

# Southridge Wednesday

12-13

A Weekly Publication of Southridge School

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No. 24

## Head of School

### How We Learn (Best)

We learn when we engage with the world around us. This happens in a number of ways every day, physically and intellectually. We learn best when we are challenged in a task that has personal meaning to us, which means that emotions play a role in helping us to engage. When we engage with our minds, we do so both academically and intellectually.

Academic engagement is often described with behaviours such as attentiveness, being on-task and answering questions. Intellectual engagement, on the other hand, is more of an absorption in investigation, problem-solving and inquiry. Both types of engagement require thinking and effort, but intellectual engagement hones attention and funnels energy – often in very creative ways. Emotions are needed for intellectual engagement but are not necessary for academic engagement.

Our educational programs at Southridge strive to reach our students intellectually, and whether they are in the Junior School or the Senior School, we strive to move our students beyond academics alone. People have often confided in me that they came to Southridge for the academics but stayed because of the feeling in the school. I have often categorized the feeling as our sense of community – our relationships and our shared values. But the feeling extends to the realm of community learning as well.

In community learning situations, students build knowledge and make sense of the world through a socially mediated process to improve knowledge itself and to benefit the classroom community. Learners work together to build their own and their peer's knowledge, rather than just miming and memorizing existing information and ideas by themselves.

In this kind of learning environment, teachers play a critical role in setting the right context – one where students feel safe enough to take risks and supported enough to know that making mistakes is part of the learning process. And teaching changes too, moving from preparing lectures and developing lessons for the whole class instruction to being more mobile and responsive to individual and group learning needs.

At Southridge, our inquiry approach to learning in the Junior School and our Harkness approach in the Senior School underscore the importance of creating classroom environments that support a community learning understanding. The notion of community learning not only supports the skills and dispositions our students will need to successfully participate in and make meaningful contributions to society in the 21st Century, but it also supports the mission of Southridge and our guiding principles. Contribution . . . to a community of learners . . . is at the heart of what we inherit and pass on.

Have a wonderful week!

Mr. Drew Stephens  
Head of School

Important Dates			
Junior School Exhibition Presentation for Grade 4 Parents	Wednesday, March 6 <sup>th</sup>	6:00 – 7:00 PM	Junior Great Hall
Grandparents Day Tea	Tuesday, March 12 <sup>th</sup>	12:30 PM	Junior School Gymnasium
MYP Musical Willy Wonka Junior	Tuesday, March 12 <sup>th</sup>	1:30 PM	Junior School Great Hall
	Wednesday, March 13 <sup>th</sup>	6:30 PM	
	Thursday, March 14 <sup>th</sup>		

Term Two Report Cards	Friday, March 15 <sup>th</sup>	At Dismissal	
Last Day of School Before Spring Break	Friday, March 15 <sup>th</sup>		Both Schools
Return from Spring Break – Late Start	Tuesday, April 2 <sup>nd</sup>	10:25 AM	Both Schools

## Junior School News

### The Golden Rule Exemplified

At Southridge, we strive to be a caring school, and expect that our students demonstrate kindness towards one another. The universal golden rule of treating others the way that you would like to be treated is something that we reinforce and expect from our students. Yesterday in assembly, I shared a video with the students that clearly illustrated the concept of kindness. A basketball team in Texas were in their final game of the season. Before the game, the coach had made a decision to play their team manager, a young chap with a developmental disability named Mitchell, who had a fierce love of basketball. The team wanted to give him ‘his moment’. Although the team had a small lead of 10 points, they did play Mitchell, and the team systematically passed him the ball but to no avail. It was heartbreaking to see him attempt several shots with no success. In the last seconds of the game, the opposing team had possession, and this is where the golden rule was exemplified. The opposing team passed Mitchell the ball and told him to shoot. Mitchell’s moment occurred right there in the last seconds of the game as he did sink the perfect shot. The crowd erupted in jubilation and the score of the game was completely irrelevant. The celebration centred around a young man experiencing his moment with the support of others, notably his counterparts from the other team. Not only does this demonstrate the essence of the golden rule, but also the essence of true sportsmanship. Being part of a team is such a valuable learning opportunity for everyone, and although it does foster a love of fitness and sport, it is about so much more: character, commitment, kindness, persistence, and at the end of the day—the golden rule.

Enjoy this clip and have a great week,

<http://www.nydailynews.com/news/national/disabled-teen-scores-basket-opponent-aid-article-1.1271663>

Mrs. Laurel Middelaer  
Head of Junior School

### Spring Break - Term Two Report Cards

For those anticipating the Spring Break, the last day of school is Friday, March 16, with a return to school on Tuesday, April 2, 2013. There will be a late start on April 2 (day 2) with a start time of 10:25 for period 3. Report cards will be distributed at dismissal on Friday, March 16. To maintain consistency for all our students, the report cards will not be distributed any earlier than dismissal time.

