoming your favorite book character, or becoming a pirate rainbow!

This term's Theme Day was chosen because we don't want parents/students to go out and buy new clothing to fit the occasion. We hope that each student can come up with a theme that they already have all of the items for.

The Rule: Students' clothing must cover the same amount as the PE strip; this means no shortie shorts or spaghetti straps are allowed.

Cali Ellemo  
Grade 7 House Captain

### **Grade 4 Students Take Action**

In Grade 4 our central idea is, 'Global citizens protect the rights of others'. We have been learning about many famous people from the past who have stood up to protect rights of others, like Rosa Parks, Martin Luther King and Nelson Mandela.

We have learned that even today there are people who do not have the same rights as us. There are children who have to work in unsafe environments, and people who do not have their basic needs of food and water. Did you know that in some countries girls do not have the right to go to school?

The Grade 4 students feel very lucky to be able to go to school every day. We want to take action by advocating that all girls should have the right to go to school. On Friday, we will dress in pink, red or purple to show our support for girls around the world. You can show your support by wearing these colours to school on Friday.

Thursday, October 11<sup>th</sup> is the International Day of the Girl. To learn more about what you can do to help, take a minute to visit “Because I’m a Girl” website <http://becauseiamagirl.ca/page.aspx?pid=4931> , and raise your hand for equal access to education! Thank you for your support!

Jackie and Rowena

## Senior School News

### **A Few Reflections on Leadership Experience Week (LEW)**

I often wonder perhaps if people, while reading my various Wednesday submissions make the conclusion that I only think about one theme: learning. I realize I reference this topic often! While I do think of other things (sports, fatherhood, and family to name a few) I am intrigued by how we all learn through our experiences and especially how this occurs in young adolescents! As I have stated in this space before, reflection after an experience is vital in order to create meaning. So, I would be remiss if I didn’t make note of a few of my personal reflections of our Leadership Experience Week that occurred last week.

As I was only able to be in one place at a time and we had five Grades going full speed ahead, often in multiple places, I will only comment on a few of the events I was able to observe. I have heard many wonderful stories from Strathcona and Service Week and the Restorative Action workshop and I will endeavor to get more details out to everyone. Given the limit to the length of the post, I would like to talk specifically of my reflections on Career Day and the Grad Retreat.

#### *Career Day*

The best way to begin is to describe the feeling of the day. A number of long time faculty and staff members commented that this day was very “special”. I would concur as the feeling was positive, collaborative and informative. We were treated by a thoughtful keynote presentation from Ross Laird. He spoke of where careers had come and how they are presently changing. In addition he spoke of some really interesting possibilities for future careers. And although there is uncertainty in the specific kinds of careers in the future, he did feel that Southridge and its future grads will be well prepared to thrive with strong skills, attitudes and character. He was certain that they will make a difference in the world!

The second portion of the day was a panel of seven individuals that held very different careers. It was made up of friends, parents, Board members and 2 Alums of the School! Each person had a chance to speak about the path they took to be where they were on that very day. They spoke about trials and tribulations, high points and points where they weren’t sure where to go next. The main themes we all received was that no one took a straight line to the career they had now and that a number of times their advice given to the Grade 11 and 12’s was contradictory in nature – a good thing! I gained the message that one needs to set goals and strive to arrive at them, but not to be inflexible. Often these goals will need to be rethought or even abandoned for new ones. The final common theme was to believe in oneself and know your strengths and use these to forge a path.

The remainder of the day was spent with students visiting with smaller breakout groups in order to learn about a specific career and be able to ask questions to that individual. It was a wonderful day and Daryl Weaver and Ms. Yvette Livingston put a great deal of time and effort into planning the program! Thanks to these two.

