

Southridge Wednesday

12-13
No. 35

A Weekly Publication of Southridge School

June 5, 2013

Head of School

CAIS Accreditation Information

Southridge is busily preparing for its upcoming CAIS accreditation visit (November 2014). Under Dr. Bessflug's lead, a number of committees are working diligently to assess our school's programs and procedures against eleven internationally recognized national standards of best practice for independent schools. As a means of providing our community with pertinent information about the CAIS accreditation process, we have decided to publish this brief question and answer guide. We hope you find it to be informative and helpful in understanding why Southridge is undergoing this rigorous accreditation exercise. We are proud of our efforts to reach comprehensive national standards and of our commitment to whole school improvement through reflection and feedback.

Q: The school is already approved by the provincial Ministry of Education. Why do more?

Accreditation promotes a reflective and collaborative whole school improvement process. National Standards require schools to do more in all areas of program and operations. Accreditation creates a new lexicon for each school looking forward – giving students, parents and Boards an independent, non-governmental validation that the school is effectively delivering a quality educational experience that is above and beyond provincial Ministry expectations.

With today's changing landscape, provincial Ministry requirements are not enough. As a national organization, we believe there is a place for a National Standard of Excellence in independent school education. Our National Standards & Procedures are congruent with internationally accepted criteria and they model core standards adopted by the National Association of Independent Schools (NAIS) International Commission on Accreditation. In addition, CAIS National Standards & Procedures are updated annually based on current research and exceptional practices.

Simply put, we believe that together we make good schools better.

Q: What is the added value of CAIS accreditation?

Accreditation provides a CAIS member school with a means to differentiate itself from other schools – it speaks directly to a school's commitment to ensuring superlative quality and the highest, rigorous standards of evaluation. Accreditation assures parents and the public that the school is focused on providing a safe and enriching learning environment while maintaining an efficient and effective operation.

Q: My school is an International Baccalaureate school – what is the value of CAIS?

The IB program provides an outstanding measure of academic achievement but it does not replicate broad-based attention to all areas of school life. CAIS's evaluation is not confined to curriculum or program delivery; it is 'whole-school' and includes key areas such as finance, admissions, risk management and governance.

Q: What is the difference between a CAIS-accredited school and a non-accredited school for a prospective independent school parent?

There are good independent schools who are not accredited by CAIS – but we encourage parents looking at schools to view a school's CAIS membership like a 'housekeeping seal of approval': look for it, and if it's not there, ask why. Accreditation demonstrates a willingness by the school to aim high, to set ambitious goals and standards and then to work very hard to achieve - and surpass! - these standards. All schools try to 'self-improve'. Being evaluated by an independent arm's-length body enables each school to be more accountable to all of its constituents.

Q: Our school environment is complex and busy – is the time investment worth it?

Ask our members! Schools tell us that a solid process requires time, but they also show us evidence that their investment contributes to innovation and sustained whole school improvement. Accreditation requires schools - and they are all busy places! - to stop and reflect on what they are doing well and what more they can do to challenge and support students.

There is often debate over which part of the accreditation process provides more value. Certainly the exercise of reflecting on programs and operations and debating their value is important. But so too is the Visiting Committee's external review. CAIS builds teams based on an individual school's profile and needs. The team comes from similar schools across Canada whose goal is to ask good questions and provide insight and advice.

Independent schools are varied and unique – our accreditation process is not cookie-cutter. CAIS strives to make the process rewarding for individual schools, and we know that an accreditation journey will yield unparalleled value that is introspective, strategic, reflective, collaborative and comprehensive. Jim Collins, author of *Great by Choice*, told an audience at the 2013 National Association of Independent Schools conference that the most dangerous thing is being successful without understanding why. He also warned that the enemy of great is good. We are proud that our school shares a passion for on-going improvement with other CAIS schools.

(as published in the CAIS April Newsletter 2013, p.4)

Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Grade 5 - 7 Parent Laptop Evening	Thursday, June 6 th	6:30 – 7:30 PM	Junior School Great Hall
Senior School Parent Laptop Evening – Grade 7 and new senior school parents	Thursday, June 6 th	6:30 - 7:30 PM	Alan Brown Great Hall
Southridge Golf Tournament	Friday, June 7 th	12:00	Morgan Creek
Athletics Banquet	Thursday, June 13 th	11:30 – 1:15	Senior School Cafeteria
Grade 7 Band Concert	Thursday, June 13 th	6:30 - 7:30 PM	Junior Great Hall

Human Resource Updates

Ms. Emma Breeze will not be returning to her position as the Senior School teacher-librarian at the conclusion of her maternity leave in November 2013.

