

Southridge Wednesday

12-13
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Head of School

Do Penguins have Character?

Ducks are my favourite animal but penguins are a close second. I find this to be kind of funny because one of the things that fascinate me most is graceful movement – particularly graceful human movement. I suppose my interest in motion has to do with the appreciation of beauty in fluid movement. I love watching ballet, for example, and I even studied the science of human movement at university.

So, the fact that ducks and penguins appear so awkward when they walk (waddle, I should say) and yet I still rate them as my favourites, is a bit counterintuitive. In the end, I imagine their quaint movement patterns are just part of their allure – they make me smile. They also make me wonder.

After watching the movie *March of the Penguins* (see the trailer here <http://www.imdb.com/title/tt0428803/>) I couldn't help but wonder if penguins have character. Think about it. It takes a lot of grit to walk the distance Emperor Penguins do on their annual treacherous journey – in conditions that would make the most determined of us question our judgment – only to end up in a place so extreme that it cannot support any other forms of life. That's performance character for you.

And when a female Emperor Penguin lays an egg in one of the harshest places on earth, her trust is so strong that she leaves it to dad to incubate their little darling . . . on his own. Meanwhile, dad is so compassionate that he does so for 65 days straight – without food – all the while protecting the egg from touching the snow, lest the precious little chick die from the contact. And then, after the chick hatches, mom and dad share the long and tiresome responsibility of protecting it from the snow for another 50 days. Are these examples of trust and compassion not demonstrable of moral character?

Alright, I know . . . penguins don't really have character. They simply act on instinct and what is built-in behavior. They don't develop their character from their life experiences, and elder penguins don't teach them how to be "good". They don't rationalize their actions – heck, they don't even really know what they are doing.

But that's OK because they can still teach us something, and that is why I like them. For even though penguins may not choose to trek in perilous conditions . . . and they may not consciously go without food for 65 days . . . and they may not know their chick will die if its egg touches the snow . . . and they may not be poetry in motion when they walk, they show us that when it really comes down to it, and when it really matters most, it's what's on the inside that counts. Character counts.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Summer Uniform	Wednesday, May 1 st		Both Schools
Grade 7 Safeteen Workshop	Friday, May 3 rd	8:20 - 11:40 AM	Junior Library / Junior Tech Lab
Country Fair	Saturday, May 4 th	9:00 AM – 4:00 PM	Both Schools
Speaker: Paul Tough How Children Succeed	Thursday, May 9 th	7:00 – 9:00 PM	Junior School Great Hall
TREK	Friday, May 10 th	1:30 – 3:00 PM	Senior School

HR Updates

Welcome to Southridge

We are thrilled to welcome back Jamie-Lyn Hugh who previously covered a MYP maternity leave at Southridge. Jamie-Lyn will be taking on the temporary position of a Learning Resource Teacher at the Junior School beginning in September. Jamie-Lyn is well versed with the independent school system and holds her level three IB certificate. Jamie-Lyn brings to this role seven years of recent experience teaching Orton-Gillingham strategies to Kindergarten students and has developed many creative tools to assist all learners. She is an enthusiastic teacher and has a special interest in knowing how students learn and is looking forward to being able to support the students of Southridge.

Junior School Art/English Teacher

I'm pleased to share with you that Paul Best has accepted the Art/English Teacher position. Paul joined Southridge in January of this year and is excited about the opportunity to continue in the role of an Art/English Teacher on a full-time temporary basis for the upcoming 2013/2014 school year. Paul has a strong artistic background and brings a wide range of skills to the classroom. He strives to bring his classes to life by incorporating creative audio and visual elements in to his teaching. Paul has a passion for education and a desire to motivate and encourage children to learn and express themselves through Art and English programs.

Ms. Darcie Sagert
HR Manager

Junior School News

Country Fair- A Celebration of Team Work

I have always commented that the most wonderful and unique feature of Southridge is its parents. The Country Fair highlights the best of all of us. I am always amazed and marvel at the outstanding organization and teamwork that occurs around fair time. Our parents work together in a highly efficient manner unlike any I have ever seen. I am proud to be a parent here; there is the sense of common purpose and a shared interest that I know is always there, but it bubbles up to the surface and flows out of everyone at fair time. We make a great day for our children, the students, and the other members of our extended community. Thank you to everyone, in advance, for your involvement in our fair.

No Assembly on Thursday

In support of fair preparations, there will be no assembly on Thursday as our great hall is transformed into the gift basket assembly area. We thank all the volunteers that are giving of their time, as they create wondrous gifts from the contributions of our families.

Congratulations to Jenni Watson and Family

Our Kindergarten teacher, Jenni Watson, and her husband, Aaron, welcome Sam Joseph Lee Watson, born on April 25th at 8:24 AM weighing 7 pounds 11 ounces. Wee Sam was 49 cm long and is thriving with the love of his sister, Eloise, and loving family. Congratulations on this healthy blessing.

