

Southridge Wednesday

12-13

A Weekly Publication of Southridge School

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Head of School

Second Generation Character Development

I was recently intrigued by an article forwarded to me from Mr. Weaver (Senior School teacher and Director of Experiential Education) about character development. The article was from a New York Times Magazine publication. The author described something he referred to as second generation character development as a way of distinguishing certain character traits that do not have a moral connection.

I found the article interesting for a number of reasons, but the main reason was the emphasis it placed on non-cognitive skills that have been shown to strongly influence post-secondary success. I think we tend to sway toward the moral side of character development when we think of the traits we associate with goodness and doing the right thing. For example, at Southridge the values we embrace – truth, tolerance, compassion and respect – help guide us in how we develop character in our students and they all have a moral orientation.

Interestingly, though, second generation character development encourages us to consider other traits that are less moral in their orientation but still important in the development of the whole person or, as the article stated, “the good life”. For example, traits like zest, grit, self-control, social intelligence, gratitude, optimism and curiosity have been identified as relevant to a number of cultures across many generations. They may be less moral in their stance than a trait like integrity, for example, yet they play a role in educating well-rounded students.

Second generation character traits influence academic achievement. I was intrigued to find that researchers have established that even though traditional I.Q. scores may be the better predictor of success on standardized achievement tests, measures of character – like self-control, for instance – were more reliable indicators of report-card grades. This leaves us something to think about, and it make sense – especially since a report card grade is an evaluation of various assessment practices.

When we speak of character development at Southridge, our mission statement references moral character specifically; however, in our efforts to educate well-rounded students who make a difference in the world, we also need to consider those elements of character development that may not be as moral in their make-up yet still critical in the development of goodness in the context of a living a good life. The author of the article is Paul Tough, and we are fortunate to have Mr. Tough booked to visit Southridge in May. I am certain his engagement with us will be extremely interesting, and I hope you will be able to join us for this special event. [You can buy tickets here.](#)

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
House Captain Theme Day	Friday, April 12 th	All day	Junior School
Junior School (Grade 6 & 7) Workshop with Terry Small on Study Habits	Tuesday, April 16 th	8:30 - 12:00 PM	Junior Great Hall
Full School Assembly	Thursday, April 18 th	9:40- 10:30 AM	Senior School Gym
Last Day to Order Plants	Thursday, April 18 th		
Guest Speaker: Spencer West – Me To We	Saturday, April 20 th	2:00 - 4:00 PM	

In Appreciation

I would like to take the opportunity to share with you that Caroline Lötter, Advancement Coordinator, has advised that she will be leaving Southridge to pursue other interests. Her last day will be Friday, May 3rd.

Over the past two years Caroline has played a key role in the success of our annual fundraising events by planning and coordinating the Gala, Country Fair and the Golf Tournament. In addition, Caroline has worked closely with our parent group to ensure that these events were tailored to meet the overall needs of our community.

We greatly appreciate Caroline's dedication and commitment during her time at Southridge and we wish her all the best.

Ms. Darcie Sagert
Manager, Human Resources

Junior School News

Change—one of the only certainties in life: grit is required

This past weekend, Dr. Bessflug, Ms. Ridley Thomas and I attended an International Baccalaureate conference in Portland, Oregon. Some of you are aware that our MYP programme is undergoing evaluation on May 9 and 10th, so we have been preparing eagerly for this visit for the past 2 years. A team of evaluators will be in our school for two days assessing our programme against a set of standards and practices for all IB schools. They will interview teachers, students, some parents, our MYP Coordinator, Ms. Graham and myself. Although we welcome this external evaluation and feel very prepared, candidly, it can be a wee bit stressful. Our teachers have been putting in many extra hours to be fully ready and knowledgeable, as they are proud of their school, and want to prepare to be excellent. Just as we are fully meeting the curricular mapping strategies and assessment tasks, IB has initiated a change in the programme, called: MYP The Next Chapter.

I am certain you can imagine the initial emotional reaction to the change—considering the hours of work done to meet the old unit planning schemas and documents. However, our decided reaction was to become as knowledgeable as possible by attending training and rather than speculate about the unknown, seize the new information. Knowledge can be power, and sitting in on sessions which explained the philosophical rationale for the changes was quite liberating. The changes are aligned with the best practices of teaching and planning, and we have every confidence in IB as they complete extensive research before implementing any change. However, there is still the reality of the new work that we must do, and make it manageable and appropriate for our teachers. Ms. Graham and I have mapped out a sustainable plan for the next five years to accommodate these changes with the overall goal of creating the best programming for your child.

