

# Southridge Wednesday

12-13  
No. 26

A Weekly Publication of Southridge School

April 3, 2013

## Head of School

### It's How You Play the Game

"It's not whether you win or lose but how you play the game." We've all heard this statement before, probably many times. Generally speaking, "how you play the game" is associated with sportsmanship. But there is another way to interpret "how you play the game" and it has to do with stress.

As it turns out, how you play the game is also related to how you feel before the game begins. Many people get anxious or nervous before a game (or a competition or a performance). Research is now showing that how you interpret stress has an important effect on how you play the game – or compete in a Reach for the Top competition or perform in a musical.

Apparently, how you play the game is influenced by something as simple as telling yourself that the anxiety you feel helps you perform better. Of course, this takes a bit of training and intentional thought since it is counter-intuitive to our natural inclination, which is to tell ourselves that being nervous and stressed out, is a sign of weakness and means that we are unprepared and won't do well.

In a study from Harvard University involving students writing standardized exams, it was demonstrated that those who believe their anxiety would help them perform better actually outperformed their counterparts. And in high performance sports, professional athletes get just as nervous as amateurs, but the professionals manage their stress better, knowing that their nerves help them get ready for the game.

My father used to tell me that the butterflies in my stomach before a hockey game were just my body's way of getting ready to play. As a broadcaster and radio personality, I was surprised to find out that he too got nervous before going "on the air." My mother, a professional ballet dancer, used to explain away my nerves saying that they were natural. After all, even she would get anxious before a performance despite being able to perform the dances in her sleep.

Unfortunately, neither of my parents let me know that being nervous would actually help me do better. They, like most of us parents, wanted to help provide comfort for me during times of stress – much appreciated . . . thanks mom and dad. However, if they would have let me know that the butterflies were not only normal but that they actually helped me "play the game" better, well, who knows what would have happened. Maybe I would have played for the Montreal Canadians after all . . . not likely . . . but still . . . maybe . . .

Have a wonderful week!

Mr. Drew Stephens  
Head of School

Important Dates			
It's Italy Band Tour Info Evening and Senior Band Concert	Wednesday April 10 <sup>th</sup>	7:00- 9:00pm	Alan Brown Great Hall
House Captain Theme Day	Friday, April 12 <sup>th</sup>	All day	
Junior School (Grade 6 & 7) Workshop with Terry Small on Study Habits	Tuesday, April 16 <sup>th</sup>	8:30 - 12:00pm	Junior Great Hall
Full School Assembly	Thursday, April 18 <sup>th</sup>	9:40- 10:30am	Senior School Gym

## Junior School News

### Grandparents Day- a positive connection

On Tuesday, March 19, we hosted a tea for our grandparents before our matinee performance of Willy Wonka Junior. Our grade four students met the grandparents at the front door and escorted them to the gym, where they were served delicious sandwiches, tea and coffee, and chocolate dipped strawberries (courtesy of our own librarian, Joyce Chong). We had some students perform piano pieces, sing for them, dance, or recite poetry, and the event had a warm, caring tone and atmosphere. There was a wonderful team of parent volunteers as well as senior school students who all assisted to make this event extra special.

Grandparents are very special members of our community—they represent our history, our ancestry, and they instill the values in our families. I have such fond memories of my own grandparents and my dear times with them. A relationship with a grandparent is far different than with a parent. It is hard to define exactly why, but it is just different. Grandparents possess a unique ability to focus on your stories with complete attention—they want all the details of your life. I recall many moments with my own grandparents telling events about my life—I can still see the joy dance in their eyes as they laughed heartily with me, or the tender caring knowing glance as I shared a tender moment with them. They celebrated the highs and lows in my life with complete and utter dedication. Simply put—I miss their influence and support in my life immensely, however, I am better, and stronger as a result of their commitment to me.

I am reminded of one of our guiding principles that state: “The students, parents, teachers, staff, alumni and alumni parents and grandparents create a supportive, safe and loving environment through their positive, caring relationships.” I want to reiterate how important our grandparents are to us here at Southridge. Thank you for your investment in your families, but mainly to your grandchildren. Your connection and influence are invaluable and the seeds planted will be reaped throughout their lives.

Have a great 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.

### **Willy Wonka Junior Props Are Looking for a Good Home!**

If you would like to take a bit of Willy Wonka Junior home with you and have room for a special memory, please let us know. We have a 'pink candy boat', a 'bed headboard', and two 'television sets' – all made with love and care from the finest cardboard.

If your playroom is looking for a new life-size toy, please send an email to [kbespflug@southridge.bc.ca](mailto:kbespflug@southridge.bc.ca) as soon as possible. The props will be given out on a first come, first serve basis. Thanks!

Dr. Kevin Bespflug, on behalf of the MYP Musical Team

### **Sex Education Night for Parents 2013**

*Thursday, April 25<sup>th</sup> 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.

Both Saleema and Southridge believe that a parent is the best person to discuss this important topic. Presenting it in school merely assists the discussions to happen. Saleema will give tips on how to answer your child's questions and how much information to give. We hope you will be able to attend this important evening. We believe it is important for all parents to hear her message. She comes on Tuesday, April 30<sup>th</sup>, 2013 to speak to the students. Be prepared to answer your child's questions during this week as the students think about the information shared.

Mrs. Rowena Raber

### **Senior School News**

#### **A Great Break - Welcome back to Term 3!**

I hope that everyone had a great break. In speaking with many students over the past several days many went on holidays ranging from close by Whistler and Vancouver Island to Hawaii and Mexico and beyond. Others "stayed home" and enjoyed some 'slower time', unwinding from the rigor of the past term. Whatever the destination was, I expect the change in routine likely gave a chance to refresh you in some way.

I did want to touch on the two main events that occurred in the Senior School over the break. The first to leave Canada was our UK Rugby and Field Hockey Tour. The students, faculty and parents that travelled represented Southridge wonderfully. They had great success on the pitch, but even more importantly, they gained lasting memories of billeting families, friendships made and a shared experience of going on the trip as a whole. I am certain that for many of the students this will be a highlight of their entire Southridge career. Similarly, our single service trip to Guatemala was a very positive and memorable experience. On a personal level, I very much enjoyed reading the blog that the students and faculty kept throughout. It was a way for me to hear about each day in 'real' time and hear the reflections that the students were having as they were occurring. It will, no doubt, provide an excellent way for them to revisit the experience in the future.