#### *Grad Retreat*

This year, the retreat took place at Rockridge Canyon in Princeton, BC. This was a new venue and is a spectacular setting with a lake surrounded by the mountains and beautiful tall pine trees. The lodge where we ate our meals is a stunning design and looks like something that you would find on Whistler Mountain. While we were there, the Grads participated in a number of activities designed to allow them to collaborate and reflect on the year ahead and the legacy they wish to leave. I encourage you to ask one of the Grads that went as I know they will all have a very personal story about the two days and the fun they had. Mr. Paul Doig worked hard to set up a great program and he succeeded in every way! The students could try a high ropes course, the Tower of Terror, the BLOB or finally, take a turn on the longest zip line in N.A. I was so excited that I actually filmed my turn! I am happy to share with anyone who wishes to see it.



The evening was spent with the students completing a creative, reflective and incredibly fun scavenger hunt that had students going all over the property. Throughout it they were asked what their plans for the year might be, what Southridge meant to them and how they would remember their time at the School. One final memory for me was the Polar Bear swim on Friday morning. Brave Mr. Doig and a few students overcame the -1C air temp and cold water for a little dip. I think they broke the record for the shortest swim in history!

Both these events in a week filled with many more opportunities for the students helped to show the importance of learning outside of the classroom and the power of experiential education. As always, we will be gaining feedback from the week through students and other sources in order to refine and improve the week for next year. I encourage you to look for these opportunities.

Finally, I hope that everyone enjoyed a happy Thanksgiving weekend this past week with family and friends. Have an excellent week!

Doug Palm  
Head of Senior School

### **Grad Retreat 2012 – RockRidge Canyon, Princeton BC**

This year's Grad Retreat was an excellent two-day affair held in a majestically beautiful valley near Princeton, BC. Our grads were involved in a variety of leadership and self-challenge activities throughout the 48 hours at RockRidge Canyon Retreat. Watching the grads zipping on Canada's longest zipline, being bounced on the BLOB into chilly mountain lake water, over-coming fears of heights and literally taking leaps of faith to grab a bar 30 feet in the air, all the while collaborating, sharing and bonding contributed to an amazing retreat. Thanks to all the grads for their enthusiasm. And thanks to the 11 teachers who were able to lead and engage the grads in a memorable event.

Mr. Doig

### **Purdy's Fundraiser for Grad**

Need chocolates for the holiday season – for those surprise guests, for staff gifts, for friends and family? This year's graduating class would love your support and are handing out order forms for Purdy's Chocolates in the Senior School this week. Order forms will also be available at the Senior School Reception or you can contact Ms. Heather Mosher ([hmosher@southridge.bc.ca](mailto:hmosher@southridge.bc.ca)) or our parent volunteer Savitha Manjunath ([savitha\\_manjunath@yahoo.com](mailto:savitha_manjunath@yahoo.com)). Orders are due November 26<sup>th</sup>; you can order online or by dropping off your order forms at the Senior School Reception. Thank you for your support!!

Grad Committee

### **Used Uniform Sale**

The grads will be having another used uniform sale to help raise funds for their dinner/dance. The sale will be on October 11<sup>th</sup> in the Junior School Great Hall from 2:00 PM – 4:00 PM. Everything is priced below \$10.00 - come and see what we have and help out your graduating class! Donations of cleaned used uniform items are welcome as well. If you are unable to come during these times, please email Ms. Mosher ([hmosher@southridge.bc.ca](mailto:hmosher@southridge.bc.ca)), but items will be sold on a first come, first serve basis.

Thank you for your support!

Grad Committee & Ms. Mosher

### **Bottle Drive**

The grads will be doing multiple bottle drives throughout the year to help raise funds for their dinner/dance. The first bottle drive will be on October 9<sup>th</sup> - 11<sup>th</sup> (right after Thanksgiving) and we will be accepting bottles in the mornings (Tuesday at 10:00 - 10:25 AM - late start morning - and Wed & Thurs at 7:30 - 8:00 AM) in front of the Senior School. Load up the car and bring it to the Senior School where the grads will unload your cars for you as you drop off your children! Remember to save up your bottles for the next bottle drive. Thank you for all of your support!

