

Southridge Wednesday

12-13
No. 28

A Weekly Publication of Southridge School

April 17, 2013

Head of School

Grit, Character and Role Models

You know, I've been feeling kind of tired lately. I think the allergies of the season are taking their toll on me. It seems like a short burst of physical exertion has a big impact on my energy level. And then there are the evenings working on school commitments, making lunches, doing the dishes and shuttling kids to practices and events. I hate to sound like I am complaining, but sometimes it's hard to get catch a break.

And then I think of Spencer West. Thank goodness for Spencer West. Here's a young man who, with no legs, climbed Mount Kilimanjaro in 2012. Whenever I think of Spencer West, my inclination to complain melts away pretty darn fast. So what if I am a bit tired? And who really cares if my allergies are acting up again? If Spencer West can make it up the highest free standing mountain in the world without legs, then I can most certainly find the willpower to carry on despite my "obstacles".

Last week Ms. Middelaer and I both wrote separate articles in the Wednesday about Paul Tough visiting Southridge in May. It's one thing to write about grit and its importance in character development, but it's another thing to have a role model to exemplify it. And thanks to David Wei in Grade 12, our community will welcome Spencer West to Southridge on Saturday, April 20th.

Spencer speaks about overcoming 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. His legs were amputated below the pelvis when he was just five years old due to a genetic disorder. Spencer spent a year working with a personal trainer to prepare for his climb, and he successfully reached the Mount Kilimanjaro's summit in June 2012. But he didn't just climb the mountain to prove a point, he climbed the mountain to raise money for sustainable clean water projects to communities affected by drought in Kenya.

So, the next time I make my way down the woe's me pathway of complaints, I will think about Spencer West making the trek up Mount Kilimanjaro's pathway of possibilities, and I will be grateful for the fact that he acts as a cairn – marking the way to overcoming personal obstacles, whatever size they may be.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
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	
Sun Run	Sunday, April 21 st		
Casual Day	Friday, April 26 th	All Day	Both Schools
Sex Education Night for Parents	Thursday, April 25 th	6:00 - 8:00 PM	Junior School Great Hall

Board of Governors

CRA – The Conclusion

As many parents and past parents are aware, CRA reassessed many of the school parents who had claimed donations made to Southridge in 2004, disallowing some or all of the donations made. Many of the donors appealed the reassessments and eventually a small group of donors agreed to become the test cases or lead cases and many of the others who appealed agreed to be bound by the results of the test cases.

We are really pleased to report that the test cases that followed through to the brink of a scheduled trial were allowed in full. CRA is now reassessing all those who appealed, to allow in full the donations made to the Southridge School Foundation.

This concludes a very long chapter in our history, and we are pleased to put it behind us. Particular thanks are owed to Lori Dams, an alumni parent, who invested a huge amount of time and effort, and ultimately took the lead on the case and presented it in a compelling manner. Thanks also go to the other donors who stepped forward as test cases, John Boughen, Troy Zanatta, Rob Grimm and John Matheson.

Dave Alderdice
Treasurer

HR Updates

Curriculum Leader

We are pleased to share with you that Kara Wickstrom will be taking on the role of Curriculum Leader – Physical Education for the Senior School. Kara is looking forward to blending her current role as a teacher with the Curriculum Leader position and is excited about being able to expand on the existing curriculum. Kara brings to this role 13 years of direct teaching experience with Southridge and is passionate about ensuring that our students see physical fitness as a lifelong commitment to maintaining a healthy and active lifestyle. Kara is currently working towards her Master's Degree in Physical Education.

Social Studies

We are delighted to share with you that Ira Alexandra has accepted a full-time Social Studies teaching position at Southridge. Ira joined our team in September 2012 on a temporary basis and is thrilled to have the opportunity to continue her partnership with Southridge. Ira brings to this position a discussion based and inquiry driven teaching approach while striving to motivate her students to create a genuine interest and passion for learning. Ira has 10 years of teaching experience coupled with a Masters Degree in Liberal Studies from Simon Fraser University. Ira has a love for the great outdoors and is looking forward to exploring opportunities where she may be able to use experiential education to complement her teaching.

Darcie Sagert
HR Manager

Junior School News

Where do you put your energy?

Thoughts of the Boston Marathon have been on all our minds these past few days, and although we are stunned and saddened for the loss, the Boston Marathon should not be redefined by that tragic turn. The Marathon represents the ultimate goal for many people, a tangible target for those that run and race, and love the collective feel of people coming together for a purpose.

I marvel at those who can train and run a marathon—it is far from easy, and that is why it remains on the bucket list of so many people. The faculty at Southridge were acutely tuned in to the Boston Marathon as our own teacher intern, Megan Fretter, qualified and ran in the race. We travelled her journey of excitement leading up to the race, and although have felt the panic and concern for her and her fellow runners, we can't lose sight of what Megan has accomplished.

Where we put our energy and our focus is our choice. We can focus on this grim act of defiance and hatred, or we can focus on the amazing community of Boston, the resilient volunteers, the effort of those runners, and their dedication of training, their family support, and the response of the community. Having had a taste of tragedy myself, I can attest to the fact that we can choose where to put our energy and focus. I choose to celebrate Megan Fretter, and her amazing accomplishment of 3 hours and 31 minutes. Of course, I will hold her, and appreciate her, but our focus will be on the 'good' that there was, as in our lives, it always supersedes the negative. It is our choice to see that good.

Have a great week,

Mrs. Middelaer
Head of Junior School

Congratulations to William Liu- grade five

Grade five student William Liu recently participated a piano competition at the International Young Musician Festival "Passion of Music 2013" (hosted by American Association Development of Gifted and Talented) and won the third prize. He was invited to perform at the winner concert at New York on April 19. We wish him all the best and are sincerely proud of him.

Our Teacher Intern, Megan Fretter ran the Boston Marathon in 3:31

We are very proud of our teacher intern, Megan Fretter, who participated in the Boston Marathon this past Monday. We were thankful to be in touch with Megan's family shortly after we heard the disturbing news of the tragedy at the event, but have a few quotes from Megan that we would like to share with our community.

" I had already come across the finish line when the explosions went off. My mom and I were only two blocks away when they went off. We are both extremely shaken up, but thanking God for our safety and health. Our hearts go out to everyone who has been affected by this tragic event. What should have been a joyous occasion for all today, has turned into one very surreal experience. That being said, I thoroughly enjoyed myself during the Boston Marathon. It is a beautiful city, with so much history. The race organizers, MASS amounts of volunteers, crowds of cheering people, as well as all of the emergency response crews should all be commended today."

