

# Southridge Wednesday

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12-13

*A Weekly Publication of Southridge School*

January 30, 2013

No. 19

## Head of School

### **Communication – Staying Informed and Building Community**

When this time of the year rolls around I am always taken by the amount of activity in our school – especially given the relatively short period of time between resuming classes in January and beginning March break. From setting re-enrolment to student-led conferences, musicals, dramatic productions, a plethora of basketball games, speech competitions, debate tournaments, band festivals, school trips and report cards; it's enough to make your head spin. How on earth can we keep on top of all of these school activities when our lives outside of school are just as busy?

There are a couple of ways that really help and reading the Wednesday is a great place to start. The fact that you are reading this article is an excellent sign that you have a positive inclination to keeping informed about what is happening at Southridge. Visiting the website regularly is another great way of keeping abreast of not only news items but also important calendar dates. Schoology is another way to keep up with what is happening in your children's classes, though Schoology not a replacement for our website. As good as Schoology is for homework and class communications, it represents only a very small portion of all that's happening at Southridge. It's the tip of the iceberg, so to speak.

Southridge also has a new app. It is free and really easy to personalize. Made specifically for iPhones (the Android version should be out soon), now you can have Southridge information virtually at your fingertips. I encourage you to read Mr. McInnes' article in this weeks' Wednesday for more information about our new app.

Being up-to-date is satisfying because it feels good to have things in order. It helps relieve stress and feeling connected is satisfying in a different way. It helps us understand how similar we are. It moves us to support one another and bring us together for a purpose beyond ourselves. Being connected feels good. It's like when our children feel known and cared for by their teachers – it helps them feel closer to their school. Feeling connected helps to develop a community where spirits can soar.

So, there is the Wednesday, our website, Schoology and the app all available for staying connected, keeping on top of events, calendar events and news items. There is also our Twitter feed and our Facebook page. All of these tools are intended to help manage your busy schedules. But more importantly, they are intended to help build our community. We encourage our families to stay informed and up to date, but we also want them to feel connected to Southridge.

So, the next time you log on to our website, link onto our app, relax for a few minutes while reading the Wednesday or follow a Southridge tweet, know that the more you are informed about and pay attention to the purpose of our school, the more you are helping to build our community. And the community appreciates that.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

### **Re-enrolment for the 2013-2014 School Year**

Re-enrolment letters will be mailed out Friday, February 1<sup>st</sup>. Please look for this important correspondence.

<b>Important Dates</b>			
Student-Led Conferences	Wednesday, Feb 6 <sup>th</sup>	1:00 – 8:00 PM	Dismissal after Period 3 at 11:40 AM
Pro-D Day	Friday, Feb 8 <sup>th</sup>		
BC Family Day	Monday, Feb 11 <sup>th</sup>		
Half Term Holiday	Tuesday, Feb 12 <sup>th</sup>		
Kindergarten Applicants Assessments	Friday, Feb 15 <sup>th</sup>		No Kindergarten

## Junior School News

### Representing Southridge

When I see our sports teams leaving in the afternoon, donned in their royal blue track suits with surname proudly worn on the back, and Southridge crest worn on the front, I am reminded of the responsibility each student has as a member of Southridge. We are fiercely proud of the values that make Southridge a great school. Each of our students is an ambassador for Southridge, and all that we have worked so hard to be as a school. I am proud when I see them excitedly depart, as I know they hold this responsibility dearly. They represent eighteen years of diligence, vision, passion and excellence and they do so with pride. Our CAIS basketball team is in Toronto this week, and I know that they proudly don the blue tracksuits as they travel from place to place. I know that they will represent us well. *Go STORM!*

### Flu-like symptoms

As the flu season is upon us, we ask that if your child is exhibiting flu like symptoms, that you keep them home. Some new strains of flu are highly contagious, and if your child is sick, they need to rest at home until their symptoms diminish. Additionally, we encourage good hygiene practices for all our students with through hand washing and avoidance of their hands in their mouths. Thank you for your support in ensuring a healthy school community for all.

### Dates to Note on Your Calendar:

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

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

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

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

### Kindergarten Parents - No school on February 15, 2013

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

Laurel Middelaer  
Head of Junior School

## **PYP Parent Information Night – Wednesday, February 6<sup>th</sup>, 2013**

- *What is inquiry and how do I support my child to become an inquirer?*
- *Why is inquiry important in the PYP?*
- *What is the exhibition? Why is it important?*
- *How does the school prepare my child to be equipped for the PYP exhibition?*
- *How do I support my child in the exhibition journey?*

If you have been wondering about these questions, please join us on Wednesday, February 6<sup>th</sup> from 6:00-7:30 PM in the Junior School Great Hall for a parent information session on various areas of the PYP curriculum. The International Baccalaureate (IB) encourages every parent to be aware of the programme so that you can effectively support your child's learning in the home. We will be offering two sessions during that evening. New parents to the PYP are encouraged to attend Session A. Parents whose children are in grade 2, 3, and 4 would benefit from the Session B. Please note that session B is not just for grade 4 parents.

### Session A

*Inquiry/Inquiry units in the PYP classroom (for new parents to the PYP, and K-1 parents)*

This session will highlight what inquiry is, why it is important, and the process used in exploring a unit of inquiry in the classroom. This session will enable you to gain a greater awareness of the transdisciplinary themes covered in each grade and how you can support your child in the home. The session will be hands-on and discussion based.

### Session B

*My child's PYP journey to exhibition (for Gr. 2-4 parents)*

The Exhibition is the culmination of the PYP. This session will highlight what the exhibition is, why it is important, and how the essential elements of the programme prepare your child to successfully participate in this very important process. You will be provided with tools to support your child in his/her PYP exhibition journey.

In order to allow us to prepare for the sessions appropriately, please send an email to your class mom by Thursday, January 31<sup>st</sup> and indicate what session you are interested in. Your class mom will forward the information to Ms. Ramji-Motani who will ensure that you are registered for your session. We are hoping to have about 25-30 participants in each session and promise you an informative evening with opportunities to network and interact with fellow parents and teachers.

We look forward to seeing you on that day!