Grad Committee & Ms. Mosher

### **Sturgeon Conservation Trip**

On Thursday November 8<sup>th</sup>, students will have an opportunity to help contribute to the efforts of Sturgeon conservation. We will do this by fishing for Sturgeon, and then microchip tagging, measuring length and girth, recording location and time, before releasing the Fraser River Sturgeon. This data will help contribute to research already in progress in an effort to support recovery plan initiatives for the Ministry of Environment.

The cost of the program will be \$170.00 per student, and will include transportation to the river, jet boats to fish from on the river, professional fishing guides, and all fishing related gear. Students are responsible for their own lunch and a tidal waters recreational fishing license for the day.

Anyone interested can come get a consent form with more information on it from Mrs. Szymczak. They are due back by October 29<sup>th</sup>.

Anna Szymczak  
Biology Teacher, Outdoor Ed Coordinator

### **UK Rugby and Field Hockey Tour Parent Meeting – Wednesday October 24<sup>th</sup> at 7:00 PM**

We are having an informational session on Wednesday, October 24<sup>th</sup> at 7:00 PM in the Senior School Great Hall for all parents of those players who are travelling to the UK with our rugby and field hockey teams. This meeting will give an overview of the tour, the host schools in Scotland, England and Wales, tour expectations and due dates for payments. Please note, the first deposit of \$300.00 is due October 31<sup>st</sup>, 2012.

We look forward to seeing all of you in attendance. Players and parents welcome! We have a grand tour planned with 48 players and 7 coaches to 4 host schools in 3 countries!

If you have any questions, please let me know. Thank you.

Mr. Doig

### **Jazz Retreat on October 25<sup>th</sup> – 27<sup>th</sup>, 2012 at Evans Lake**

This will be our 7<sup>th</sup> Jazz Retreat, but this year we are at a new location; the beautiful Evans Lake just past Squamish. Truly, this has become a bit of a Southridge tradition! If you speak with anyone who has been in previous years, I'm sure they'll tell you it was a great time... musically and in every other way! This year's retreat will be held from Thursday through Saturday, October 25<sup>th</sup> – 27<sup>th</sup>.

Students will stay in cabins. Our days will be filled with full band sessions, sectional rehearsals, as well as workshops on improvisation. Each evening, we'll be treated to a jazz jam session extraordinaire with our clinicians. Also, they'll be lots of free time for relaxing or playing a game of cards or soccer, or simply soaking up the awe inspiring scenery.

If you are playing in one of the Jazz Bands or sing in the Vocal Jazz Ensemble this year, you will not want to miss this amazing retreat. The sign up forms are attached.

Parents, if you are willing to help, please email [sburrage@southridge.bc.ca](mailto:sburrage@southridge.bc.ca) Each year, we have about 5 or 6 parents join us, to help with the younger students' cabin supervision and some of the food. The evening concerts are definitely a highlight. Any parents who have been before have certainly enjoyed the retreat.

Ms Parker, Mr. Mitchell & Mr. Burrage

### **Photo Re-Take Day – October 12<sup>th</sup>, 2012**

8:30-10:00am

Location: Junior School Great Hall

Photo retakes are for students and staff who were absent on Photo day, as well as those who have purchased a photo package but are unhappy with their picture. Artona will not do retakes for Go Cards only. Students must bring their original photo package with them to give to the photographer.

Lisa Byrom  
Assistant to Head of Senior School

## News for Both Schools

### Notice of Road Closure

Weather permitting on Friday, October 12<sup>th</sup>, 160<sup>th</sup> will be closed from 28<sup>th</sup> – 30<sup>th</sup> from 9am – 10pm.

28<sup>th</sup> Avenue, west of 160<sup>th</sup> also has construction, so the suggested routes for pickup are east on 28th to 164th and south on 160<sup>th</sup> to 24<sup>th</sup>. If the city is unable to pave this Friday they will decide early each morning on the possible road closure, depending on the weather forecast for the day.

### Gala Sponsorship Opportunities

The invitations are out and planning is well underway. Now it's time for you to consider how you might contribute to the success of the Gala. Sponsorship is an integral part of the gala's financial success, so please consider the available opportunities.

