

Southridge Wednesday

12-13

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Head of School

MYP Evaluation

Congratulations to all of our MYP teachers who prepared so thoroughly for our program evaluation visit that took place on May 9th and 10th. A special expression of gratitude goes out to Ms. Graham, our MYP coordinator, and Ms. Middelaer for their preparation of our very extensive self-study report. The visiting IB evaluation team was extremely supportive of our commitment to the IB program and found our entire MYP learning community to be an excellent ambassador of its educational qualities.

Guest Speaker Paul Tough

It was wonderful to welcome Paul Tough to Southridge for a special speaking engagement last week. The stories he presented from his book, *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character*, and the research he wove into his messages made for an entertaining and insightful evening.

I am confident that everyone who attended came away with at least one new understanding of how important character qualities are to the learning equation. For me, three key messages stuck. In the past, Southridge has welcomed Dr. Gabor Mate and Dr. Gordon Neufeld to speak with our staff and parents. Each one of their presentations addressed the importance of attachment theory and the need for us to “hold on to our kids”. One of the themes of Paul Tough’s talk confirmed the significance of the parent-child relationship and shed new light on its value – not only for healthy social-emotional growth but also for effective character development.

A few years ago, I was fortunate enough to attend a lecture by author Dr. Wendy Mogal, whose presentation topic, the blessing of a skinned knee, supported the notion of adversity in healthy development. When Paul Tough spoke about managing failure and recognizing the critical role that hardship plays in the development of character, I couldn’t help but think of Dr. Mogal’s notion that pressuring children to be good at everything at a very young age without helping them learn that failure is healthy can have a negative impact growth. Both Paul Tough and Wendy Mogal stressed the importance of resilience as a character trait that helps children succeed.

Just last year, Dr. Ross Laird visited Southridge as a guest speaker to address the merit of purposeful technology integration in a school setting. One of the research findings Dr. Laird presented that made an impact on the teachers in attendance was the relationship of hope to learning. In fact, of all the variables that influence student achievement it is a sense of hope that has the most impact. Interestingly, Paul Tough’s story of how the hope associated with a growth mindset (in terms of IQ development) helped students succeed affirmed the meaning of how important it is to remain optimistic – yet another performance character trait that has a positive influence on success.

Every once in a while, an author or speaker comes along who helps you connect the dots. The serendipitous alignment of key messages is, in my mind, typically a good thing. Paul Tough couldn’t have known that his talk would have that kind of impact (on me), which makes the experience all that much more special. A big thanks goes out to Debbie MacDougall for arranging Paul Tough’s visit to Southridge.

Congratulations to Peter Latta

Congratulations to Peter and Kate Latta! Early on Monday morning, at around 1:00 am, their second child, a baby boy, Edward Michael Latta, came into the world. He weighs in at a healthy 8 pounds, 4 ounces and is full of bubbling energy.

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Junior School Spring Tea	Thursday, May 16 th	8:00 – 9:00 AM	Junior School Great Hall
Victoria Day – School Closed	Monday, May 20 th	All Day	Both Schools
Late Start	Tuesday, May 21 st	10:25 AM	Both Schools
Café Concerto	Tuesday & Wednesday, May 28 th and 29 th	7:00 – 9:00 PM	Senior School Great Hall
New Parent Night	Wednesday, May 30 th	6:30 – 8:30 PM	Senior School Great Hall
Grade 5 - 7 Parent Laptop Evening	Thursday, June 6 th	6:30 – 7:30 PM	Junior School Great Hall

Junior School News

MYP Evaluation

This past Thursday and Friday we hosted an IB evaluation team for our Middle Years Programme. The team of 3 was comprised of very seasoned IB educators, as well as a principal of 30 years. We were pleased with the calibre of the team, and were acutely aware that they had read every bit of our documentation, and had thoroughly analyzed our curriculum, unit planning and assessment. While we are not privy to the actual reporting until a few months from now, we did participate in an exit interview. The format of the interview was completely neutral, as IB bases all feedback on set standards and practices. Our teachers are very aware that there will be no accolades or positive affirmation, but rather a determination of adherence to the set standards. Although the feedback was neutral in nature, our MYP Coordinator, Alison Graham and myself know enough about the programme to feel very satisfied that we are meeting the standards and our programme continues to grow to meet the needs of our students. It has consistently been our practice that we reflect against the standards of IB, so the formal evaluation, although intense and time consuming, presented no surprises to us.

We are very thankful for our parent support, and were so proud of our students as they engaged effortlessly with the team and demonstrated what great hosts and caring students they are. Once we receive the formal report we will communicate this with our community. Overall, the experience was very good but there is a relief that we have five more years to prepare for the next visit.