Class Lists

At this time of year, some parents may be contemplating the upcoming school year. It seems like an appropriate time to restate our procedure for compiling the class lists. At Southridge, we strive to create the best educational groupings that we can. That means that we try to ensure our classes are balanced in terms of leadership ability, academic ability, athletic well-roundedness, gender, and social responsibility. We try to ensure that each student has at least one close friend in their class, and given the fact that we only have 2 classes, we do our best to create the best social dynamics. There is a great deal of thought and care in this process. After the lists are compiled by the present home room teachers, the specialist teachers and primary and intermediate division leaders look at the lists, and discuss the groupings. At this time, there are no teachers' names on the class groupings. Once the lists are approved, they are signed by all the teachers and submitted to the Head of the Junior School. At that time, the teacher's names are then assigned to those groupings by the Head of the Junior School. Given the extensive work that has gone into developing the groupings, it has always been our policy not to entertain parental requests for certain teachers. We strive to have parallel programming in all our classes, the teachers work collaboratively in their planning and their assessment, and we truly believe that our students will thrive in any classroom setting. We thank you for your confidence in our faculty as strive to make the best learning groupings for your child.

Mrs. Laurel Middelaer
Head of Junior School

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 event 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 6 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 Bepflug
(kbepflug@southridge.bc.ca)

Earthly Casual Day Collection

Last Friday students in Kindergarten, Grades 1 to 3, and Grade 6 raised over \$300.00 to donate to Canadian organizations that teach children about environmental responsibility and help to conserve our environment. Students in 2JM chose Earth Day Canada because of its mission to foster and celebrate environmental respect, action and behavior change that lessens our impact on the earth. This organization also created a child-oriented site called Ekokids at http://www.ekokids.ca/pub/kids_home.cfm to engage, inform and involve young people. In addition, the students also wanted to support an organization that can help adults bring about bigger changes through protective, conservative, and restorative actions. They liked the David Suzuki Foundation with its 30X30 Nature Challenge at <http://www.davidsuzuki.org/>. Please visit both of these websites to learn more and become involved. Presently all of the children in Grade 2 are taking individual and/or collective action to conserve water, clean up areas, and reduce air pollution to bring about healthier air, water and soil.

Please join us our students in 2TW at Monday’s assembly as they will be sharing their efforts to make a real difference in the world. Thank you for your support.

Ms. Jo-Ann Murchie
Junior School Service Coordinator

MYP Junior School Term Tests

How many term tests will students write?

To help promote an atmosphere of high achievement and low anxiety, students gradually write more term tests as they progress through the MYP grades. In Grade 5, they will be writing one term test. Each year, another term test is added. By Grade 7, students write three term tests.

When will students get the study guides?

Teachers will distribute them prior to the first day of study schedule. What are study guides? Study guides outline the content and skills students are responsible for on the test. They help students identify what they should be studying and may offer suggestions about how to study it.

When does the study schedule begin?

Study schedule begins on Monday, April 29th for Grades 6/7 and Monday, May 6th for Grade 5. Regular prep is replaced with study time.

What is a study schedule?

The study schedule replaces the regular prep schedule. Each evening will consist of two or three study blocks. Please note that with diligent work, students will be well prepared for their tests without adding any extra study blocks. Enough time has been allowed so that students should not have to study on the Country Fair day.

What will students do at home during the study schedule?

Some study blocks will be self-directed with students choosing how to review content and practice skills. Others may be teacher-directed with teachers assigning specific exercises designed to reinforce concepts that will be on the term tests.

What will students do in class during the study schedule?

Students will continue to learn new material as they move through their units of study in accordance with the Southridge curriculum. However, any new material presented after the study guides are given out will not appear on term tests. When and where do students write term tests? Students write one term test per day during the first two periods of class. They have 90 minutes to write their tests. The tests are written in students' homerooms. Please see the detailed schedule below.

How will the schedule work during term tests?

Tests only take place during the first two periods of classes on testing days. During the remainder of the day, students follow their regular timetables.

How will term tests affect student learning?

The primary goal of term tests is to help students learn how to prepare for tests and exams. Effective study and time management skills become increasingly important when students proceed to the Senior School. Term tests also provide students and teachers with valuable feedback about their learning. Combined with unit tests, quizzes, assignments, projects, and observation, term tests form one part (between 10-20%) of the student's overall evaluation for Term Three.

MYP Term Tests Schedule
May 7th – 17th, 2013

All term tests are written in students' homerooms during periods 1 and 2

Class	Tuesday May 7 th DAY 2	Monday May 13 th DAY 6	Friday May 17 th DAY 4
Grade 5			Math
Grade 6	Math	Language Arts	
Grade 7	Humanities	French	Math

Sue McNeil
MYP Division Leader

Spring Tea for all (Senior&Junior) Parent Volunteers

The teachers would like to thank all the parents for all their contributions to making Southridge School a fantastic place to work. We really appreciate all the ways that you assist us, the teachers, to make a wonderful learning environment for your children. We appreciate that you **'Jump on the bus and help to get things moving'** to make Southridge a great place! Thanks for making a difference! Please join us for coffee/tea, treats and a chat **May 16- 8:00-9:00 in the Junior School Great Hall**, so we may personally thank you for all your help.