Megan ran the marathon in a time of 3 hours, 31 minutes which is commendable on every level. We are so proud of her and thankful for her return.

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

Author's Week in Senior School

As you read this, we will have just finished day three of Author's Week in the Senior School. All week, through the leadership of our Library and librarian Maggie Yee, students will have a wonderful exposure to the writing process. We began on Monday in assembly with a Poetry Slam featuring four local spoken word poets sharing their craft and enthusiasm with the students and staff. During the day, these poets worked in various English classes facilitating discussion and supporting the students in their own writing.

Throughout the week the students will have further opportunities to meet authors, buy books from a local bookstore and also, on Friday to have a book swap. Students will be exposed to a variety of genres including non-fiction authors that can help refine their research skills and ability to write a more academic type of paper that might be used for an exam or research essay.

In asking one member of the English department to summarize what this week presents for the students, they explained that students spend much of their time analyzing the works of writers, many of them no longer alive, that it is not often they are able to speak to a real live author. This experience can help students understand the process that a writer has gone through to create their specific work. Certainly, this can help to inspire the students to want to write themselves, but it also allows them to have a much deeper context into the creation of a piece of writing by seeing and speaking to the actual writer.

On a completely personal level, one of my many items on my bucket list is to publish a piece of writing. It is not an easy task to commit to something so massive as to write a book and when I meet anyone that has done it, regardless of the genre or length I am always interested in finding out how they completed the project. Perhaps someday I will be able to cross this item off of my list, but for now I will have to just live vicariously through others success!

In the Senior School Educational Program (SSEP) model, one of the key skills that students need to build is that of communication. And specifically, in the Post Secondary environment and work place beyond, the ability to write well will be paramount for success.

So, if you have a moment during this week please stop by the library to see the activities that are happening to help foster Author's Week. It will definitely be time well spent. Have a literary week!

Mr. Doug Palm
Head of the Senior School

Schoology and Southridge Apps

A few months ago, and more recently in the Wednesday, the Southridge app was presented to the Southridge community. We would like to offer the Schoology app to any students or parents who would like to use it. The Southridge app is available at the Apple App store and instructions are available in the April 3rd (No. 26 Edition) Southridge Wednesday.

We have put together an instructional document to help you install the Schoology app on your mobile device (Apple and Android devices) which can be viewed at the end of the Wednesday as an attachment. The Southridge app has been developed to communicate school activities and news where as the Schoology app is designed to communicate academic and extracurricular news that is specific to your son or daughter. Please contact Heather Mosher (hmosher@southridge.bc.ca) or Steve Anderson (sanderson@southridge.bc.ca) with any questions.

Ms. Heather Mosher & Mr. Steve Anderson

Authors' Week April 15th to 19th

Our Senior School Authors' Week event kicked off with four champion slam poets from the Vancouver Poetry House performing an All-Star Slam at our assembly. Each poet performed an original spoken-word poem and our students were selected to judge. In recent years, slam poetry has become an increasingly popular part of the English curriculum and we are excited to showcase the work of local poets. With each exposure to slam poetry, our students recognize their abilities to express themselves creatively and find their own voices.

On Wednesday and Thursday our students are participating in writing workshops that will be led by local authors. Danika Dinsmore is working 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 is 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. In both workshops, students are generating ideas to write their own creative works.

Special events are also taking place in the library at lunch. On Tuesday, April 16th we presented a special literary video event: Blackadder. Our annual Black Bond Books sale is taking place on April 17th and 18th and 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. Any remaining books will be donated to the Country Fair.

Across the curriculum and accessible to our community are two additional events: our Senior Theatre Performance Class is performing 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.

Ms. Maggie Yee
Senior School Librarian

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

Student Talent at the Southridge Fair

If you are a small musical group and you'd like to perform on the Talent stage at the Fair on Saturday, May 4th, please contact Mr. Burrage (sburrage@southridge.bc.ca , 604-542-2320). This is not for soloists or duets who perform in the morning; rather, it is for anything bigger than that. String Quartets, rock bands, trios, combos, etc... are all welcome. Performances run from 12:30 – 3:00 PM.

Mr. Steve Burrage

Italy Concert Band Tour 2014 Sign-up

This is a reminder that the deposit for the Italy concert band tour is due this Friday, April 19th, for those interested in coming on next year's Spring Break 10-day tour to Bella Italia with the Senior Concert Band. Obviously, only those signed up for the senior band (next year's Grade 10s, 11s, & 12s) are eligible.

Mr. Burrage

Auditions for Café Concerto: May 6, 2013

It is hard to believe that Cafe Concerto is already around the corner! The Senior School Music Department's annual year-end showcase concert is Tuesday, May 28th and Wednesday, May 29th, 2013. Along with the concert bands, jazz bands and combos, and the choir, we invite smaller groups and soloists to participate in the show. Auditions for a spot in the concert will take place on Monday, May 6th 2013 in the bandroom at lunch. To secure a spot, student should be performance ready for the audition and must commit to attending the tech rehearsal (Friday, May 24 3-5pm), the dress rehearsal (Monday, May 27 8:30-11am) and the two evening concerts.

If you have any questions, please contact Jenna Parker at jparker@southridge.bc.ca

Ms. Parker

News for Both Schools

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](#)

Sun Run Package Pick-Up: Friday, April 19th

The day of the big run is quickly approaching... We look forward to seeing many of you at the run on Sunday, April 21st – but before that we need to get your sun run package and shirt to you!

Please come to the PE office and get your race bibs, timing chips, and official T-shirts on Friday, April 19th at recess (10:10 – 10:30) or after school (3:00 – 3:20). If you cannot make it, please arrange for a family member or friend to come on your behalf.

On the actual day of the Sun Run, we don't formally gather as a team, but we always look for each other following the race by the giant "S" that is posted (for Southridge, of course!) It is a chance for high-fives and celebrating each other's running achievements.

Congratulations on training for this challenge – and best wishes for a great Sun Run!

Ms. Megan Fretter
Junior School Teacher Intern
mfretter@southridge.bc.ca

The Friends of Southridge Cycling Team

The Friends of Southridge Cycling team continues to train and fundraise for the Ride to Conquer Cancer taking place on June 15th and 16th. Each member has to raise \$2,500.00 to be able to participate, and for me that is harder than the training. However, it is a really good cause, and I am hopeful that one day there will be a cure for cancer.