Class Lists

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

Have a great week,

Mrs. Laurel Middelaer
Head of Junior School

Grade 5 - 7 Parent Laptop Evening

Thursday, June 6th from 6:30 – 7:30 PM in the Junior School Great Hall

As the year draws to a close we want to prepare our existing Grade 4 students and parents for the upcoming MYP programme. Perhaps the most exciting addition to their educational programme is the use of the computer laptops. We view the laptop as an educational tool, and work with the students to teach the proper care and usage of the laptop. We are also mindful that the students have access to the internet and email with the laptop, and we teach the appropriate use of these tools as well. We do feel that it is very important for our parents to understand our philosophy for these laptops, and also our expectation for their use at home. As such, we are hosting a parent –laptop information session on Thursday, June 6th from 6:30- 7:30 PM. Our education at Southridge School is a partnership and Mr. Anderson, our MYP Technology Coordinator, welcomes you as we present the goals of the laptop programme and our recommended use for the laptop at home.

Animal Welfare Week May 13th – 17th, 2013

It's Animal Welfare Week in the Junior School! We all love animals; some of our MYP students have organized service groups to support local animal helping organizations: Critter Care, the SPCA, and the Langley Animal Protection Society (L.A.P.S.). Please check out their displays in the Great Hall to learn more about how you can help animals too!

Support Critter Care!

A group of Grade 5 and Grade 6 students are doing service to support for Critter Care. Critter Care is a local organization where they take in injured and orphaned wild animals and nurse them back to health. When the animals are all better, they send them back into the wild. Our Critter Care group is raising money and collecting items for Critter Care. We will be selling raffle tickets for you to win; there is a great chance to win an amazing gift basket! If you bring in items for Critter Care you will also get raffle tickets. For more information, visit our table in the Great Hall all this week. We hope you can help!

PYP Speech Celebration

We have started preparations for the PYP Speech Celebration. All students in Grades 1, 2 and 3 will participate. (Grade 4's will be working on their exhibition.)

The goal for the students is to gain confidence and feel successful speaking in front of an audience. It is not a speech competition at the PYP level but a celebration of all the students' courage! It takes tremendous courage to present in front of a crowd of people. The students will present their speeches first to each other, then to other classes and finally to the parents.

The Speech Celebration will take place on Tuesday, June 18th in the morning. The MYP Competition will happen the same day in the afternoon. The teachers will send home detailed instructions on how the students will be prepared for the great event.

Details for the year end will be coming soon. Meanwhile, mark your calendar with these dates for the PYP special days:

- Monday, June 3rd: Sign up to volunteer items to bring to the year end picnic/beach. Signup sheets will be on the classroom doors.
- Monday, June 17th - Sports' Day (K-7)
- Tuesday, June 18th – Speech Celebrations (1-3)
- Wednesday, June 19th – PYP Picnic (for K-4)
- Thursday, June 20th - Regular Classes (for K-4)
- Friday, June 21st - 9:00 to approximately 9:45 Closing Ceremonies (K-7)

Enjoy these last weeks of school!

Mrs. Rowena Raber

MYP Read-a-thon

On Friday, May 24th the MYP students (Grades 5-7) have an opportunity to participate in an optional read-a-thon from 3:00-9:00 PM. All proceeds benefit the Haiti orphanage that Southridge has been supporting for the past twelve years.

Ms. Sue McNeil

Southridge Junior School Chess Club

On Sunday, May 12th, some members of our chess club participated in the BC Elementary Chess Championship held at St. George's School in Vancouver. Southridge School entered two teams, a PYP team and a MYP team. The participating players included; Nabil Ashrafi, Nathan Reinheimer, Irena Datcu-Romano, Wasif Somji, Wafa Somji, Cassidy Fu, Spencer Zezulka, Evan Plett and Andrew Datcu- Romano. The players stayed focused for 5 rounds of chess and represented Southridge exceptionally well. In the end our MYP team placed 7th (as two teams were tied for 5th place) out of 10 teams in their division and our PYP team placed 6th out of 19 teams in their division. Congratulations to all of the players and a special thanks to Ms.Anca Datcu-Romano for coaching and the parents for supporting the players.

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

As this year's Team Captain, I would like to invite all students and teachers to join the Southridge School Team as we participate in 2013 World Partnership Walk. Every dollar raised is matched many times over by the Canadian International Development Agency (CIDA) and 100% of the money goes directly towards projects that make a huge difference in the lives of thousands of people around the world! One of these projects will focus on increasing access to education for young girls and women in Bangladesh. As students, we have a unique opportunity for taking action to ensure that children like us around the world have equal opportunities for a sound education. By participating, we can help make a difference! Other projects that will be funded from the money that is raised this year vary in focus from enhancing nutrition and farming practices in Mozambique and spurring small business development in Egypt to ensuring safe nursing and midwifery practices in Afghanistan.

