

Southridge Wednesday

12-13
No. 29

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Head of School

It Comes Down to What You Believe and Who You Are

Stereotype threat is a phenomenon whereby an outcome is affected by an identity group. For example, when people in their 60's, 70's and 80's were asked to read an article about how memory fades with age just before they took a memory test, they scored worse on the test than those people of a similar age who did not read the article.

Surprisingly, the influence of stereotype threat can be very subtle indeed. When female college students, for instance, were reminded of their gender just before taking a math test, they scored worse on the test than those female students who were not reminded of their gender. According to some researchers, girls and women are especially anxious in testing situations when they think the test might confirm a stereotype about girls "being bad" at math.

But results on tests can also be influence positively by interventions that challenge stereotypes or assertions. The static nature of intelligence carries very specific connotations and yet if students internalize the idea that intelligence is malleable rather than static, they gain confidence and their test scores increase. Whether or not intelligence is malleable is beside the point. Students only need to believe that intelligence is malleable for them to improve their test scores. In the case of stereotypes based on intelligence, it is good to know that our beliefs can have a powerful affect on outcomes.

It's also good to know that outcomes are affected by character. Our school's mission statement is pretty clear about the importance of character development, and it is really interesting to know that academic achievement is influenced positively by performance characteristics such as grit (focused determination toward a goal), self-control (the ability to avoid distractions) and zest (liveliness, energy, gusto).

So, it seems that research in the behavioural sciences is supporting something we've thought about for quite some time – success is not all about how smart you are. If you are aware of the cues that perpetuate stereotypes, if you intervene with beliefs to defuse the negative influence of stereotypes and if you commit to the development of personal characteristics that give you the best chance of success then you can achieve wonderful things. In the end, success really boils down to what you believe in and who you are as a person, and that is why values and character are so important to us at Southridge.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Sex Education Night for Parents	Thursday, April 25 th	6:00 - 8:00 PM	Junior School Great Hall
Casual Day	Friday, April 26 th	All Day	Both Schools
Country Fair Set up	Friday, April 27 th - Friday May 3 rd	All Day	Sr School Great Hall and Gym
Country Fair	Saturday, May 4 th		

HR Updates

Welcome to Southridge!

We are pleased to share with you that Mr. Tyrel Dyck will be joining Southridge on Monday, May 6th as the Groundskeeper. Tyrel brings to this position 12 years of grounds keeping experience within the Independent School system

coupled with a Journeyman Landscape Horticulture certificate from Kwantlen College. Tyrel enjoys working outdoors and is looking forward to managing the landscaping and gardening requirements for our campus grounds.

Ms. Darcie Sagert
HR Manager

Junior School News

Coming Home

This past week, I spent 3 days in our nation's capital at a conference for our CAIS Junior School Heads. Every year, the junior heads of schools from all Canadian Accredited Independent Schools meet in various cities in Canada for professional development presentations, collaborative discussions, and school visits. This year, we visited Ashbury College, located in the beautiful Rockcliffe neighborhood of Ottawa, and Elmwood School, a girls school located next to Ashbury. We met the students, toured the school, marveled at the old architecture and history, and immersed ourselves in their school cultures. At CAIS, no matter how similar we are, there are specific differences to each school culture that make them unique. Yesterday, I spent time at Collingwood School for the ISABC public speaking competition—such an impressive event where young people in grade 6 and 7 spoke passionately about issues and through self expression, were trying to make a difference. Collingwood is to be commended for their competent and warm hospitality, as well as their fine showing in public speaking. However, I was very anxious to get home to Southridge. The culture of Southridge can be defined in many ways, but the best one word that I can come up with is: community. As I arrived this morning, the great hall was buzzing with activity centred around the Country Fair, the backpacks lined the halls with our grade fours preparing for Camp Elphinstone, Doug Tennant was here from Semiahmoo House to do a presentation to our grade four students, and our two practicum students were here from UBC, ready to start. Just another day at Southridge. The vibrancy of our community cannot be understated—it is something that clearly defines us. Indeed, we are busy, we are active, we are determined—but beneath all the bustle in our hallways and great hall is the deep soul of contribution. It feels good to be back—where people making a difference is tangibly played out for us each and every day.