Ms. Ramji-Motani (IB-PYP coordinator)  
Members of the PYP Faculty

## **National Red Scarf Day – January 31st**

Last term the Grade 3's were studying how circumstances shape our attitudes and behaviour. One of the students from 3CC, Peri Bennett, was very passionate about Hannah Taylor and the Ladybug Foundation. She was particularly inspired by how Hannah made such a big difference from the age of 8 and how she saw people facing a challenging circumstance and took immediate action. In turn, Peri is inviting the Junior School to participate in the Ladybug Foundation's National Red Scarf Day on January 31<sup>st</sup>. This action involves nothing but wearing a scarf on that day (in addition to the regular school uniform) to silently show your support for the Ladybug Foundation and their work in caring for the homeless. Red is the colour of the Ladybug Foundation, but you can wear any colour scarf to remind yourself to treat homeless people with kindness and not to judge them. Thanks for your participation and care.

Here is the link to the Ladybug Foundation's website if you would like more information:

<http://www.ladybugfoundation.ca/2011/03/national-red-scarf-day-january-31st/>

Ms. Chang-Gardecki

## Senior School News

### Photographs & Memories

Often, as the week winds down towards the weekend, the thought of what my Wednesday submission will be rises up on my priority list. Admittedly, there are weeks when nothing seems to emerge from my thinking or experiences and the writing can become challenging. Ultimately, I can usually find some aspect of our busy Senior School to comment on and, on one occasion, the idea of a “guest” writer for a week has entered my head! To be completely honest, however, over the past year and a half of having to provide a weekly commentary, there have been very few of the above situations occur. It almost seems a bit ‘magical’ to me how a theme just emerges right in front of me.

Last week certainly ranks in this later category and perhaps as one the most meaningful for me ever and I explained this at assembly! It began with a mysterious FedEx package that was in my office when I returned from a three-day professional development opportunity. My plan was to drop by the office in the evening and be sure everything was ready for the next day. A quick check-in and then I was to head home. When I saw the package, I felt I needed to open it to ensure it wasn’t anything that was timely to respond to or act upon. However, I would be remiss if I didn’t feel it was slowing down my brief stopover. It’s interesting in hindsight how funny that thought was when I realized the value of what I received.

It was from my older brother, Ian, whom lives in Toronto and it was something that I would never have guessed in a million years if asked. When my mother had moved this past year, we came across a number of my late father’s possessions. One of these was a box of slides that he had kept in the basement from those long ago days of slide shows in the family room. Does anyone else recall these events in their own childhood or past? Wonderfully, my brother had opened all of these slides and had them digitized into photos. Even better, he had decided to make an Apple book of many of these for my mother, myself and my younger brother and given them as a gift. The photos were all from my youngest years of birth up to perhaps age 10 or 11. I had so many memories of these times, but had not seen photos of many of them. So as I opened this book, I can’t tell the smile and feeling it gave me as I lost myself looking through it – still in my raincoat and my quick turnaround plan long forgotten.

So why share this and how does it link to learning? For me, these pictures became artifacts that allowed me to share my childhood with family and friends. They represented a window into a time that before I could only share through feelings that I had. My own kids can now see what I looked like at their age and even more special, they can learn more about my father whom, unfortunately, they were never privileged to meet.

I shared all of this at assembly with the students and faculty and also linked the idea of artifacts with their upcoming Student-Led Conferences occurring in early February. Through these conferences, with parents and their Advisor, we are asking students to use artifacts (photos, videos, completed work, or writing) to help to show their growth and learning within a particular theme. I wanted them to see how meaningful this can be through the story I relayed.

I also encouraged them to find ways to help keep memories alive from present events for their future. I can’t tell you the admiration and love I feel for my mother and father through their dedication to take so many pictures and capture snapshots of my own childhood. It makes me realize how important it is for me to continue this for my own kids *and* the students of Southridge! Even when they show disapproval at the moment, I will be reminded of this wonderful and priceless gift I received from my big brother.

Thanks, Ian! I’m not sure I will ever be able to repay this one, but I will sure give it a try!

Perhaps during the week, you will pull down that box of memories in your home and find a unique way to share it with your loved ones and friends. It will make a difference, I’m certain.

Have a great week!

Doug Palm  
Head of the Senior School

### **Grad Artona Photos – REMINDER!**

Grad photos for the yearbook are being held this weekend, February 2<sup>nd</sup> and 3<sup>rd</sup> at Artona Photography studios. Grade 12 students are invited to sign up for an appointment time. If you are unable to attend this portrait session please contact Artona at 604-872-7272 to arrange an alternate date. The link for student sign up is <http://www.artonagroup.com/schools>. How To Prepare Studio Video link is <http://www.youtube.com/v/Q0c2tBN95Fs>

### **Grad Photo Shots**

If you are interested in additional photos of your future graduate, ElizaBETH and WOW Gradshots are offering photo packages. These are optional packages but if you are interested, 5% of the sales will go towards the grad committee's fundraising. Please see the attached flyer for more information.

Ms. Mosher

### **Surrey One Act Play Festival**

On Thursday, February 7th the Theatre Performance class will be entering the Surrey One Act Play Festival with selected scenes from their upcoming production of Doubt: A Parable by John Patrick Shanley. The festival is hosted by Enver Creek Secondary School in Surrey. The performances start at 5:30 PM. Tickets are \$5.00 and are available for purchase at the door. We would love to have our Southridge community attend.

Ms. Kelly

### **North Vancouver Kiwanis Jazz Festival**

Thursday & Friday, Feb 21 & 22

Our Grade 9, 10 and Senior Jazz Bands as well as Jazz Studies 9 and 10 will be travelling to Capilano College to perform at the Kiwanis Jazz Festival. They will attend a lunchtime concert, perform, and participate in a clinic with one of the renowned festival adjudicators. In addition, the Jazz Studies classes will attend a concert at the Jazz Cellar on Thursday evening. The schedule is as follows:

#### Thursday, February 21

Senior Jazz depart Southridge School at 8:00 AM, return 3:00 PM

Jazz Band 9 depart Southridge 11:00 AM, return 4:30 PM

Jazz Studies 9 and 10 depart Southridge 11:00 AM, return 10:30 PM

#### Friday, February 22

Jazz Band 10 depart Southridge 8:00 AM, return 3:00 PM

Please contact Mr. Mitchell if you have any questions: 604-542-2347 or email [cmitchell@southridge.bc.ca](mailto:cmitchell@southridge.bc.ca)

Mr. Mitchell

### **BandFest: Victoria Band Trip for Grade 8**

Wednesday & Thursday, February 27<sup>th</sup> and 28<sup>th</sup>

Our Grade 8 concert band is busy preparing three selections for BandFest, held at the University of Victoria. Parents, please find an informational letter and permission form attached; they are due Monday, February 4<sup>th</sup>, but we don't mind them being handed in early. Contact Mr. Burrage if you have any questions: 604-542-2320, or [sburrage@southridge.bc.ca](mailto:sburrage@southridge.bc.ca)