Building on our success from the past, our goal for the Southridge Team this year is to increase awareness of the walk and its impact, to take direct action by playing an active role in our Junior school walk day, to attend the event at Stanley Park, and to raise funds for the cause. However, there are only 11 days left to the Walk. The bigger our team, the more fun we will have and the bigger the impact we will make. So be sure to join our school team. Just go to the World Partnership Walk website and click on the 'Register' button on the right side of the screen. On the next screen, click on 'Vancouver' for the walk city and then on the next screen, click on 'Join an Existing Team'. This will take you to a page that allows you to specify if you are a 'New User' or 'Returning User' and then direct you to a page where you can type in our school team name. Enter 'Southridge School' and click the button for 'Search for a Team' and you will then be able to click the link to join the school team!

Once you join, be sure to check in on the Team page and follow our progress! If you have any cool ideas for helping us become even more successful, be sure to let me know...better yet, join me in getting everyone engaged and excited! You will have fun, learn a lot and make a big difference....isn't that enough reason to take part?

Thank you!

Tareeq Mangalji 6AM
tmangalj@southridge.bc.ca

Senior School News

Emotion & Learning

I should state right from the beginning that this submission was written a few hours after my beloved Leafs lost Game 7 to the Boston Bruins in the most crushing fashion! As a loyal follower of Twitter, I have enjoyed reading tweets while I watch a sporting event. It sometimes gives me another insight into the game through a reporter's eyes or just another fan that I am following. In the case of the epic loss the Leafs had on Monday night, it allowed me to hear the disbelief that was occurring as well as the elation (if you were a Boston fan). In some ways it intensified my feelings of disappointment by hearing how no other team in hockey had blown a Game 7 like them. But it also showed me that many others were trying to comment that they were still loyal to the team and that they were proud of the effort that they had given to get to the contest in the first place.

Although right at the moment and for a time after I was extremely disappointed it doesn't last as long as it did when I was younger. I think that this is likely due to the fact that I realize that there are more important things in my life and that disappointment is not going to be a stranger. Perhaps this is especially true if I continue to follow the Leafs...I've actually tried to stop, but I sadly get sucked back into caring about their yearly quest to success. I think another reason that the disappointment doesn't last as long is that I seem to be able to take positives from these experiences more readily than when I was younger. For example, with this particular loss, I realized that the team had earned a place to compete in the first place and if you had said at the start of the series that the Leafs were going to be able to be in overtime in Game 7 I would have been impressed!

So what does this all have to do with learning and school? Emotion can be a powerful catalyst to learning. When someone is engaged emotionally, in a positive way, the learning can be tremendously meaningful. This emotion can also come by way of a strong positive relationship with a teacher or peer from which one learns. I can recall those teachers that truly cared about me and the investment I gave to the subject or the topic that was being taught as well as to them as an individual.

But in my opening example, the emotion that I was describing (that I am still feeling!) is disappointment and not so positive. As a teacher I have seen this type of emotion cause difficulties with a student's learning. Often, the emotions felt have absolutely no connection to the school setting but can still cause major impediments with a student's success. At school, students can feel disappointment over a result, or grade, a social issue with friends, or a struggle to connect with the teacher or peer. Once again, these usually have a negative impact on the learning of the individual.

The key in these situations is to find a way to look at it through a positive or hopeful lens. This can be by looking for solutions to overcome the emotion. Talking to others about how you feel and gaining assistance. That old expression: "the glass is half full or half empty" can sometimes help to focus on the positives to move forward. If you were able to go to hear Paul Tough at Southridge last week, you will have heard that it is important for students to have challenge and build perseverance to overcome these challenges; that not succeeding sometimes ('failing') is vital to build character. Sadly, as I continue to be a Leafs fans, I am in no doubt that I will continue to have disappointments. But as I continue to look at the situations in a positive light I do know that I can learn important lessons to help me grow as a person and educator and parent. At Southridge, and specifically in the Senior School, we are always aware of helping students overcome difficult emotional impediments to their learning by showing empathy and caring and by offering support and council to grow from these experiences.

And it always helps to continue to have hope. I mean, the Boston Red Sox finally won the World Series after over 70 years. Who knows, maybe the Leafs will finally overcome their 45 years without a championship, but not this year.

Have a positive and hopeful week!

Doug Palm
Head of the Senior School

Southridge Senior School's Theatre Performance Class donates proceeds from play to O.W.L.

All proceeds from the play *Doubt: A Parable* were donated to O.W.L. in Delta. The Orphaned Wildlife Rehabilitation Society is a non-profit organization whose volunteers are dedicated to the rescue, rehabilitation and release of injured and orphaned birds of prey.

Recently we received letters and photographs about the birds we are supporting this year. You can visit the website for more information if you would like to adopt a bird or support O.W.L.