Each of these experiences are life-altering for the students and allow them to grow and learn in ways that being in a classroom can't possibly accomplish. This highlights another way that Southridge provides such amazing opportunities for self-growth and the ability to make a difference in the world. If you have a chance, be sure to ask any of these students about the trips. You will be amazed at the depth and maturity of their responses and how much they appreciated them.

Lastly, but certainly not least, I wish to convey my deep appreciation to the faculty that planned and went on these trips. It is a real sacrifice of their own break time and valuable and cherished family time. It is amazing to see the commitment to what they are doing and how much they enjoy and feel they have learned themselves through their participation. Still, without there being a part of the trips, we cannot have them occur. So, thank you to the UK Tour participants: Faculty - Paul Doig, Calla Jones & Kierstan McCaw; Parents – Chris Collett, Stephen Black, and Doug Tennant and community coach Ranjit Rai. As well, the Guatemala Service Trip: Jan Holt and Max Sterelyukhin in addition to Daryl Weaver's planning.

In the future, I will touch on many aspects of Term 3 and the end of year events that culminate our School Year.

Enjoy the first week back!

Mr. Doug Palm  
Head of the Senior School

### **Andreou Selected to Attend BC High School All-Star Game**

In a season of firsts for the Southridge Senior Girls Basketball Team one more honour has been bestowed on the team that reached the AA Provincials for the first time in school history. Ashley Andreou has been selected to play in the BC High-School All-Star Game scheduled for Sunday, April 21<sup>st</sup> at the Langley Events Centre. She is the first member of the Senior Girls Basketball Team ever to receive this honour.

Mr. Paul Chiarenza  
Senior Girls Basketball Coach

### **Grad Dinner and Dance Tickets**

Grad tickets are available for purchase online this week in the parent portal.

If you have any questions please email [hmosher@southridge.bc.ca](mailto:hmosher@southridge.bc.ca).

Ms. Heather Mosher

## **News for Both Schools**

### **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 18<sup>th</sup> 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 26<sup>th</sup>.

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

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

Plant Committee, Country Fair

### **Summer Camps**

Check out these great camps taught by our very own Southridge teachers! See the attached list.

### **Our New iPhone App – The Importance of Logging In**

By now, I hope that anyone with an iPhone or iPad has had the opportunity to download the free Southridge iPhone App from the iTunes store. The reports I am receiving so far indicate that parents aren't having any problems with that process and are generally finding the App to be very useful.

The only hiccup I have heard about is that some parents weren't aware that the first step after installing the app is to log in, just as you would to the Parents' Portal and then customizing the news and calendars that you want to view. The value of logging into the app is that you then have access to the very same news and calendars that you can access on the website. For example, if you are a Junior School parent, you can select the Junior Parents news and calendars to ensure that you know what day of the cycle it is and you have access to other important daily news and events.

I have attached a simple step by step manual on how to set up and customize the App to assist you to get the most out of this important communication tool. Please don't hesitate to contact me if you have any problems with the log on process or customizing your news and calendars.

Alan McInnes  
Web and AV Services Manager

### **Menu and Daily Digest**

Welcome back from your spring break holidays. I hope you are well rested and ready to take on the last stretch before summer break.

The Southridge Café is excited to create food that are season driven and with each season, new holidays, theme days and events come our way to add a further dimension to the possibilities we can create through our culinary experience.

Why don't our entrées indicate what sides they come with?:

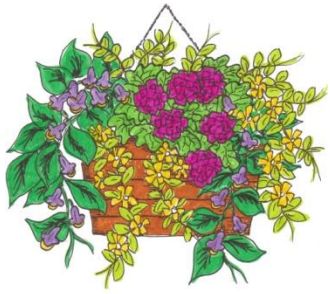
I thought about this for a while and at first, had the intention of doing that, but after some thought I have found that some flexibility has to stay that way. Creativity that is stifled can get boring and lose that quality that adds to our meals. Customers enjoy picking their own sides, a flexible choice we offer. All our meals come with either a salad and a starch or a choice of a starch or a salad depending on the cost of the entrée. In order to keep our cost leveled at \$6.50 per main meal the composition of the plate is adjusted to stay within our cost. Part of the fun of my job is to be creative with all the fresh ingredients at my disposal and I think that is part of the reason our food stands out with the staff and students.

Come to the Southridge Café and enjoy this week's multicultural menu, ranging from Italy, Spain to the Caribbean's.

Don't Miss out on our Panini – Roast turkey, Swiss cheese, and guacamole( Avocado is a super food)- an Italian inspired pressed sandwich enjoyed throughout Italy and increasingly in North American cafes, restaurants, and kitchens. We're offering delicious versions of the new trendy grilled sandwich. Good bread for Panini is heavy and flavourful. It needs to be dense enough to hold together and flat enough to grill evenly. We like to use Focaccia, ciabatta, tortillas and flat breads that are all great choices for our Paninis

Bon Appétit

Marat Dreyshner  
Chef  
Southridge Café



## Southridge Country Fair Hanging Basket & Plants Sale

Order through the Pre-Fair sale and get a head start with your summer floral display!

**\*\*NEW THIS YEAR\*\* There will be no plant sales on the day of the Fair this year. Pre-Fair sales only.**

**12" Mixed Planter (ceramic planter)** What better way to adorn a front door, patio or deck than with a 10" high, 12" wide ceramic planter, filled with an assortment of blooming annuals.

**12" Premium Basket (plastic container):** there is no better way to say "I love you" on Mother's Day than to show up with a beautiful hanging basket of the best flowering and trailing plants available (comes in light- coloured plastic container).

**12" Premium Patio Planter:** complete your patio with one of these mixed planters of top performing cuttings and premium annuals.

**12" Tomato Planter:** enjoy beautiful home-grown tomatoes right from your deck. Each container includes tall support ring.

**10-pak Assorted 4.5" Herb & Strawberries:** become a top chef with this fine collection of fresh herbs and berries (includes 6 herb plants and 4 strawberry plants).

**10-pak 4.5" Zonal Geraniums:** turn heads with this popular bedding plant. Comes in your choice of 10 red (R), 10 pink (P) or 10 white (W).

**10-pak 4.5" Select Annuals:** fill your garden with excellent color this spring. Comes in your choice of 10 petunias in purple (P) or white (W), or 10 marigolds (orange).