After much careful thought and consideration, Emma has decided to accept a teacher-librarian teacher-on-call position with the Vancouver School Board. Emma came to Southridge three years ago from her English teaching position at Crofton House School and has fulfilled her teacher-librarian role with us extremely well, completing her diploma in teacher-librarianship at UBC while participating enthusiastically in our Senior School curricular and co-curricular programs. Her support of technology integration within the library and her strategic ideas of how the library will play a key role as a learning hub in support of the SSEP will continue to have an impact here after her departure. We will miss her many and varied contributions to our school community, but we also understand the pull she now feels to embrace professional opportunities that lie a little closer to home.

All the very best to Emma, Huw and Gethin in the future.

Darcie Sagert
Manager, Human Resources

Junior School News

The Uniform Shop

This year the school spent innumerable hours reviewing our school uniform pieces and school dress code as we changed suppliers to provide better delivery and quality. As a result some minor changes and additions were made that were

reported in April in the Wednesday. If you go to the Uniform Shop news in this week's Wednesday you can learn more in case you missed it the first time around.

The school has invested a large amount of space, time and money to provide easy access for our families. Many schools do not have stores on site and ask parents to travel great distances or to shop online where sizing and quality are difficult to check. We are pleased with the progress of our uniform shop, and the service that it offers our families. Because of this investment of time, energy, space and resources, we would ask that you purchase all items from our uniform shop, including pieces that you may feel you can source elsewhere (eg. white shirts). The sustainability of our uniform shop is linked to the support of our parent group—as families we all desire to build a stronger school with benefits for the many families that will follow. We thank you for your tangible support in this way.

Finish Well

At this time of year, with the sun shining, and friends calling, it is easy to get out of our good routines, and procrastinate with our studies. We still have a great few weeks of learning left, and we encourage the students to really apply themselves to do their very best : Simply put, I am reminded of two words that hopefully encapsulate my hope for all the students, faculty and parents: Finish well.

- Regardless of fatigue—finish well
- In spite of opposition—finish well
- Though tempted to quit—finish well
- Complete what you start—finish well
- You are on the home stretch—finish well
- Do what you said you would do—finish well
- Be a much needed example for others to see—finish well
- Remind yourself of all the reasons you began—finish well
- Another level of fulfillment and a next step awaits you—finish well

(Edward Paz)

Have a great week,

Mrs. Middelaer
Head of Junior School

Forms, Forms, Forms

Recently, a package was sent from our offices with all the forms required for the September 2013-14 school year. Please sign these forms and return them to Ms. Schaub at the front office by **June 7**. Thank you for tending to this in a timely manner.

Assemblies

There are only 3 assemblies left for this school year: Thursday, June 6, Monday, June 10 and Friday, June 14, 2013. We encourage parents to attend these final assemblies, as the last merits of the year will be presented. Just a reminder that there will be no formal assembly on Sports Day.

Grade 5-7 Parent Laptop Evening - Thursday, June 6, 2013 6:30 – 7:30 p.m. - 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 6 from 6:30 – 7:30 p.m. Our education at Southridge School is a partnership, and Mr. Anderson, our MYP Technology Coordinator, and I welcome you as we present the goals of the laptop programme, and our recommended use for the laptop at home.

Overview of End of Year Activities

Sports Day begins on Monday, June 17 where students participate in a variety of activities to gain points for their house therefore all the students need to proudly wear house colours and gym shorts. Please send a water bottle with your child's name on it.

Tuesday, June 18

We have our PYP speeches in the morning (Grades 1 to 3) in the Great Hall. Please join us for an inspirational glimpse at life through their eyes as they have prepared, memorized and practiced their interesting speeches about topics of their choice. In the afternoon, we have our MYP speech finalists. The winner will be the recipient of the Mandy Richmond Award. The MYP speech presentations commence at 1:20 pm.

Wednesday, June 19

We celebrate the end of the year for our PYP students with our picnic at Centennial Beach. rain or shine, this always is a great time. MYP classes are occurring as per normal with the exception of Grade 7 which has its Greek Festival.