Please fill out the attached form, or visit the [gala website](#) for opportunities.

Gala Committee

### Southridge Presents Our 2012 Gala – True Colours

By now you should have all received your invitation to this year's True Colours Gala. This year we are celebrating colour in every, way shape and form. From décor to food to uniqueness – colour will be the forefront at this year's event.

Tickets are \$150.00 each, or tables of 10 for \$1500.00

We hope you can all come out and Celebrate Southridge's true colours on Saturday, November 17<sup>th</sup>, 2012. [Click here](#) for event information and ticket sales.

Gala Committee

### Uniform Shop

We are open Monday to Thursday, 7:45 – 9:00 and 2:00 – 4:00

Alert! Just arrived! Gym shorts, sweaters and a new Southridge mouse pad!

Check out the new Uniform Shop web page in the Parents Portal on the Southridge website to learn how to tie a "Four in Hand tie".

The Uniform Shop

### Menu, Digest and Catering Menu

The Children's Wish is Compass Group Canada's corporate charity and we, as an organization carry out many fundraising efforts throughout the year. As a major sponsor of Children's Wish, Business Excellence has committed to helping this worthy charity rally participants for their signature charity event, Children's Wish Makers Walk.

Every year, thousands of individuals come together in communities across Canada to walk and raise fund to create the magic of a wish for Canadian children living with life threatening illness.

The number of children with a life-threatening illness who are introduced to Children's Wish increases every year. With the average cost of a wish being approximately \$10,000, it has made it challenging for The Children's Wish Foundation of Canada to keep up with the increasing overall costs of granting wishes. Compass Group Canada's leadership and support help to make it possible for Children's Wish to continue its tradition of never refusing a wish to an eligible child. In total, Compass Group Canada has ensured that close to 60 children from across the country will receive their most heartfelt wish.

This October I will be participating in The Children's Wish Foundation of Canada's Wish Maker Walk for Wishes. By pledging me, you will be helping to create the magic of a wish for children with a life threatening illness.

Thank you for your support. Please paste this URL for on line sponsorship.  
<http://my.e2rm.com/personalPage.aspx?registrationID=1582582&langPref=en-CA>

Thank you for your support

Marat Dreyshner  
Chef



# Southridge Fundraiser November 17<sup>th</sup>, 2012

Deadline for Submitting Donation Form: **Friday October 12<sup>th</sup>, 2012**

**Item Name:**

**Detailed Item Description:**

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**Retail Value:**

**Delivery:**

Items must be dropped off at the Senior School to the attention of Lisa Boudot by **Friday October 19<sup>th</sup>, 2012**.  
Large items can be picked up if necessary.

**Delivery (check one):**

Procurer will deliver

Donor will deliver

Pick-up needed

**Scheduled Pick-Up/Delivery Date:**

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**Donor Information:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Contact:** \_\_\_\_\_ **Website:** \_\_\_\_\_

**Recognition Name for Online Program:** \_\_\_\_\_

Tax receipts will only be issued when appropriate and only for items with a minimum fair market value of \$100. Donors must provide an official invoice/receipt confirming the item's fair market value.

**Do you wish a tax receipt?** Yes  No

**(Will only be issued if the donation qualifies)**

If you have any questions, please contact Christiane Hodson at (604)542-2330 or [chodson@southridge.bc.ca](mailto:chodson@southridge.bc.ca)

For further information or to donate, please contact [lboudot@southridge.bc.ca](mailto:lboudot@southridge.bc.ca)