Have a great week,

Mrs. Laurel Middelaer
Head of Junior School

PYP Exhibition: May 28th and May 29th, 2013

As you are aware at Southridge School, grade four is the final year of the Primary Years Programme (PYP) in the International Baccalaureate programme. By this point in their experience, students have grown in knowledge and understanding through exposure to their many Units of Inquiry. In this final grade four year there will be five Units of Inquiry and a required Exhibition. The Exhibition is a unit of celebration, an event which synthesizes all that is best of the PYP, and is intended to be shared with the whole school community. It is a great celebration of learning and our grade four students really shine during this opportunity. The issues the students are addressing are: brain injuries and adaptations, advances in genetics, changing animal populations, progress in farming methods, effects of social media, natural disasters affecting communities, advances in systems of waste management, and discoveries from space technology. Please mark your calendar for The Exhibition which will occur on two days: Tuesday, May 28 from 1:20 – 3:00 p.m. and Wednesday, May 29, 2013 from 6:00 – 8:00 p.m. Come and celebrate with us the wonderful inquiry and research.

Summer Uniform - May 1st

The day that many students have yearned for is on the horizon; summer uniform commences on May 1st! Students are now able to wear black dress shorts or skorts, golf shirts, and white socks. The option of a skort has been extended to include our primary students, as our uniform shop is now able to source these smaller sizes. Of course, students may still opt for the winter uniform or a combination of the two. Please note that if grey pants are worn, the socks must be grey. Ties are no longer mandatory. Just a reminder that green sweaters, cardigans or vests must be worn on assembly days. Of course, the overriding principle of the Southridge uniform is that the students wear them with pride. Shoes should be polished, and the uniform should be neat and clean. Recall that the students are representatives of Southridge and are recognized because of the uniform. I know our students are proud of our school- let that be reflected in the pride of wearing the uniform well.

Mrs. Middelaer
Head of Junior School

Sex Education Night for Parents 2013

Thursday, April 25th from 6:00 - 8:00 PM in Junior School Great Hall

Once again we have invited a 'body scientist' expert to come and speak to our children. Saleema Noon will do a presentation of the lessons she will be providing for all K-7.

We encourage all parents (no children) to come to the evening presentation to hear what she will be telling your children. Even if you have heard her before it's a great idea to listen to it again to refresh our memories. Being knowledgeable about the facts she gives the children will help you to answer your child's questions.

Mrs. Rowena Raber

Earthly Casual Day Collection

This month's Casual Day collection is connected to our grade twos learning about the importance of caring for the Earth's air, water and soil. They have investigated the necessity of each element, how they are all connected, natural and human-caused changes that can impact them, and how to individually help keep each one healthy. As part of our action, we are looking at various environmental organizations to see how collective action through fundraising can also support overall protection, conservation, and restoration of these vital ingredients on our planet. We encourage you to listen to our findings on Friday morning at the assembly and to join us in donating \$2 each in support of environmental initiatives. Thank you!

Ms. Jo-Ann Murchie
Junior School Service Co-ordinator

Junior School Bottle Drive to Help Women Have Equal Rights

A bottle drive is happening in the Junior School on Friday April 26th and Monday April 29th. Please bring all your recyclable bottles, cans, and juice boxes in a plastic bag and put it in a bin that will be located just outside of the Junior School doors. This bottle drive is for our gr.7 "Making a Difference" project. Our Making a Difference issue is Women's Rights. Many girls and women in the world are being treated unequally to men, and we think that needs to be changed. The money we raise will be donated to Plan Canada, which is part of the organization called "Because I am a Girl." Plan Canada will use this money to send a girl to school and give her a chance for a proper education. Please help to send a girl to school and unleash her power! We appreciate your help,

Katherine Toy and Emily Tees
Grade 7

Join the Southridge School World Partnership Walk Team – and help make this year's team the biggest one yet!

Do you like making a difference? Do you value community building? Do you enjoy spending a weekend morning walking in Stanley Park?

If you answered "Yes!" to the questions above, then the World Partnership Walk is for you. Each spring, the World Partnership Walk is held in cities throughout Canada, with 100% of the money raised going to specific micro-financing projects in the developing world. To learn more, please visit <http://www.worldpartnershipwalk.com>.

This year's community even takes place just one month from now on Sunday, May 26th. Students and staff members of both the Junior and Senior Schools, as well as their families, are welcome to join the fun by walking or running either 5 or 10 KM. To join our school team, please go the World Partnership Walk website and click on the 'Register' button on the right side of the screen. When it takes you to the next screen, please click on 'Vancouver' for the walk city, and on the next screen click the button for 'Join an Existing Team'. It will take you to a page that allows you to specify if you are a 'New User' or 'Returning User', and then directs you to a page where you can type in our school team name. Enter 'Southridge School' and click the button for 'Search for a Team', and you will then be able to click the link to join the school team!