**30L Bag Premium Organic garden Soil**

**1.8kg Tomato Food Fertilizer Shaker**

**1.8kg Flower & Veggie Fertilizer Shaker**

**Order deadline: All plant orders must be made by 4 PM Thursday, April 18<sup>th</sup>.**

### ORDER OPTIONS:

1. Order online by visiting the Country Fair website and clicking on "Order Plants Online"
2. Complete the following order form and drop off at the Junior or Senior School Reception along with your cheque payable to Southridge School.

If you have any questions, please contact Debbie Reichert [deb.j.reichert@gmail.com](mailto:deb.j.reichert@gmail.com) or 604-536-6272



## Southridge Country Fair Plant Order Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_

12" Mixed Planter (Ceramic)	Price: \$ 40	Quantity: _____		Total: _____
12" Premium Basket (plastic)	Price: \$ 25	Quantity: _____		Total: _____
12" Premium Patio Planter	Price: \$ 30	Quantity: _____		Total: _____
12" Tomato Planter	Price: \$ 20	Quantity: _____		Total: _____
10 Pak Herbs & Strawberries	Price: \$ 25	Quantity: _____		Total: _____
10-pak 4.5" Marigolds	Price: \$ 25	Quantity: _____	Orange only	Total: _____
10-pak 4.5" Petunias	Price: \$ 25	Quantity: _____	P__ W__	Total: _____
10-pak 4.5" Zonal Geraniums	Price: \$ 30	Quantity: _____	R__ P__ W__	Total: _____
30L Bag Premium Organic garden Soil	Price: \$9	Quantity: _____		Total: _____
1.8kg Flower & Veggie Fertilizer Shaker	Price: \$12	Quantity: _____		Total: _____
1.8kg Tomato Food Fertilizer Shaker	Price: \$12	Quantity: _____		Total: _____

**TOTAL AMOUNT:** \_\_\_\_\_

**Make cheque payable to Southridge School**

**Thanks for supporting the Southridge Country Fair!**

**Ordered Plants will be available for pickup at the school on Friday, April 26th from 2 to 4pm**

### **KICKSTART TO KINDERGARTEN: AROUND THE WORLD**

**July 1-5, July 8 – 12, July 15 – 19**

**Age 5 (as of 12/31/13) \$225**

Looking for a fun, active, hands-on, curriculum based summer camp that will help prepare your little one for Kindergarten? Learn all about our wonderful world and its continents as we travel to a new place every day and get ready for kindergarten! Our morning will focus on oral language development, social skills, phonemic awareness and numeracy development through music, cooperative games and daily calendar fun. Afternoons will consist of daily crafts, painting, centres and story time. We will head outside to play with sidewalk chalk, paints, and our water table and just have some free time fun; so pack bathing suits, towel and sunscreen. Join us for this week only or for all three weeks of this Kickstart to Kindergarten Camp. This camp is sure to be packed with summer time fun, friendships and fabulous times! A good understanding of English is necessary. **Instructor: Katie Reid - Southridge School**

### **GIRLS RULE!**

**July 1 – 5**

**Ages 9 - 11 (as of 12/31/13) \$225**

We all have our own individual power to make a change in the world through our belief in ourselves and our interaction with others. This camp is designed to address the issues of your development as a girl and provide you with the skills to make positive change in your life and the lives of those around you. You will have a chance to work on team building and leadership skills while playing cooperative games and sports! You will also understand and gain control of your self esteem, self respect, self awareness and be a well adjusted community member. You will become an active participant in your development of skills that will help you effectively deal with the demands that society, media and peers place on you. The camp includes yoga and relaxation, art therapy, problem solving and conflict resolution, as well as team building activities and sports. As well, nutrition, healthy lifestyle, positive body image and socialization skills will round out the many things you can take away from this camp. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Ira Alexandra - Southridge School**

### **DIFFERENT DAY, DIFFERENT DIRECTION**

**July 1 – 5**

**Ages 10 - 13 (as of 12/31/13) \$325**

Are you ready to soak up the summer rays with some amazing and awesome adventures? Each day you'll head off in a different direction; starting Monday you'll be hiking and exploring Lynn Valley and visiting the suspension bridges with lunch by the river pools. On Tuesday you'll head off in a different direction for a wet and wild day at Splashdown Park. Wednesday you'll enjoy the hands-on exhibits at Science World, and Thursday you'll head off for a game of bowling in the morning, followed by riding the wet and wild waves at Watermania in Richmond.

Wrap up this amazing week of fun and learning by heading off to Playland on Friday for a full day of fun. All admissions are included.

Note: As part of this camp is conducted away from the school, parents are required to sign an informed consent form. **Instructor: James Porpaczy - Southridge School**

### **SCIENCE LABORATORY**

**July 1 – 5**

**Ages 11 - 14 (as of 12/31/13) \$240**

Campers will have lots of fun working on challenging laboratory experiments while learning the basics of science. You will experience firsthand a high school science lab as you conduct an indirect test for metabolism on yeast to find out if yeast can use energy. Become junior engineers with tough challenges that combine motor skills with critical thinking. You will create your own pH indicator, extract strawberry DNA, pretend to be a 'crime scene investigator', and deal with all types of chemical reactions. All this and lots more hands on labs which are both fun and educational. This camp will help



prepare campers for high school science classes. This camp includes daily recreational breaks. A good understanding of English is necessary.

**Instructor: Michael DiPietro - Southridge School**

### **ALL STAR SPORTS**

**July 8 – 12**

**Ages 6 - 8 (as of 12/31/13) \$225**

Developing a lifelong passion for sport, recreation and physical activity, in a fun and safe environment, is what this sports camp is all about! Participants will increase their overall level of physical fitness while building strong leadership skills. Our activities cater to the individual level and interests of each group. Campers will participate in a wide variety of different sports including: floor hockey, basketball, volleyball, badminton, introductory touch rugby, ultimate frisbee, frisbee golf, California kickball, soccer, capture the flag and dodge ball. In between the action, players will be taught how to make lifestyle choices that promote nutrition, health, fitness and athletic potential. Participants must wear running shoes and bring extra water or juice. This camp qualifies for the child fitness tax credit.