Mr. Burrage

### **Master Bliss Gives a Blissful Masterclass**

Last week, we were surprised and honored to have an opportunity to host a masterclass with former child prodigy Julian Bliss, a young clarinetist from Britain. Tapestry Music and Conn-Selmer, who sell and distribute the Bliss clarinet, graciously paid for Mr. Bliss to fly in for this, and a few more masterclasses or concerts in the Lower Mainland. (Interestingly enough, Julian was asked, when he was still in his teens, to help design a new clarinet, using high tech materials... the result, as you may guess, is called the Bliss clarinet! I'm sure that they would be very grateful if all of our up and coming clarinet players purchased these!). Mr. Bliss treated us to a short lesson on circular breathing. When first explained, the oxymoronic concept of playing a wind instrument without interruption to the sound while still addressing the need for the all important, life-sustaining breaths necessary for continued consciousness seems to defy logic. He also

shared interesting stories of his performances on TV and for British royalty from the age of six until twelve years of age. One of our own students, Peter Lee, himself a prodigious clarinet talent, had agreed to play for Julian. Mr. Bliss was impressed with Peter's playing and also had some good advice to offer. On the whole, we were all impressed with Mr. Bliss's clarinet skills, his humorous stories, his lessons from practicing and performing at such a high level, and his humble and friendly manner.

Mr. Burrage

### **The Cinderella Project: ACCEPTING DONATIONS!**

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 now 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. Thanks for your continued support.

The Cinderella Project Team

### **Student Exchange: Jamie Plett in Australia**

For those of you wondering about what it is like to go on a student exchange, here are Jamie Plett's video blogs from his current exchange to Trinity Grammar School in Melbourne, Australia:

<http://youtu.be/YI5208uAW1w>

<http://youtu.be/BiotzRlg0zo>

## **News for Both Schools**

### **On-line Tuition Payments**

As a follow up to the December notice regarding on-line tuition payments, we are pleased to report that Southridge School is now set up and available for on-line bill payment at the following banks: Bank of Montreal, TD Canada Trust, Royal Bank of Canada, Scotiabank, as well as at Central-1 which supports various credit unions such as Coast Capital and Vancity Credit Unions.

Payment may be made for any amounts that have been billed to your child's student account including the 2013-2014 school year re-enrolment deposits that will be required later in February. The Student Number is used as the account number to set up the account for payment on the bank's on-line banking websites. We are excited to introduce this service as it will reduce the necessity for cheques to be written and delivered to the school for tuition and related payments.

Wendy Hector  
Director of Finance & Administration

### **Just Arrived!**

The Uniform Shop spirit collection now includes a pile of soft cuddly Southridge hoodie teddy bears! Also, what better way to show your support of our teams than with a beautiful Storm mug. We now have a number of items to show your Southridge spirit. So, come on by and browse our great spirit collection.

Re: Used Uniforms, the next Grad sale for used uniform will be held in April. Please do not bring in your used clothing until the grads call for the items in the April Wednesday.

The school does not have extra space to accommodate collection until sale time. If you would like further information about the Grad Used Clothing sale please contact Ms. Mosher at [hmosher@southridge.bc.ca](mailto:hmosher@southridge.bc.ca) The Grads gratefully appreciate your support!

## Props Needed for My Fair Lady

Thank you to our Southridge community for donating props for our upcoming production of My Fair Lady. If you have any of the following items and are willing to loan them, it would be greatly appreciated. [jkelly@southridge.bc.ca](mailto:jkelly@southridge.bc.ca)

- Gramophone
- Outdoor street lamps or tall driveway lamp
- Garden table and chair set

Thank you!

Ms. Kelly

## Our New iPhone App – The Importance of Logging In

By now, I hope that anyone with an iPhone or iPad has had the opportunity to download the free Southridge iPhone App from the iTunes store. The reports I am receiving so far indicate that parents aren't having any problems with that process and are generally finding the App to be very useful.

The only hiccup I have heard about is that some parents weren't aware that the first step after installing the app is to log in, just as you would to the Parents' Portal and then customizing the news and calendars that you want to view. The value of logging into the app is that you then have access to the very same news and calendars that you can access on the website. For example, if you are a Junior School parent, you can select the Junior Parents news and calendars to ensure that you know what day of the cycle it is and you have access to other important daily news and events.

I have attached a simple step by step manual on how to set up and customize the App to assist you to get the most out of this important communication tool. Please don't hesitate to contact me if you have any problems with the log on process or customizing your news and calendars.

Alan McInnes  
Web and AV Services Manager

## Daily Digest – Café Menu for the Week of February 4<sup>th</sup>- 8<sup>th</sup>

After the usual indulgences of the season, your healthier you needs the use of healthy recipes that will excite you to get back on track. Recipes that focus on bulgur, quinoa and edamame are designed for different day parts. These ingredients are not only a trend but offer great health benefits. Watch for some these delicious ingredients at the Southridge Café over the next few weeks.

### Quinoa

Quinoa (pronounced keen-wa) is an ancient grain from South America. Tiny and bead-shaped, the ivory coloured quinoa has a delicate flavour. Although it is lighter than rice, it can be used in any recipe where rice is used e.g. as part of a main dish, a side dish, in soups, salads and even desserts or cereals. It is very easy to cook and can be served hot or cold.

### Health Benefits of Quinoa

Its greatest claim to fame is that it is considered a complete protein. It is higher in unsaturated fats and lower in carbohydrates than most grains

### Bulgur

Bulgur consists of wheat kernels that have been steamed, dried and crushed. It has a tender chewy texture that is delicious in salads, pilafs and breakfast cereals. It is ready to eat with minimum cooking; in fact a quick soak in boiling water or stock is all that is really required. Use it to replace rice or other grains.

### Health Benefits of Bulgur

A staple of the Mediterranean diet for thousands of years, bulgur is becoming increasingly popular in modern health food and vegetarian diets. Rich in B vitamins, iron, phosphorous and manganese, it complements the protein found in legumes. It is high in fibre and carbohydrate and low in fat.

### Edamame

These are young soybeans still in the pod. Because they are young and green when picked, they are soft and edible. Edamame are usually steamed in their pods, tossed with seasoning and then eaten right out of the pod as a snack or pre-

dinner appetizer. In addition to appetizer or snack applications for our promotion, we have included a stir fry recipe where shelled edamame are used to replace higher fat meat proteins.