Growing numbers of our school community have joined us at Stanley Park the past few years, and we all have had a lot of fun as we made a difference in the fight against global poverty! We hope that you will join with us this year to make an even bigger team – and an even bigger difference. Please note that this is not an official Southridge excursion, so families will need to arrange their own transportation and supervision for the event.

As usual, Ms. Mauricio and the grade six students will also be organizing a Junior School World Partnership Walk here at Southridge School. Please stay tuned to upcoming editions of The Wednesday for more information!

If you have any questions, please feel free to contact me.

Thank you!
Dr. Kevin Bespflug
(kbespflug@southridge.bc.ca)

Vancouver Sun Run

I just want to let you know about some of our students who took part in the Vancouver Sun Run.

Liam ran in the 2.5K Mini Sun Run. While it's not a competitive race, he did come in third among several hundred participants (he ran with Julia Greer, who you may recall used to go to Southridge and is a very accomplished middle distance runner).

Brandt completed the Sun Run in under 48 minutes, while Maya, Morgan and Graham Block finished under 56 minutes.

A great day for Southridge!

Michelle Gagne
Southridge Parent

Senior School News

Staying Motivated

As we head into the last month of classes in the Senior School, I am certain there are many students (and their parents!) trying to stay motivated in reaching the goals they set at the beginning of the year. After 8 months of the year, and really only the month of May left for classes, it has been a long struggle. For our Grads, this is can be even tougher as many have conditional offers of acceptance to Post-Secondary institutions that hinge on them continuing to achieve a solid standing. Although the end is relatively near, I always notice that at this time of the school year, there seems to be a real difficulty in retaining that level of engagement and energy to stay on top of all of the work necessary for success.

To use an analogy of a team in a long season, or a cyclist in an endurance race, the month of April in the school year is just about three quarters of the way along. A great deal has been accomplished, but there is still enough of the race that one cannot coast to the end. In fact, coasting will likely have a negative impact on the athlete's performance. So, too, will the standing of a disengaged student for the remaining month of classes. Different to the analogy of a race, is the fact that in some classes there is an exam to prepare for that is worth a fairly substantial amount that occurs at the end of the year. How can the students stay motivated to make the most of the remaining time?

Well, as simple as it sounds, the trick is to stay true to the goals that were set at the beginning of the year. Perhaps, take some time to review these and the tasks that have helped to accomplish any success thus far in the year. Returning to the racing analogy, this might look like committing to keep pedaling at a consistent cadence and keeping your posture strong in the saddle. Or, as a team, to ensure that everyone is doing all of the little details well in every game. Students can ensure that they are on time in the morning, for each class and well prepared to participate at a high level. If they are having difficulty with a specific concept, then they should be sure to see their teachers right away and not procrastinate in this regard.

Another way that can help with staying motivated is receiving support and encouragement from others – teachers, parents or fellow students. Sharing one's goals and any struggles that are being felt can lead to people asking how they can help. As anyone who has raced will attest, the sight of someone you care about cheering you on can add a great deal of motivation to keep at it!

This past weekend, my beloved Maple Leafs (yes, sadly this is a truth) finally did something that they previously hadn't been able to accomplish for nine years...they made the playoffs. As much as I was excited – and I am very excited – there was actually a feeling of “now what?” I had been looking forward to this success for so long that once it had happened there was a letdown because this monumental goal had been accomplished. I wasn't prepared to look beyond this and felt a bit ‘directionless’.

I think this is also a bit of why students struggle with motivation at this time of year. Many have set lofty goals – the Grade 12's for example – and now that they have accomplished them they are not quite sure where the next target should be on which to aim. In the case of the Maple Leafs, it will obviously be a responsibility of the coaching staff to ensure that the team makes the most of this new opportunity to be successful beyond any other Leafs team since 2004. And I guess this is why I have chosen this topic for the Wednesday as I hope to instill a renewed sense of drive towards finishing strong! Even if that means that I get a bit of healthy ribbing for being a Leafs fan....

So, as the expression says: “Keep your eyes on the prize.” And I encourage each student to demand their very best for this last month. When you look back it will mean no regrets because you did everything you could to succeed. And in my experience, this is usually enough to accomplish some great things.

Have a motivated and successful week ahead!

Mr. Doug Palm
Head of the Senior School

News from Track and Field

The Track and Field club ran the 200m, 800m, high jump and long jump last week. Despite the rain and cold temperatures our athletes did extremely well. Our qualifying meet, the Surrey championships, is coming up. Wish us luck!