<http://www.owlcanada.org/you-can-help/adopt-an-o-w-l-bird/>

We would like to thank Mr. Weaver for bringing the organization to our attention and would like to extend our thanks to our Southridge community for attending the play as tickets sales made the donation possible.

Ms. Kelly
Senior Drama Teacher

Senior School Theatre Performance Class Wins Award for Excellence

Southridge Senior School's Theatre Performance Class recently received an award for excellence for their performance of *Doubt: A Parable* by John Patrick Shanley as part of the Sears British Columbia Provincial Festival at Douglas College in New Westminster.

Serena Bonneville, Nirvon Soraya- Galo, Bryan Redies and Abby Wells received a standing ovation at the festival.

In addition, Abby Wells received the award for best female supporting actress in a play.

Thank you to Julia Bicknell and William Lauzon for assisting with the technical elements.
Congratulations!

Ms. Kelly
Senior Drama Teacher

Southridge takes multiple awards at B.C. Student Film Festival

Film industry adjudicators recognized the achievements of several Southridge students recently at the B.C. Student Film Festival (BCSFF) awards gala. The gala took place at Capilano University on the evening of Saturday, May 12.

Southridge students took numerous category awards as well as several overall "craft awards" including best overall acting in the Senior age category, as well as best overall acting, directing, cinematography, and best overall film in the Junior age category.

Congratulations to these young filmmakers on their tremendous accomplishments!

List of awards:

-Top Film, Junior Category

-First Place, Junior Dramatic Narrative

"Not Even Once"

Coltin Porter
Kyren Bueckert
Matt Kennell
Nick Adams

-Best Directing, Junior Category -Andrew Metcalf (*"Bad Decisions"*)

-Best Cinematography, Junior Category -Mike Pinteal (*"Bad Decisions"*)

-Best Acting, Junior Category - Anthony Hernandez (*"Facing Change"*)

-Best Acting, Senior Category – Cassia Armstrong (*"Walking in Circles"*)

-First Place, Junior Public Service Announcement

"Clean up the Labels"

Cassia Armstrong
Simarpreet Pattar
Alka Batta
Sarah Grimm
Krista Jurva

-Second Place, Junior Dramatic Narrative

"Bad Decisions"

Mike Pinteal
Andrew Metcalf
Rohin Buttar
Matt Reyes

-Third Place, Junior Dramatic Narrative

“Facing Change”

Tevin Gill
Anthony Hernandez
Jason Coil
Jason Xia

To learn more about the BCSFF visit the link below:

<http://www.bcsff.com/>

Chris Westendorf
Media Arts Teacher

Film Nights in the Little Theatre – May 22 and 23

The Media Arts students of Southridge are pleased to present Film Nights, a celebration of some of this year’s top student work.

Film Nights will take place over two nights:

Wednesday, May 22 – Film Nights Light

7:00PM – 7:45PM - An exhibition of some of this year’s top student work

Thursday, May 23 – Film Nights Long

7:00PM – 7:45PM – An exhibition of some of this year’s top student work

8:00PM – 9:45PM – (Optional) Screening of a Hollywood film

Film Nights will take place in the Little Theatre at the Senior School. Admission is \$5 for an adult and \$3 for a student. [Click here to purchase tickets.](#) They may also be purchased at the door unless this event becomes sold out.

Please enjoy this promotion for Film Nights at the link below:

<https://vimeo.com/66211776>

*The content of Film Nights is rated PG-13 and is not considered appropriate for young children.

Chris Westendorf
Media Arts Teacher

The Maestro at Southridge

On Tuesday, May 14th Maestro Bramwell Tovey, conductor and music director of the Vancouver Symphony Orchestra, came to Southridge for an inspiring workshop and rehearsal with the Senior Band. Accompanied by VSO assistant conductor Gordon Gerrard, Maestro Tovey’s passion for music was apparent as he conducted Holst’s *First Suite in Eb for Military Band*. He also composed a song based on letters from the names of two band students and performed it on the piano, answered questions, and finished off with a piano performance of Duke Ellington’s *Don’t Get Around Much Anymore*. The Senior Band, who worked extremely hard to prepare for this opportunity, sounded their best yet and were an incredible audience!

Chris Mitchell
Senior Music Faculty

Surrey Museum

On Wednesday, May 8th a group of Socials 9 students engaged in collaborative discussion over the Surrey Museum's display on First Nations peoples. The students examined the museum display, discussed the focus of the museum, evidence of European influence in the artifacts, and decided what was important to First Nations groups thousands of years ago. The students were fascinated with the change of the White Rock community observing there were once large trees covering the shore line.