The combination of great taste, ease of preparation and excellent nutrient value is making edamame popular with people of all ages. These beans are high in fibre, low in fat, and high in protein. We want to get you excited about everything that we serve and will be serving.

We look forward to your visit to the Southridge Café.

Bon Appetite

Marat Dreyshner  
Chef/Unit Manager  
604-542-2329



*PDG BY ElizaBETH and WOW Gradshots are proud to offer to the 2013 Grads:*

## **SOUTHRIDGE GRAD PHOTO SHOOT 2013**

### **PACKAGE #1 - \$400**

1 - 2 Hour Studio/Location Photo Shoot  
1 Hour Location Fashion Shoot with Grad Dress/Suit  
One 11 x 11 Metal Wall Print  
Four 5 x 7 and 8 Wallet Metallic Prints

### **PACKAGE #2 - \$700**

1 - 2 Hour Studio/Location Photo Shoot  
1 Hour Location Fashion Shoot with Grad Dress/Suit  
One 11 x 11 Metal Wall Print  
Four 5 x 7 and 8 Wallet Metallic Prints  
10x10 Photo Book

### **PACKAGE #3 - \$1,000**

1 - 2 Hour Studio/Location Photo Shoot  
1 Hour Location Fashion Shoot with Grad Dress/Suit  
1 Hour Studio or Location Family Shoot  
One 11 x 11 Metal Wall Print  
Four 5 x 7 and 8 Wallet Metallic Prints  
10x10 Photo Book  
Includes 11 x 14 Framed Photo of Family

#### *Add On:*

Special additional photo shoot: WOW Photography will be at a designated location on February 2nd & 3rd for a photo shoot before or after the Artona Grad Shots. Come alone or with your friends for a mini photo shoot.

- with any package \$25 per person
- without package \$50 per person

*FIVE PERCENT OF SALES GOES TO THE 2013 GRADS*

*CALL OR EMAIL TO BOOK A TIME:*

*Beth Larose (Jenni's Mom) at [blarose77@shaw.ca](mailto:blarose77@shaw.ca), or phone 604-612-1938*





# Southridge School

2656 – 160<sup>th</sup> Street, Surrey, B.C. V3S 0B7

PH: 604-535-5056

FAX: 604-535-3676

Dear Parents:

This year, we have the opportunity to take our Grade 8 Band to Bandfest 2013. On this two-day, one-night tour of Victoria (Wednesday, Feb 27 & Thursday, Feb 28), we will perform, have an adjudicated workshop and a clinic with a visiting conductor, listen to other bands, enjoy an IMAX movie, and have a little free time to explore downtown Sidney.

The Concert Band, like any other musical group is an ensemble of different instruments. All players are vitally necessary, and we encourage each student to attend.

**The cost: \$180 (to be billed to student accounts)**

Included is ...

- Transportation by school buses and BC ferries, as per the itinerary.
- 1 night hotel accommodation.
- Workshop by a local Clinician and the festival
- Performances and Festival events as per the itinerary.
- Thursday's breakfast (see below to 'order')
- Wednesday's Dinner (order at the Old Spaghetti Factory, when we arrive)
- Entrance to the IMAX film and the Shaw Ocean Discovery Centre

Not included...

Wednesday & Thursday lunches, snacks and spending money

- Students may bring a bagged lunch to school on Wednesday or bring additional money to purchase lunch on the ferry
- Thursday's lunch will be on the return ferry ride home (\$10 - 20 should suffice)

Please return the attached sheet granting permission for your child to attend the tour and participate in the activities outlined above and on the attached itinerary. The due date for joining the tour is Monday, February 4.

Mr. Burrage, Ms. Parker and Mr. Mitchell will be leading the tour. Mr. Dods will also be joining us.

Mr. Mitchell's cell phone is 604 306-8243

Parents, please indicate below if you are available to help as a chaperone.

Email ([sburrage@southridge.bc.ca](mailto:sburrage@southridge.bc.ca)) or call (604-542-5320) if you have any questions.

## Itinerary

Day	Time	Event
Wed Feb 27	8:10 am	Arrive in winter uniform with instrument, music, and small luggage Go to Band room, set-up and head to Junior school for Clinic
	10:20am	Concert @ SRS
	10:45 am	Pack-up
	11:15 am	Load buses and depart for Ferry
	1:00 pm	Ferry to Swartz Bay Bus to U. Vic
	3:30pm - 6 pm	Festival check-in, warm up, performance, & clinic
	6 pm	Bus to hotel & check in (Chateau Victoria, 1-800-663-5891)
	7:30pm	Supper (Old Spaghetti Factory)
	9 pm	IMAX: <i>Everest</i>
	10 pm	Back to hotel
	11 pm	Lights Out

Day	Time	Event
Thurs Feb 28	7:30 am	Rise and Shine! (Casual clothes all day)
	8 am	Breakfast at hotel (see below) & Room clean up/checks
	9 am	Check-out
	9:15 am	Bus to Sidney
	10 - 11 am	Shaw Ocean Discovery Centre
	11am - noon	Free time On the waterfront in Sidney
	noon	Bus to Swartz Bay
	1 pm	Ferry to Tsawwassen
	3 pm	Bus to Southridge
	3:30 pm	<b>Parent Pick-up at Southridge School</b>

**Parent/Guardian Acknowledgement of Risk and Consent:**

The undersigned, as the parent(s) or guardian(s) of the student, having reviewed the information on this form, hereby:

- a) Consent to the student participating in the activities described in this letter.
- b) Recognize and understand the inherent risk associated with these types of activities including but not limited to the hazards of vehicle travel, accident/illness in places without nearby medical facilities, weather, and other circumstances beyond the control of Southridge School employees and its agents.
- c) Authorize teacher and/or trip leaders to consent to medical treatment for the student by any qualified medical practitioner as may be necessary in the event of an emergency.

Parent/Guardian (please print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student (please print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Additional Information:**

**1. Dinner choice for Wednesday, Feb 27<sup>th</sup>**

Once we arrive at the Old Spaghetti Factory, you will be asked which of the following you would like. No need to pre-order.

Spaghetti with: tomato sauce, meat sauce, spicy meat sauce, mushroom sauce, or mizithra cheese. Everyone gets a salad, drink and ice cream!