Thank you,
Southridge Teachers

Senior School News

End of Year Ceremonies in Senior School

Note: Parents should have received a letter outlining the information below. To ensure everyone is aware of these changes it is included in the Wednesday.

Over the past number of years, our end of year Prize Day and Commencement Ceremony has steadily increased with regards to the number of awards presented and the time the event takes to complete. We will be adding 5-6 more graduates over the next two years to our current total which will further extend the timing of these festivities.

In addition, we have continued to formalize another ceremony, our Certificate Ceremony which typically occurs in the morning without parent participation. We feel that the awards and accolades that are included in this event deserve a greater exposure.

In order to try and alleviate some of these concerns and to allow for continued growth of our year-end ceremonies in the future, we will be hosting two distinct ceremonies beginning this year, one for Prize Day and a separate one for Closing and Commencement. Our new Prize Day will combine all of the awards and acknowledgements from our previous Certificate Ceremony along with all the Grade 8-11 awards that were awarded during the Commencement Ceremonies in the past. This will allow a Grade 8-11 focus for this event. Our new Closing and Commencement Ceremony will focus on our Grade 12 graduates combining all of the awards and scholarships awarded to this group along with the graduation ceremonies that include the Valedictorian address.

Our Prize Day will occur on Wednesday, June 19th from 2 – 4 pm. Our Closing and Commencement Ceremony remains as it has always been scheduled on Friday, June 21st from 4 – 6 pm. All Senior School students are expected to attend both ceremonies with the exception of our Grade 12's who are not required to be at the Prize Day. An official invitation for both events will be mailed to you early in May and we look forward to welcoming you to both events.

In order to be adequately prepared for both events and because some of the awards require the results of student exams, it is necessary to change some end of year calendar dates including the timing of our exams. These can be found in the calendar section of our website. Provincial Exams remain at the times and dates that they have always been.

While we appreciate that that the adjusted calendar may cause some rearrangement to your schedules, we are confident that that the changes to our year-end ceremonies will help us acknowledge the efforts and accomplishments of our talented Senior School students more appropriately.

Being On Time

I have mentioned both in this particular space and at the Senior School Assemblies that it is important for the students to arrive on time for the beginning of school each day. Ideally, we would like students to arrive by 8:00 a.m. at the latest. This allows for time to go to their lockers and to get to Advisory by 8:05 a.m. Lately (pun intended!), quite a number of students are arriving much later than this and it has caused them to begin the day without the opportunity to be at Advisory and for some, missing the beginning of Period 1. While we understand that there are always unforeseen circumstances that can cause people to be late, for many this has become a pattern. In addition, we ask that if you are going to be late, even if it is only by a few minutes, to please contact Ms. MacKinnon at reception as soon as you can. As always, we require you to contact her if your child will be absent for the day.

I welcome anyone whom has further questions about any of the above information to please contact me directly as I would be more than happy to discuss these items further.

Have a great week!

Doug Palm
Head of the Senior School

Doubt: A Parable by John Patrick Shanley

Southridge Senior School's Theatre Performance Class remounts their performance of Doubt: A Parable by John Patrick Shanley. The performance takes place this Thursday, May 2nd at 6:30 PM as part of the Sears British Columbia Provincial Festival at Douglas College in New Westminster.

The fantastic cast, Serena Bonneville, Nirvon Soraya- Galo, Bryan Redies and Abby Wells has been rehearsing since September and won the Surrey One Act Play Festival this past February. The success of their individual performances as actors and recognition as an ensemble moved the cast forward to enter the upcoming festival.

Tickets are \$10.00 and can be purchased at the Laura Muir Theatre in Douglas College. Doors open at 6:00pm and show time is 6:30.

For more information, please visit the following link: <http://www.searsbritishcolumbiadramafestival.com/>

We invite our Southridge community to celebrate our students' exceptional achievements at this performance.

Ms. Jennifer Kelly

TREK

Southridge's annual TREK run Fundraiser (teens running for every kid) is coming up on Friday May 10th, and this year proceeds will be going towards Project Somos in Guatemala. Our TREK committee is looking for around 20 parent volunteers who would be interested in helping out on the day of the run in the afternoon. We would need parents to be situated along the route to help direct the participants, as well as one parent doctor stationed at the school in case there are any injuries. If you are interested in volunteering or have any questions please contact Mr. Daryl Weaver (dweaver@southridge.bc.ca) or Shania McDonald (smcdonal@southridge.bc.ca)

Shania McDonald
Student TREK Coordinator

Kiwanis Music Festival

Christine Kim in Grade 10 won her flute category in the Kiwanis Festival last week. The Vancouver Kiwanis Music Festivals is dedicated to the encouragement, instruction and celebration of young musicians in Greater Vancouver and the Lower Mainland. Congratulations Christine!