As I was at the conference, I was looking over the IB learner profile words that we utilize in all our programming in the junior school: balanced, principled, knowledgeable, caring, communicators, principled, open-minded, thinkers, risk-taker and reflective. Given this rapid climate of change in education, I have always thought that there should be another word added to this profile mix. Crudely, I would use the word 'grit', but perhaps I could call it perseverance/determination/tenacity. All of us live in such a dynamic world with so many changes, that we do require that gritty determination to 'grab' change, assess it, and then run with it. This notion of grit is also paralleled by one of our guest speakers, Paul Tough, as he talks about the necessary character components for student success. I invite you to [visit our website](#) for more information on this event, as Mr. Tough seems to be clearly aligned with what is needed for these times of change.

Have a great 'gritty' week,

Mrs. Middelaer
Head of Junior School

Grade 4/5 Sea to Sky Outdoor School.

On Tuesday, April 23 our Grade 5 students leave for Camp Elphinstone for participation in the Sea to Sky Outdoor Education Schools program. Our Grade 4 students will depart on April 24 for this same program. All students will return on April 26, 2013, just in time for a relaxing weekend. Sea to Sky provides quality educational programs that prepare a new generation of leaders for the challenges of sustainability.

The goals for students include:

- Increase their wonder and knowledge of the natural world;
- Develop an understanding of their connection to and dependence on nature;
- Recognize the ecological and social costs of personal lifestyle choices;
- Be motivated to change elements of their lifestyle;
- Understand the value of and responsibilities for healthy, sustainable communities;
- Experience a community, which promotes positive energy, teamwork and personal responsibility.

This program is a perfect fit for Grade 4 and 5 and we look forward to the practical learning that they can implement upon their return.

Half Term Break on April 22, 2013

Just to remind parents that there will be no school on April 22, 2013 for the half term holiday.

Southridge MYP Second World Education Games

This year, the MYP students had an opportunity to engage with the world while practicing spelling words, calculating math facts, and reciting science knowledge. Students from over 30,000 schools in over 200 countries participated.

We started with practice rounds. Using their laptop, students signed on and were matched within their age category with a few students selected from around the world. They watched as a magnifying glass scanned a map of the world to settle on countries as far ranging as China, Guatemala, and England. When their challenge was accepted, they would see the country and the flag for the students they would compete against.

The actual competition took place over three days; one each for spelling, math, and science. Students gained points based on correctly answering questions faster than their competition. This year our highest ranking class was 5AG which placed 6th in the world for science in their age group! Our highest ranking students were Graeme Lister who placed 51st in science and Carson Bay who placed 89th in science.

Congratulations to all of the MYP students who competed this year. Well done!

Ms. Carol Beaulieu

Southridge Junior School Chess Club

On Saturday, April 6th, some members of our chess club participated in the Fraser Valley Chess Challenge held at Chief Dan George Middle School in Abbotsford. The participating players included; Nabil Ashrafi, Nathan Reinheimer, Irena Datcu-Romano, Wasif Somji, Wafa Somji and Andrew Datcu-Romano.

Each player earned excellent results receiving some individual trophies and medals as well as qualifying for the BC Chess Challenge held on April 20th. Most notably, this excellent team of six players earned Southridge School 3rd place overall in the tournament! Congratulations to all of the players and special thanks to Ms. Anca Datcu-Romano for coaching and the parents for supporting the players.

Ms. Alison Graham

Grades 6/7 Dance Coming Soon

Next Friday, April 19th from 7:00 - 10:00 PM there is a dance for Grade 6 and 7 in the Junior School gym. Admission is \$7.00 and there will be snacks and drinks for sale.

Ms. Sue McNeil

MYP Junior School Term Tests

It is difficult to believe, but it is time to start thinking and planning for final term tests. Students, depending on their grade, write their term tests between Tuesday, May 7th and Friday, May 17th. The full schedule is printed below. We are publishing this information early because we respectfully request that you do not schedule appointments for your child or other types of activities that would interfere with the writing of the term tests during the regular scheduled date and time.

Closer to term test time, we will publish a further document that answers commonly asked questions regarding the preparation routine.

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

All term tests are written in students’ homerooms during Period 1 and 2

	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

Ms. Sue McNeil

Special Dress-up Theme Day

This Friday, April 12th is a special dress-up day in the Junior School. Students from kindergarten to Grade 7 are encouraged to wear an outfit that represents their favorite sport or favorite activity.

The outfit chosen must cover the same amount of body as the school gym strip. Participants are asked to bring a toonie for the Grade 7 Legacy Fund, a year-long project to raise funds in support of a local, provincial, or global cause.

Ms. Sue McNeil

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

Senior School News

The Final Term for Grad Class of 2013

We have been together for all these years, standing strong united through the laughter and tears. Now it’s time to go our separate ways, but we are bonded by the memory of our days within these walls.
~ Within these walls (song by Ruth Elaine Schram)

Over the past week I have quietly tried to spread the title of my Wednesday with the Grad Class of 2013. Often the conversation sounds like this:

Me: “Hi! Welcome back...last term for you at Southridge (smiling).”