**2. Breakfast choice for Thursday, Feb 28<sup>th</sup>**

Please select one item from Tim Horton's. We will also have bananas, yoghurt, and juice boxes available

	Breakfast Wrap (sausage, egg & cheddar)	
	Bagel B. E. L. T. (bacon, egg, lettuce, tomato & processed cheese)	
	Bagel (circle the type of bagel you want and what you want on top of it)	<b>Bagels:</b> Plain, Sesame Seed, Cinnamon Raisin, Whole Wheat, 12 Grain, Everything, Blueberry, Onion <b>Butter or Cream Cheese:</b> Plain, light, strawberry, herb and garlic

**3. Roommate choice:**

In order to make the process of selecting roommates fair and inclusive, students, please select <b>your top six choices</b> . We will take that information and do our best to accommodate you and your friends. We will do our best to ensure that everyone has at least one person of their choosing.	

**4. Allergies & Medical Issues:**

Allergies	Any Medical Concerns

Please send this second sheet back to Mr. Burrage (keep the first, as it has the itinerary, contact phone #s, and hotel info for parents, in case of emergency)

We are in need of 3 parents to chaperone the trip. \_\_\_\_\_ Yes, I am available to help chaperone.

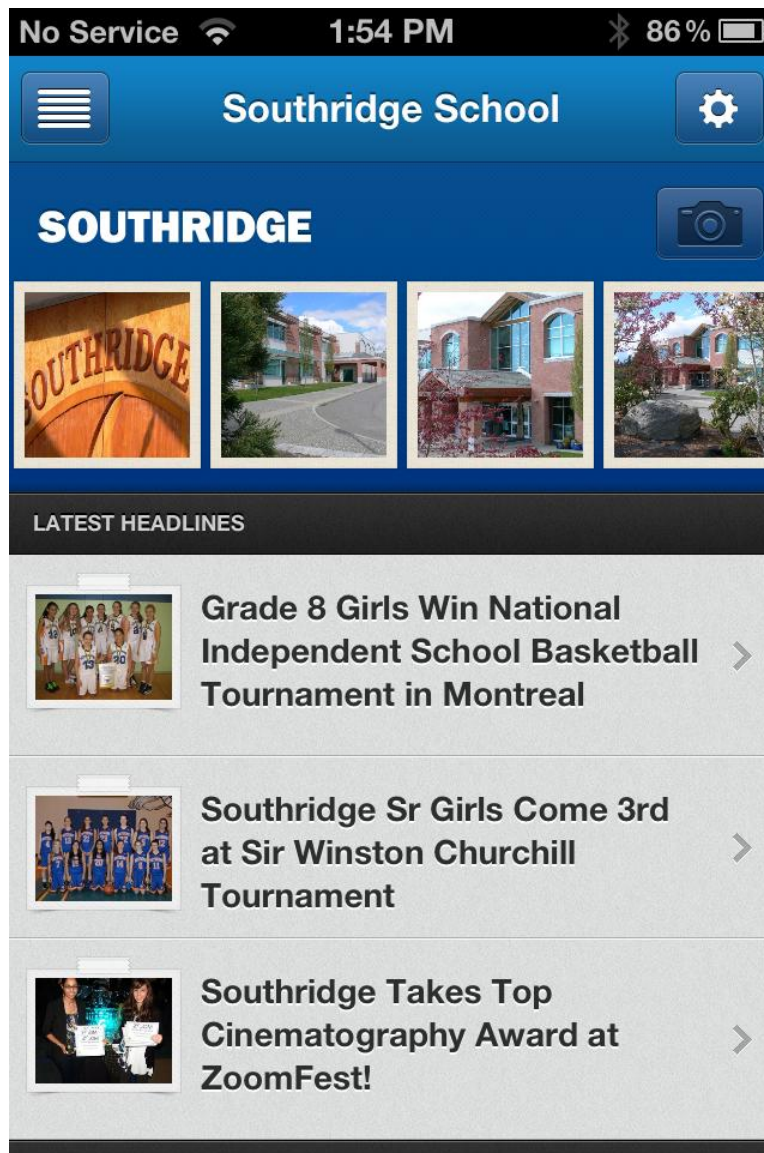
# Southridge iPhone APP

The Southridge iPhone App is like any other iPhone application and is available for free from the App store. Just search for “Southridge”.

Once you install the app and launch it, you will see a home screen like this:

Across the top is a featured photo gallery. You can view the photos by swiping to the left or right and touch to view any photo.

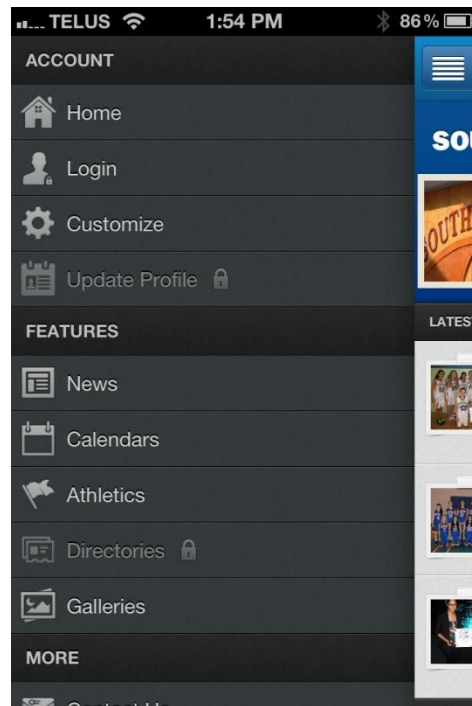
Below that are the Latest Headlines followed by Upcoming Events, Team Schedules and Latest Tweets. The Home page provides you a way to get an overview of what is happening at Southridge.



At the top left of the home page you will see a button that is the main menu button.

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When you touch the main menu button, the menu will slide the Home page to the right and reveal the main menu as you can see here:



If you are on Facebook, you will be familiar with this style of menu. The main menu is divided into three categories; **Account**, **Features** and **More**. You will notice that some categories have a lock icon to indicate that they are not available unless you are logged in.

Your **ACCOUNT** area includes:

**HOME:** Touch this link to take you to the home page.

**LOGIN:** Touch here to login to the App to access the password protected content such as News, Calendars and the Directories that you would normally only be able to access in the website portal.

**CUSTOMIZE:** Touch here to customize your News categories, Calendars and Team News choices. This provides the same function as touching the **Settings Button** in the top right corner of the Home page.

**UPDATE PROFILE:** Touch here to update or change your contact information. This will update your profile for the website directory.

Your **FEATURES** area includes:

**NEWS:** Touch here to view all the news categories that you have selected in **CUSTOMIZE** or by using the Settings button in the top right corner of the Home page.

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**CALENDARS:** Touch here to view all the calendar categories that you have selected in **CUSTOMIZE** or by using the **Settings button** in the top right corner of the Home page.