Ms. Ira Alexandra

Royal Canadian Legion National Literary Contest

Melissa Liu in Grade 10 won second place in the senior essay category of the Royal Canadian Legion's National Literary Contest for her essay on Remembrance Day. Melissa competed against other students across Canada from Grades 10-12 making her achievement that much more remarkable! Her essay is attached for the community to enjoy. Congratulations Melissa!

Ms. Ira Alexandra

Southridge International Service Trips 2014

Senior school students have the unique opportunity to visit one of three of our sister school communities next spring break:

- Chismaute, Ecuador – we are returning to this remote Andean village to contribute through school-building and reconnecting with the schoolchildren there. Aside from the service work, the trip features a tour of Quito, a visit to the equator, and a leadership retreat in the cloud rainforest. Approximate cost: \$3500.00

- Maasai Mara, Kenya OR Lai Gow, India – we will be school-building at either Pimbiniet Elementary on the slopes overlooking the Serengeti or in a small village outside Udaipur, India, the ‘Venice of the East’. Each trip is intense, but includes some down time – on a safari in Kenya or at the Lake Palace resort in Rajasthan. Approximate cost: \$5000.00
- The process to get involved next year looks like this:
 - (1) Monday, May 6th, 8:10 AM – Senior school informational assembly & student sign-up begins
 - (2) Thursday, May 23rd, 7:00 PM – Service Trip Parent & Student Meeting with Me To We presenters
 - (3) Friday, May 31st - Trip deposit (\$1000.00 payable to Southridge School) due to guarantee placement on trip

If you have any questions about these opportunities, contact Mr. Weaver at 604-542-1796 or dweaver@southridge.bc.ca.

“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

Susy Baranszky-Job
Senior Arts Curriculum Leader

Both Schools

School Gate Activation

It is my pleasure to announce that the gates at the front of the Southridge School parking lot are now operational. Throughout the year, on regular school days, the gates will open on the following schedule:

- South gate at the traffic lights:
6:30 AM – 10 PM
- West exit gate and North Junior gate:
6:30 AM – 6 PM
- On weekends and statutory holidays, all gates will remain closed.

We have worked hard to ensure that the schedule accommodates everyone that requires access to the school campus, but we realize that events are planned throughout the year that do not conform to this simple time frame. That is why we enabled teachers and staff members to latch open the gates in advance to allow entry before, or after hours. With that in mind, when visiting the school outside the standard operating schedule, it would be ideal to arrive shortly after the accompanying teacher or staff member, otherwise the gates will be closed.

There may be a period of adjustment for some families, but it is our hope that with proper communication we will be able to minimize any inconveniences that may arise from this change.

Thank you for reading and have a great week.

Mr. Peter Latta

Important Country Fair Information for All Families!

If you have not volunteered yet, please [view Country Fair website](#) or visit the White Board in the Junior School to see where help is needed and [sign up online](#). If you are having problems signing up or just need a little assistance, please come visit us at the Junior School Great Hall by the board at pick-up and drop-off. We are asking **everyone** to sign up for at least one shift! We need volunteers in many areas! Also, don't forget to [check your shifts](#) to make sure you know where you've signed up.

There are 285 shifts that still need to be filled! Here are the areas where there is extreme shortage in volunteers:

- Sanitation and recycling- fair day
- Clean up - fair day
- RT dollar store - fair day and pre fair
- Henna - fair day
- Parcel depot - fair day
- Bus drivers - fair day

Questions about volunteering? Email: volunteer@southridge.bc.ca

All families should pack up and bring all your books, clothing, treasures and toys ASAP. Please see the Fair webpage for a detailed listing of acceptable items. We are very low in items so far this year – please drop-off as soon as possible!

Drop off this week:

- Wednesday 7 am - 8 pm
- LARGE ITEM DROP OFF - Large items can be dropped off at the tent in the Senior School parking lot.
- Thursday 7 am – 5 pm
- No drop-offs on Friday!!

Reminder:

- Drop off two decoratively wrapped packages of home baked goods per family this Friday morning at the Junior School Great Hall.
- Drop off one store bought or homemade cake for the Cake Walk game this Friday morning at the Junior School Great Hall.
- Fair Day – come, bring a bottle of water, work your shift, and enjoy the Fair!

Fair Committee

Mother's Little Helper - THANK YOU!

On behalf of the graduating class of 2013, we extend a BIG "Thank-you" to all the families who placed orders. We are no longer taking orders as we have some baking to do!

Department Heads: Pick-up of Floats for Fair Day

For those departments requiring a float for Fair Day, please remember to pick yours up on Friday, May 3rd between 1:00 – 3:30 pm in meeting room 2 (behind reception, down the hall, first room on right) in the Senior School.

Country Fair Volunteer Parking

This year, volunteers of the Country Fair have full access to the parking lot at Sunnyside United Church located at 15639 24th Ave (the cross road is 156th St) and at Grandview Business Centre @ 2626 Croydon Street (do not park in customer parking stalls). There will be a shuttle going to and from the school during Fair shift start and end times.