Last year I was joined by several other teachers and we as a group raised over \$10,000.00. But this year I am the lone Junior School teacher representative on the team. Our head of Senior School, Mr. Doug Palm, is also participating, and he can be seen "burning some rubber" along Zero Avenue whenever he has a free moment. And yes, he can make all those hills! I am not sure who has covered the most ground so far, but our common goal is to finish the ride with strong legs.

Here is a list of fundraisers that are happening in the near future: April 20th, and 27th, team members will be cycling outside these two venues; Everything Wine at Morgan Crossing, and the Ocean Park Liquor store. If you happen to be in the neighborhood, do stop by to say hello. We will be there from 11:00 AM – 7:00 PM on both days.

Another fundraiser that might be of interest is a pub night on Saturday, May 11th at Rusty's Neighborhood Pub in Cloverdale. The tickets are \$20.00 and that includes a hamburger, chicken burger or veggie burger with fries and an alcoholic or non-alcoholic drink. There are lots of tickets available and if you would like to buy one please contact me at aboyle@southridge.bc.ca.

Over the next few weeks I will introduce you to The Friends of Southridge team so you can learn a little about why each of us is participating for the first, second or third time. We all have our own stories; some more painful than others.

"The Ride to Conquer Cancer is a powerful movement — one of hope, healing, celebration, and optimism."

Anne Boyle
Teacher/Participant

Country Fair Collection and Information

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

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

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

- No collection on Friday please!!

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

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

Jam a Jar - EXTENDED DEADLINE!!! We are extending the Jam a Jar deadline till April 25th! We are loving the creativity this year!!! Keep it up and feel free to do a few more but don't forget to return them.

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

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

Sponsorship Opportunities

We still need support for a variety of Country Fair Sponsorship opportunities. Please check out [the web page](#) for available choices! Your support is greatly appreciated!

Country Fair Volunteer Jobs of the Week: Fair set- up and Site Logistics

There are still volunteers needed the week of Fair set-up, to help receive recycled items and clothing, sign up online. Ever wonder who transforms the school into the Country Fair?! Site Logistics - that's who! We are in need of volunteers to help with set up of the Fair on Friday, April 26th, Thursday, May 2nd, and Friday, May 3rd. There are a variety of shifts - morning, after school, early evening - something for everyone! Here is your chance to get your hands a little dirty, use some tools, and see the school transformed before your eyes. Please go to [Country Fair webpage](#) to sign up online for your shift.

Bake Table

Two 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 the day before the Fair (Friday, May 3rd), along with a cake for the Cake Walk. Choose from the recipe selection on the baking page of the Fair Webpage or better yet - pull out your family favorites! Consider ever popular alternative items like granola, butter tarts, lemon squares, biscotti, chocolates, shortbread, or pre-baked crumble pies! Variety is the key to our success!!

Deesha Thind and Gemma Martini
Bake Table Committee

Mother's Little Helper

DON'T PANIC! We have some great news - you need not worry about your baking contributions, you can spend your weekends organizing your clothing, books, toys and treasures donations instead!

Your grads this year are bringing back the hugely successful "Mother's Little Helper" - a way to raise funds for their dry grad event. For a minimum donation of \$35.00, the grads will bake and wrap your contributions for you. We promise you bake goods and their presentation will make Martha Stewart envious!

We have had a wonderful response so far to Mother's Little Helper and we are filling up fast, but there is still time to get your request in! So before you reach for the previously frozen, store bought cake at your grocer, please think about your 2013 grads. We will arrange to deliver your baking directly to the fair and submit it with your name.

Order forms are now available at both Junior and Senior School receptions as well as attached to the Wednesday. Please drop off your form with a cheque attached in the "Mother's Little Helper" box at either reception (Please make cheques payable to "Southeridge School" - with a notation to "Mother's Little Helper").

Thank you for your support. Our hope is that with your support, this fundraiser will be a huge success for our 2013 grads and will continue this 2011 grads fundraising legacy.

Preet Brar and Grant O’Kane
Country Fair Chairs 2013

Last Chance to Order Plants!

Don’t forget to order your plants, soil, hanging baskets and herbs this week! Deadline is Thursday, April 18th at 4:00 PM. [Go here to order online.](#) or pick up the order form at the Junior or Senior Reception desks.

*Don’t forget there are no plant sales on the day of the Fair. Pre-Fair sales only.

Country Fair Committee

Used clothing Sale

As summer uniform approaches, the grads will be holding another used uniform sale on April 23rd-25th in the Junior School Great Hall from 2:45 to 3:30. We appreciate all of your support and are accepting any old uniforms as donations!

Grad committee

Uniform Shop News and Sales

The Uniform Shop has many new changes and to accommodate our new look for P.E. we are having our first ever SALE on some of the discontinued items! The discontinued items will be ‘grandfathered’ until June 2015, which means they can continue to be worn for considerable time. Starting Thursday, April 18th save up to 25% off of all sweatpants and Junior School blue hoodies.

May 1st summer uniform is quickly arriving! Come by the Uniform Shop and check out our new skort for K – 3 Grades. We’ve also just received our new fitted Polo shirts for girls and boys for all grades.

Barb Collett
Uniform Shop

Uniform Shop and Uniform Changes

Southridge has always dedicated resources and space to the school’s Uniform Shop to better serve our school families. When the Senior School was expanded a few years ago a new space was allocated in order to provide a larger, more accessible shop.

For the past couple of years the uniform shop has been experiencing inventory shortages as a result of our supplier’s inability to keep our shop properly stocked. As a result, Southridge has sourced a new highly regarded supplier of private school uniforms. We have used this opportunity to review all of our uniform pieces and make some adjustments and additions to the uniform dress code.

New uniform pieces will be available soon in order to be ready for the start of school, the discontinued uniform items will be grandfathered (allowed to be worn) until June 2015. So there is no need to worry about any recent uniform purchases you may have made.

The biggest *change* to the uniform is the PE kit. We have been able to source a new PE dry fit t-shirt and shorts that are better quality and fit.

An *addition* to the school uniform for Grades K to 12 is the mandatory leisure track suit. This item is to be worn for team travel, co-curricular teams, competitions, field trips and service trips and any other off campus excursions.