Ms. Ira Alexandra

The Secret Life of Girls – Grade 9 Drama

In Grade 9 drama we had the opportunity of once again performing in a play. This was a great way to learn in a drama class as performing is challenging, but also very enjoyable and rewarding. As a group we chose the play *The Secret Life of Girls*, which proved to be challenging as we had to creatively interpret the script in an effort to make it more appropriate for our time, audience and the amount of actors in our class. The play itself has a strong message as each girl has insecurities, as do some teenage girls in reality. The girls in the play bring forward their inner emotions showing the audience how gossiping and bullying can affect a person's life because it changes how other people see them and how they see themselves. As a group we were able to confidently perform our roles by having a better perspective of collaboration and a stronger bond and understanding of each other. We built friendships and skills that we will never forget. The support and teamwork between all of the cast members was incredible. Additionally, we were able to convey the strong message of the play about how important it is to treat others with respect and kindness.

Drama 9 has not only taught us skills but has also helped us build relationships that will stay strong forever. It has been an amazing journey, and I can only hope that the audience loved it as much as we did!

Sukhleen Thind
Grade 9 Student

Café Concerto 2013 - Senior School Music Department Showcase, May 28th and 29th, 2013

With the arrival of the sun you can feel the energy start to bubble in the Senior School - just in time for Café Concerto. Preparation for the annual Music Department concert is well under way and the students are eager to share their progress and musicianship with the Southridge community. Please come and enjoy the music, the art and the desserts!

Concerts: Tuesday, May 28th and Wednesday, May 29th, 2013 at 7:00 PM

Tickets: \$8.00 per person available through the [Southridge School Website](#) (you may use a credit card or charge to account)

Students will be backstage throughout the show so they will not need tickets.

If you have any questions please feel free to contact Jenna Parker at jparker@southridge.bc.ca. Thank-you so much!

The Music Department
Ms. Jenna Parker

Café Concerto Needs Volunteers

It's that time again! Cafe Concerto is just around the corner on Tuesday May 28 and Wednesday May 29. I am looking for volunteers to help with set up and clean up on both days.

The shifts are as follows:

Tuesday and Wednesday mornings 8-11am for setting tables, plating fruit and general preparations.

Tuesday and Wednesday evenings 6-10 PM for preparing coffee & tea, helping serve dessert and clean up(no more dish washing)

It is an evening of Senior School musical and drama performances with a "dinner theater" atmosphere. It takes place in the Senior School Great Hall where we have beautifully set tables and serve desserts and refreshments throughout the evening. It is a lovely evening to take part in, even if you don't have a child performing, it is a way to meet other parents. We have a great time working together, and at the same time get to enjoy great music!

If you are available and can help for a shift or two, please contact me at monzfroh@telus.net I look forward to hearing from you.

Ms. Monica Froh
604-230-0290

Laptop Return Information

Grade 8, 9, and 11 Students

All Grades 8, 9, and 11 students are required to hand in their laptop, charger, lock and backpack/laptop bag before leaving for summer vacation. The deadline is the day of your last Senior School exam.

Alternatively, you are welcome to hand in your laptop any time after June 7th if it's not required for studying or electronic exams. The specific deadlines are:

Grades 8 & 9 – June 13th before 12:30 PM

Grade 11 – June 21st before 8:00 AM

Please hand in your laptop backpack to Mr. Latta at the Tech Office or Room 224 at least 30 minutes prior to the exam. If any item is not returned, a replacement part (laptop, charger, backpack, or lock) will be ordered and charged to your student account.

The laptops will be re-imaged (wiped clean) for the beginning of next year so please back up any personal files prior to handing in your laptop. No repairs will be made during the summer and the laptop will be returned to you as-is when you return in September.

All laptops must be returned in the original Southridge backpack or carrying case that you were given in September, no exceptions.

Grade 10 and 12 Laptops

All Grade 10 and 12 students are required to hand in their laptops for factory imaging before leaving for summer vacation. Grade 12 students may keep their locks, however Grade 10 students are required to return them for next year's laptop package. The deadline is on the day of your last Senior School exam. The specific dates are:

Grade 10 – June 21st before 12:30 PM

Grade 12 – June 20th before 8:00 AM

Please hand in your laptop to Mr. Latta in the Tech Office or in Room 224 at least 30 minutes prior to the exam with a fully charged battery. If you are using your laptop for the exam, then return it immediately after you complete your exam.

The laptops will be restored to the factory settings before you take them home so please back up any personal files prior to handing in your laptop. The restored laptop will be available after the exam or within 45 minutes after turning them in if you used it for the exam.

If your laptop has not been restored to the factory settings by the end of June, your account will be billed \$800.00 for the licensed software that was accessed over the course of the year.

Ms. Heather Mosher
Senior Education Technology Coordinator

Oral and Listening Exams in the Modern Languages Department

We will be holding oral and listening exams in classes during the week of Thursday, May 30th to Thursday, June 6th. It is very important that your son or daughter attends class during that time as these exams count for 40% of their final exam mark. If your son or daughter absolutely has to be absent, would you kindly contact his or her teacher by phone or by email well in advance of this week. Thank you so much!