Student: Initially a stare as they process this and then a number of different responses: “I know! I can’t believe it is my last.” or “Yeah! I am going to miss being here but I am excited to be on my way.” or “I don’t know what to feel...”

I think this shows that the students are in different levels of “ready” in terms of this fact. This is completely normal and is tied to all sorts of reasons – where they are in terms of next year’s plans, the activities they are involved in this term, the connection they feel with friends and teachers and just the length of time they have called Southridge their school.

When I look at the students and the growth they have enjoyed over the short time I have been here, it is amazing to see the legacy they are leaving as individuals and as a collective group.

One specific student was a bit upset that I mentioned the finality of their time at the school. They wished to “not go there yet”! However, I think this term for the Grad Class represent a very unique opportunity that may not occur often in their lives. They know when their time is going to end at Southridge as a student and this allows them to be aware of all of the events that are going to be the last for them. Last class, last exam, last match played, last service opportunity to enjoy, last field trip, and so on.

For each, there is the opportunity to enjoy it to the absolute fullest, including reflecting on all of the previous similar types of events. For example, as they reach the last game played, they can think about the first one they played and all of the special ones in between – first goal scored, a tough match won or lost, a championship gained.

Without the knowledge that this something is coming to an end, it is only in hindsight are we able to realize that it was the last. We may not be able to remember the feelings that were felt at the time and hopefully, this knowledge allows a sense of no regret, that we ‘squeezed’ all of the opportunity in the moment. It won’t always turn out as we had hoped, but we can still revel in the finality and impact it has had on us.

Next Thursday, April 18th, the Grads will partake in the final All School Assembly as they escort (or are escorted) their Kindergarten buddies to the gym. I encourage them to take some time to look around at everyone and savor the experience. It is a pretty special time for them all.

I, for one, am proud of each of them and what they have accomplished during their time at Southridge. I know they will all make a difference in their own unique way in the world as alumni.

To all the other members of our Senior School community I encourage you to support the Grad Class in this special term as your time will come to do the same.

Enjoy the week!

Mr. Doug Palm
Head of the Senior School

Italy Night: Grade 9 and Senior Bands

Our Parent Information Night and Mini Concert for the Grade 9 and Senior Bands is tonight, Wednesday, April 10 in the Alan Brown Great Hall at 7:00 PM.

Students, please meet in either the Senior band room or Room 102 (Grade 9) no later than 6:45 PM. The evening will involve a couple of musical selections from each of the bands, one or two ensembles, a little taste of Italy in the form of something sweet, and of course, some information on the proposed tour to Italy next Spring Break. We should be done before 9:00 PM.

Mr. Steve Burrage

The Surrey Urban Mission is Moving

As many of you know, we’ve worked with the Surrey Urban Mission since 2007 and they have recently acquired a new location which they will move into in May...and now they could use our help with outfitting their new premises.

They are in desperate need of

- Flooring (tile/linoleum)
- Furniture
- Paint
- Kitchen equipment
- Bathroom fittings

If you know of anyone who could help them get a good price on any of these items, please contact me or the Mission leader, Jonquil Hallgate, directly at sums@telus.net or 604-961-2170.

Mr. Daryl Weaver
Director of Experiential Education

Uniform Donations

The Grad Committee is accepting donations of school uniform items for their upcoming Used Uniform Sale. Please drop your uniform donation to the Senior School reception attention: Heather Mosher.

The Used Uniform Sale will be running April 23-25th. Grads, now is a good time to go through your closets and pass down items that you will not need next year in university!

Thank you for your support!

Grad Committee

Grad Ticket Sales

Grad tickets sales are available online through the parent portal for students in Grade 12. Please make sure you have purchased your tickets before May 1st. If you are having any problems logging into the school website, please contact Alan McInnes (amcinnnes@southridge.bc.ca). If you have any questions about the evening please contact Heather Mosher (hmosher@southridge.bc.ca).

Grad Committee

Vote for Media Arts WorkSafe BC Videos

Several groups of Southridge Grade 9 students (and one group of Grade 10 students) have entered the WorkSafe BC Public Service Announcement contest this year.

One of the awards categories is "People's Choices" which is based on the ratings audience members give the videos.

The contest question that the videos need to answer is: "It's your job, what do you need to make it fair and safe?"

You can view the videos at the link below and rate them by simply clicking on the stars below the video.
(Students with YouTube disabled may need to watch them at home tonight)

The Videos from Southridge are called:

- Protect your melon
- Make a Mark or Disembark
- Make sure you're covered
- Multicultural Barriers
- Know Your Rights

<http://www2.worksafebc.com/Publications/Multimedia/Videos.asp?ReportID=36909>

Thanks so much for your support,

Mr. Westendorf
Media Arts Faculty

Royal Canadian Legion National Literacy and Poster Essay Competition

Jake Girling in Grade 10 received merit for his essay on Remembrance Day in the local Legion branch competition in the senior category.