This tracksuit addition will ensure that Southridge is well identified and represented when our students are in the public eye and representing the school beyond our campus. Team and individual discipline as well as team unity are also supported in making this move.

This new tracksuit will be replacing the Umbro tracksuit that some of you have purchased in the last year or so. Unfortunately the supplier was unable to supply the school in the quantities we required. The Umbro tracksuit is also grandfathered (allowed to be worn) until June 2015.

We are in the beginning stages of supplier transition. In order to ensure that every student is ready for the school year please come to the uniform shop to fit and order your fall uniform requirements.

We are asking current families to purchase or order in April as we want to ensure that everyone has the new tracksuit and PE kit for the beginning of the school year. New students will be fitting and ordering their uniforms in May and June. Adjustments can be made in the fall if something is purchased in April and doesn't fit on the first day of school.

Here are the changes/additions to the **Junior School** uniform:

- Mandatory new dry fit t-shirt and shorts for PE
- Mandatory tracksuit for all Gr. K – 7
- Optional long sleeve dry fit t-shirt for PE
- New zipper tie option and tartan tie option
- Style change (minor) for K - 3 tunics for girls
- Style change black summer uniform short
- New black skort option for K – 3 girls

Please see attached the Junior School uniform dress code.

Here are the changes/additions to the **Senior School** uniform:

- New mandatory tracksuit for all Gr. 8 – 12s
- New dry fit t-shirt and shorts for PE
- Optional long sleeve dry fit t-shirt for PE
- Optional Southridge logoed black fleece jacket
- Style change for summer black uniform short
- New tie options

Senior School athletic teams traveling to games and tournaments will require:

- Training uniform – for most teams this will be the PE kit except in some sports
- Playing uniform – provided by school (except socks)
- Leisure track suit – for travel to and from games

Please see attached Senior School dress code.

Uniform Shop Hours:

Monday – Thursday 7:45 – 9:00, 2:00 – 4:00

Phone Number: – 604-542-2337

We hope you will find our new Uniform Shop extended hours helpful to your busy schedule. Our enthusiastic shop volunteers will be able to help you with all of your uniform requirements. We also have lots of great new spirit wear items as well. Please do your best to come to the uniform shop in April/May for your fittings and purchases as we will be working in May/June with our new incoming families. If you purchase something now that doesn't fit in the fall we can make exchanges when school starts as long as the item has not been worn.

We look forward seeing you soon.

Southridge Uniform Shop

Menu and Daily Digest

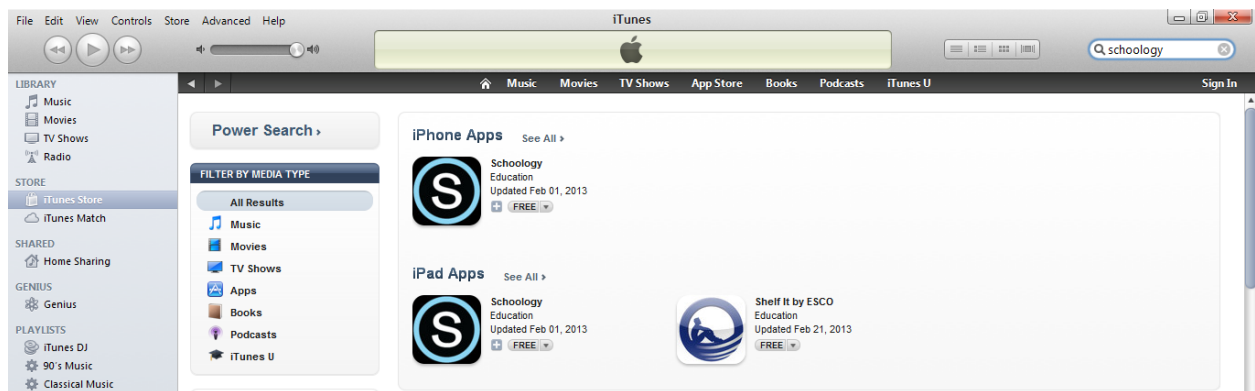
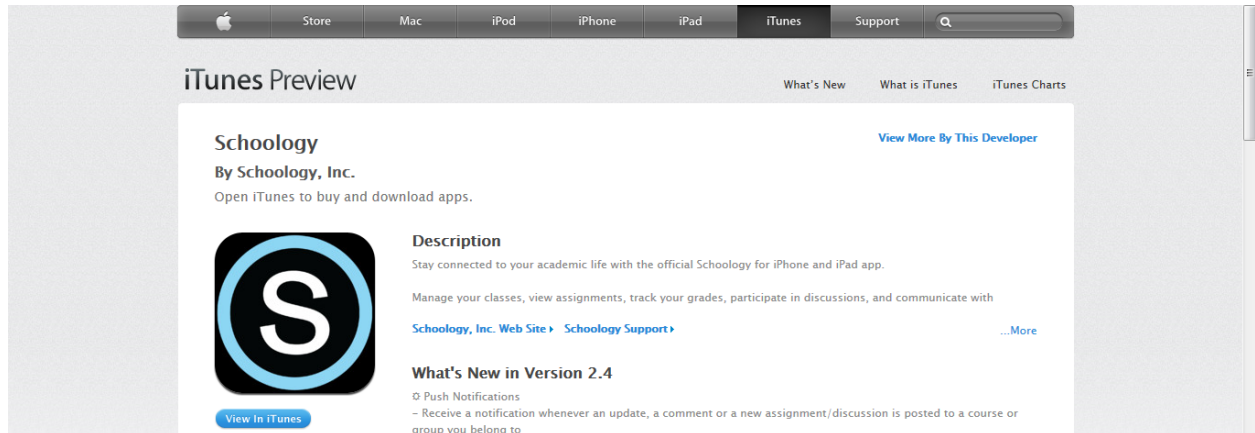
Please see the attached menu for the week of April 22nd – 26th.