### Grandparents’ Tea

#### Tuesday, March 12<sup>th</sup>, 2013 @12:30 in the Junior School Gymnasium

Grandparents you are all an important part of your grandchildren’s lives. We want to honor you by inviting all of the grandparents in our Southridge family to join us for coffee, tea and cake before the MYP Musical. This year MYP students will be performing the musical: ‘Willy Wonka Junior’. It will be held on Tuesday, March 12<sup>th</sup>, 2013 at 1:30 in the Junior School Great Hall. Before the musical the Grade 4 students will serve you tea and coffee at 12:30 in the Junior School Gymnasium. They will greet you, serve you cake and then help you select your seat for the performance. After the performance you can visit any of your primary (K-4) grandchildren in their classroom! Be sure to let your grandchild know you will be coming. They will be delighted to see you!

Thank you for all you do for your grandchildren,

Ms. Rowena Raber

### Live on Stage Next Week: Willy Wonka Junior!

It’s hard to believe it, but this year’s MYP Musical, Willy Wonka Junior, is just one week away! All MYP students have been working hard and having a lot of fun taking part in this Broadway Junior production based on the beloved novel and popular movies. It promises to be a fantastic show, with amazing sets, fantastic costumes, and memorable songs!

The students will perform for each other and for the PYP students on Monday, March 11<sup>th</sup> in our dress rehearsals, and shows will then be performed for the rest of our community on Tuesday, March 12<sup>th</sup> at 1:30 PM as part of our Grandparents' Day celebrations; Wednesday, March 13<sup>th</sup> at 6:30 PM; and Thursday, March 14<sup>th</sup> at 6:30 PM. This year there will be no tickets sold; seats will be on a first come basis, as we do for our Christmas concerts. Grandparents are invited to come at 12:30 on Tuesday afternoon to reserve a seat and then enjoy some tea and cake before the performance. Please note that we will have our 'Food Friday' bins out for donations to the Food Bank at all shows.

Also, just a friendly reminder that if you have children in the MYP that are part of the main cast and crew, there is a rehearsal this Saturday morning from 9:00 – 11:30 in the Junior School Great Hall. Everyone who has a speaking role in the cast or is a member of the backstage crew will be needed for this important rehearsal.

Many thanks to the students, staff, and parent volunteers for their help in bringing the world of Willy Wonka to life on stage. We couldn't undertake such a large production without your support! We look forward to seeing you all for a celebration of Pure Imagination!

Dr. Kevin Bepflug, Mrs. Donna Winterburn,  
Ms. Jackie Janzen, and Ms. Alexis Mauricio  
The MYP Musical Performing Arts Team

## Skating 12 2012-13

Attention **KLW, KJW, 3CC, 4JB, 4RR!**

Skating coming up next week! See you on Tues. at the South Surrey Arena!

If you need support to car pool your child to/from the rink, please contact your room rep and they will help to organize a ride. We hope that this is also family time and that as many parents and younger siblings can join us.

<b>March 12 @ 8:45-9:45</b> <b>*arrive at 8:30</b>	<b>South Surrey Arena</b> 2199-148 <sup>th</sup> Street	<b>KLW, KJW, 3CC, 4JB, 4RR</b>
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**Cost:** ice time to be covered by Southridge

**Your cost:** *if you rent:* \$3.00 skate rental; \$1.50 helmet rental (charged to your account)

**Dress:** Come in PE strip and stay in it all day! **Everyone MUST wear a HELMET including adults!!**

We welcome all parents and younger siblings who wish to join us. **Please come directly to the rink up to 15 minutes prior to actual start time.** (The children should register with their classroom teacher and inform him/her if you required rent anything.) *EVERYONE* is required to wear a helmet on the ice.

Skating is only 1 hour and we feel that the students should not need a snack before we get back to school. **Please refrain from bringing or buying snacks at the rink.** We will let the children have their snack immediately on returning back to school.

Mrs. Raber

## Lost and Found Spring Cleaning!

The lost and found will be cleaned out and items donated to charity after Friday, March 15<sup>th</sup>. We have three dedicated ladies who come weekly at lunch to help distributed the lost labeled items to your child's classroom. Thank you ladies for all you help. This contribution makes a huge difference.

Many items do not have names, however, and cannot be delivered. Also, the children never seem to recognize their belongings or realize they are missing anything. Please come have a look before we give everything away! We do not have room for all these wayward items and there are others who could use them. It is time for the Spring Cleaning of the Lost and Found!

Thank you for taking the time to check out the Lost and Found!