His essay will continue to compete nation-wide in the Royal Canadian Legion National Literacy and Poster Essay competition. Jake was presented \$100.00 by Branch 289 in Tsawwassen for his writing.

Congratulations Jake!

Authors' Week – April 15th to April 19th

We are excited to be celebrating creative expression through a variety of writing workshops and special events during this year's Authors' Week.

To start the week off, four slam poets from the Vancouver Poetry House WILL perform an All-Star Slam for the Senior School. In recent years, slam poetry has become an increasingly popular part of the English curriculum and we look forward to showcasing the work of local poets as they perform their own competitive performance poetry.

Throughout the week, students will also participate in writing workshops that will be led by local authors. Danika Dinsmore will work with some of our students in the realm of speculative fiction. She is the author of the children's fantasy adventure series *Faerie Tales from the White Forest* and has been teaching creative writing for 20 years. Tanya Lloyd Kyi will be leading creative non-fiction workshops with her classes. Tanya has published over a dozen middle-grade and young-adult books, and she has won awards for her writing, including a Science in Society Journalism award from the Canadian Association of Science Writers.

Special events will also take place in the library at lunch. On Tuesday April 16th, we will be presenting a special literary video event. Our annual Black Bond Books sale will take place on Wednesday April 17th and Thursday April 18th, 10% of all sales will be donated to our school. Students can make cash purchases or charge books directly to their accounts. To end the week, we will have a Book Swap, organized for Friday April 19th, when students can trade their used books. Across the curriculum and accessible to our community are two additional events: our senior Theatre Performance Class will perform *Doubt: A Parable* by John Patrick Shanley in the Little Theatre at 7 pm from Tuesday to Friday and our Service Club is hosting author Spencer West on Saturday at 2 pm.

All in all, it will be an exciting week!

Maggie Yee
Senior Librarian

Senior Students Invited to Judge at Regional Heritage Fair

On Tuesday, April 9th five grade 10 students, Anthony Hernandez, Aidan Fehr, Julia Bicknell, Nicole Moretto, and Jake Girling, attended the Regional Heritage Fair in Abbotsford to judge student projects on Canadian History. The students thoroughly enjoyed the experience, learning detailed information on Canadian heritage and engaging with the students who made the projects. Jake Girling remarked: "I was really impressed with the effort and use of primary sources! One student conducted research on her grandmother involved in the Olympics. Her display, findings, and presentation were impressive." In response to what we could change for future judging of the Heritage Fair: "We could have stayed all day and judged more projects," suggested Nicole Moretto. Overall the experience was educational and engaging!

Ms. Alexandra
Senior Social Studies Faculty

Southridge Senior School's Theatre Performance Class presents *Doubt: A Parable* by John Patrick Shanely.

The 2004 Pulitzer Prize and Tony Award winning play had a successful run on Broadway and was later adapted into the famous award winning film, *Doubt* in 2008 featuring Meryl Streep.

The play is set in 1964 at a school in New York City. It remains popular with audiences today as the drama evokes poignant questions about doubt, certainty, gossip, suspicion, and how individuals arrive at 'a' truth even when it becomes tangled and is at the expense of others. The story ultimately examines our flaws and bias's as a society and exposes individual human vulnerabilities on the deepest level.

Our fantastic cast of four: Serena Bonneville, Nirvon Soraya- Galo, Bryan Redies and Abby Wells have been creating their interpretation of this artistic piece since September and recently 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 British Columbia Provincial Competition this coming May 2nd at Douglas College in New Westminster.

Tickets are \$10.00 and can be purchased at the door or outside the cafeteria at lunch time.

All proceeds will be donated to OWL in Delta. The Orphaned Wildlife Rehabilitation Society is a non-profit organization whose volunteers are dedicated to the rescue, rehabilitation and release of injured and orphaned birds of prey.

The four performances will be held in the Little Theatre, Room 213.

- Tuesday, April 16th at 7:00pm
- Wednesday, April 17th at 7:00pm
- Thursday, April 18th at 7:00pm
- Friday, April 19th at 7:00pm

We really look forward to our Southridge community celebrating our students' exceptional achievements at these performances.

Most sincerely,
Ms. Kelly

News for Both Schools

Volunteer Committee Update - Country Fair Volunteers

The countdown is on.... 3 weeks till Country Fair. The planning is in high gear and Grant O'Kane and Preet Brar, this year's Fair Chairs, are hard at work coordinating this year's event. We hope that everyone has had a chance to look at all the available jobs for the Fair online. Now is the time to sign up for your shift on the Volunteer Corner website. Shifts are filling up fast or full in popular areas, but there are still areas of great need (otherwise known as empty !). We have over 900 positions to fill and we need all hands on deck to make this year's Fair a success. [Click here to volunteer.](#)

Also, we still need someone to coordinate the afternoon portion of student entertainment. Please email volunteer@southridge.bc.ca if you might be interested!