Coach Alexandra

Reach for the Top Tournament

On Friday, April 12th seven Grade 12 students represented Southridge at the provincial Reach for the Top tournament that was held this year at Magee Secondary. They were one of the top 16 teams out of 33 that moved on to the sudden death play-offs. Unfortunately, they were eliminated after a hard fought battle in their first game. I cannot say enough about these students' integrity, commitment and sense of fun. We have had a great 5 years and they will be dearly missed.

Mme Davies

Both Schools

Thank You Southridge Volunteers!

Did you know that Canadian society is supported by an army of 13.3 million volunteers? Southridge School contributes to this amazing number! National Volunteer Week (NVW) is a time to recognize and celebrate the incredible efforts of our volunteers. It takes place April 21st to 27th, 2013.

To quote from the volunteer.ca website:

“National Volunteer Week began in 1943 to draw attention to the vital contribution women made to the war effort on the home front. Although NVW was largely forgotten after the war ended, it experienced a revival in the late 1960s, when organizations stressed the importance of thanking volunteers across Canada. NVW was reinstated and has since grown to become the largest celebration of civic participation in Canada.”

In the spirit of National Volunteer Week, thank you to all our volunteers who help make Southridge such an amazing community – especially over the next couple of weeks during Country Fair.

Thank you!

Ms. Christiane Hodson
Director of Advancement

Get Your Tickets – Tell Your Friends!

Southridge Speaker Events are open to all members of the Surrey/White Rock community.

Paul Tough – Thursday May 9th at 7:00 pm – [Click here for tickets](#)

On Thursday May 9th 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.

Tough will peel back the mysteries of character and trace the links between early childhood neurological development and environment. By showing how “nature” and “nurture” are intertwined, Tough will explore how childhood stresses modify life success and the surprising ways that parents do – and do not – prepare their children for adulthood. Tough will help parents understand how early adversity affects childhood emotional, social and cognitive development in ways that will carry on throughout their entire lives. He will also provide tips for parents on what they can do about it.

A few weeks ago Mr. Stephens wrote about the importance of second generation character traits – you can read what he said [here](#).

“High School Artists Show 2013 ”

Created in partnership with the City of White Rock and Semiahmoo Arts.

Five graduating visual art students will be representing Southridge during their final art exhibit with students of four more of our local high schools at the White Rock Community Centre. This exhibit runs from May 4th to June 14th, with an opening reception at 2:00pm on May 4th. The selected pieces by no means represent the whole of their art career at Southridge, but they are outstanding examples, nevertheless, of artistic innovation and imaginative mastery of visual communication. I invite you to pop into the opening or consider manufacturing for yourself a strategic creative break by visiting the gallery after the opening. Congratulations, Rishi Saincher, Jacquie van der Made, Amanda Gieschen, Ashley Andreou and Kelsey Young; the five of you have never dropped the brush, so to speak, always answering the question of, “What if?” with a splash of paint, a dashing graphite line, or simply with a delightful shade of blue.

Who: Elgin Park, Earl Marriott, Semiahmoo Secondary, White Rock Academy and Southridge School. Grade 11/12 students.

Where: White Rock Community Center, 15154 Russell Avenue,

When: May 4-June 14, 2013

Ms. Susy Baranszky-Job

Country Fair Sponsorship Opportunities Still Available!

We still have plenty of sponsorship opportunities available for the Country Fair! For \$150.00 you can sponsor Jam-a-Jar, Alien Hoop Toss or 50/50! For \$250.00, Mini-golf, Recycled Treasures and Student Entertainment are still available! For \$500.00, the Games Prize Table is yours!

You can sponsor under your family or business name and will be recognized on a sign in front of your sponsored item – but only if we have your form and payment by THIS Friday, April 26th!

The money we raise through sponsorships help offset the costs of the event, so any and all help is greatly appreciated. Plus, you get a charitable gift receipt for the full value of your sponsorship!

[Click here for the sponsorship form and more information.](#)

Thank you for your support!
Fair Committee

Volunteers STILL NEEDED!

We are getting down to the wire and we still have lots of shifts yet to fill! In particular, pre-fair shifts starting this Friday, Saturday and Sunday are still open. Also, on Fair Day, we need lots of help in the following areas:

- Security
- Recycled Treasures
- Henna and Face-Painting
- Post-Fair Clean-up

Please sign up here for your shift (or two) today!

Thank you!

Fair Committee

News From the Bake table!

Ten days to the Fair! If you haven't already done so, it is time to plan for your Bake Table contribution of 2 homemade items (in addition to a homemade or store bought cake for the cake walk)! Remember to package your baking so that it is enticing for our customers and is completely covered for freshness.