Mr. Marat Dreyshner
Chéf

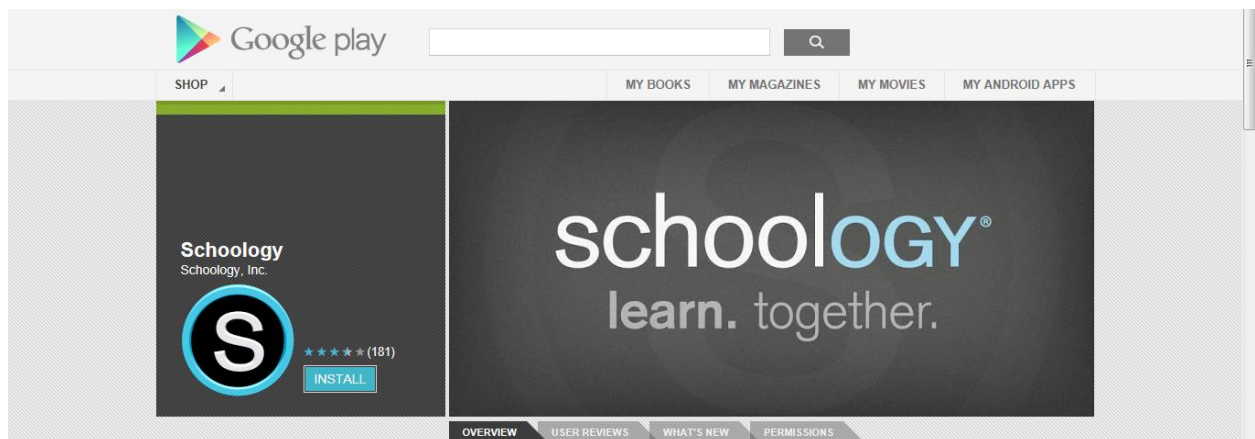
Activating your Schoology App

Download the Schoology App from the iTunes Store for either your iPad, iPod, iPhone, or Android device

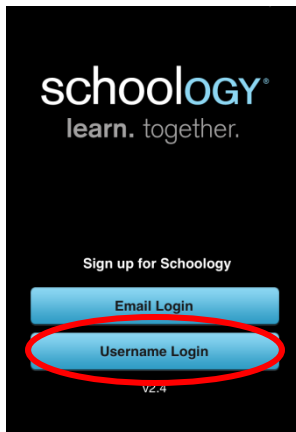
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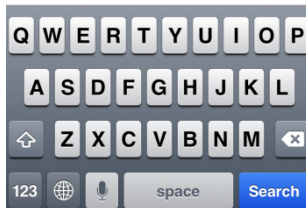
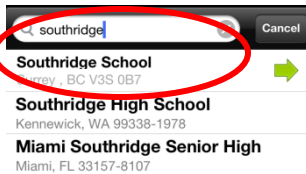
Android Device Download - <https://play.google.com/store/apps/details?id=com.schoology.app>



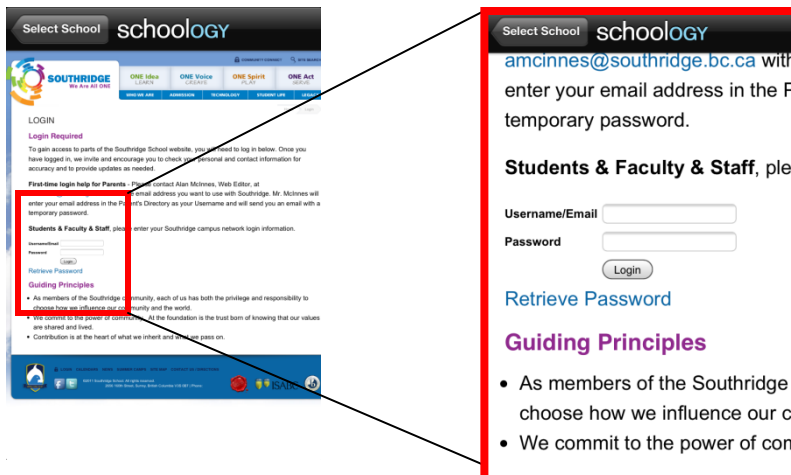
1. Open the Schoology App and select the Login option: **Username Login**



2. Type **Southridge** and select our school



3. This will then take you to a page that looks similar to the Southridge Log-In Page, zoom in and enter your user name and password.



If you have any difficulty, please contact Heather Mosher (hmosher@southridge.bc.ca) in the senior school and Steve Anderson (sanderson@southridge.bc.ca) in the junior school .

JUNIOR SCHOOL DRESS REGULATIONS

School uniforms are worn at Southridge for many reasons. The uniform also helps create a sense of belonging in the school community. Respect for the school and for oneself is communicated through adherence to the school's specified dress requirements. It is our philosophy that Southridge students express their individuality by what they say and do, rather than by how they look. If the uniform is worn well it is a matter of general pride. If not, it reflects discredit upon all.

In the words of founding Headmaster Alan Brown, *"They eliminate the anxiety that is sometimes created by a perceived need to wear certain fashions or designer labels. They level the playing field in terms of socio-economic diversity and they create an atmosphere that allows students to focus more on learning than on fashion."*

UNIFORM RULES

The Southridge uniform is to be worn proudly, in a neat and tidy fashion. It is to be worn daily and at all formal school occasions, including field trips. It is to be worn properly from the time a student arrives on campus and until he or she leaves the campus.

The rules surrounding uniform and appearance at Southridge promote the belief that appropriate appearance helps to create an environment of propriety, dignity, and personal respect.

It is an expectation that parents, students and teachers work together to uphold the philosophy and regulations of the school uniform. It is the students' responsibility to wear the uniform properly, the parents' responsibility to deliver students to school in regulation uniform attire and the teachers' responsibility to enforce the regulations while at school.

If the uniform is worn in a chronically disrespectful manner, unresponsive to continual correction, faculty members will ask students to visit the Uniform Shop in order to conform to the school's dress code. School accounts will be billed for the cost of deficient uniform items.

Uniform regulation infractions will result in supervised study. If a student attends school with dyed, bleached, or highlighted hair, he or she will be required to dye it back to its natural colour. Proper socks and school ties will be sold at the office to those students who attend school out of uniform. School accounts will be billed for the cost of these items.

From time to time teachers will measure kilt length. As students grow, it is expected that kilt length will be adjusted. If a kilt is shorter than 3" above the knee, the kilt must be lengthened until it reaches the proper length. The School expects that parents will support us in our attempts to maintain a fair approach to uniform attire.

All uniform items are to be purchased from the Uniform Shop to ensure all students conform to the school uniform rules. All uniform shop purchases can be billed to school accounts.