**ATHLETICS:** Touch here to view all the team news categories that you have selected in **CUSTOMIZE** or by using the Settings button in the top right corner of the Home page.

**DIRECTORIES:** Touch here to access the directory search and map function that allows you to search for Parents, Students, Alumni and Faculty/Staff as well as see the location of other parents for car pooling.

**GALLERIES:** Touch here to access photo albums and see the latest photos.

Your **MORE** area includes:

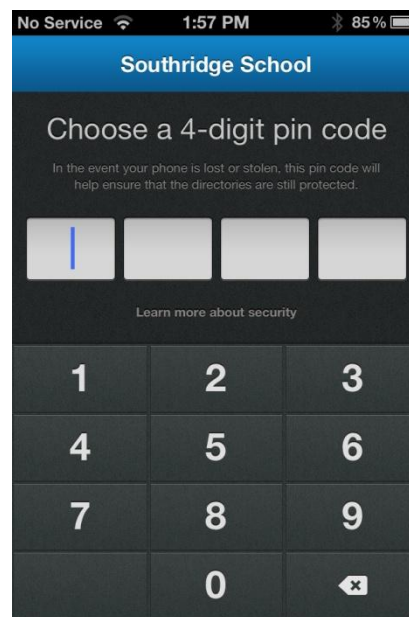
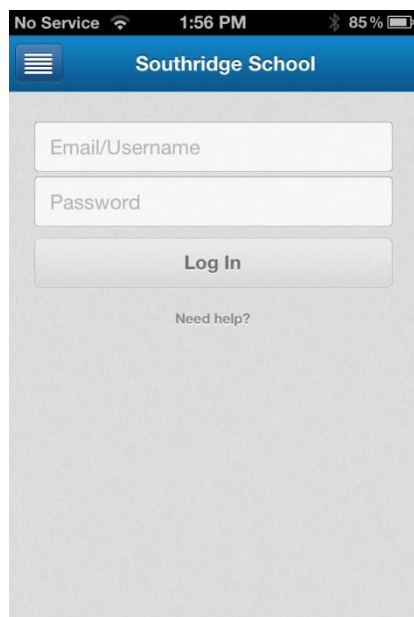
**CONTACT US:** Touch here to view contact information for the school.

**ADMISSIONS:** Touch here to read about Admissions for the school.

**NOTE:** The **MORE** section allows us to add seasonal pages such as for the **Gala, Country Fair, the Golf Tournament and special events**. These pages will come and go according to our needs.

## LOGIN

When you first launch the App, you will want to Login to ensure you can access all the content that will be important to you such as the News, Calendars and Directory functions that are only available once you log in. Go to the Main menu and select Login and you will be presented with the Login screen as shown on the left. Enter the email and password combination you use for logging onto the website portal.



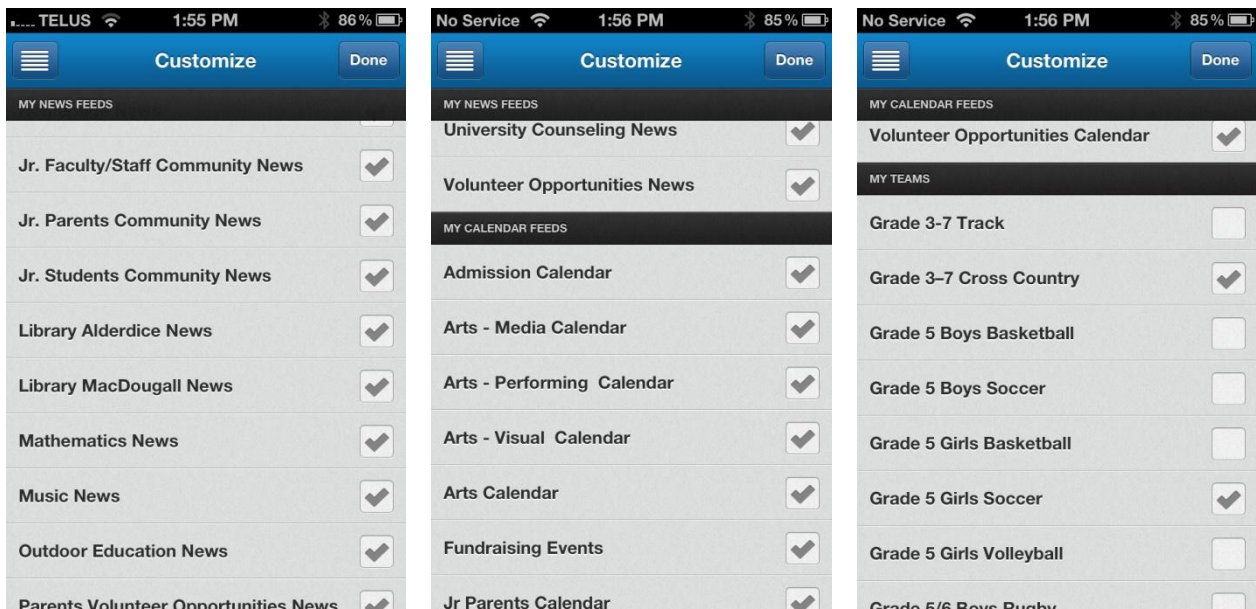
# Southridge iPhone APP

Once you enter your email and password combination you will be presented with the screen shown above on the right. Enter a 4 digit code that you will use to access the Directories and other password protected area.

**NOTE: The security system allows you to stay logged in to the App for an extended period of several months while the 4 digit code provides secondary protection and works just like the 4 digit code you might use to lock your phone.**

## CUSTOMIZE

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.