If you prefer, you may pick up some simple packaging items in the entrance area of the Junior School at drop off and pickup on Wednesday or Thursday of next week. We have packaging for popcorn, granola, cookies, loaves, brownies, squares, muffins and cakes too!

And if you'd rather not worry about baking and packaging, Mother's Little Helper is still open for business! Fill out the attached form and return it along with a donation to the drop box located at either school's reception.

Happy Baking,
Deesha Thind and Gemma Martini

Golf Tournament 2013

Golfers and non-golfers alike, please save the date of Friday, June 7th for this years' annual Golf Tournament and Pub Night. The tournament will be held at Morgan Creek again this year and we look forward to seeing you all out on the course or for the dinner afterwards!

In the coming Wednesday's we will have more information to share regarding ticket sales, sponsorship and volunteer opportunities and what to look forward to this year!

Volunteer To Be a Buddy Family!!

Every year we ask current school families to act as 'buddies' for our new incoming families. The buddy family plays a very important role in welcoming their assigned family to the school, introducing them to other Southridge families, answering their questions, helping them to navigate and select volunteer opportunities, and checking in with them regularly throughout the year to ensure that they are transitioning well.

Specifically, a buddy family will:

- Make contact in June before the end of the current school year to introduce themselves, exchange contact information, etc.
- Make contact during the summer, offer to meet with them.
- Make contact again during the first week back at school. Introduce them to other parents in their class.
- Meet with them during the Welcome Back BBQ event. Introduce them to other parents. Help them sign up for volunteer opportunities.
- Touch base with them in mid-October, invite them to attend the gala and/or volunteer.
- Touch base with them again in March/April. Help them to sign up for Country Fair.

- Touch base with them in May. Invite them to attend and/or volunteer for the Golf Tournament.

A buddy family is:

- Friendly and welcoming.
- Knowledgeable about the school, the school calendar, volunteer opportunities, protocol, etc.
- An ambassador for the school.
- Accessible and available.
- Dependable.

If you think you have what it takes to be a buddy family, send an email to chodson@southridge.bc.ca , subject line ‘buddy family’ by May 17th. We will try our best to match buddy families with someone who has a child of the same gender going into the same grade, with similar interests, etc. So, although we thank everyone for their interest, not everyone will necessarily be chosen this year.

2013-2014 Buddy Families needed for the following grades:

Kindergarten	Grade 8
Grade 1	Grade 10
Grade 3	Grade 11
Grade 4	Grade 12

Thank you!
Volunteer Committee

Country Fair Update

Pre-ordered Plants: Please pick up your pre-ordered plants and hanging baskets this Friday, April 26th between 10 – 2 PM outside the Junior School. We cannot hold any orders, so please make arrangements to have yours picked up at this time.

Recycled Treasures and Toys, Clothing, and Baking: Detailed lists of acceptable items are now located on the Country Fair Webpage. Hangers for clothing are also now available in the Junior School Great Hall.

Collection of items starts very soon! Drop off times will be:

- Saturday and Sunday (April 27th and April 28th): 9:00 am – 3:00 pm
- Monday and Tuesday (April 29th and April 30th): 7:00 am – 5:00 pm
- Wednesday (May 1st): 7:00 am – 8:00 pm
- Thursday (May 2nd): 7:00 am – 5:00 pm

No collection on Friday please!!

Large Item Pick-up: If you have large items to donate that will require pick-up please contact Mike Schmidt @ cfairlargeitempickup@southridge.bc.ca Pick-ups will be scheduled for the evenings of Wednesday May 1st and Thursday May 2nd.

We Need Your Bags: Recycled Treasures and Books are collecting plastic and canvas bags to be used at the Fair. Take this opportunity to recycle all those bags and drop them off in the collection bin in the Junior School Great Hall.

Jam-A-Jar: Thank-you to everyone who has taken the time to fill their jars and return them. Still feeling creative?! There are more empty jars to fill, so help yourself! Please return all jars (filled or empty) to the Junior Great Hall by Friday, April 26th.

Country Fair Lawn Signs: These are now available to pick up in the Junior School Great Hall and by the Senior School Doors. This is a great way to advertise our fair to the community, so take one home!

Loonie Treasure: WANTED!! All your small GENTLY USED toys for the Loonie Treasure bags. McDonalds toys, party bag loot, hot wheels, matchbox cars, actions figures, trading cards, etc. There is a bin in the Junior school great hall awaiting your donations!!

Preet Brar and Grant O’Kane
Country Fair Chairs 2013

Southridge Summer Camps

Be sure to read the attached descriptions of this Summer’s Sport Camps. There are a wide variety to suit a range of interests. Check them out and register soon.