Shadow Department Heads for Various Areas, including Recycled Treasures and Student Volunteers.

We have department heads in place for the 2013 fair but we are hoping to recruit some volunteers that can shadow/observe an area this year and step in as lead volunteers next year (2014). These are both filled by long term department heads who are looking to pass the torch. No past experience necessary so we welcome new parents as well as volunteers that would like to try out a new area of the fair! It would be great to do with a friend, be a risk taker and try something new. Contact the volunteer committee if you are interested. We are happy to answer any questions you may have. volunteer@southridge.bc.ca.

Rachael Lawson, Chair on behalf of the Volunteer Committee

Country Fair News

As we get closer to Country Fair on Saturday, May 4th, there are all kinds of activities leading up to the big day. Here is a list of items you need to know:

- Gift Baskets: Thank you to everyone for bringing in their gift basket items, the deadline is now over. Your support of the Country Fair is greatly appreciated.
- Country Fair Lawn Signs: Fair lawn signs will be available for pick up as of Wednesday, April 18th at both the Junior and Senior Schools. This is a great way to advertise our Fair to the community!
- Country Fair Webpage: the Country Fair webpages are up and running. You will be able to access it via the Parent Portal on the Southridge Website. Please check it out regularly for updates! [Click here](#) for the Country Fair Web pages.

- Jam-a-Jar: Back by popular demand is Jam-a-Jar! Empty jars will be available in the Junior School Great Hall for pick up April 8th to April 12th and dropped off between April 15th and April 19th. Now it is time to get creative! Use your imagination and fill these jars with new items - toys, hair accessories, crafts, stickers, pre-wrapped candy, etc. See the display in the Junior Great Hall for ideas. Students can decorate the lids, but the sides must remain clear to be able to see the contents. Please return the filled jars by April 19th, and any unfilled jars should kindly be returned as well. The filled jars will be sold at the Country Fair through a lottery system and are very popular each year! New This Year - Menchie's gift cards will be awarded to the best jars, so get jamming!
- Recycled Treasures and Toys, Clothing, and Baking: Perhaps you had a chance to start your spring cleaning over the break. Now it is time to start setting aside your gently used toys, household items, clothing and start thinking about your baking for the Country Fair. Collection week for these items will begin on Saturday, April 27th. See the Country Fair Webpage, once it is up and running, for a detailed list of items to consider for each area.
- Clothing: We welcome all men's, women's, children's, and baby clothing and accessories that are clean and new or gently used. Please send in all clothing on hangers (the exception being casual pants, shorts and baby clothes). It really saves the volunteers hours of time if clothes come in on hangers. There will be a display with hangers to take home in the Junior School great hall very shortly!
- Books: Please set aside all types of children's and adult fiction and non-fiction books, as well as good quality magazines, comics, and music books.
- Loonie Bags: Please start collecting your gently used small toys, such as McDonald's toys, loot bag items, hockey cards, etc. These are all great items for our loonie bags.
- Dollar Store: Many of the smaller recycled treasures will be sold in bulk at the Dollar Store. Items such as stationary, small party supplies, seasonal items, small stuffies, etc. would be great donations for the dollar store.
- Toys: We are looking for a wide variety of good quality toys, including Lego, Barbie, Collectibles, outdoor doors, even larger items like kitchens. Please ensure the items are CLEAN and all small pieces are bagged together.
- Recycled Treasures: Now is your chance to recycle any used household items such as linens, small appliances, home décor items, sporting goods, hardware, arts and crafts supplies, seasonal decorations, baby items, and furniture.
- Bake Table: We ask that each Southridge family donate two (2) homemade baked items - please NO store bought items, as well as one (1) cake (homemade or store bought) for the Cake Walk. These items need to be dropped off Friday, May 3rd.
- Plants: **Plant pre-order sale deadline is Thursday, April 18th at 4 PM.** Get your orders in before then. PLEASE NOTE: There will be NO PLANT SALES ON FAIR DAY!

Country Fair Chairs 2013

Plants! Plants! Plants! Presale Orders Available Now!

Spring has sprung and it is now time to get your garden in order! Beautiful hanging baskets and plant sales will start this week and will continue until Thursday, April 18th at 4 PM.

You can place your order [online here](#), fill out the attached order form, or find order forms at both the Junior and Senior school reception areas to fill in.

New this year, we have organic soil and fertilizers to order along with the favorites from years before!

Plant Pick-up will be held on the commons again from 2 PM – 4 PM, Friday, April 26th.

PLEASE NOTE: There will be NO PLANT SALES ON FAIR DAY!

Thank-you in advance for supporting the Country Fair!!

Plant Committee, Country Fair

News from the Bake Table

Just over 3 weeks until Fair day - let the baking begin!