**Instructor: Calla Loewen - Southridge School**

### **QUESTING: BE AN EXPLORER IN YOUR COMMUNITY**

**July 8 – 12**

**Ages 9 - 11 (as of 12/31/13) \$225**

What connects you to the place you live? Questing uncovers stories that are geographical, historical and of value to you in the form of a treasure hunt that reveals the hidden treasures of your neighbourhood. With a team of “questers” you will discover the historical archives, obtain stories from community members, and explore the geology of your community. Together you will create a treasure hunt, known as a QUEST, to be left at our local library and senior homes for community members to access. This camp includes drawing, photography, creating stories, acting, and producing a finished print and media product. This camp includes daily recreational breaks. A good understanding of English is necessary.

**Instructor: Ira Alexandra - Southridge School**

### **DIFFERENT DAY, DIFFERENT DIRECTION**

**July 8 – 12**

**Ages 10 - 13 (as of 12/31/13) \$325**

Are you ready for a new adventure every day? If so, hang on to your hat as we enjoy some sizzling summer fun! Monday we'll explore “under the sea” at the Vancouver Aquarium with a stop at Lumberman's Arch. On Tuesday, we'll hit the wet and wild waves at Watermania in Richmond. On Wednesday, we'll begin the day by taking the False Creek Ferry from Science World over to the H.R.Macmillan Space Centre, where we will learn about the wonders of space, and include a bit of beach time at the end of the day. Thursday, we'll head off to Big Jim's River Run at Splashdown Park. This amazing week will wrap up with a full day at Playland. All admissions are included.

Note: As part of this camp is conducted away from the school, parents are required to sign an informed consent form. **Instructor: Anne Boyle - Southridge School**

### **PLAY TOGETHER, LEARN TOGETHER: HEALTH, FITNESS AND FIRST AID!**

**July 8 – 12**

**Ages: 10- 13 (as of 12/31/13) \$225**

What makes our body work? How do we maximize human performance? Join us for a fun week focused on health of body and mind. Campers will participate in daily fitness activities, as well as learning about the body's nutritional needs and how the cardiovascular and muscular systems work. Discover how blood is oxygenated and circulated through the body, why our muscles require that oxygen and the difference that proper nutrition makes in our ability to function optimally. Fitness activities will include obstacle course games, yoga/stretching, ultimate frisbee, California kickball and other fun forms of

exercise. Campers will learn valuable first aid skills, including CPR, obstructed airway (choking) procedures and how to deal with minor wounds and burns. Leadership and teamwork are also emphasized as campers work together to explore how the body functions and what to do in an emergency. A good understanding of English is necessary.

**Instructor: Angela Berkeley - Southridge School**

### **BOYS SENIOR ELITE BASKETBALL CAMP**

**July 8 – 12**

**Half Day (9 am to Noon) Ages: 13 - 17 (as of 12/31/13) \$165**

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

**Instructor: Steve Anderson - Southridge School**

### **BUMP, SET, SPIKE and SERVE!**

**July 15 – 19**

**Ages 11 - 14 (as of 12/31/13) \$225**

Strengthen your skills and make new friends in this girls-only volleyball camp that will focus on developing and improving your bumps, sets, spikes and serves. Participants will develop a positive attitude towards the great game of volleyball, become capable of playing every position on the court, and learn how to be a fantastic team-player while improving leadership qualities. All girls should bring their own water bottle and knee pads (as preferred). A good understanding of English is necessary. This camp qualifies for the child fitness tax credit.

**Instructor: Calla Loewen - Southridge School**

### **BOYS AND GIRLS BASKETBALL**

**July 22 – 26**

**Half Day (9 am to Noon) \$145 Ages 7 - 9 (as of 12/31/13)**

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

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

Stand out play develops from the mastery of fundamental skills, so Coach Anderson will emphasize the physical, technical, tactical and mental aspects of the game. Confidence on and off the court will be developed through a good understanding of the game, positive relationships created with fellow players and the setting of attainable goals. **Instructor: Steve Anderson - Southridge School**

## **BOYS AND GIRLS BASKETBALL**

**July 22 – 26**

**Half Day (12:30 pm to 3:30 pm) Ages 10 - 13 (as of 12/31/13) \$145**

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

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

Stand out play develops from the mastery of fundamental skills, so Coach Anderson will emphasize the physical, technical, tactical and mental aspects of the game. Confidence on and off the court will be developed through a good understanding of the game, positive relationships created with fellow players and the setting of attainable goals. **Instructor: Steve Anderson - Southridge School**

## **PHYSICAL FUN: HIKING, BIKING, SWIMMING**

**July 22 – 26**

**Ages 10 - 13 (as of 12/31/13) \$285**

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

Note: As part of this camp is conducted away from the school, parents are required to sign an informed consent form. **Instructor: Angela Berkley - Southridge School**

# Weekly Menu

April 1<sup>st</sup> -5<sup>th</sup>, 2013

**Monday**  
**Closed**

**Tuesday**

Spanish Lemon  
Olive chicken

Vegetarian option available

**Wednesday**

Burrito  
Mango and chicken  
With black beans

Vegetarian option available

**Thursday**

Four Cheeses Tortellini  
In a roma garden vegetable sauce

**Friday**

Jerk Chicken  
Over noodles

Vegetarian option available







# Avocado

## Holy Guacamole!

The avocado is one of the most nutrient packed foods with an impressive list of nourishing contents. This buttery, green fruit is loaded with vitamins, minerals, fibre and antioxidants, as well as large dose of healthy monounsaturated fat. Enjoy different varieties of avocados in your cuisine all year round!