We encourage all Fair goers and volunteers to carpool, walk or get dropped off as parking is at a premium for this event. Thank you to everyone in our community for helping to put on this event - it truly takes a village!

Preet Brar and Grant O’Kane
Country Fair Co-chairs

Time to Pull out your Plus “Fores”

Friday, June 7th is just around the corner and we want to not only introduce our new Golf chairs, but kick-off registration for this great event!

This year we have two dads from the Junior School stepping up to the plate to chair this event. Mike Schmidt and Cam Blandy will be your fearless golf leaders this year and you will see them around the school promoting the event.

It’s hard to think past Saturday’s Country Fair right now, but we hope you take a few minutes to go to the [Golf website here](#) and register for you and your foursome! June 7th will be here before you know it and you wouldn’t want to miss out on a fantastic day of golf and a night of entertainment to follow!

Stay tuned in the coming weeks for Sponsorship and Donation opportunities as well as information on new items at the tournament this year!

Ms. Caroline Lotter

Uniform Shop

Savings up to 25% off on all junior size blue hoodies and all junior and adult sized sweatpants, both of these items are grandfathered until June 2015.

Latest news: Our new tracksuits both leisure and rain jackets and our new P.E. dry fit for both schools will be available for purchase in the uniform shop in mid June (no pre-fitting required).

In the meantime, be ready for the summer uniform come on by the Uniform shop and see our new fitted polo for girls and new skorts for K – 3 Grades.

For the junior boys we have boys walking short and for the senior school boys the black Bermuda short is available.

For all the sport’s fans, our New Era baseball cap has just arrived, adult sizes only.

Ms. Barb Collett
Uniform Shop

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

News from the Bake Table

Only two more days until Baking drop off! Please bring your packaged baking and cakewalk contributions to either the Junior School or Senior School on Friday morning. We are offering curbside drop off from 7:35 AM to 8:15 AM!

Tomorrow is the last day to pick up simple packaging items at drop off and pick up at the Junior School Great Hall.

Happy Baking!

Deesha Thind and Gemma Martini

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 7:00PM 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. <http://www.southridge.bc.ca/wednesday/head.aspx?StartDate=4%2F10%2F2013>

Android Version of Southridge App is Ready!

We now have an Android phone app in addition to our iPhone app. The iPhone app is available in the Apple App store, just look for Southridge School. The Android app is available in the Google store or via this link: <https://play.google.com/store/apps/details?id=com.schoolsuite.southridge>

The app provides you with the ability to log on, just like you do with the Parents' Portal, and then customize the news, calendars and athletic teams you want to follow. The apps are a powerful way to have access to Southridge events information wherever you are.

Be sure to look for special Country Fair information pages on Saturday.

Alan McInnes
Web and AV Services

Menu and Daily Digest

Spring has sprung and the Southridge Café is excited about the wonderful weather and the new ideas for the new season. Come to the Café and enjoy your favorites and don't leave till you try something new.

Catering is a specialty of ours, so if you have an upcoming event, don't hesitate to phone us. We would be honored to make your event a memorable one.

Looking forward to serving you at the Southridge Café.

Bon Appetit

Marat Dreyshner
Chef/Unit Manager

Remembrance

He looks in the spotless mirror, and gathers his thoughts before he puts on his uniform. It's that time of year again: November 11th, Remembrance Day. Each Remembrance Day progressively comes faster than the previous. His frail hands reach down as he grasps the door knob. With little strength, he manages to pull the door open. He finds that his wife, Annette, has graciously laid his uniform on the bed. His uniform rests on a white hanger, ironed and immaculate; not one strand of hair, not one spec of lint, or any sign of imperfection can be seen. In the corner of his eye, he can see a poppy pin sitting on the night table.

He walks out of the bedroom once dressed in his crisp uniform, with the poppy pinned next to the crest on his blazer, and heads off to the Remembrance Day Ceremony with his wife. As they walk around the streets of Ottawa, they pass several businesses that have big signs on the front door, notifying the public that they will be closed to honour Canadian veterans, those who are currently serving in the military, and those who have sacrificed their lives for our freedom. Every flag in the city, lowered to half-mast, in memory of those who fought for our country, but didn't make it back home. He lowered his head, trying to hide his saddened face, and the tears that began to form in both his eyes.

As the veterans gather on Elgin Street, he shifts from foot to foot, fighting back tears and the memories of war that come along with them. He glances to the right, studies each of his fellow comrades who fought with him during the Battle of Ortona, the bloodiest battle of the Italian Campaign, and then to the left, remembering those who were lucky enough to survive. He looks at David, one of his closest friends during the campaign, how he is sitting in a wheelchair, almost paralyzed, and fighting for every breath. He turned to Danni, and noticed the sunglasses on his face. Danni, one of the fortunate soldiers, lost his sight due to being too close to bombs, but he survived the many bomb attacks, unlike many of the fallen soldiers that will be honoured today. He remembers the countless days and nights that were spent beside these men, and many more, on the battlefield and in the compounds. The memories of war have aged over decades, but the two inch battle scar that was left on his face, remains forever.