Ms. Heike Beer
The Modern Languages Department

Both Schools

Spring Tea for all (Senior & Junior) Parent Volunteers

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

Thank you,
Southridge Teachers

Volunteer to be a Buddy Family!!

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

Specifically, a buddy family will:

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

A buddy family is:

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

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

2013-2014 Buddy Families needed for the following grades:

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

Thank you!
Volunteer Committee

Great Golf Sponsorship Opportunities Available

The Southridge Golf Tournament is less than a month away and we need your support! The money we raise through sponsorships goes towards purchasing important capital items for the school and our classrooms!

Sponsor a hole for \$500.00 or, new this year, a flag for \$250.00! Sponsor the dinner, driving range, course games or the very popular wine table! Download the form here to see what's still available.

Sponsors will receive the following:

- Signage recognition on the course at the tournament (seen by 120+ golfers)
- Recognition in the program (seen by 168 dinner guests)
- Recognition on the presentation screen at the dinner
- Letter and tax receipt

Thank you, in advance, for your generous support!

2013 Golf Committee

This Year's Golf Tournament Promises to be Tons of FUN!!

Do not delay – [register TODAY](#) for Southridge's annual golf tournament taking place on Friday, June 7th at beautiful Morgan Creek!

This tournament is for beginners and pros alike! Play to win (trophies, prizes and bragging rights for the best teams) or just play for fun (prizes for most honest team and best dressed)!

Register as a foursome, pair or individual – we'll partner you up with someone equally charming and skilled!

This is our last fundraiser of the year and a great community builder! Hope to see you all there!

Your 2013 Golf Chairs,
Mike Schmidt and Cam Blandy

Friends of Southridge Cycling Team

The Friends of Southridge cycling team continues to train in preparation for the Ride to Conquer Cancer. Many of us have reached our goal of raising \$2,500.00, and on behalf of the team, I would like to thank the Southridge community for supporting us in our fundraising efforts. I feel very lucky to belong to such a wonderful "family"

Our team consists of 15 members, and the captain at the helm is Dr. Rob Skleryk. He and Stuart Hunter, both parents of children in the Junior School have completed this ride before. This year, they encouraged a few more parents to join them on the journey: Megan Hunter, Rachel Lawson, Greg Christofferson, Mike Schmidt, and Jack Dhaliwal, as well as other members from the community.

We have a team jersey as well as a team t-shirt. We chose purple as our colour this year as a way to show our support to Ms Middelaer and her family, and to let her know we carry a tiny fraction of her pain with us as we ride.

These t-shirts are available for purchase. If you would like to order one, please see attached form or contact me aboyle@southridge.bc.ca

Anne Boyle
(Team Member and MYP French Teacher)

These Camps are Going to Fill up – Don't Miss Out!

Please read the attached description of all the great camps that are still available.

Menu and Daily Digest

Thank you from Chartwells at Southridge Cafe. You are our clients and you are important to us and we would like to thank you. All through the month of June when you buy an Entree and find a red dot at the bottom of your plate, your meal is free. Now that's a special day!

Don't forget to visit us on FACEBOOK and like our page to keep in touch with what happening at your Southridge Café.

Bon Appetit

Marat Dreyshner
Chef/Unit Manager

Order your Friends of Southridge Cycling Team T-Shirts Today! (Order Deadline May 24)

I, _____,
name

phone number

class room

want to buy a shirt(s) and support the team on their Ride to Conquer Cancer!

We accept cash or cheques. Please make cheques payable to: Rob Skleryk.

You can leave forms and payment for Anne Boyle at the Jr. School front desk.

T SHIRTS

Youth (6/8) _____ x \$17.50 = _____

Youth (10/12) _____ x \$17.50 = _____

Youth (14/16) _____ x \$17.50 = _____

Adult Sm _____ x \$20.00 = _____

Adult Med _____ x \$20.00 = _____

Adult Lrg _____ x \$20.00 = _____

Adult XL _____ x \$20.00 = _____

Adult XXL _____ x \$20.00 = _____

Total Amount _____



SUMMER CAMPS

JULY 1 – 5

KICKSTART TO KINDERGARTEN: AROUND THE WORLD

F101

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**

JUNIOR ART CAMP

F106

Ages 6 - 8 (as of 12/31/13)

\$240

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

SPORTING GAMES AND MORE!

F107

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 the group. Campers will participate in a wide variety of different sports including: soccer, volleyball, badminton, basketball, floor hockey, ultimate frisbee, California kickball (soccer baseball), European handball, dodge ball and other fun and interactive games. In between the action, participants will be taught how to make lifestyle choices that promote nutrition, health and fitness for life attitude. Participants must wear running shoes, bring extra water/juice and pack a healthy lunch that will fuel their bodies for the day’s activities. This camp qualifies for the child fitness tax credit. **Instructor: Danielle Fera - Core Education & Fine Arts Jr. Kindergarten**

GIRLS RULE!