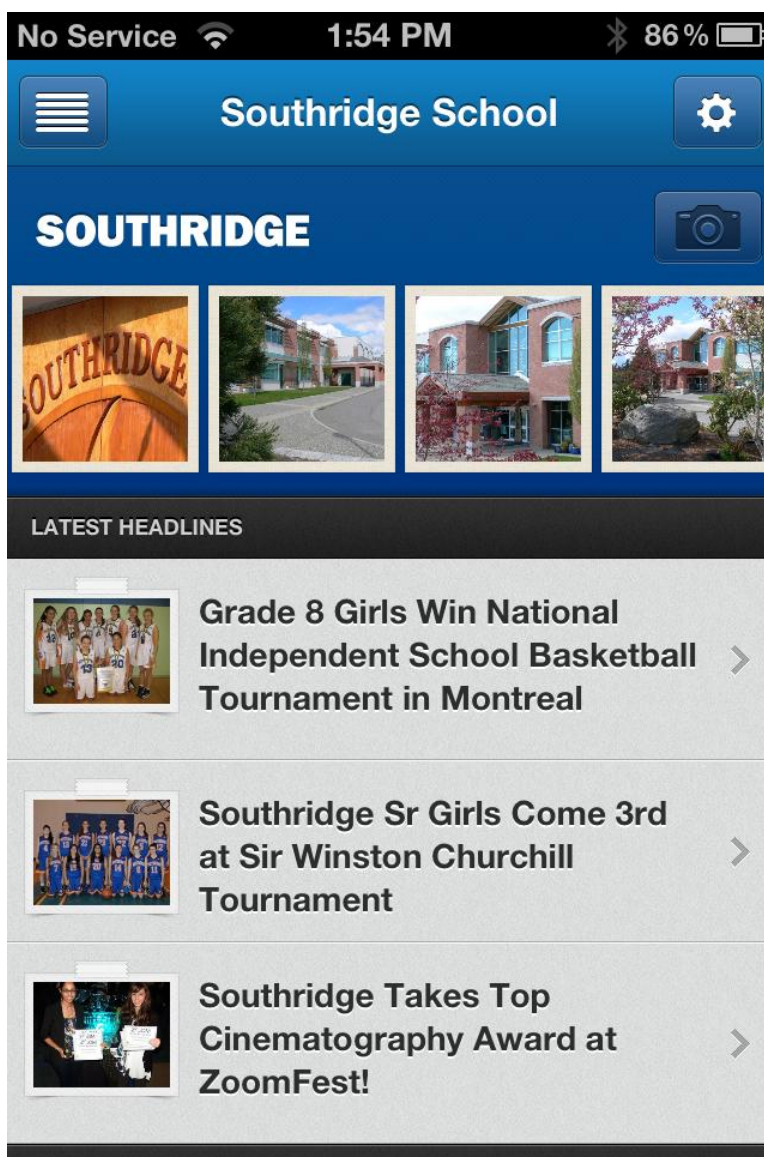
# Southridge iPhone APP

The Southridge iPhone App is like any other iPhone application and is available for free from the App store. Just search for “Southridge”.

Once you install the app and launch it, you will see a home screen like this:

Across the top is a featured photo gallery. You can view the photos by swiping to the left or right and touch to view any photo.

Below that are the Latest Headlines followed by Upcoming Events, Team Schedules and Latest Tweets. The Home page provides you a way to get an overview of what is happening at Southridge.



At the top left of the home page you will see a button that is the main menu button.

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When you touch the main menu button, the menu will slide the Home page to the right and reveal the main menu as you can see here:



If you are on Facebook, you will be familiar with this style of menu. The main menu is divided into three categories; **Account**, **Features** and **More**. You will notice that some categories have a lock icon to indicate that they are not available unless you are logged in.

Your **ACCOUNT** area includes:

**HOME:** Touch this link to take you to the home page.

**LOGIN:** Touch here to login to the App to access the password protected content such as News, Calendars and the Directories that you would normally only be able to access in the website portal.

**CUSTOMIZE:** Touch here to customize your News categories, Calendars and Team News choices. This provides the same function as touching the **Settings Button** in the top right corner of the Home page.

**UPDATE PROFILE:** Touch here to update or change your contact information. This will update your profile for the website directory.

Your **FEATURES** area includes:

**NEWS:** Touch here to view all the news categories that you have selected in **CUSTOMIZE** or by using the Settings button in the top right corner of the Home page.



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**CALENDARS:** Touch here to view all the calendar categories that you have selected in **CUSTOMIZE** or by using the **Settings button** in the top right corner of the Home page.

**ATHLETICS:** Touch here to view all the team news categories that you have selected in **CUSTOMIZE** or by using the Settings button in the top right corner of the Home page.

**DIRECTORIES:** Touch here to access the directory search and map function that allows you to search for Parents, Students, Alumni and Faculty/Staff as well as see the location of other parents for car pooling.

**GALLERIES:** Touch here to access photo albums and see the latest photos.

Your **MORE** area includes:

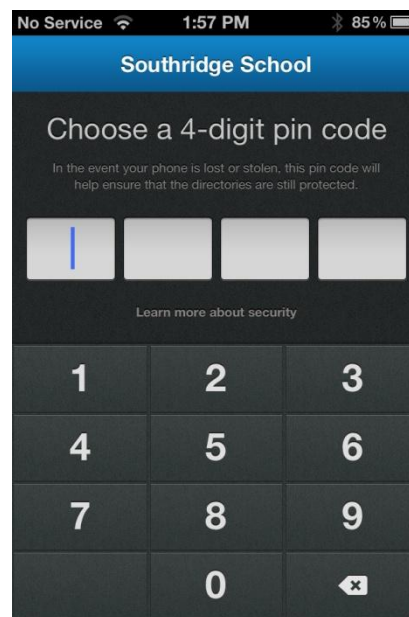
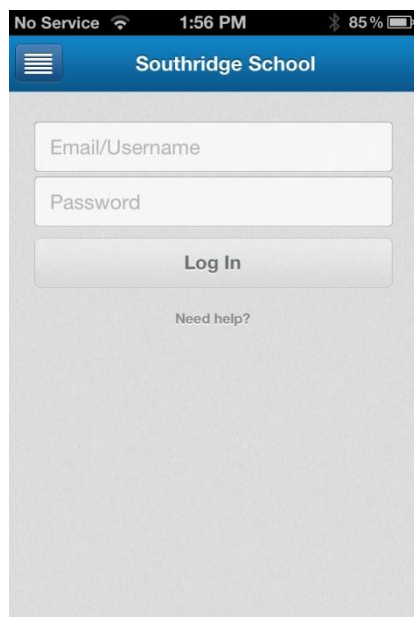
**CONTACT US:** Touch here to view contact information for the school.

**ADMISSIONS:** Touch here to read about Admissions for the school.

**NOTE:** The **MORE** section allows us to add seasonal pages such as for the Gala, Country Fair, the Golf Tournament and special events. These pages will come and go according to our needs.

## LOGIN

When you first launch the App, you will want to Login to ensure you can access all the content that will be important to you such as the News, Calendars and Directory functions that are only available once you log in. Go to the Main menu and select Login and you will be presented with the Login screen as shown on the left. Enter the email and password combination you use for logging onto the website portal.