As the Fair approaches, our lives become very hectic. Cookies, loaves, and tarts freeze well, so consider making them ahead so you can easily pull them out of the freezer! We request 2 homemade baking contributions to be delivered at drop off on the Friday before the fair along with a cake for the cake walk. Choose from the recipe selection on the [Baking page of the Fair Website](#) or better yet - pull out your own family favorites! Consider ever-popular alternative items like granola, caramel popcorn, butter tarts, lemon squares, biscotti, chocolates, gluten-free items, or pre-baked crumble pies!

Variety is key to our success!

*Are you overwhelmed with other things to do? Consider participating in the Mother's Little Helper program to support our Grads and they will do all the work for you! Use the attached order form to place your order.

Happy baking!

Deesha Thind and Gemma Martini

Sponsor the Country Fair

Sponsor the Country Fair today and get the pick of the litter.

We are rolling out the Sponsorship opportunities for this year's Country Fair so be sure to sign up for one today to ensure you get the item you want! [Please click here for the Sponsorship form.](#)

Country Fair Committee

Southridge Speaker Events – Invite your family and friends!

Spencer West - Saturday April 20 at 2:00 pm

On Saturday April 20th at 2:00, **Spencer West**, author of *Standing Tall: My Journey* will be here to tell his story of losing his legs at age five and how he overcame stereotyping and bullying, about finding meaning and happiness in a material world and how he never lost the hope or courage needed to mount personal obstacles. [Click Here for Tickets](#)

Paul Tough – Thursday May 9th at 7:00 pm

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. Plan to attend this highly sought after speaker. [Click Here for Tickets](#)

Job Opportunity – Casual Bus Drivers

We are currently recruiting externally for the following position:

- Casual Bus Drivers

For more information on this opportunity please refer to the employment section of our website at http://www.southridge.bc.ca/who-we-are/employment_opportunities/index.aspx

Darcie Sagert
Human Resources Manager

Uniform Shop News

Check out our new skort and polo shirts.

We've just received our new skort for kindergarten to grade 3 and new fitted Polo shirts for girls all grades.

The new Polo shirts are in for boys.

Barb Collett
Southridge School Uniform Shop
T:604.542.2337 F:604.535.5056

Menu and Daily Digest

If you aren't aware of our new Facebook page dedicated to the goings on of the Southridge Cafe, please stop by the page and see all the wonderful food we serve and lots of other great and fun information regarding nutrition, food facts and other related topics.

We encourage you to take part in our page by commenting on posts, offering menu suggestions and liking our posts.

Looking forward to growing your Southridge Cafe page. Follow this address: www.Facebook.com/southridgecafe

Bon Appétit
Mr. Marat Dreyshner
Chéf

Why Remember?

Remembrance Day for most students is a day off from school. It is presumed that we will attend ceremonies with our families and cherish those who fought for our freedom, yet many people choose to do nothing at all. Today, it is hard for kids to grasp the intense meaning behind Remembrance Day, as many of us have not been directly influenced by war. It is a challenge for us truly to understand the meaning of bloodshed. We may hear stories from our parents and grandparents, we may hear the first-hand experiences of the war veterans who appear at our school assemblies, but we will never be able to fathom their hardships. World War I ended 94 years ago, World War II ended 67 years ago. Although we learn about Canada's contribution to the Great Wars in school, events such as these are homework questions to us, they are our essays and they are our tests. Many students learn the material then forget it when class is over. This ignorance is unacceptable, to quote George Santayana, "Those who cannot remember the past are condemned to repeat it."¹

War veterans are now quite rare; veterans from WWI are non-existent. So then why is Remembrance Day focused mainly on the Great War? It is because of the valiance our Canadian soldiers demonstrated during those four long years. It is because of the extreme courage, the pride and the excellence. This was the war that showed the world that Canada could hold its own on the world stage. This is the war that helped to align Canada with other global strengths such as the USA, France and Britain. Although we were never deemed a "superpower," so to say, we showed we were a force to be reckoned with. The courage of our soldiers shown at Vimy Ridge and Passchendaele was inexplicable, our victories meritorious. So why is this massive event from Canadian history set to a one hour assembly once every year and just part of the grade eleven curricula, with everything else being optional?

Much of Canada's recent peacekeeping missions and multilateralism is scarcely taught in British Columbia. So far, in the academic career of a grade ten student and during countless Remembrance Day assemblies only WWI, WWII and the Korean War have been mentioned, leaving all the efforts put in from Canadians soldiers from 1953 onward moot. Not once were the Canadian soldiers, who helped during the Cold War or those that fought during the Afghan war mentioned. The numbers may be smaller, but the idea is the same; we need to remember and honour those that have fought for our nation.

Another contradiction Remembrance Day faces is the fact that is a statutory holiday in only five provinces. With the Canadian Stock Exchange and many businesses staying open during the holiday, how can it be possible for parents to spend time with their children and attend a ceremony if they are working? Does this not challenge the presumption that students will attend a ceremony if they get the day off? Schools need to teach students more about the Canadian impact our soldiers created during wartime. Yet, history, when taught in an academic setting can be quite dry; our school's need to create a learning plan that adds more interest to these critical events in Canadian history. If our government can accomplish this small task, a deeper understanding and appreciation of Remembrance Day could develop.