DRESS CODE JUNIOR SCHOOL

Girls

Girls' hair is to be neat, and if necessary, tied back to keep it off the face. The dying, bleaching, or highlighting of hair is not permitted. One small, conservative earring (stud or hoop with a diameter no greater than one centimetre) may be worn on the lobe of each ear, but no coloured nail polish or (sticker) tattoos are permitted. Grade 7 girls are permitted to wear a minimal amount of natural toned make-up. It is to be applied modestly and in a discreet manner (if make-up is noticeable, it is too much). No make-up is permitted in any other grade. No large obtrusive hair clips or headbands should be worn (conservative single coloured headbands are permitted, School colours preferred). Necklaces must be worn under the shirt. No chokers are allowed. One modest bracelet and/or ring may be worn. Note: Black shoes may have a molded black outsole but the polishable leather uppers must not bear the logo of any company or manufacturer.

Boys

Boys' hair is to be worn reasonably close to the head and off the collar and earlobes must be visible. The dying, bleaching, or highlighting of hair is not permitted. Extreme styles are forbidden such as shaven heads or asymmetric hairdos. No (sticker) tattoos or earrings are to be worn. Necklaces must be worn under the shirt. No chokers are allowed. One modest bracelet may be worn. Note: Black shoes may have a molded black outsole but the polishable leather uppers must not bear the logo of any company or manufacturer.

Casual Dress

Casual days are generally scheduled once per month. Students normally pay to dress casually with the funds being directed to a local charity. On casual days, students are expected to dress with good taste and in keeping with school values. Shorts that are worn on casual day must have an inseam of at least four inches. Girls are not permitted to wear tops that are low-cut, have spaghetti straps, or exposed midriffs. Boys are not allowed to wear tank tops. Sheer fabrics (see-through) are also forbidden as are inappropriate logos, slogans, or graphics. Students who are inappropriately dressed will not be permitted to attend class.

Junior School Uniform

Regulation Winter Dress Items – October 1 to April 30

School uniform, to be worn daily and at all formal school occasions, is as follows:

BOYS	GIRLS
Green vest, cardigan or pullover school sweater	Green vest, cardigan or pullover school sweater
White dress button down shirt with school tie	White blouse with school tie
Grey dress pants with optional black belt	Kilt hemmed no higher than 3" (8cm) above the knee for grade 4 - 7 Students
Black dress shoes with grey socks	Tunic for Primary Students
Tracksuit Gr. K-7	Grey dress pants with grey socks
	Black knee socks or tights
	Black dress shoes (heels no higher than 5cm including sole)
	Tracksuit Gr. K-7

All uniform pieces are to be labeled for identification purposes.

Regulation Summer Dress Items – May 1 to September 30

BOYS	GIRLS
Green vest, cardigan or pullover school sweater	Green vest, cardigan or pullover school sweater
Southridge crested white golf shirt or white dress shirt	Southridge crested white golf shirt or white button down blouse
Grey dress pants with optional black belt	Primary – Tunic with white ankle socks
Black walking shorts with white ankle socks (no logos)	K - 7 – Black skort with white ankle socks
Black dress shoes with grey socks	MYP – kilt worn with white or black knee socks
Tracksuit Gr. K-7	Grey dress pants with grey socks
	Black walking shorts with white ankle socks or knee socks
	Black dress shoes
	Tracksuit Gr. K - 7

All uniform pieces are to be labeled for identification purposes.

No ties required for summer dress uniform.

Students who are unable or unwilling to maintain a tidy summer appearance will be required to wear the winter uniform.

Athletic Wear

BOYS	GIRLS
Gym shoes (non-marking sole)	Gym shoes (non-marking sole)
Dry fit crested shorts and shirt	Dry fit crested shorts and shirt
House t-shirt	House t-shirt (Jr. School only)
Tracksuit Gr. K-7	Tracksuit Gr. K-7
White ankle socks (no logos)	White ankle socks (no logos)

All uniform pieces are to be labeled for identification purposes.

Optional Uniform Items

BOYS	GIRLS
Long sleeve dry fit shirt	Long sleeve dry fit shirt
Blue logoed wet jacket	Blue logoed wet jacket

Southridge Tracksuit

The purpose of the tracksuit is to ensure uniformity and that our students are identifiable as Southridge students be it on athletic teams or travelling as a group on school fieldtrips. Southridge tracksuits are a mandatory item for Gr. K – 12. Southridge tracksuit may also be worn in PE classes.

A school trip or outing is defined as a fieldtrip, tournament, festival, contest or any event attended by students off campus. Students are required to wear school attire on all trips except those where wearing a uniform may not be appropriate - e.g. soup kitchen.

Tracksuit jacket to be worn as mandatory travelling attire if school blazer is not required.

THE UNIFORM SHOP

The goal of the uniform shop is to provide pride, spirit and value to the Southridge community. It provides all mandatory and optional uniform items. As well, it carries an array of spirit wear and branded school items.

All visitors must sign in at the Senior School reception desk before proceeding to the Uniform Shop in the Senior School.

Southridge parent volunteers provide advice and process the sales of uniform shop items.

The school has made a substantial investment in the uniform shop in order to provide convenience and quality for Southridge parents. All uniform items are to be purchased from the Uniform Shop to ensure all students conform to the school uniform rules.

Shop Hours

Monday – Thursday: 7:45 – 9:00, 2:00 – 4:00

Phone number – 604-542-2337

Return Policy

All merchandise purchased in the uniform shop must be returned for refund no later than two weeks after purchase and include all packaging and tags on goods. Defective merchandise can be returned within a reasonable time of purchase.

SENIOR SCHOOL DRESS REGULATIONS

School uniforms are worn at Southridge for many reasons. The uniform also helps create a sense of belonging in the school community. Respect for the school and for oneself is communicated through adherence to the school's specified dress requirements. It is our philosophy that Southridge students express their individuality by what they say and do, rather than by how they look. If the uniform is worn well it is a matter of general pride. If not, it reflects discredit upon all.

In the words of founding Headmaster Alan Brown, *"They eliminate the anxiety that is sometimes created by a perceived need to wear certain fashions or designer labels. They level the playing field in terms of socio-economic diversity and they create an atmosphere that allows students to focus more on learning than on fashion."*

UNIFORM RULES

The Southridge uniform is to be worn proudly, in a neat and tidy fashion. It is to be worn daily and at all formal school occasions, including field trips. It is to be worn properly from the time a student arrives on campus and until he or she leaves the campus.

The rules surrounding uniform and appearance at Southridge promote the belief that appropriate appearance helps to create an environment of propriety, dignity, and personal respect.