A dozen children read poems and other works of literature in memory of those who were involved in fighting for our country. Family members share their stories of their late husbands, uncles, and brothers. The ceremony continues with many sincere dedications.

The sound of the trumpet fills the silent air. Everyone immediately removes their hat, bows their head, and places their right hand on their chest, next to their poppy, in complete silence. The only sound that can be heard is the sound of the red and white flags blowing with the wind. He recalls the tears that were shed as he left his family, his friends, his closest possessions, and the safety and warmth of his home, as he left for war. He remembers the sound of the many machine guns that were fired by the Germans hiding behind stone barricades. The many bitter, lonely nights when he was so fearful of death, that sleep was not a priority. The eerie look on the faces of his fellow soldiers, as they were shot. The pounding in his chest after a bomb exploded in a neighbouring house. The sound of the rubble under his feet as he walked through the town between the rows of demolished houses. The dead man lying in the center of the Town Square, headless, is still fresh in his memory. The shot he fired on Christmas Day that killed an enemy.

The buzzing sound of the trumpet once again breaks the silence and brings him back to reality. Before he realizes, the ceremony is over, but the memories from 1943 are still ringing in his head. His knees become weak, and he's trying to let go of the reminiscence of World War II, but it forever lingers in his mind. He feels something warm grasp his right hand. His breathing slows, as he finds his balance, and opens his eyes. He looks up and sees a boy, no older than sixteen, holding his hand. The boy says a heartfelt, "thank you," and bows his head. The tears well up in his eyes, because this is why he is proud to have served Canada in World War II in the Battle of Ortona.

18 April 2013

File: 34-5

Ms. Melissa Liu
13952 80 Avenue
Surrey, BC V3W 8G2

Dear Melissa:

It is my sincere pleasure to extend congratulations to you in recognition of your achievement in winning 2nd Place in the Senior Essay category of The Royal Canadian Legion's National Literary Contest. You should be very proud of your accomplishment.

I was most impressed with your writing proficiency and your ability to clearly evoke such a strong sense of Remembrance in your work.

As you may be aware, there is an award for this achievement. Legion members in your community will be in contact with you in the near future to make arrangements for the presentation.

On behalf of all members of The Royal Canadian Legion, I wish you much success in your future endeavours.

Yours sincerely,



Gordon Moore
Dominion President

cc: Provincial Secretary, BC/Yukon Command

JUNIOR ART CAMP**July 1 – 5 F106, July 15 – 19 T304****Ages 6 - 8 (as of 12/31/13)****\$240**

Move over Van Gogh! Junior Art Camp at Southridge is where campers will discover, experiment with and express their artistic talents in new ways. Participants will enjoy working with all kinds of art materials including clay, papier-mâché, pastels, paints, found objects, food colouring and more. On the final day of camp, treat the public to a display of your masterpieces. Our focus is on self-expression; not on having things “perfect”. Be prepared to get dirty so bring a smock, your imagination and a sense of humor. All other supplies are included. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Julia Bennett - Langley Fine Arts**

BE A BUILDER!**July 1 – 5 F110****Ages 8 - 10 (as of 12/31/13)****\$225**

Have you ever wondered how Science World was built? Over the course of the week, you will build your very own town, using mapping skills with the cardinal directions: north, east, south and west. You will put on your civil engineer hats and design roads, parks, buildings, bridges, houses, landscapes and more. Using a project board, you will use flat and 3-D shapes to design, colour, cut and build original 3-D buildings with a variety of materials and shapes at your disposal. Imagination and creativity are your tools as you build your very own 3-D town. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Greg Batt - Harry Sayers Elementary**

“BEHIND THE SCENES” ART CAMP!**July 1 – 5 F113****Ages 9 - 11 (as of 12/31/13)****\$240**

Have you ever wondered how a stage set in a play or a scene in a movie can look so awesome? Join us in this week-long camp to find out. We will explore the exciting world of stagecraft through mask-making, prop construction, set design, scene painting, and more during our very “hands-on” adventure. Be prepared to get messy as you become a “Behind the Scenes” artist! In this camp you will learn papier-mâché, simple construction and mould-making techniques, as well as design and painting techniques. So if you want to know how to make paper look like metal, wood look like marble, and something new look a thousand years old... plus much more, don’t miss out; join us in “Behind the Scenes: Art Camp!” All supplies are included. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Peter Sarganis - Langley Fine Arts**

CLAYMATION**July 1 – 5 F118****Ages 10 - 13 (as of 12/31/13)****\$260**

Ever wonder how claymation movies like Chicken Run are made? Come and try your hand at claymation! After writing and designing unique stories, participants will sculpt clay figures, build sets and props, and animate their characters aided by computer technology. After an editing and post-production process, students will emerge with a completed animation product. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Chris Westendorf - Southridge School**

RED! YELLOW! BLUE! I SEE YOU!
Ages 6 - 8 (as of 12/31/13)