Mrs. Raber

## Senior School News

### Continuing My Path as a Learner

Last week, I was at a conference in Philadelphia, the National Association of Independent School (NAIS) Annual General Meeting. This conference presented a great number of speakers and workshops on topics such as leadership, schools of the future, sustainability and technology. It also encourages time to connect with other administrators and find out how different schools are trying to improve student learning.

I am always a bit concerned to leave for a few days – Southridge is a busy place and I want to stay on top of all of the aspects of Senior School to ensure things are running smoothly. However, I think it is really important to ensure that I take time to reflect and look for new ways to enhance the program. As anyone who is in an administrative role knows, it is quite easy to focus on the day-to-day details and never look to the broader big picture. Kim Marshall, a well-known education expert calls this the HSPS – Hyperactive Superficial Principal Syndrome; the idea that you are running around in a reactive and frantic mode much of the time.

The time at the conference allowed me to think about the various speakers who presented and then how I could find ways to share these ideas with faculty back at Southridge to implement some of the practices. Away from those day to day tasks helped to centre myself to look beyond them and try to see new opportunities to advance our program in Senior School. I will share some more specifics from the conference in future Wednesday articles.

I was fortunate to participate in a 3-hour workshop titled the “Connected Educator”. The purpose was to show how important it is to be connected in a digital way. To understand the power of connecting with fellow educators from all over the globe in order to learn about best practices, new innovations and different cultures helps to model how students can do the same. The terminology is that each educator can create their own Professional Learning Community (PLP) where they can discuss ideas, innovations and practices in education. Similarly, students can do the same thing to have a network to help facilitate about and discuss aspects of their learning.

I was struck by the presenters leading piece of advice to help us try and shift our thinking to become more connected: “Be a learner first, and an educator next.” I found this explanation to be a wonderful reminder about the importance of being a life-long learner; the idea that a teacher needs to continue to model that exuberance and passion to find new ways to learn. I have decided to put up a sign in my office to remind me!

Finally, I was fortunate to be able to get home on Saturday night in order to see the final show of *My Fair Lady*. I hope you had the chance to see this fabulous production! I wanted to publicly say thanks to the cast and crew for all of their amazing effort, commitment and dedication to its success. Special thanks to all of the faculty (performers) as well as the faculty & staff that helped in so many ways. Ms. Jennifer Kelly deserves a huge amount of praise for overseeing the entire production and the countless hours it demanded. We are very fortunate to have her at Southridge. If you are still in the mood for musicals, be sure to get out to the MYP musical next week in Junior School, I’m certain it will be excellent.

Have a great week!

Doug Palm  
Head of Senior School

### Reflections on My Fair Lady

Before the experience of taking part in the truly exceptional production of *My Fair Lady* fades in my mind, I wanted to comment on a few of the important aspects of learning and personal growth that I have witnessed over the past six months. It would seem a trite truism to assert that we learn something from everything we do in life, but in this case I really feel that our students have gained immeasurably from the whole process of bringing Shaw’s witty critique of the social mores and linguistic snobbery of early twentieth century England to the stage. The exposure to such unforgettable and beautiful music is also a wonderful gift and many of the cast are still humming those delightful tunes. As an English teacher I am also, of course, delighted that they have a new found appreciation of the refinements of the English language and Shaw’s masterfully witty and poignant prose, but there are even more compelling lessons that the students have learned.

I can’t enumerate all the occasions when I was privy to a close up view of the dedication, camaraderie, commitment, and sheer competence of our young students. What was so evident to me watching from my perch as the deliciously ‘upper

crust' Lady Boxington, was the invaluable opportunities for personal growth and leadership that participation in the play facilitated. Each individual, whether on stage or behind the scenes, was responsible for his or her own actions and the degree to which those roles were fulfilled was the balance beam on which the success of the play rested. The students learnt to strive for excellence, and I believe that this production achieved an outstanding level of performance rarely seen in high school. But excellence is a tough task master and the students learnt many invaluable lessons about themselves and about what is needed to succeed in life: to be at rehearsals on time, to be prepared with lines memorized, to roll up their sleeves and lift furniture on and off the stage on cue, to maintain intense focus, to commit to hours of practice, to support others, to refrain from complaining, to take risks, to solve problems, to collaborate, to be creative, to be resilient and persistent in the face of difficulties. So much was learnt. The older students provided fine role models and exceptional leadership to the younger students, and the younger students stepped up to the plate and impressed me with their confidence, poise and maturity. Ms. Kelly built an ensemble based on mutual respect, trust and consummate teamwork. I have nothing but praise for her herculean efforts.