# SOUTHRIDGE

## SPONSORSHIP OPPORTUNITIES



CELEBRATES  
**OUR TRUE COLOURS**  
GALA 2012

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

### Sponsorship - Exclusive Opportunities (please check):

<input type="checkbox"/> Marquis Sponsor	\$ 12,000	<input type="checkbox"/> DJ	\$ 2,000	<input type="checkbox"/> Grad: Clean-Up	\$500
<input type="checkbox"/> Gold Sponsor	\$ 10,000	<input type="checkbox"/> Champagne Reception	\$ 2,000	<input type="checkbox"/> 50/50 Raffle	\$500
<input type="checkbox"/> Silver Sponsor	\$ 8,000	<input type="checkbox"/> Lounge	\$ 1,000	<input type="checkbox"/> Invitations	\$500
<input type="checkbox"/> Dinner	\$ 5,000	<input type="checkbox"/> Welcome Photo	\$ 1,000	<input type="checkbox"/> Late Night Snack	\$500
<input type="checkbox"/> Main Bar	\$ 3,000	<input type="checkbox"/> Programs	\$ 1,000	<input type="checkbox"/> Dessert Bar	\$500
<input type="checkbox"/> Kidz Art	\$ 2,500	<input type="checkbox"/> Martini Bar	\$ 1,000		

### Sponsorship – Multiple Opportunities (please check):

<input type="checkbox"/> Décor — Auction	\$ 1,000	<input type="checkbox"/> Décor — Main	\$ 500	<input type="checkbox"/> Décor — Tables	\$ 250
<input type="checkbox"/> Wine Sponsor	\$ 1,000	<input type="checkbox"/> Promotions	\$ 500	<input type="checkbox"/> Décor — Washrooms	\$ 250
<input type="checkbox"/> Lighting	\$ 500	<input type="checkbox"/> Audio Visual	\$ 250	<input type="checkbox"/> Décor — Entrance	\$ 250
				<input type="checkbox"/> Gala Support	\$ 250

**\*\*Name as it is to appear for recognition:**

Payment:  Cheque – attached

Credit Card

Card Number \_\_\_\_\_ Exp: \_\_\_\_\_

Name on Card \_\_\_\_\_ Signed \_\_\_\_\_

Tax Receipt:  Yes  No (tax receipts issued to name on cheque or credit card)

**Agreement must be received by October 26<sup>th</sup> in order to appear in the event Program.**

**Thank you for your support & generosity!**



# Grad 2013 Purdy's Chocolate Holiday Fundraiser

Dear Students & Parents,

With the holidays just around the corner, the Southridge Grad Committee is excited to announce our Purdy's Chocolate fundraiser. Pre-order all of your chocolate gifts for friends and co-workers or have some boxes at home for when friends and family come to visit during the holidays!

In addition to supporting our grads with this fundraising opportunity, there are prizes for ordering chocolates!!!

**Early Bird Draw** – all orders that are received before November 5<sup>th</sup>, 2012 are automatically entered to win a 3 kg Chocolate Santa!!

**Online Draws** – order your chocolates online and you are eligible to win a Sweet Traditions Gift Basket!!

**School Draws** – as orders come in, we will be doing draws for a box of Milk & Dark Chocolate Assortments!!

There are two options for ordering:

1. **Order Forms** – Send your order form to the senior school, attention to **Heather Mosher or Savitha Manjunath** along with a cheque for the amount of your purchase payable to **Southridge School (memo: Grad Committee)**
2. **Order Online** – go to <http://www.purdysgpp.com> and click on “**Sign in as Group Member**”. The Southridge Grad group number is “**24019**”. It will ask you then to fill in your personal information, create a personal password and then you can order your chocolates (and see an online catalogue).

Please get your orders in by **NOVEMBER 26<sup>th</sup>, 2012**. All orders will be delivered to the school on December 7<sup>th</sup> and will be ready for pick-up after school in the cafeteria.

We greatly appreciate your support!!

- Grad Committee

Please feel free to ask any questions to Savitha via email at [savitha\\_manjunath@yahoo.com](mailto:savitha_manjunath@yahoo.com)



# *Eat* *What You Want Day!*

Weekly Menu  
October 15<sup>th</sup> – 19<sup>th</sup>

## **Monday**

BROCCOLI AND MUSHROOM  
CASSEROLET WITH CHICKEN  
**Vegetarian option available**

## **Tuesday**

BUTTER CHICKEN  
Jasmine rice, salad

## **Wednesday**

CHICKEN POT PIE

## **Thursday**

SHEPERDS PIE

## **Friday**

Pro D - Closed







**Wishmaker**  
Walk for Wishes

Presented by:



# Step into the magic of a wish

Visit [www.wishmaker.ca/compass](http://www.wishmaker.ca/compass)

Register now to create laughter and joy for children living with a life threatening illness

Date: October 13<sup>th</sup> & 14<sup>th</sup>

**National Presenting Sponsor**



**Grand Prize Draw!**

Collect \$100 or more for a chance to win a trip for four to an Air Transat Florida or Sun destination. Plus a \$1000 voucher to use towards the land portion of the trip.  
\*Conditions apply. Visit [www.wishmaker.ca](http://www.wishmaker.ca) for details

Prizes generously donated by:

**National Sponsors**



Business Number (BN): 12403 8878 RR0001







## Go For A Walk!

Studies have shown that sustained physical activity is good for your health and can reduce your risk of chronic disease. Walking is a safe way for people to be physically active. It carries a low risk of injury and it is easy on the joints. Not only does walking provide lasting health benefits, but it's free!

### Why Walk

#### There are many great reasons to walk:

- To reduce the risk of chronic disease, strengthen muscles and build denser bones. According to Canada's Physical Activity Guide, you need to work towards 60 minutes of activities a day in periods of at least 10 minutes each.
- To keep weight off. Successful weight losers in the USA, tracked through the National Weight Control Registry, chose walking as their #1 exercise.
- To improve your quality of life. Taking a brisk walk for as little as 10 to 30 minutes three times a week, makes you feel more energetic, happier and calmer.
- It is low cost and does not require special training or expensive equipment. You do need a good pair of supportive walking/running shoes.

### Try Something New

#### Using a Pedometer

Walkers who use a pedometer to track steps, reap better health benefits. The pedometer is a small, inexpensive device that counts the number of steps walked per day. Researchers at the Stanford University School of Medicine have found that the use of a pedometer is associated with:

- Significant increases in physical activity
- Better weight loss
- Improvements in blood pressure

The recommended daily goal is 10,000 steps for a healthy adult.

#### Are you ready to take your first step? Make it easy:

- Get information from your local community centre or Parks and Recreation Department
- Find walking paths/trails in your community
- Find out if a nearby mall has a walking program
- Talk to a health professional or a physical activity expert
- Make a list of the reasons why you need to include physical activity into your life
- Talk to friends who include physical activity into their daily routines and ask them for their tips
- Ask a friend/family member to join you in your walk
- Buy a pair of supportive walking shoes
- Call 1-888-334-9769 for more info

### Walking to Music

Not only does music pump us up, studies show it can improve our workout speed. That's because we synch our stride with the tune's tempo or BPM (beats per minute). The faster the BPM, the quicker you'll go. Suggested BPM that'll fit any walking pace:

- Warming-up: 90 BPM
- Going for a stroll: 115 BPM
- Brisk speed: 130 BPM
- Power walk: 145 BPM
- From speed-walk to sprint: 155 BPM

You can tailor your speed to suit your walk.

Go to MixMeister BPM Analyzer (free)

<http://www.djsteveboy.com/podrunner.html>

#### Recommended resources:

<http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php>

[http://www.pc.gc.ca/pn-np/on/pelee/activ/activ6\\_e.asp](http://www.pc.gc.ca/pn-np/on/pelee/activ/activ6_e.asp)

<http://www.webwalking.com/clubs/wccanada.asp>

<http://walking.about.com/>

The Complete Guide to Walking in Canada:  
Includes Day-Hiking and Backpacking by Elliott Katz (Author)

#### Sources:

American Heart Association: Conference on Nutrition, Physical Activity and Metabolism. Overweight, Obese Women Improve Quality Of Life With 10 To 30 Minutes Of Exercise. *ScienceDaily*.

Retrieved March 27, 2008, from <http://www.sciencedaily.com/releases/2008/03/080313140113.htm>.

Bravata et al. Using pedometers to increase physical activity and improve health: a systematic review. *JAMA*. 2007;298(19):2296-2304.