Menu and Daily Digest

April 22nd is annually celebrated as Earth Day or Earth week. It is the largest environmental awareness day in the year, with events planned in communities in Canada and around the world. As Canada’s largest foodservice company, Compass has a tremendous opportunity to initiate change and raise awareness on environmental responsibility and its associated benefits for the wellness of our communities.

Each of us have a role to play in making this opportunity a reality through our daily actions, and we need not look any further than our dinner plates at the food we eat. Indeed, our food and our environment are deeply connected and our food choices are one of the best and easiest ways that each of us can help protect our local and global resources.

Our message for Earth Day is simple: get closer to your food. Start your own vegetable garden at home. Attend your local community Farmers Market or visit a local farm with the kids. Read food product labels more closely. These are some of the many ways that you can get closer to your food.

For an inspiring example of how food gardening can make positive contribution to one’s community, follow this link - http://www.ted.com/talks/ron_finley_a_guerilla_gardener_in_south_central_la.html - TED Talks: Guerrilla Gardening. Get inspired and get closer to your food!

Bon Appetit

Mr. Marat Dreyshner
Chéf




Mother's Little Helper

Order Form

Name	
Contact Number	
Email Address	

- ✓ The Grads of 2013 will bake, wrap and deliver your baked goods and cake contribution to the Bake Table the morning of Friday, May 3rd.
- ✓ Your name will be entered into the draw for the contributors prize basket.
- ✓ Please attach a cheque with your donation of a minimum of \$35 payable to Southridge School with a notation "Mother's Little Helper" and drop it in the labelled box at the reception of either School.

The Grads of 2013 thank YOU for your support! 

SPORTING GAMES AND MORE!
Ages 6 - 8 (as of 12/31/13)

July 1 – 5 F107
\$225

Developing a lifelong passion for sport, recreation and physical activity, in a fun and safe environment, is what this sports camp is all about! Participants will increase their overall level of physical fitness while building strong leadership skills. Our activities cater to the individual level and interests of the group. Campers will participate in a wide variety of different sports including: soccer, volleyball, badminton, basketball, floor hockey, ultimate frisbee, California kickball (soccer baseball), European handball, dodge ball and other fun and interactive games. In between the action, participants will be taught how to make lifestyle choices that promote nutrition, health and fitness for life attitude. Participants must wear running shoes, bring extra water/juice and pack a healthy lunch that will fuel their bodies for the day's activities. This camp qualifies for the child fitness tax credit.

Instructor: Danielle Fera - Core Education & Fine Arts Jr. Kindergarten

FOR BODY! FOR MIND! FOR FUN!
Ages 8 - 10 (as of 12/31/13)

July 1 – 5 F111
\$225

Developing a lifelong passion for sport, recreation and physical activity is what this sports camp is all about! Increase your overall level of physical fitness and learn to make healthy lifestyle choices that promote nutrition and athletic potential all while building strong leadership skills. Activities cater to the individual level and interests of each group. Participate in a wide variety of sports including: floor hockey, basketball, volleyball, badminton, introductory touch rugby, ultimate frisbee, frisbee golf, California kickball, cricket, soccer, capture the flag and dodge ball. Campers will also participate in a variety of interactive math games and activities including the famed Measurement Olympics with the strength of your geometric shapes tested in a tower building competition. Activities are designed to challenge the mind and expand the understanding of mathematical concepts using playing cards, tangrams and several other interesting materials. Participants must wear running shoes and bring extra water or juice. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Chris VanDerWaarde - Harry Sayers Elementary**

FUTURE STARS GIRLS BASKETBALL
Ages 10 - 14 (as of 12/31/13)

July 1 – 5 F117
\$225

Calling all future GIRL basketball stars! If you are passionate about the game of basketball and want to develop your skills to become the best player possible in a positive and fun learning environment then this is the camp for you! Campers will work on shooting, passing and ball handling techniques daily, while learning positional play, transitional play and tips to become a top notch offensive and defensive player. Dynamic warm ups and core conditioning will be taught so you will be able to move quickly, jump higher and beat your defender more effectively. Coach Kristin Hazzard played three varsity sports in university, including basketball, where she was an Academic All Canadian and team MVP. She currently is the Head of the Girls Basketball program at Tamanawis Secondary School in Surrey and has experienced great success as a coach. A variety of different games will be used to teach the different

applying their math skills by solving a variety of challenging word problems, puzzles and math/logic games. Please select the appropriate level of camp based on the following descriptions:

S211A • Beginner: players who are currently not playing for an organized community soccer club.