For myself, I have certainly gained immeasurably from this experience. To Ms. Kelly, Mr. Doig, Mr. Sterelyukhin (that hairy Hungarian), to the entire cast - it was a blast! Hats off to you all.

Mrs. Holt  
Senior School Academic Program Director

### **Senior Girls Basketball Team Leave to Compete at Provincials in Kamloops**

The entire Senior School wishes the Senior Girls Basketball Team and their coach, Paul Chiarenza, the best of luck as they represent Southridge at the 2013 AA Basketball Championships from March 6<sup>th</sup> to 9<sup>th</sup>. GO STORM!

### **Kiwanis Jazz Festival**

On February 27 and 28, the Grade 9, 10, and Senior jazz bands, as well as the Grade 9 and 10 jazz studies classes travelled to Capilano University to perform at the Kiwanis Jazz Festival. They each performed three pieces, and were then given a clinic by one of the three adjudicators. In addition to their own performance, students listened to a lunchtime concert given by a professional jazz ensemble. The students represented the school very well, and performed admirably. All of the jazz bands were awarded silver, and both jazz studies groups were awarded a gold rating! Two students from jazz studies, Jack Wells and Coltin Porter, were awarded scholarships based on their performance. On Thursday evening, the Jazz Studies students went to the Jazz Cellar for an inspiring performance by the Christian McBride Trio from New York City. It was an experience to be remembered!

Mr. Chris Mitchell

### **Grade 8 Concert Band On Tour!**

Last week our Grade 8 concert band traveled to Victoria to perform at the University of Victoria's annual BandFest. Our students represented their school with pride and performed very well.

The trip actually began here at Southridge on Wednesday morning. We began in the Junior School with a great clinic from Mr. John White. He complimented the students on many things and also encouraged them to think more about their air. Wind instruments, after all, require 'wind', or in musician's parlance, an energized supported column of air, to create a full warm resonant tone. Following the clinic we splurged and gave the students a seven minute break before performing a short concert for 'any Junior School students whose teacher wished them to come'; we were pleased to have a large crowd of eager students. It was good for us as a band to 'run' the festival selections before we embarked on our 'overseas' tour together. To the ferries!

The trip to Victoria was pretty uneventful; students relaxing on the ferry and in the buses, enjoying some downtime with friends and a little food. We arrived at the University of Victoria and were scheduled to be the final band on the slate for that day (BandFest runs 3 or 4 days and bands come from all over). The students were very focused in our warm-up time; we, as music teachers, felt they were ready.

The Farquhar Auditorium is a beautiful room with a hardwood floor stage and fantastic acoustics. Our audience was just two adjudicators and a respectful green-vested middle school band from an unknown location. Mr. Burrage had challenged, well perhaps bribed, the students to sit with the kind of posture that is not only useful for creating a good tone, but also

draws admiration from said adjudicators. The students looked... and sounded fantastic! Some of our members in the Grade 8 concert band have only been playing their band instruments for six months, while others started in Grade 7.

They should all be proud of their performance. Both adjudicators were rightly impressed with the group, granting them an "Excellent" rating (the five levels are Poor, Fair, Good, Excellent and Superior). One the adjudicators, Dr. Michael Keddy, entertained us with his exuberant encouragements, his attempt to get the students to perform with more authenticity and passion. The students earned praise for many things, most notably their energy, dynamics, rhythmic and note accuracy, intonation, phrasing, expression and nuance. Some may be surprised that Grade 8s are capable of nuance, but we have witnessed it! In addition, the students' attitude, appearance, and discipline was graded "Superior". We, as teachers, were happy to be commended for our musical selection, both in terms of variety and suitability to the group. Dr. Keddy reiterated Mr. White's comments about the need to pay more attention to their air and its affect on the tone, dynamics, and phrasing.

Following the festival, it was off to check-in to our hotel and head to a late supper at the Old Spaghetti Factory. An IMAX presentation across the street at the BC Provincial Museum entitled Everest was both engaging and informative. The students and teachers were so tired after our long day that curfew and lights out wasn't a stress (or maybe it's just the wonderful children that Southridge parents raise?). Thursday's breakfast was supplied by Tim Hortons via a parent that came along to help.

Thanks to Ms. Killoran for helping with a variety of things, especially so capably sorting the Timmy's order for close to 70 bagels, wraps or BELTs. Well done! Thanks, too, to Ms Berkeley and Mr. Dods, who joined us to help with managing the scores, nay hordes of students. After checking out of Chateau Victoria we boarded the buses and spent an hour or so at the Shaw Ocean Discovery Center in Sidney. The students were exceptionally well-behaved; they enjoyed the center and it's amazing displays of local sea life. Following an hour of free time, we headed to Swartz Bay for our return ferry.