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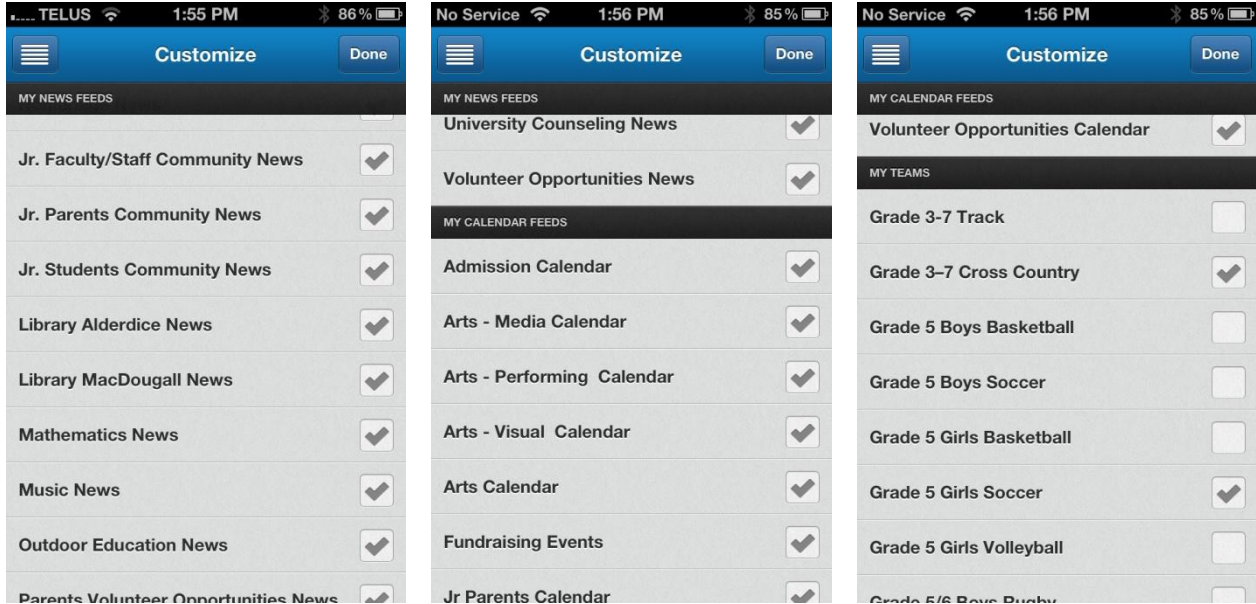
Once you enter your email and password combination you will be presented with the screen shown above on the right. Enter a 4 digit code that you will use to access the Directories and other password protected area.

**NOTE: The security system allows you to stay logged in to the App for an extended period of several months while the 4 digit code provides secondary protection and works just like the 4 digit code you might use to lock your phone.**

## CUSTOMIZE

You can customize your News, Calendar and Team News by using the Customize feature which is available through the Main menu or Settings menu. When you select Customize you will see screens as shown below. As you scroll down past the News categories you will then view the Calendar categories and finally the Team News categories. In each area, you can touch the box next to the category you want to have show in your News, Calendars or My Teams views.

Once you have selected all the News, Calendar and My Team categories, touch the "Done" button in the top right corner of the screen to save your selections.



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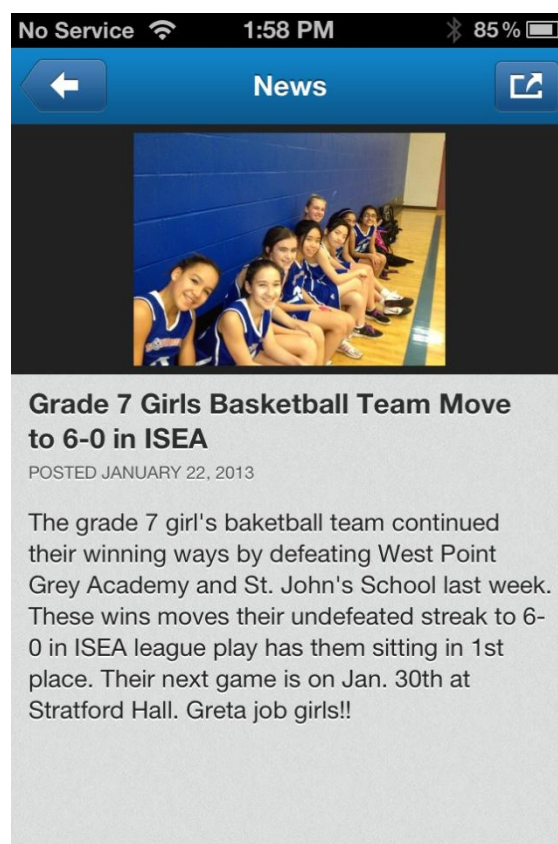
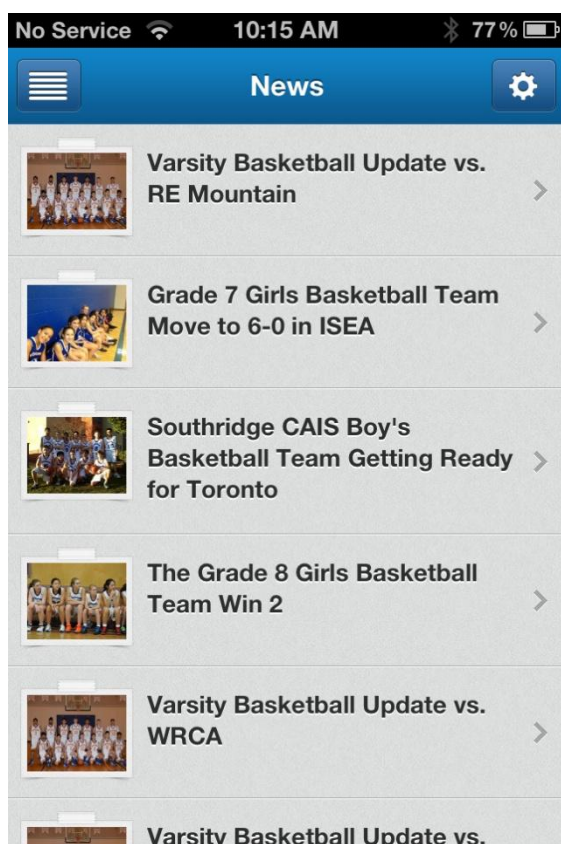
## UPDATE PROFILE

The Update Profile function in the App lets you update your contact information just as you would in the website portals. You can change or update your name, email, address and phone numbers.

**NOTE: After making any changes, be sure to scroll to the bottom of the screen and touch the SAVE button.**

## NEWS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your news, you can view a list of the news through the News menu as shown in the left screen below.