S211B • Intermediate: players who are currently playing for an organized community soccer club at either the house or bronze level.

S211C • Advanced: players who are currently playing for an organized soccer club at the silver, gold or select level.

Soccer Instruction: TSS Academy

Mind Exercise Instruction: Greg Batt - Harry Sayers Elementary

SUPER SOCCER CAMP

Half Day (9 am to Noon)

Ages 8 - 10 (as of 12/31/13)

\$145

Ages 11 - 13

Southridge is thrilled to have TSS Academy return this summer to help coach young players in the great game of soccer. TSS Academy is a professional, soccer development organization located in Richmond, BC. TSS programs support youth soccer players of all ages, whether they are young and impressionable beginners, competitive young adults seeking college and university placement or somewhere in between. Their core staff members are full-time professionals who are nationally certified by the Canadian Soccer Association, and they subscribe to a set of beliefs with respect to coaching and development - TSS Academy strives to teach youth how to become skillful and effective soccer players by providing a professional and optimal learning environment. TSS helps young players of all abilities to advance their game. One of the foundations of their program is to have "like-skilled and like-minded" players train together. TSS has training groups for high-level elite players as well as training groups for beginner players.

S212A • Beginner: players who are currently not playing for an organized community soccer club.

S212B • Intermediate: players who are currently playing for an organized community soccer club at either the house or bronze level.

S212C • Advanced: players who are currently playing for an organized soccer club at the silver, gold or select level.

Soccer Instruction: TSS Academy

PLAY TOGETHER, LEARN TOGETHER: HEALTH, FITNESS AND FIRST AID! July 8 – 12 S219 \$225

What makes our body work? How do we maximize human performance? Join us for a fun week focused on health of body and mind. Campers will participate in daily fitness activities, as well as learning about

the body's nutritional needs and how the cardiovascular and muscular systems work. Discover how blood is oxygenated and circulated through the body, why our muscles require that oxygen and the difference that proper nutrition makes in our ability to function optimally. Fitness activities will include obstacle course games, yoga/stretching, ultimate frisbee, California kickball and other fun forms of exercise. Campers will learn valuable first aid skills, including CPR, obstructed airway (choking) procedures and how to deal with minor wounds and burns. Leadership and teamwork are also emphasized as campers work together to explore how the body functions and what to do in an emergency. A good understanding of English is necessary. **Instructor: Angela Berkeley - Southridge School**

BOYS SENIOR ELITE BASKETBALL CAMP
Half Day (9 am to Noon)

July 8 – 12 S223
\$165 Ages: 13 - 17 (as of 12/31/13)

The goal of the Senior Elite Basketball Camp is to help develop well-rounded, complete basketball players. We look to instill the fundamentals of the game as well as the proper attitude in order to excel. Each camper will experience training that consists of position-specific drills and instruction, classroom sessions, scrimmages and off-court training. We stress teamwork, effort, and sportsmanship, which we feel are important ingredients in achieving success not only on the court but also with family, school, and in life. By the end of the week you will feel more confident in your abilities and see an improvement in your fundamental skills. Coach Anderson's goal to develop all aspects of the players' game has resulted in great success for his teams. The camp will be split into groups based on skill level. Coach Steve Anderson has achieved excellence in basketball, having been named Captain of the Canadian Jr. National team (1989 - 1991), MVP of the Canadian championships (1991), and Captain of SFU's Basketball team (1993 - 1995). He still holds several records at SFU. All elite basketball campers will receive a quality practice jersey. This camp qualifies for the child fitness tax credit. **Instructor: Steve Anderson - Southridge School**

SPORTS MANIA: BASKETBALL BASICS AND MUCH MORE
Ages 6 - 8 (as of 12/31/13)

July 15 – 19 T305
\$225

Learn basketball fundamentals in a fun and dynamic environment. Campers will develop a positive attitude towards the game of basketball while learning to play and understand every position on the court. For the other half of the day, players will develop skills in other sports such as soccer, field hockey, baseball, volleyball, badminton and more. Participants will increase their overall level of physical fitness in a fun and dynamic environment! This camp qualifies for the child fitness tax credit. **Instructor: Kyle Anderson - HD Stafford Middle School**

BUMP, SET, SPIKE and SERVE!
Ages 11 - 14 (as of 12/31/13)

July 15 – 19 T320
\$225

Strengthen your skills and make new friends in this girls-only volleyball camp that will focus on developing and improving your bumps, sets, spikes and serves. Participants will develop a positive attitude towards the great game of volleyball, become capable of playing every position on the court, and learn how to be a fantastic team-player while improving leadership qualities. All girls should bring

their own water bottle and knee pads (as preferred). A good understanding of English is necessary. This camp qualifies for the child fitness tax credit. **Instructor: Calla Loewen - Southridge School**