F112

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**

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

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

SCIENCE LABORATORY**Ages 11 - 14 (as of 12/31/13)****F120****\$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**

JULY 8 – 12**ALL STAR KIDS****Ages 6 - 8 (as of 12/31/13)****S204****\$225**

5, 4, 3, 2, 1 - BLAST OFF into a week of fun filled adventure! Each day is filled with excitement as this theme-based camp provides an entertaining and educational environment that builds self-confidence and promotes cooperative play.

- Day 1 - SPACE
- Day 2 - BUGS
- Day 3 - NATURE
- Day 4 - FISH
- Day 5 - SPORTS

All Star Kids focuses on learning, enhancing skills in language arts, math and science through outdoor adventures, singing, arts and crafts, sports and more! Swimsuits and towels are an absolute must for an afternoon run through the sprinkler. This is an exciting and memorable summer camp experience where new friendships and action are part of every day! This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Ana Candido - Iqra Islamic School**

RED! YELLOW! BLUE! I SEE YOU!**Ages 6 - 8 (as of 12/31/13)****S205****\$ 240**

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

SCULPTURE! SCULPTURE! SCULPTURE!**Ages 10 - 13 (as of 12/31/13)****S216****\$240**

From prehistoric times to the present, the act of sculpting has captured the imagination of both artist and viewer. Come explore the history of sculpture, from cave people to Picasso and beyond, through this "hands-on" camp. Carving, modeling, assemblage, and construction techniques will be explored through a variety of traditional and contemporary materials. These may include clay, wood, metal, paper, papier-mâché, found materials and found objects. If you like working with your hands, then this camp is for you! Come prepared to get creative and messy!

All supplies are included. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Peter Sarganis - Langley Fine Arts**

JULY 15 – 19

DISCOVER THE POWER OF PEN AND PERFORMANCE: With ERIC CARLE BOOKS **T302** **Ages 5 - 6 (as of 12/31/13)** **\$225**

With the talented and world renowned author and illustrator Eric Carle as our guide, campers will explore writing, visual art and dramatic performance. They will be inspired to sharpen their writing and reading skills by experiencing what it is like to be an author. Campers will extend their learning through crafts, cooking and puppets. They will discover the power of their voice through dramatic games which promote self-esteem, risk-taking and choral speech. Campers will work together to create Eric Carle inspired artworks. Bring a bathing suit and towel for hot days. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Jen Cameron - Langley Fine Arts**

JUNIOR ART CAMP **T304** **Ages 6 - 8 (as of 12/31/13)** **\$240**

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

SPORTS MANIA: BASKETBALL BASICS AND MUCH MORE **T305** **Ages 6 - 8 (as of 12/31/13)** **\$225**

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

Instructor: Kyle Anderson - HD Stafford Middle School

READY, SET, SPEAK **T313** **Ages 9 - 11 (as of 12/31/13)** **\$225**

Do you ever get your words mixed up when you give a speech? Do you sometimes feel nervous or worry when you have to talk in front of a group of people? Ever wonder how actors and reporters seem so comfortable in front of the camera? This camp will teach you preparation and presentation skills that make public speaking easier and more enjoyable. Campers will come away feeling confident to participate in oral presentations, debates, speech contests or auditioning for the school play. Our program addresses all areas of performance including: projection, role-playing, analyzing, confidence, imitation and body language. Students will learn how to turn a pause into a punchline. By the end of the week center stage will feel like home. This camp includes daily recreational breaks. A good understanding of English is necessary. **Instructor: Michelle Gill - Harry Sayers Elementary**

HANDS ON ROBOTICS - NXT **T318** **Ages 10 - 13 (as of 12/31/13)** **\$285**

If you like solving practical problems and have an interest in the way machines or robots work, this camp is for you! Using Lego’s cutting edge NXT Mindstorms technology, participants will explore the fundamental principles of mechanics, design and programming. Campers will become familiar with input devices such as touch, light, rotation and ultrasonic sensors along with output devices such as motors, sound and lights. They will attempt to meet a daily challenge in which they will build, analyze and program a robot individually to meet the challenge. Use of Southridge Lego NXT kits is included. This camp includes daily recreational breaks. A good understanding of English is necessary.