Remembrance Day is an esteemed time, yet is also a neglected time. Why is it that so many people who died for our nation fighting for our freedom, only get an hour of our time once a year. Why did we put all these immense emotions, these extreme thoughts to only one day? Convenience? The entire idea of just one day a year for our soldier's remembrance is outrageous. How can it be possible to genuinely commemorate all of those that lost their lives for us to live freely on just one day? To indeed remember, to really allow every citizen of this great nation to truly grasp the meaning of war, to truly grasp the courage these soldiers had, their pride in this nation and to honour their achievements, we need to do more than just set aside one day. We need to correctly understand the risks our soldiers took and we aren't going to appreciate that from just one short assembly. There needs to be a plan set in motion, we need there to be more remembrance. We as Canadians need to be taught, need to be ridden from our ignorance and really embrace the veracious essence that is Remembrance Day. Lest we forget.

Jake A. Girling

¹ George Santayana, *The Life of Reason, Volume 1, 1905*
US (Spanish-born) philosopher (1863 - 1952)



COUNTRY FAIR 2013

SPONSORSHIP OPPORTUNITIES

Sponsorship is a great way to ensure the success of our Country Fair. We ask families, family businesses, or groups of families to consider sponsoring an event. As a sponsor, you will receive recognition on our Country Fair website, on fair signage and in the Wednesday.

\$150 Sponsorship (Single & Multiple opportunities as noted)

- Balloons **SOLD**
- Candy Floss
- Candy Store
- Clothing Boutique
- Spin Art (2)
- Dollar Store **SOLD**
- Fifty-Fifty
- First Aid (**1**)
- Game Prizes (4)
- Jam-A-Jar (2)
- Lawn Signs (4)
- Loonie Treasures
- Outdoor Signs (2)
- Parcel Pick Up (2)
- Parking **SOLD**
- Volunteer Food (4)
- Pies (2)
- Popcorn **SOLD**

\$250 Sponsorship (Single & Multiple opportunities as noted)

- Advertising (4)
- Bake Table **SOLD**
- Books **SOLD**
- Clowns
- Fantasy Face **SOLD**
- Food Refrigerators (3)
- Gift Baskets **SOLD**
- Ice Cream Stand **SOLD**
- Southridge Café **SOLD**
- Student Entertainment
- Toys
- Recycled Treasures

\$500 Sponsorship (Single & Multiple opportunities as noted)

- BBQ Stand #1 **SOLD**
- BBQ Stand #2 **SOLD**
- Games Prize Table (**1**)
- Inflatable Gorilla **SOLD**
- Lrg Item Rental Truck (2)

\$150 Games—Indoor (single opportunities only)

- Alien Hoop Toss
- Basketball Shot
- Cake Walk **SOLD**
- Cracken
- Crazy Driver
- Electric Wizard
- Fish Bowl
- Fish Pond **SOLD**
- Hockey Shoot Out **SOLD**
- Little Red Riding Hood
- Penguin March **SOLD**
- Roller Bowler

\$250 Games—Outdoor (Single & Multiple opportunities as noted)

- Criss Cross Collision (**2**)
- Giant Slide (indoors) (5)
- Harry Potter Bounce (2)
- Laser Tag (5)
- Mini Golf (2)
- Merry-Go-Swing (5)
- Pie Toss (3)
- Princess Carriage (2)
- Toddler Playland
- Turbo Rush (4)
- Wipe Out (3)

Please review the list of sponsorships and contact Caroline Lötter to confirm your participation clotter@southridge.bc.ca

PAYMENT: Credit Card Cheque (attached) Please submit to Senior/Junior Reception Attn: Caroline Lötter

NAME: _____ PHONE _____

RECOGNITION AS IT SHOULD APPEAR _____

CREDIT CARD _____

NAME ON CARD _____

EXPIRY _____ TOTAL _____

SIGNATURE _____

THANK YOU SO MUCH FOR SUPPORTING THE 2013 COUNTRY FAIR!!