This group was such a pleasure to take to BandFest this year! As their music teachers, Ms Parker, Mr. Mitchell and I were very pleased and proud of their behavior on the ferry, in the hotel, and at the festival. They seemed to enjoy each other's company immensely and certainly performed very well indeed.

Mr. Burrage

### **Spirit Day – St. Patrick's Day – Thursday, March 7<sup>th</sup>**

Reminder that tomorrow is a spirit day! Wear all green in support of Cinderella project, and bring in your donations. There is a prize to whomever wears the most green!

Jacque van der Made

### **It's not about the Dress, it's about the Dream!**

Sunday March 3<sup>rd</sup> was Bouquet Day for Cinderella Project. Over a hundred and sixty graduating students arrived with hopes of finding the perfect dress and accessories for their graduation.

I arrived with four Alumni moms to carry out the job of Fairy Godmother to a special student. As it turned out she was very special. Hearing impaired, living in a dorm in South Burnaby all week, flies home to Campbell River to her native family on a reserve. She had never worn a dress or make up before. We started with finding the perfect dress, a white Cinderella style dress with an overlay of silver and gold poke a dots and a gold cumber bun. Gold sparkly shoes and purse to match, earrings and bracelet (loket she already had ) white gloves a shawl and to top it all off a tiara. Her hair and make-up were done and to finish off with a portrait from Artona Photography. She looked absolutely stunning and everyone told her so. She never stopped smiling. Her interpreter tearing up every time she signed.

What a wonderful day to be part of someone's life for 6 hours; to send them off with so much. They wouldn't have it without contributions from wonderful students and parents from Southridge School. We can make a difference!

To date, our Grade 11/ 12 Cinderella Team have raised over \$1,600.00 towards making this dream happen for over 160 students. Every year I am amazed at the difference our students make in the world.

A few captions from the day:

- *I just wanted to e-mail you all who helped, and made the Cinderella Project a success :)*
- *I honestly personally never felt the way I felt yesterday, all the pampering, and all the nice comments.*
- *I felt like a princes for sure, without saying, I was extremely happy and I thank everyone.*

- *I had a great fairy godmother, she did well finding me everything I needed. I found the perfect dress, with all the pretty things to go with it.*
- *I would totally suggest and push more of my friends to finish high school just to have this experience, it was a great opportunity and thanks for it all, I will never forget this.*

Again THANKS !!!!!!!

This is why we do it.  
Thank you Cinderella Team!!

Monica Froh  
'Fairy Godmother'  
[www.thecinderellaproject.com](http://www.thecinderellaproject.com)

## News for Both Schools

### Southridge Speaker Events – Invite your family and friends!

**Spencer West** - Saturday April 20 at 2:00 pm

On Saturday April 20<sup>th</sup> 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. [Click Here for Tickets](#)

**Paul Tough** – Thursday May 9<sup>th</sup> at 7:00 pm

On Thursday May 9<sup>th</sup> at 7:00 pm, **Paul Tough**, author of *How Children Succeed: Grit, Curiosity and the Hidden Power of Character* will be at Southridge to talk about how curiosity, conscientiousness, optimism, self-control and grit contribute to a child's character. Contrary to the popular story that childhood and success comes to those who score highest on tests, from preschool to admissions SATs, Tough argues that the qualities that matter most have more to do with character: skills like perseverance, curiosity, conscientiousness, optimism, and self-control. Plan to attend this highly sought after speaker.

[Click Here for Tickets](#)

### Last Call for Southridge Sun Run Registration!

Thank you to everyone who has already joined our school team! We have close to 50 participants, and would love to have even more! The final deadline to register for the Southridge School Team is this Friday, March 8<sup>th</sup>.

To register:

1. Go to [www.sunrun.com](http://www.sunrun.com) and at the top of the page select 'Register' and tab 'Register here'.
2. 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.
3. Our team name is "Southridge School" and the password to join the team is "leteveryspiritsoar".

If you have any questions, please feel free to send me an email ([mfretter@southridge.bc.ca](mailto:mfretter@southridge.bc.ca))

Ms. Megan Fretter

### Summer Camp Registration

Registration for summer camps is now open. A camp brochure will be delivered via the report cards on March 15<sup>th</sup>. In the meantime you can look at all of the great camp offerings by clicking on the summer camp button on our website homepage. Some of these camps will fill up quickly, so register now for your favorite choices. [Click here for Summer Camps](#)

### **Country Fair Baskets and Plants**

Country Fair is just around the corner!! As we draw closer, each week more information will be posted in the Wednesday regarding volunteering at the Fair and other Fair news. As well, a link to the Country Fair is up and running on the Southridge website.