You can scroll up and down to view the news items and then by touching the news of your choice, you will see a screen like the one on the right above. You can touch the photo to see a larger version of the photo and a feature of this page is the **Share button** in the top right corner that allows you to share the photo via Email, Facebook, Twitter or to save the photo to your phone. If the news text goes below the screen, you can use your finger to scroll down to read the entire article.

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## CALENDARS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your calendars, you can view a list of the calendars through the Calendar menu as shown in the screen below.

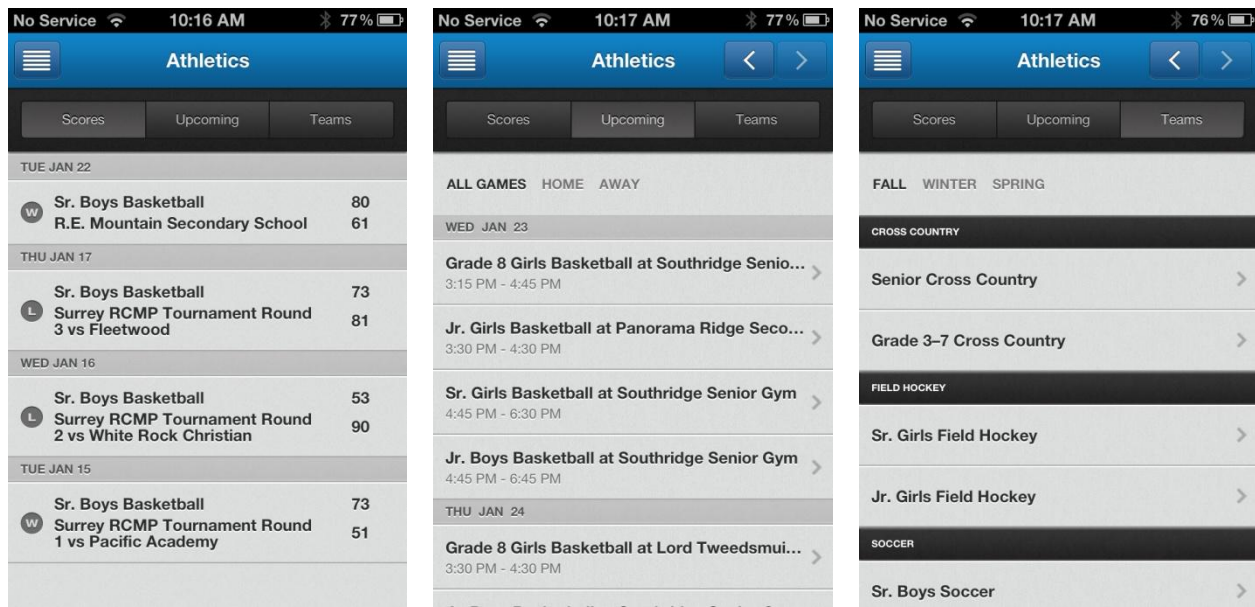


You can scroll up and down to view the calendar items and then by touching the calendar item of your choice, you will see a details page.

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## ATHLETICS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your Athletic Teams, you can view a list of the Athletic Teams' News through the Athletics menu as shown in the screens below.



When you first view the Athletics page, it defaults to the **Scores** view. Using the buttons at the top of the page, you can select **Scores**, **Upcoming** or **Teams**.

## SCORES

This is a list of all the teams' recent scores that you have selected in **Customize**.

## UPCOMING

Upcoming will then show you a list of all the upcoming games for teams that you have selected in **Customize**.

## TEAMS

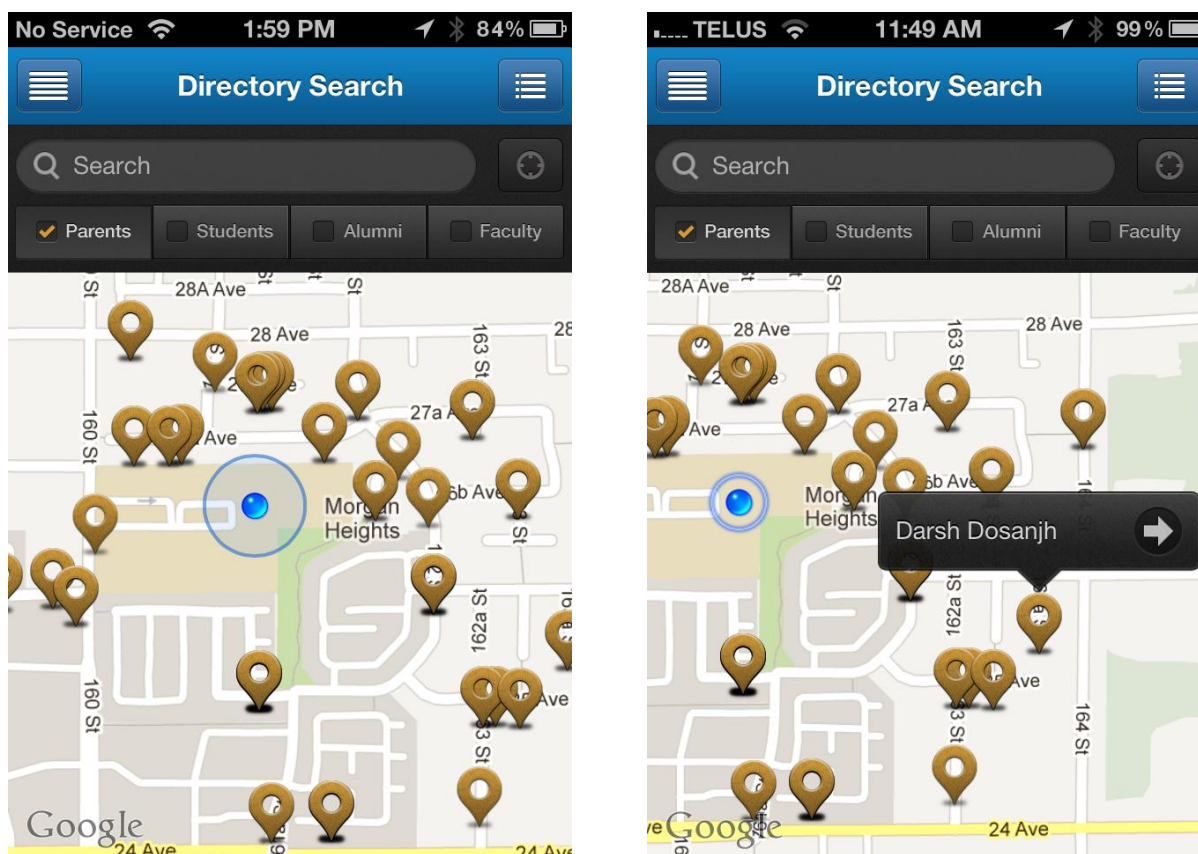
Teams will show you a list of all the teams that you have selected in **Customize**. In the Teams view, you can select the Fall, Winter or Spring sports to see a list of each season's teams. You can then scroll up or down the list to find the team you want to view. Touch the team you want to view to see all the team's details.