It is an expectation that parents, students and teachers work together to uphold the philosophy and regulations of the school uniform. It is the students' responsibility to wear the uniform properly, the parents' responsibility to deliver students to school in regulation uniform attire and the teachers' responsibility to enforce the regulations while at school.

If the uniform is worn in a chronically disrespectful manner, unresponsive to continual correction, faculty members will ask students to visit the Uniform Shop in order to conform to the school's dress code. School accounts will be billed for the cost of deficient uniform items.

All uniform items are to be purchased from the Uniform Shop to ensure all students conform to the school uniform rules. All uniform shop purchases can be billed to school accounts.

DRESS CODE SENIOR SCHOOL

Girls

Hair is to be neatly styled and not dyed unnatural colours or extremely bleached.

Girls may wear a modest level of cosmetics. Two conservative earrings per ear are allowed. Dangling earrings and hoops larger than 2 cm are not permitted. Large, obtrusive hair clips may not be worn. High-heeled shoes are not permitted. Note: Black shoes may have a molded black outsole but the polishable leather uppers must not bear the logo of any company or manufacturer.

Boys

Hair is to be worn reasonably close to the head and off the collar.

Extreme styles are forbidden, including grossly 'shelved' hair, shaven heads, asymmetric haircuts, and unnaturally coloured hair. Earrings may not be worn by boys. Boys are to be clean-shaven except where religious beliefs dictate otherwise. Note: Black shoes may have a molded black outsole but the polishable leather uppers must not bear the logo of any company or manufacturer.

Jewellery

The wearing of jewelry is not encouraged as in many instances it contravenes the intention of wearing a uniform, may be lost or stolen, and in some cases poses a safety hazard. A single ring, a fine chain or a conservative bracelet are acceptable, but heavy chains, necklaces, chokers and other obtrusive jewelry are not to be worn. No other ornaments may be employed through any other body piercing except earrings for girls. No visible tattoos or other body art are permitted. This includes tattoos that would only be visible during athletic competition. Southridge will never demand departures from fashion so extreme as to make our students stand out as being odd or unusual. On the other hand our students will not find it possible to be in the vanguard of experimental teenage fashion.

Casual Dress

Casual days are generally scheduled on the last school day of each month. Students normally pay to dress casually with the funds being directed to a local charity. On casual days, students are expected to dress with good taste and in keeping with School values. Girls are not permitted to wear tops that are low-cut, have spaghetti straps, or exposed midriffs. Boys are not allowed to wear tank tops. Sheer fabrics (see through) are also forbidden as are inappropriate logos, slogans or graphics. Students who are inappropriately dressed will not be permitted to attend class.

Senior School Uniform

School Uniform, to be worn daily and at all formal school occasions, is as follows:

Regulation Winter Dress Items – October 1 to April 30

BOYS	GIRLS
Blazer-mandatory for Gr. 8-12	Blazer-mandatory for Gr. 8-12
Black vest, pullover or cardigan sweater	Black vest, pullover or cardigan sweater
White button down shirt LS/SS, school tie	White blouse LS/SS, school tie
Grey flannel dress pants, secured at the waist by a black belt	Southridge tartan kilt (Grades 8-12) to be no more than 8 cm (3") above the knee cap
Dark grey socks	Black opaque tights or knee socks
Black polishable dress shoes - No heavy work-type shoes, buckles or other metal features, boots or clogs	Black polishable dress shoes - Senior School heels should not be higher than 6 cm (including the sole)
Southridge tracksuit	Southridge tracksuit

All uniform pieces are to be labeled for identification purposes.

Regulation Summer Dress - May 1 to September 30

BOYS	GIRLS
Black vest, pullover or cardigan sweater	Black vest, pullover or cardigan sweater
White dress shirt or white or navy golf shirt	White blouse (button down optional) or white or navy golf shirt
Grey flannel dress pants secured at the waist by a black belt	Southridge tartan kilt (Grades 8-12) to be no more than 8 cm above the knee cap
Dark grey socks	White or black knee socks with kilt or white ankle socks with skort.
Black Bermuda shorts secure at the waist by a black belt with white ankle socks.	Black Bermuda shorts secured at the waist with a black leather belt with white ankle socks.
Black polishable dress shoes - No heavy work-type shoes, canvas, buckles or other metal features, boots or clogs	Black polishable dress shoes - Senior School heels should not be higher than 6 cm (including the sole)

All uniform pieces are to be labeled for identification purposes.

Ties are not required for summer uniform dress.

***Note:** Logos and designer labels are not acceptable on clothing items including logos on white socks. Uniform items are not to be modified.

Athletic Wear

BOYS	GIRLS
Gym shoes (non marking sole)	Gym shoes (non marking sole)
Dry fit crested shorts	Dry fit crested shorts
Dry fit crested shirt	Dry fit crested shirt
Southridge tracksuit	Southridge tracksuit
White ankle socks (no logos)	White ankle socks (no logos)

Optional Uniform Items

BOYS	GIRLS
Long sleeve dry fit shirt	Long sleeve dry fit shirt
Black fleece jacket	Black fleece jacket
Blue logoed wet jacket	Blue logoed wet jacket

All uniform pieces are to be labeled for identification purposes.

*House t-shirts are **not** an option for PE class.

Southridge Tracksuit

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A school trip or outing is defined as a fieldtrip, tournament, festival, contest or any event attended by students off campus. Students are required to wear school attire on all trips except those where wearing a uniform may not be appropriate - e.g. soup kitchen.

Tracksuit jacket to be worn as mandatory travelling attire if school blazer is not required.

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School Trip Planning Table
5 Year Outlook Overview: 2013-2014 to 2017-2018

Important Note: These trips are all *tentatively* scheduled in order to allow overall program coordination and to facilitate parent planning. All trips are subject to adequate student interest, foreign affairs advisories, staff availability, and other related issues.