Gift Basket collection for the Junior School will start on Friday, March 8<sup>th</sup>. All information regarding item requests by Grade will be emailed via the class moms this week. These item lists will also be posted outside classroom doors. Boxes for the collection of items will be put outside classroom doors on Friday, March 8<sup>th</sup> and remain there until March 15<sup>th</sup>.

This year we will not be selling plants on the day of the fair. But you will be happy to hear that we are still offering plant pre-sales. Stay tuned for more information and dates. Thanks again for supporting the Country Fair!

Preet and Grant  
Country Fair Chairs 2013

### **Sign Up to Volunteer for the Country Fair**

We now have an online process for signing up to volunteer for the Country Fair. It is quick and easy. Please follow the instructions in the attached PDF file to sign up for Country Fair.

### **Digest, Menu, and Nutrigrum**

As spring break approaches we have just enough time to celebrate one more holiday, St. Patrick's day. This green festival celebrates the death of St. Patrick, the patron saint of Ireland. A festive day for the Irish people (everyone is Irish on Paddy's Day!) it is celebrated with much enthusiasm. Come and enjoy some Irish stew, and other delicious and healthy dishes with green themes.

Whenever visiting the Southridge Café, please be sure to ask our cashiers for a PUNCH CARD. With every visit to our café, have your card hole punched and the 6<sup>th</sup> meal is on us.

We now have launched the Southridge Café facebook page. Please be sure to visit often, tell your friends to like our page, and keep on top of all the interesting things going on at your café. Pictures of our food, the cool staff that puts it all together, promotions, recipes and more.

Visit us, make comments and suggestions. [www.facebook.com/southridgecafe](http://www.facebook.com/southridgecafe)

Bon appetite

Marat Dreyshner  
Chef/Unit Manager



## **Country Fair Gift Baskets**

**The March 15th casual day is dedicated to the collection of NEW items for Gift Baskets for Country Fair. The collection boxes are outside each classroom from March 8th to March 15th. Please have your child/children bring in their NEW items between March 8th and March 15th. If each student brings in a new item, Gift Baskets will be a great success for Country Fair.**

**The categories for each grade are:**

**Kindergarten & Grade 1: Children's Toys and Games** (lego, craft kits, crayola sets, hair accessories, activity sets, bratz dolls, baby dolls, books, and any other popular children's toys)

**Grades 2 & 3: Kitchen and Gourmet Items** (oven mitts, tea towels, cloth napkins, cook books, fancy spices, oil and vinegar sets, garlic presses, cheese harps, coffee, tea, ice cream scoops, salt and pepper grinders, gift certificates)

**Grades 4 & 5: Summer Fun and Garden** (beach towels, children's sprinklers, sun screen, garden planters, garden gloves, seeds, watering cans, garden tools, gift certificates)

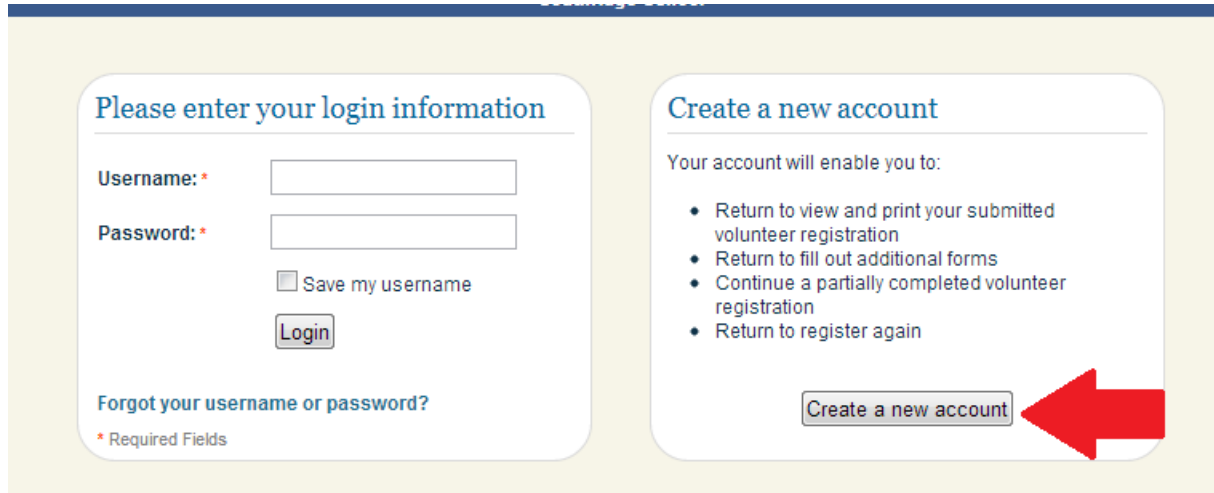
**Grades 6 & 7: Mother's Day** (bath products, spa items, candles, perfume, lotions, fancy soaps, bubble bath, scarves, picture frames, gift certificates)