July 8 – 12 S205, July 22 – 26 R405
\$ 240

Find your colourful side with pencil crayons, oil pastels, paint, papier-mâché and special objects. Campers will focus on the amazing power of colour as they discover their inner creative talent. Storytelling and acting will help campers visualize what they are drawing. This wonderful, colourful art will then be become a back drop to a 'play' from a story. Campers can have any level of artistic ability as long as they bring a smile and their creative energy with them. A colour extravaganza will be held on the last day of camps for parents and friends to enjoy the week's fabulous results. All supplies are provided, but campers should bring a shirt or apron to prevent getting too covered in colour. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Julia Bennett - Langley Fine Arts**

TAKE IT TO THE STAGE
Ages 9 - 11(as of 12/31/13)

July 8 – 12 S213
\$225

In this arts-based camp, we will let your creative ideas flow freely as we partner together in building your own musical style performance. Singing, choreography, script writing, improvisation, dancing and set design will keep us busy as we enjoy preparing to take it all to the stage for a fantastic Friday performance at Southridge Stage! Through all of this your teamwork skills will be developed and utilized as we work together on your own fabulous presentation. Your "inner-Gleek" is warmly welcomed at this camp. Get ready to make new friends and wow your audience-it's SHOW TIME! This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Tamara Pudlas - HD Stafford Middle School**

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

July 8 – 12 S216
\$240

From prehistoric times to the present, the act of sculpting has captured the imagination of both artist and viewer. Come explore the history of sculpture, from cave people to Picasso and beyond, through this "hands-on" camp. Carving, modeling, assemblage, and construction techniques will be explored through a variety of traditional and contemporary materials. These may include clay, wood, metal, paper, papier-mâché, found materials and found objects. If you like working with your hands, then this camp is for you! Come prepared to get creative and messy! All supplies are included. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Peter Sarganis - Langley Fine Arts**

SUMMER SUPER-HEROES: INTRO TO DSLR FILMMAKING
Ages: 11-13 (as of 12/31/13)

July 8 – 12 S220
\$260

Like superheroes? Want to move your skills beyond "point and shoot?" The DSLR filmmaking revolution has arrived! Combining a DSLR's large imaging sensor with the capacity for HD video means that the family camera now has the capacity to create professional-grade films. Campers will be introduced to the basic technical operations behind operating a DSLR as a filmmaking device. They will learn the basics

such as white balancing, manual exposure settings, as well as the unique design and sequencing techniques that the pros use to get the most out of these devices. Campers will use their skills to create mini documentaries about fictional superheroes. They will shoot them using Canon 60D DSLRs and edit with professional software. The knowledge that they will acquire is transferable to any contemporary DSLR. This camp includes daily recreational breaks. A good understanding of English is necessary.

Instructor: Chris Westendorf - Southridge School

IT'S SHOWTIME!

July 15 – 19 T308

Ages: 7 - 8 (as of 12/31/13)

\$225

In this exciting and fun-fueled week, we will explore acting through a variety of creative activities, including improvisation, action-packed theatre sports games and on-your-feet physical activities. Campers will have the opportunity to use their imagination, creativity, and performance expression throughout the week. We will explore voice and movement as well as work together on a final play which will be presented on the last day of camps. Campers gain self-confidence through focused drama and team building activities. This camp is perfect for actors of all skill levels - even first-timers. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Molly Elliott - Delta School District**

ABORIGINAL ART

July 15 – 19 T312

Ages 9 - 11 (as of 12/31/13)

\$240

Join us as we explore aboriginal culture through arts and crafts. Campers will have fun while learning various activities like mask-making, soapstone carving, and cedar weaving. We will sew mini button blankets and construct dream catchers out of willow branches. To finish the week, we will host an afternoon presentation where we will serve traditional food and perform a traditional Metis dance. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Victoria Vaillancourt - District Aboriginal Cultural Facilitator SD36**

SO, DO YOU WANNA DANCE?

July 15 – 19 T315

Ages 9 - 11 (as of 12/31/13)

\$225

Learn dance fundamentals in a fun and upbeat environment. You will develop a positive attitude towards the art of dance while learning to play with your own artistic and choreographic hidden talents. You will be introduced to various dance styles: Contemporary, Modern, Jazz, and Hip Hop and will be taught fun routines. This camp will also teach you about the importance of stretching and strengthening in order to practice safe and respectful practices during movement activities. You will not only increase your overall dance abilities and fitness, but you will leave this camp with a new appreciation for dance. There will be a showcase performance at the end of the week. A good understanding of English is necessary. No dance experience required. **Instructor: Nicole Johnson - Betty Gilbert Middle School**

LIGHTS, CAMERA, ACTION!