Instructor: Paul Kang - Cornerstone Montessori

BUMP, SET, SPIKE and SERVE!**T320****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**

JULY 22 – 26**ALL STAR SPORTS****R406****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: Kyle Anderson - HD Stafford Middle School**EXPLORING WITH MAPS****R407****Ages 6 - 8 (as of 12/31/13)****\$225**

Are your kids little explorers? Are they good with directions? Can they read a map? Send them out to learn and explore through literacy, mapping, art and math. Skill enhancing activities include mapping, learning about compasses and how different equipment is used to locate various objects. Students will leave this week knowing general map symbols and how they relate to their community. Campers will apply their skills they learned throughout the week with an exciting Scavenger Hunt on the last day. Campers will enjoy a daily fitness break outdoors. Please wear runners and bring a change of clothes. A good understanding of English is necessary. **Instructor: Sharon Sall - Surrey School District**

THE SCIENCE OF SENSES**R412****Ages: 8 - 10 (as of 12/31/13)****\$225**

This 'hands-on' science camp is designed for fun and learning. This is science that you can see, smell, hear, touch and taste! Yes - taste! We'll bake cookies and make homemade ice cream in a bag. Campers will conduct scientific experiments which allow them to explore their senses through play, arts and crafts. Each day, students will focus on a different sensory organ. Join us, as we create optical illusions, make stink bombs and design experimental models. Many of our activities will highlight similarities and differences between human and animal senses. Students will take home something new to share each day. This camp includes daily recreational breaks. A good understanding of English is necessary.

Instructor: Victoria Vaillancourt - Surrey School District**HOGWARTS ACADEMY AWAITS****R414****Ages 9 - 11 (as of 12/31/13)****\$250**

Toot! Toot! All aboard! It's time to travel to the Land of Enchantment featuring Harry Potter. Whimsical Instructor, Head Mistress Schaufele, takes you on an enchanting journey into a land of wizards, magic and fun. Experience a house-sorting ceremony followed by fun-filled days where you will learn magic spells using everyday items, and enter a magical dueling tournament. Campers will learn about the care of magical creatures, create their own wands and capes, create enchanting pieces of art, learn how to play Quidditch, learn about the owl post as well as learn the secrets of the Marauder's Map. Use your imagination to experience a week visiting Hogwarts - where anything can happen. To end this magical camp, compete for the house cup and see who wins at the "end of camp" feast! So don't

be a muggle - grab your courage and sense of adventure and join us as we dabble in the wonderful world of Harry Potter. This camp includes daily recreational breaks. A good understanding of English is necessary.
Instructor: Amanda Schaufele - Lena Shaw Elementary

PHYSICAL FUN: HIKING, BIKING, SWIMMING

R417

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

\$285

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

Note: As part of this camp is conducted away from the school, parents are required to sign an informed consent form.

Instructor: Angela Berkley - Southridge School

SURVIVOR SOUTHRIDGE

R420

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

\$240

Do you have what it takes to Outwit-Outlast-Outplay? Find out at Survivor Southridge during this exhilarating week where you will bond with your fellow tribe members while learning basic survival skills and participating in various daily reward challenges like building a perfect campfire, a tent assembly race and an outdoor scavenger hunt. Assemble your own survival kit, design a tribal bandana, learn vital survival skills and create friendships to last a lifetime. On Friday campers will hike through Campbell Valley Park and use skills they have learned throughout the week. Come learn and play in the best classroom of all... the outdoors! This camp includes daily recreational breaks. A good understanding of English is necessary.

Note: As part of this camp is conducted away from the school, parents are required to sign an informed consent form.

Instructor: Dan Gardner - Holly Elementary

GRAPHIC NOVELS

R422

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

\$285

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

Instructor: Richard Kristen - Mulgrave School

Weekly Menu

May 20th – May 24th, 2013

Monday

Closed

Tuesday

SOUTHWEST SALSA SAUSAGE

All beef hot dog topped with chilli, cheese, sautéed peppers and onions
And pineapple salsa on a bun

Wednesday

CHICKEN POT PIE

Home-style delicious filling with a flaky crust

Thursday

BAKED CHICKEN SANTA FE

Chicken breast topped with salsa,
Cheese and diced bell peppers and onions

Friday

TORTELLINI

Three cheese
With spinach and tomato sauce
A choice of cream or tomato



FAT IN FOOD

Quality vs. Quantity

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

Which Fats are the Right Fats?

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

Why a Change?

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



Bottom Line

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

References:

1. W Willet, D Mozaffarian, A Lichtenstein, L Kuller. Member Showcase: The Great Fat Debate: Is There Validity in the Age-Old Dietary Guidance? American Dietetic Association, Food and Nutrition Conference and Exhibition, November 2010.
2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
3. WS Harris, D Mozaffarian, E Rimm, P Kris-Etherton, LL Rudel, LJ Appel, MM Engler, MB Engler, and F Sacks. Omega-6 Fatty Acids and Risk for Cardiovascular Disease: A Science Advisory from the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention. Circulation, Feb 2009; 119: 902 - 907. Published April 2011. Written by Jennifer M. Ignacio, MS, RD Compass Group, North America.