**Thank you for your support!  
Gift Baskets Committee**

## Signing up to volunteer at the Country Fair is as easy as 1, 2, 3 ... 4!

### Step 1:

- Go to <https://registration.campbrain.com/Default.aspx?H=SouthridgeVolunteer&G=1013> and 'Create a New Account'



The screenshot shows a registration page with two main sections. On the left, under the heading "Please enter your login information", there are input fields for "Username:" and "Password:", a checkbox for "Save my username", and a "Login" button. Below this is a link for "Forgot your username or password?" and a note "\* Required Fields". On the right, under the heading "Create a new account", there is a list of benefits: "Return to view and print your submitted volunteer registration", "Return to fill out additional forms", "Continue a partially completed volunteer registration", and "Return to register again". At the bottom of this section is a "Create a new account" button, which is highlighted with a large red arrow pointing to it from the right.

### Step 2:

- Click on the heading to open up the positions listed below and choose your preferred shifts.



The screenshot shows a selection page for "Country Fair Volunteers - Fair Day". At the top, there are three checkboxes: "Country Fair Volunteers - Department Heads" (unchecked), "Country Fair Volunteers - Pre-Fair" (unchecked), and "Country Fair Volunteers - Fair Day" (checked). Below this is the heading "Country Fair Volunteers - Fair Day". A table lists available shifts for "Fair Day - Saturday May 4, 2013". The first row is checked and highlighted with a red arrow. The table has two columns: the shift name and the date "May 04".

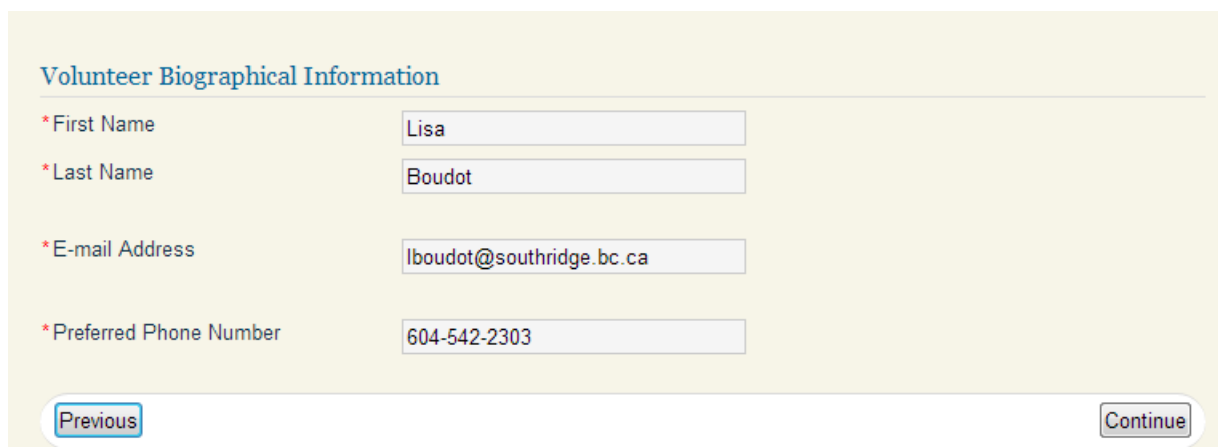
Shift	Date
<input checked="" type="checkbox"/> Fair Day - Saturday May 4, 2013	May 04

Below the table, it says "Please select your preferred position(s) below:" and lists several options with checkboxes:

- 50/50 Ticket Sales (8:30 - 12:30) (Read More)
- 50/50 Ticket Sales (12:30 - 4:30) (Read More)
- Bake Table (8:30 - 12:30) (Full)
- Bake Table (12:30 - 4:30) (Full)
- BBQ Jr School (8:30 - 12:30) (Read More)

### Step 3:

- Enter your email address and phone number (this email is the one we'll use to communicate with you about your shifts).



The screenshot shows a form titled "Volunteer Biographical Information". It contains four input fields with labels and asterisks indicating required fields:

- \* First Name: Lisa
- \* Last Name: Boudot
- \* E-mail Address: lboudot@southridge.bc.ca
- \* Preferred Phone Number: 604-542-2303

At the bottom of the form, there are two buttons: "Previous" on the left and "Continue" on the right.

**Step 4:**

- Click the Submit button! You will receive a confirmation email once you have successfully registered.