July 15 – 19 T319

Ages 11 - 14 (as of 12/31/13)

\$260

Lights, camera, action! Here at “Hollywood South” campers will explore the movie-making process from start to finish. Campers will learn pre-production, production, and post-production techniques used by the pros as they work in teams to create movie magic! Moving through all of the creative stages, student teams will ultimately write and produce a short movie. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Richard Kristen - Mulgrave School**

SOUTHRIDGE IDOL **July 15 – 19** **R415**
Ages 9 - 11 (as of 12/31/13) **\$225**

Do you have “two feet and a heartbeat”? That’s all it takes to participate in our high energy, fun filled dance camp! Each day we’ll listen to songs that you love and learn new hip-hop and jazz dance steps so you can dance just like your favourite pop star! We’ll have a blast exploring movement, pop culture and different forms of dance. No previous dance experience is required. On the final day, you can dress like your favourite pop star and get ready to perform with your fellow campers! This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Karyn Harker - Southridge Teacher-on-call**

GRAPHIC NOVELS **July 22 – 26** **R422**
Ages 11 - 14 (as of 12/31/13) **\$285**

With titles like Bone building an increasing presence in school libraries, bookstores, and even classrooms, graphic novels are not your Grandfather’s comic book. Academics, school librarians, and literary critics recognize this genre as an engaging mix of art and literature that truly makes reading fun for young people. After a writing and design process, students will create their own short graphic novel by taking photographs, altering them in photoshop, and using a layout application to add dialogue and put their panels into graphic novel format. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Richard Kristen - Mulgrave School**

The Impact of Your Gift

So often we take water for granted. For us, turning on a tap is all it takes to get a glass of water. Sometimes we forget that water is precious—that it is essential for life.

Because of you, a family in Chimborazo has been give 500 litres of clean drinking water. In a country where 86% of rural Ecuadorian households have no access to water from a public network , this gift means that a mother can give her child a drink of clean water, knowing that it won't make them sick.

And this gift has an even bigger impact. For many girls, going to school is not an option because they must spend hours every day collecting water. Because of you, a girl now has the time to attend school, to learn—to dream of a brighter future.

This gift of 500 litres of water is part of a larger change empowering families in Chimborazo. Each Me to We Card gives a specific gift to a family, helping them to break the cycle of poverty through access to education, clean water, healthcare, agricultural implements and programs for business training.

Me to We is a new type of philanthropy: a social enterprise with a mission to further the work of our charitable partner, Free The Children. Since 1999, Free The Children has been working with communities in the Chimborazo region to implement sustainable development, from schools to wells to livelihoods projects. Free The Children believes that success is when someone never needs charity again.

The moment you receive this card, you become part of this life-changing movement. Please help spread the impact by clicking the button below to share your card on Facebook. Send Me to We Cards to family & friends, and encourage companies to order in bulk to change even more lives.

Thank you!

Weekly Menu

May 6th – May 10th, 2013

Monday

CHILI CON CARNE

Smokey BBQ flavors
Served with hamburger buns
and mexi fries or salad

Tuesday

CHICKEN QUESADILLA

With homemade potato wedges
With a side salad

Wednesday

CHICKEN POT PIE

Homemade and downright delicious

Thursday

MY MORNING MY WAY ALL DAY

Bacon, pancakes, scrambled eggs, tater tots

Friday

SPAGHETTIE MARINARA

With garlic bread and side salad



FAT IN FOOD

Quality vs. Quantity

Recently, the story on fat has been evolving. Leading experts suggest a shift in focus from how much fat we eat to what type of fat we eat.

Which Fats are the Right Fats?

Research suggests that the type of fat that we eat is more connected to our risk for heart disease than how much fat we eat. More specifically, too much saturated fat found in solid, animal fats like butter, red meat and cheese and too much artificial trans fat found in foods with partially hydrogenated oils puts us at a higher risk. Monounsaturated and polyunsaturated fats found in liquid vegetable oils, nuts and fish actually lower our risk for heart disease. Instead of “eat less fat,” the message is changing to “eat the right fat.”

Why a Change?

It turns out that when people simply eat less total fat, they tend to replace the fat with other things – primarily sugar and other refined carbohydrates. This also happens when food products are changed to a low fat or fat-free version. Unfortunately, this is not a positive move for overall diet and health and might end up putting us at higher disease risk. The key is to put the focus on eating better fats and keeping overall calories in check, not just focusing on whether or not things are “low fat.”



Bottom Line

- Choose healthy fats more (vegetable oils, nuts, fish, avocado)
- Choose unhealthy fats less (partially hydrogenated oils, fatty meats, butter, whole milk cheeses)
- Don't confuse “low fat” with low calorie or healthy. Many “low fat” products are high in sugar and other refined carbohydrates with as many or more calories than the original product.
- To manage your weight, look at total calories from all sources, not just from fat.

References:

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3. WS Harris, D Mozaffarian, E Rimm, P Kris-Etherton, LL Rudel, LJ Appel, MM Engler, MB Engler, and F Sacks. Omega-6 Fatty Acids and Risk for Cardiovascular Disease: A Science Advisory from the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention. Circulation, Feb 2009; 119: 902 - 907. Published April 2011. Written by Jennifer M. Ignacio, MS, RD Compass Group, North America.