BASKETBALL and MIND GAMES

July 22 – 26 R409

Ages 7 - 9 (as of 12/31/13)

\$225

Ages 10 - 13 (as of 12/31/13)

In the morning players head to the courts! This action-packed camp is for aspiring basketball players who want to learn more about the great game of basketball from a high level experienced coach. Building on fundamental skills, players will be coached and inspired to raise their game to the next level. Players will be coached in:

- “five on five” games
- special situation settings
- performance skill sessions
- team-building exercises

Stand out play develops from the mastery of fundamental skills, so Coach Anderson will emphasize the physical, technical, tactical and mental aspects of the game. Confidence on and off the court will be developed through a good understanding of the game, positive relationships created with fellow players and the setting of attainable goals. In the afternoon, players will work on interactive math projects that combine basic math concepts, higher order thinking skills and hands-on fun. They will practise applying their math skills by solving a variety of challenging word problems, puzzles and math/logic games.

Instructor: Steve Anderson - Southridge School, Instructor: Nicole Johnson - Betty Gilbert Middle School

BOYS AND GIRLS BASKETBALL

July 22 – 26 R410

Half Day (9 am to Noon)

Ages 7 - 9 (as of 12/31/13) \$145

Ages 10 - 13 (as of 12/31/13)

This five day, action-packed camp is for aspiring boy and girl players who want to learn more about the great game of basketball from a high level experienced coach. Building on fundamental skills, players will be coached and inspired to raise their game to the next level. Players will be coached in:

- “five on five” games
- special situation settings
- performance skill sessions
- team-building exercises

Stand out play develops from the mastery of fundamental skills, so Coach Anderson will emphasize the physical, technical, tactical and mental aspects of the game. Confidence on and off the court will be

developed through a good understanding of the game, positive relationships created with fellow players and the setting of attainable goals. **Instructor: Steve Anderson - Southridge School**

INSIDE, OUTSIDE FUN

July 22 – 26 R411

Ages 8 - 10 (as of 12/31/13)

\$225

If you like to play outdoor games, create, draw, paint and act, then this camp is one you don't want to miss! Campers will have fun exploring their creative side while using different hands-on materials that include clay, paint, pastels and more! Drama games and activities will keep campers moving indoors, while exciting games such as Frisbee Golf, California Kickball and Capture the Flag will be sure to provide plenty of outdoor recreation! This camp explores campers' creative and fun sides. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Greg Batt - Harry Sayers Elementary**

PHYSICAL FUN: HIKING, BIKING, SWIMMING

July 22 – 26 R417

Ages 10 - 13 (as of 12/31/13)

\$285

Join us for a week of learning and physical fun while we hike, bike and swim around the Lower Mainland. Our week begins with a hike on 10 Vistas Trail at Buntzen Lake - the view is amazing! Tuesday it's off to Teapot Mountain near Cultus Lake for swimming and hiking in a scenic setting. On Wednesday, campers will tackle the famous Grouse Grind and take in the view from the top. Thursday we will head off to Alouette Lake for a hike and some swimming. On Friday, we will start and end our bike trip at the trailhead (40th Ave) and head off to Centennial Beach in Tsawwassen for a day of biking by the sea. Campers must provide their own bicycles. Enjoy physical fun and exciting exploration during this busy week! This camp qualifies for the child fitness tax credit. Note: As part of this camp is conducted away from the school, parents are required to sign an informed consent form. **Instructor: Angela Berkley - Southridge School**

Weekly Menu

APRIL 29TH – MAY 3RD

MONDAY

**SALMON ON GREENS
WITH HONEY LIME GINGER GLAZE**
Vegetarian choice available

TUESDAY

CHICKEN POT PIE
Vegetarian choice available

WEDNESDAY

**SESAME BEEF AND
BROCCOLI STIR FRY**
Vegetarian choice available

THURSDAY

**MALAYSIAN TUMERIC,
HONEY CHICKEN**
With rice and coleslaw
Vegetarian choice available

FRIDAY

BEEF STROGONOFF
Vegetarian choice available





Mushrooms

The Ultimate Fun-Guy

Mushrooms have been celebrated as a powerful source of health promoting nutrients for thousands of years. Mushrooms are often classified as a vegetable or an herb, but they are actually fungi and contain many of the same beneficial nutrients typically found in vegetables. Mushrooms can bring a low calorie, low fat “meaty” flavour and texture to a variety of dishes.