School Year	Christmas	March Break	Summer	Other
2013-2014				
Academic			SE Asia - Human Rights Trip	
Arts		Italy – Concert Band		
Service		India/Kenya Ecuador		
Athletics	San Diego- Sr. Basketball			CAIS Rugby – April CAIS Basketball - January
2014-2015				
Academic			Peru – Amazon Biology Trip	
Arts		Cuba – Jazz Band /Choir	Creative Expressions - Europe	
Service		Kenya/India Guatemala		
Athletics	Portland - Sr. Basketball			CAIS Rugby – April CAIS Basketball - January
2015-2016				
Academic			Europe - Battlefields Tour	
Arts				
Service		India/Kenya Ecuador		
Athletics	USA – Sr. Basketball	International Rugby/Field Hockey Tour		CAIS Basketball - January
2016-2017				
Academic				
Arts		Europe – Concert Band		
Service		Kenya/India Guatemala		
Athletics	USA – Sr. Basketball			CAIS Rugby – April CAIS Basketball - January
2017-2018				
Academic				
Arts		Cuba – Jazz Band /Choir	Creative Expressions - Europe	
Service		India/Kenya Ecuador		
Athletics	USA – Sr. Basketball			CAIS Rugby – April CAIS Basketball - January

Weekly Menu

April 22nd -26th, 2013

**Monday
Closed**

Tuesday

BEEF AND BEAN BURRTIO

With brown rice, beans, and vegetables

VEGETARIAN OPTION AVAILABLE

Wednesday

CHICKEN POT PIE

Homemade and mouthwatering

VEGETARIAN OPTION AVAILABLE

Thursday

CHICKEN TIKKA MASALA

With basmati and broccoli

VEGETARIAN OPTION AVAILABLE

Friday

BEEF CURRIE

With lentils and rice

VEGETARIAN OPTION AVAILABLE



SPICE UP YOUR LIFE... with Herbs and Spices



Your healthy grocery list is about to get spicier! Though herbs have been used for hundreds of years to heal, scientists are finally starting to research these plants' abilities to deliver on health benefits. Emerging science shows that many spices are also potent defenders of good health. To spice up your life, add these herbs and spices to your grocery list.

Herbs for Health

Oregano – Fresh or dried, oregano is a herb that has significant amounts of vitamin K, manganese, iron and dietary fibre (and is also a good source of calcium, vitamin A and C). Oregano is a strong antibacterial agent and has an antioxidant capacity that is 42 times more active than apples, 30 times more than potatoes and 12 times more than oranges^{1,3}.

Basil – The fresh and aromatic form of basil has many similar nutrients to oregano including plenty of vitamin K. Not only is basil a delicious addition to many dishes, it can prevent foods from being contaminated by bacteria. Basil also fights inflammation and may help promote cardiovascular health^{1,2}.

Rosemary – The wonderful smell of rosemary creates more than just great food. Rosemary contains substances that may improve digestion and stimulate the immune system. It also improves circulation, and increases blood flow to the head and brain, thus improving concentration³.

Spices for Health

Turmeric – The main spice found in yellow curry powder, turmeric, contains curcumin which is a compound that may inhibit cancer cell growth and promote health of the brain. Some studies suggest that it may even protect against Alzheimer's disease⁴.

Ginger – This spice, derived from the ginger root, has long been used as a natural remedy for nausea, morning sickness and other stomach discomforts. Combined with its natural antibacterial, antifungal and anti-inflammatory properties, ginger may be a great spice for healing.

Cinnamon – This fragrant spice, traditionally used for baking, has the highest antioxidant capacity of any spice. In ancient Chinese medicine, cinnamon was used to improve energy and vitality. It has anti-inflammatory properties and is a powerful antimicrobial agent. New research shows that cinnamon may even help regulate blood sugar levels⁵.

Add these herbs and spices to a variety of foods and not only will your meals and snacks be full of flavour, but also brimming with tasty nutrition, antioxidants and healing benefits. For more information on the health benefits of spices, visit www.spicesforhealth.com.

Sources:

- Zheng W, Wang SY. Antioxidant activity and phenolic compounds in selected herbs. *J Agric Food Chem* 2002;49:5165-70.
- Wood, Rebecca. *The Whole Foods Encyclopedia*. New York, NY: Prentice-Hall Press; 1988.
- Calucci L, et al. Effects of gamma-irradiation on the free radical and antioxidant contents in nine aromatic herbs and spices. *J Agric Food Chem* 2003;51(4):927-34.
- Ringman JM, Frautschy SA, Cole GM, Masterman DL, Cummings JL. A potential role of the curry spice curcumin in Alzheimer's disease. *Current Alzheimer Research* 2005;2:131-136.
- Hlebowicz J, et al. Effect of cinnamon on postprandial blood glucose, gastric emptying, and satiety in healthy subjects. *Amer J Clin Nutr* 2007;85:1552-1556.

MOROCCAN BEAN AND PEPPER STEW

Cinnamon, ginger, and red pepper not only warm up the flavours of this healthful bean stew, they also fill it with health-promoting antioxidants.



15 mL (1 T)	Olive oil
480 mL (2 cups)	Chopped yellow and/or red bell peppers
480 mL (2 cups)	Cubed peeled butternut squash
360 mL (1½ cups)	Chopped onions
10 mL (2 tsp)	Cinnamon, ground
5 mL (1 tsp)	Garlic powder
3 mL (½ tsp)	Cumin, ground
3 mL (½ tsp)	Ginger, ground
2 mL (¼ tsp)	Cayenne pepper, ground
2 mL (¼ tsp)	Salt
1 can (16 oz)	Chickpeas (garbanzo beans), drained and rinsed
1 can (15½ oz)	Red kidney beans, drained and rinsed
1 can (14½ oz)	Diced tomatoes, undrained
240 mL (1 cup)	Water

Couscous:

180 mL (¾ cup)	Vegetable broth
2 mL (¼ tsp)	Cinnamon, ground
2 mL (¼ tsp)	Ginger, ground
160 mL (⅔ cup)	Whole wheat couscous
90 mL (¼ cup)	Golden raisins



Garnish:

Chopped fresh mint (optional). Toasted sliced almonds (optional)
Makes 6 servings.

- For the Stew, heat oil in 3-quart saucepan on medium-high heat. Add bell peppers, squash and onions; cook and stir 5 minutes or until vegetables are softened. Add cinnamon, garlic powder, cumin, ginger, red pepper and salt; cook and stir 1 minute. Stir in beans, tomatoes and water. Bring to boil. Reduce heat to medium-low; simmer, covered, 20 minutes or until vegetables are tender.
- Serve stew over couscous or rice in large soup bowls. Sprinkle with mint and almonds, if desired.

Serving Size: 1 serving

Calories: 272 kcal, Fat: 4 g, Carbohydrates: 50 g, Cholesterol: 0 mg, Sodium: 477 mg, Protein: 9 g, Fibre: 10 g.

Recipe from by McCormick Gourmet.

Visit www.spicesforhealth.com for more recipes.