Weekly Menu

APRIL 15TH-19TH

**MONDAY
CHICKEN**

VEGETABLE STIRFRY

Vegetarian choice available

TUESDAY

CHICKEN POT PIE

Vegetarian choice available

WEDNESDAY

ENTRÉE TACO SALAD

Ground lean beef and vegetables

Over greens with side tacos

Vegetarian choice available

THURSDAY

EGYPTIAN CHICKEN

With rice and coleslaw

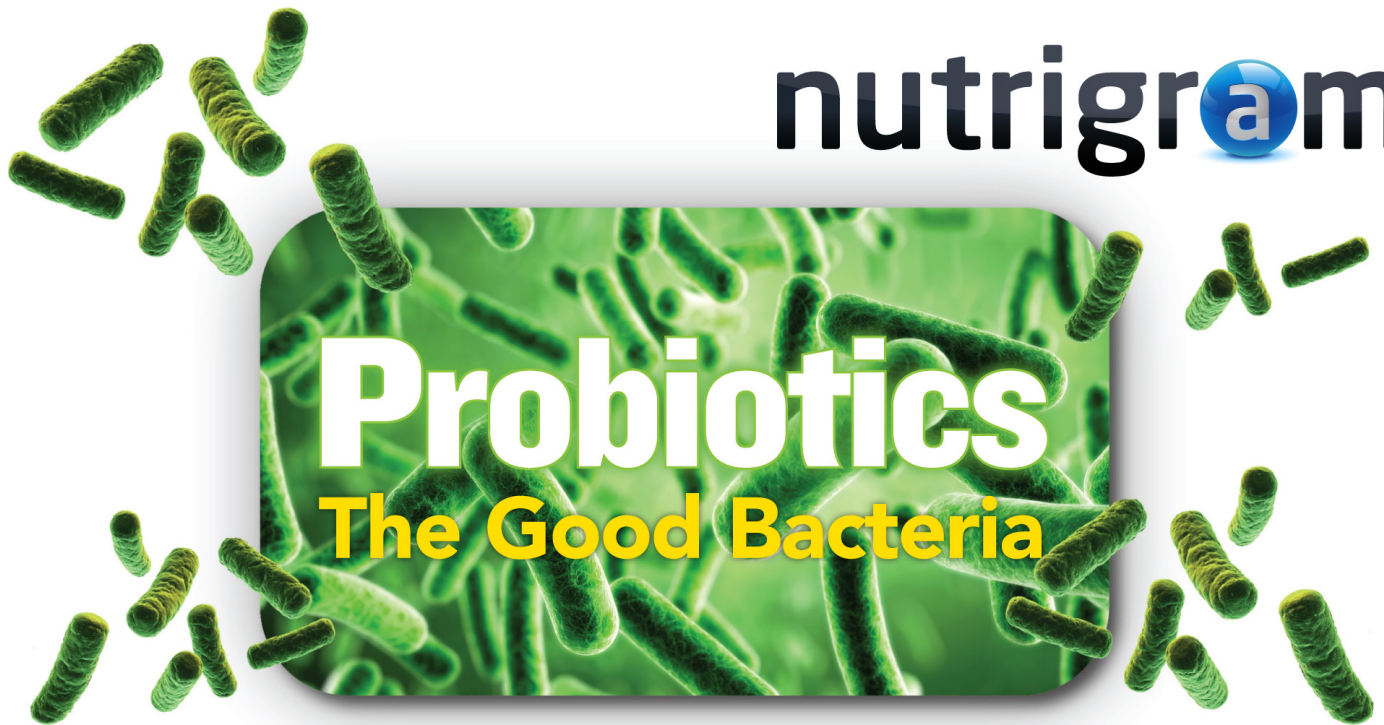
Vegetarian choice available

FRIDAY

PASTA WITH ITALIAN SAUSAGE

Vegetarian choice available





From antibiotics to antibacterial hand soap, a lot of energy is focused on ridding ourselves of bacteria and other microorganisms. While this may prevent us from falling victim to infection causing bacteria, it may also be keeping us from reaping the benefits of good germs.

What are probiotics and prebiotics?

Probiotics are live microorganisms, often bacteria, that offer health benefits when we get enough of them. At any given moment there are a variety of microorganisms living in our bodies that actively participate in some key functions such as digestion and nutrient production. There are also potentially harmful bacteria present and keeping the two in balance is important for maintaining our health. Prebiotics, are not microorganisms themselves, but act as “food” for probiotics, by promoting their growth and activity.

What do they do?

Probiotics have been credited with improving gastrointestinal and immune function and show preliminary benefits in other areas. One of the most common uses has been in helping to restore the bacterial “balance” that can be upset when we get an infection and are treated with antibiotics. The theory is that the antibiotics destroy both good and bad bacteria and that probiotics help to restore the good bacteria. The science supporting the use of probiotics and prebiotics is still developing, but there is some evidence to suggest that specific strains of probiotics help with certain gastrointestinal problems, particularly those associated with infection.

Where do we get them?

Probiotics are found in both foods and supplements. Yogurt, fermented milk, tempeh and some juices and soy beverages are examples of foods that contain probiotics. Prebiotics are found in fruits, vegetables and grains, in addition to supplements.

Bottom Line

The science supporting the benefits of probiotics is still evolving. Incorporating foods that contain probiotics and prebiotics may offer health benefits, particularly for gastrointestinal function. The use of probiotic supplements should be done with caution and guidance from a health care professional to ensure safety and efficacy are addressed.

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