## UPDATE PROFILE

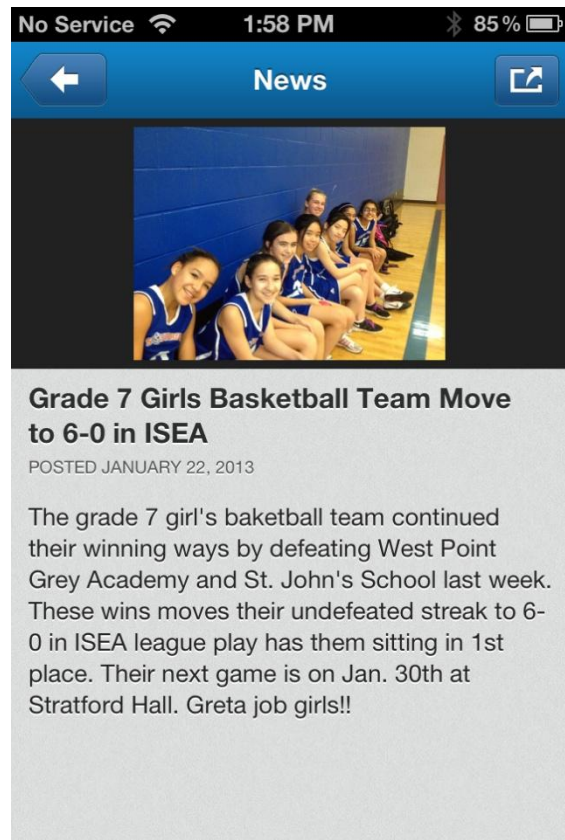
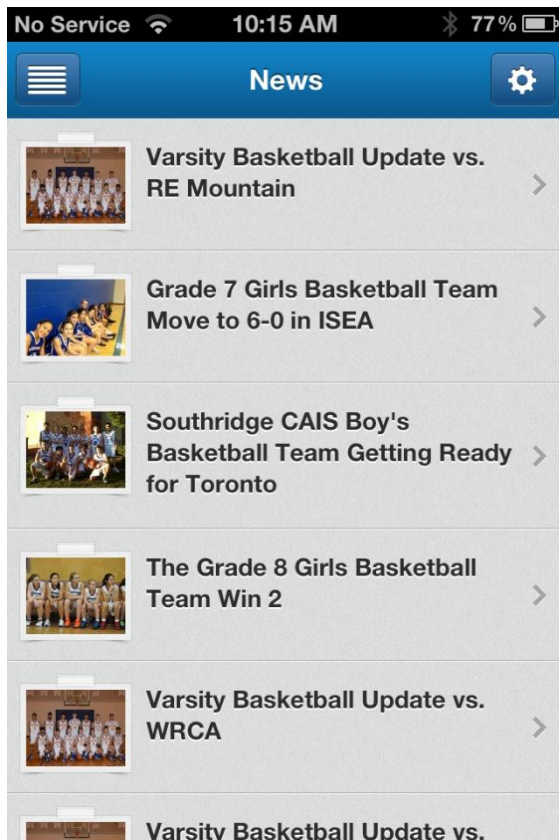
The Update Profile function in the App lets you update your contact information just as you would in the website portals. You can change or update your name, email, address and phone numbers.

**NOTE: After making any changes, be sure to scroll to the bottom of the screen and touch the SAVE button.**

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## NEWS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your news, you can view a list of the news through the News menu as shown in the left screen below.



You can scroll up and down to view the news items and then by touching the news of your choice, you will see a screen like the one on the right above. You can touch the photo to see a larger version of the photo and a feature of this page is the **Share button** in the top right corner that allows you to share the photo via Email, Facebook, Twitter or to save the photo to your phone. If the news text goes below the screen, you can use your finger to scroll down to read the entire article.



# Southridge iPhone APP

## CALENDARS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your calendars, you can view a list of the calendars through the Calendar menu as shown in the screen below.

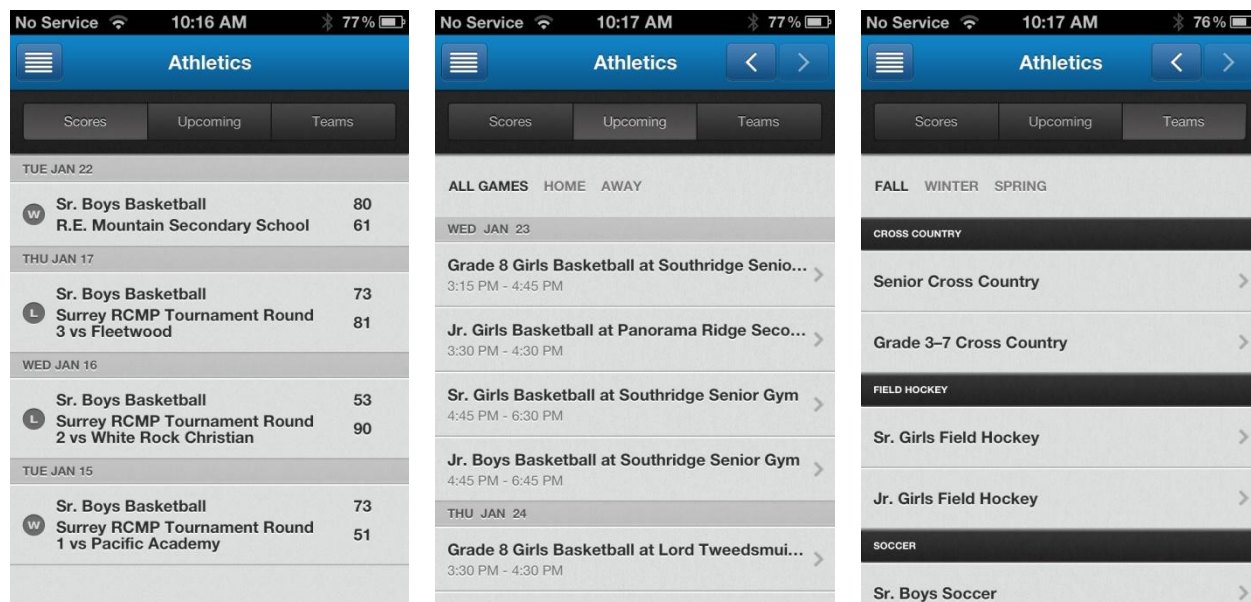


You can scroll up and down to view the calendar items and then by touching the calendar item of your choice, you will see a details page.

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## ATHLETICS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your Athletic Teams, you can view a list of the Athletic Teams' News through the Athletics menu as shown in the screens below.



When you first view the Athletics page, it defaults to the **Scores** view. Using the buttons at the top of the page, you can select **Scores**, **Upcoming** or **Teams**.

### SCORES

This is a list of all the teams' recent scores that you have selected in **Customize**.

### UPCOMING

Upcoming will then show you a list of all the upcoming games for teams that you have selected in **Customize**.