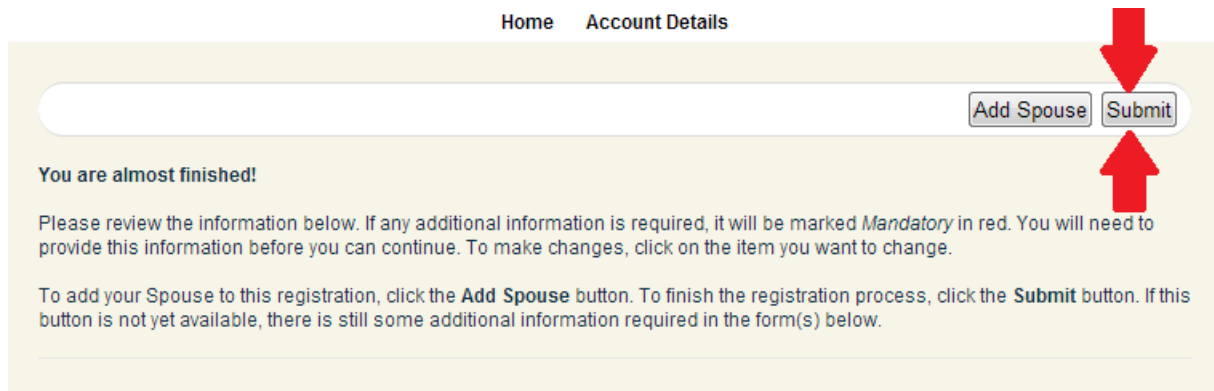
[Home](#)   [Account Details](#)

**You are almost finished!**

Please review the information below. If any additional information is required, it will be marked *Mandatory* in red. You will need to provide this information before you can continue. To make changes, click on the item you want to change.

To add your Spouse to this registration, click the **Add Spouse** button. To finish the registration process, click the **Submit** button. If this button is not yet available, there is still some additional information required in the form(s) below.

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The image shows a screenshot of a web application interface. At the top, there are two navigation links: 'Home' and 'Account Details'. Below these is a light-colored rectangular area containing a registration form. On the right side of this area, there are two buttons: 'Add Spouse' and 'Submit'. Two large red arrows are overlaid on the image: one pointing down to the 'Submit' button and one pointing up to the 'Add Spouse' button. Below the buttons, there is a heading 'You are almost finished!' followed by two paragraphs of instructional text. The first paragraph explains that mandatory fields are marked in red and that users need to provide this information to continue. The second paragraph instructs users to click 'Add Spouse' to add a spouse and 'Submit' to finish the registration process, noting that the 'Submit' button might be disabled if more information is needed.



# Weekly Menu

Mar 11th – Mar 15th, 2013

## **MONDAY**

CHICKEN SOUVLAKI

With roasted potatoes and edemame  
*Vegetarian choice available*

## **TUESDAY**

CHICKEN STIR FRY WITH CHARD

*Vegetarian choice available*

## **WEDNESDAY**

IRISH BEEF STEW

With mashed potato

## **THURSDAY**

SALMON ON GREENS WITH  
HONEY LIME GINGER GLAZE

*Vegetarian choice available*

## **FRIDAY**

FETTUCINI GARDEN PRIMAVERA





# WHOLE GRAINS

FIBRE

ANTIOXIDANTS

## DID YOU KNOW?

We think of whole grains as “new”, but they have been a cornerstone of the human diet for over 10,000 years. Barley, for example, has been cultivated since the stone age and Quinoa was a staple in the diet of the Inca Indians. Early civilizations believed that whole grains were gifts from the gods. The magic of health promoting whole grains has once again come to light as “everything old is new again”.

## GETTING ENOUGH WHOLE GRAINS

There is strong evidence for the connection between whole grains and health benefits. Canada’s Food Guide recommends consuming at least half of our grain servings as “whole grains” each day. For adults, that translates into three to four servings of whole grains daily. There is strong scientific evidence that links whole grains to a lowered risk for coronary heart disease (CHD). REGULAR consumption of whole grains may also reduce the risk for certain cancers – colorectal, gastric, hormone - related and pancreatic. Whole grains also affect blood glucose and insulin responses. Cereal fibre, found in whole grains, is associated with reduced risk for diabetes and recent research suggests whole grain intake may aid in weight maintenance. Refer to the Nutrition Facts panel on food labels for more information. A grain product with at least 6 g of fibre per serving is considered a “very high source of fibre”. Whereas, 4-6 g is considered a “high source of fibre” and 2-3 g is considered a “source of fibre”.

Choose your favourites like brown rice, oats and whole wheat and try something new... amaranth, bulgur, quinoa, wheat berries, farro, spelt, millet, barley, kamut and wild rice. Go to [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org) for all you need to know about whole grains.

PHYTONUTRIENTS

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