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## DIRECTORIES

The Directories function is both an information directory and mapping function. You can look up parent, student, alumni and faculty/staff to view contact information and for parents, you can view location for organizing carpools.

**NOTE: Parents must set their address to be viewable in the UPDATE PROFILE section in order for their address to be viewable by other parents. This is set to viewable by default when parents' information is first entered into the Parent Directory.**



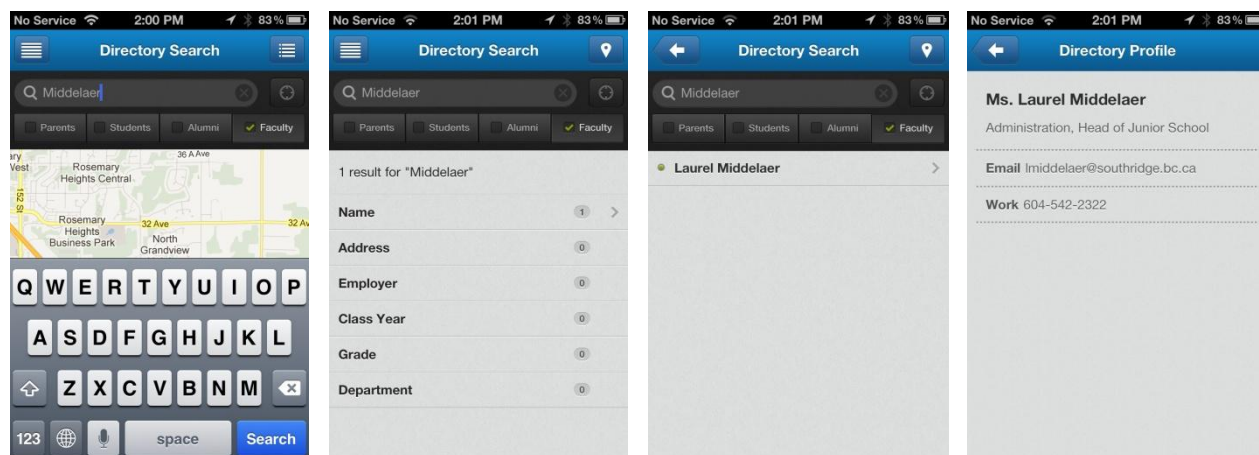
The screen above on the left shows the view that you will see when you select the Parents' Directory by touching the Parents button at the top of the page. The blue dot represents your location and the surrounding icons represent parent locations. When you touch one of the parent icons, you will see a name flag as is shown in the screen above on the right. When you touch the right arrow icon next to the parent's name, you will be taken to a page with the parent contact information.



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## DIRECTORY SEARCH

To perform a directory search, select the directory you want to search by touching one of the category buttons at the top of the page; Parents, Students, Alumni or Faculty(Staff). Enter the first or last name of the person you are searching for and press the Search button in the lower right corner on your keyboard.

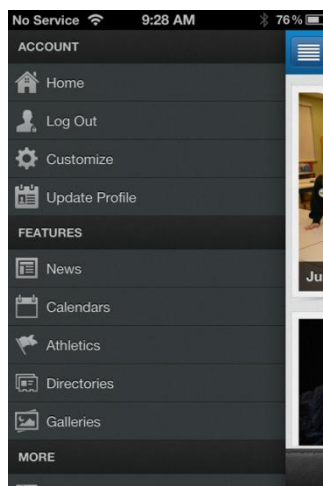


The Directory Search sequence of pages is shown above from left to right.

**NOTE: You can search multiple directories at once by selecting each directory before you enter the search name.**

## PHOTO ALBUMS

One of the great features of the App is the ability to share photos. From the main menu, you can select the photo albums through the **Galleries** link as shown below.

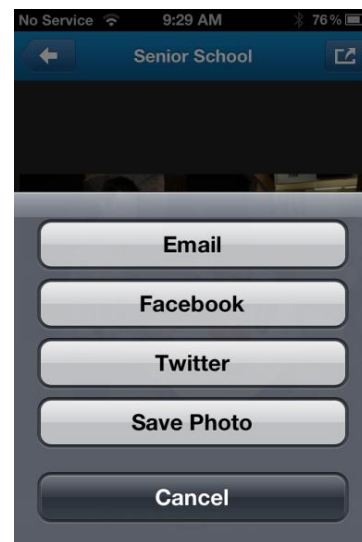
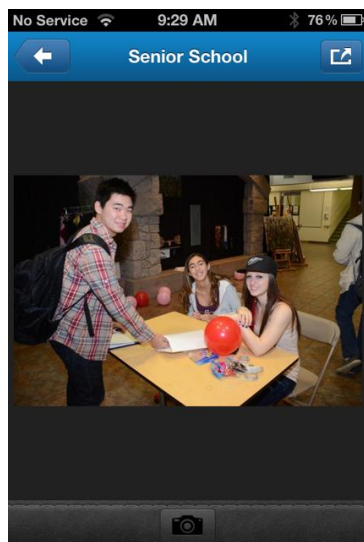


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Once you select the **Galleries** link, you will be shown a list of the available photo albums as in the photo on the left below. You can scroll up and down this list by using the standard swipe gesture with your finger. Select the album you wish to view by tapping on it with your finger and you will be shown the contents of the album as in the photo below on the right. You can scroll up and down the photos using your finger and then tap the photo you wish to view.



Once you tap on a photo, it will be presented as shown in the photo below on the left. You can then tap on the icon in the top right corner if you wish to share the photo and you will be presented with the menu options shown in the photo on the right below.



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Using the menu choices, you can share the photo in an email, to your Facebook or Twitter account or save it to your phone photo album.