### TEAMS

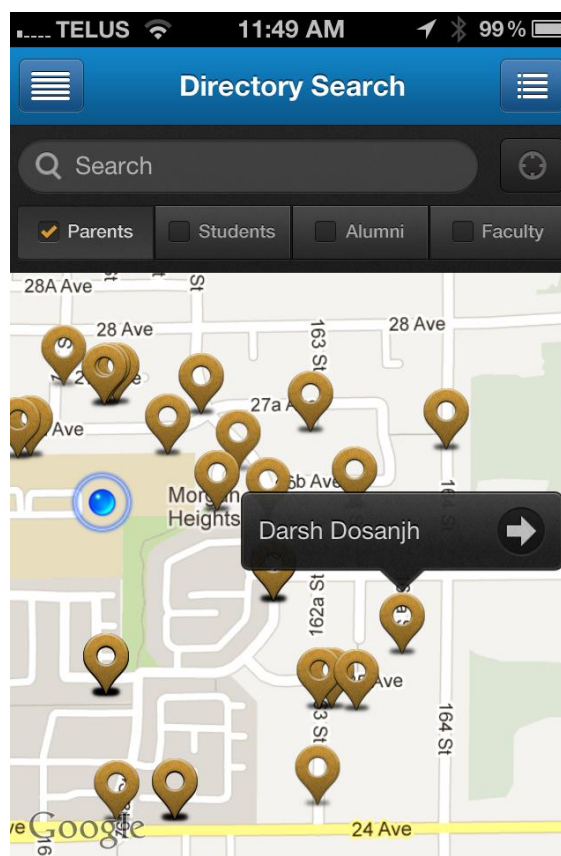
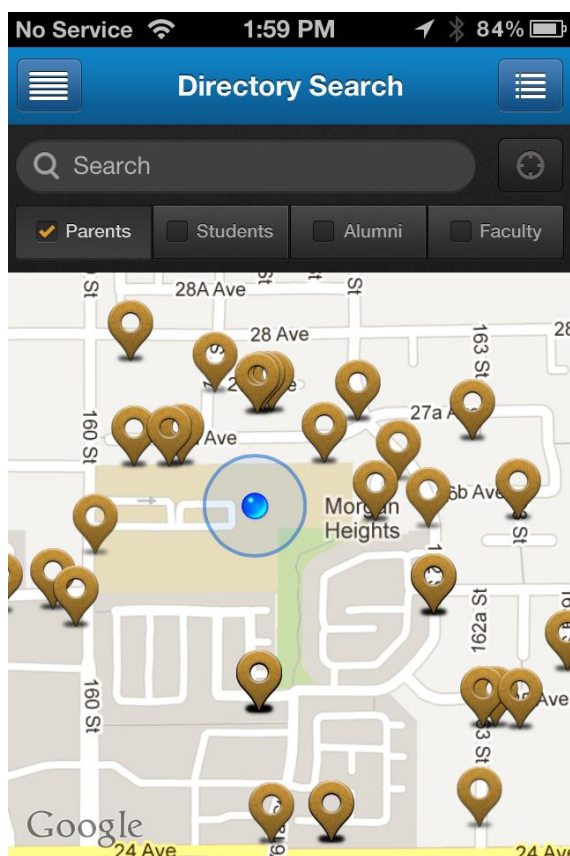
Teams will show you a list of all the teams that you have selected in **Customize**. In the Teams view, you can select the Fall, Winter or Spring sports to see a list of each season's teams. You can then scroll up or down the list to find the team you want to view. Touch the team you want to view to see all the team's details.

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## DIRECTORIES

The Directories function is both an information directory and mapping function. You can look up parent, student, alumni and faculty/staff to view contact information and for parents, you can view location for organizing carpools.

**NOTE: Parents must set their address to be viewable in the UPDATE PROFILE section in order for their address to be viewable by other parents. This is set to viewable by default when parents' information is first entered into the Parent Directory.**

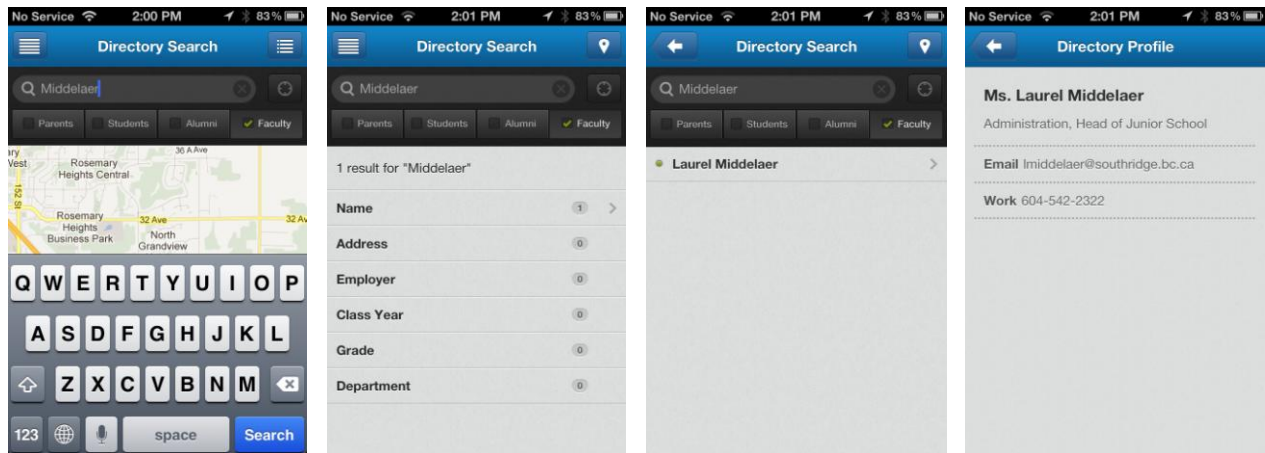


The screen above on the left shows the view that you will see when you select the Parents' Directory by touching the Parents button at the top of the page. The blue dot represents your location and the surrounding icons represent parent locations. When you touch one of the parent icons, you will see a name flag as is shown in the screen above on the right. When you touch the right arrow icon next to the parent's name, you will be taken to a page with the parent contact information.

# Southridge iPhone APP

## DIRECTORIES

To perform a directory search, select the directory you want to search by touching one of the category buttons at the top of the page; Parents, Students, Alumni or Faculty(Staff). Enter the first or last name of the person you are searching for and press the Search button in the lower right corner on your keyboard.



The Directory Search sequence of pages is shown above from left to right.

**NOTE: You can search multiple directories at once by selecting each directory before you enter the search name.**

# Weekly Menu

**February 4<sup>th</sup> – 8<sup>th</sup>, 2013**

## **Monday**

Samosas

With curried rice, salad

Fruit chutney mayo

## **Tuesday**

Potato and spinach frittata

Peas and carrot salad

## **Wednesday**

Chicken souvlaki, lemon herb potato

Tzaziki

## **Thursday**

Chicken tetrazzini

## **Friday**

**Closed – pro d**