Thursday, June 20

We start the day with a MYP assembly that is extended from 8:10 – 9:00 a.m., and from 11:15 – 12:00 p.m. will be on the turf field where the teachers will challenge the grade seven students to a game of soccer. The skill level of our teachers is impressive; Grade 7s... beware. Our MYP students have their parties that afternoon, and our Grade 7's are dismissed early to prep for their grad. On Thursday evening, we celebrate our grade seven graduating class with a dinner and festivities. This is always a great event, as our grade sevens transform before our eyes.

Friday morning, June 21

We gather at 9:00 a.m. in the senior school gymnasium for our closing ceremonies. All students must wear their full winter uniform that day, including ties, white dress shirts, long grey pants, or kilts or tunics, green sweater, vest or cardigan. We are formally recognizing all students, but the kindergarten and grade four students will be crossing the stage marking completion the first PYP year, and the completion of the last PYP year. Please plan to attend this closing event; students will be dismissed for summer holidays right after the ceremony. PYP report card sent home will be sent home with the students; MYP report card mailed home on June 28, 2013.

Again, enjoy these last few days at school. The memories that will be created bring a delightful closure to the year.

Have a great week.

Mrs. Laurel Middelaer
Head of Junior School

Junior School World Partnership Walk – Friday, May 31st, 2013

The Junior School World Partnership Walk was a huge success last Friday, May 31st. Thank you to all of the parents and volunteers! Thank you for taking the time out of your day to help us run the walk. Of course, thank you to the Grade Sixes for your hard work in making a difference to help support people in developing countries to meet their needs. Thank you as well to all of the teachers for being so flexible with our schedule. Stay tuned for an announcement in the next assembly!

Cayla Smith, 6SA

Camps for your Pre Teen and Teen

The culmination of the Junior School brings with it a time of celebration and reflection. What lies ahead though are the rigors and challenges of the Senior School. Prepare your children for the vast experiences that High School offers by participating in the following camps:

- With camps such as **Young Scientists-T316 and R423**, your child will get a firsthand taste of High School Science.
- In **Graphic Novels – R422** they will dive into the world of literature with an artistic twist in the media arts lab.
- With **Play Together, Learn Together – S219** they will realize that not all learning occurs in the classroom and the importance of leadership and teamwork.

- Finally, **Taming Tension – S224** will allow older students to realize that the key to success is finding balance while juggling new aspects to life.

Pick the camp of your choice and then [click here to register](#).

Week 2: July 8 – 12

Play Together, Learn Together: Health Fitness and First Aid! S219

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**

Taming Tension S224

Ages: 13-16 (as of 12/31/13)

\$225

Have you ever felt stressed out? It’s that feeling you get when you’re trying to cram the night before a big test or it’s the brick wall you keep on running into when you’re trying to write the last few paragraphs of a research paper. Or maybe it’s the pressure of performing that song flawlessly or winning that championship that keeps you from being the best version of yourself you can be. Sometimes you don’t even know why you’re stressed.

So how do you react? Do you overeat? Procrastinate? Get angry? If this sounds familiar then Lucas has the answers to your problems. Through a fun filled week of cognitive, kinesthetic and physical exercises you will be empowered with the tools to stave off the problems that stress presents in your life. Through team building experiences you will build a plan to regain control of your life to succeed. A good understanding of English is necessary.

Instructor: Lucas Matiello – Level Up Living

Week 3: July 15 – 19

Young Scientists T316

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

\$240

Put on your scientist hat for a week of experiments, dissections, investigations and competitions as we learn about physics, chemistry and biology in a fun setting. This camp incorporates science magic, microscopes, demonstrations and observations as you discover why things work they way they do and what makes science so interesting. Each day you will focus on a different science and at the end of the week we will get out our trusty microscopes to discover the many micro-organisms we can find in pond water. On Thursday we will head off to the UBC Botanical Garden to experience first-hand their food and medicinal gardens as well as their tree top canopy. 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: Nicole Curtis - Bonaccord Elementary

Week 4: July 22 – 26

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

Young Scientists R423

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

\$240

Put on your scientist hat for a week of experiments, dissections, investigations and competitions as we learn about physics, chemistry and biology in a fun setting. This camp incorporates science magic, microscopes, demonstrations and observations as you discover why things work the way they do and what makes science so interesting. Each day you will focus on a different science and at the end of the week you will get out our trusty microscopes to discover the many microorganisms you can find in pond water. On Thursday we will head off to the UBC Botanical Garden to experience first-hand their food and medicinal gardens as well as their tree top canopy. This camp includes daily recreational breaks. A good understanding of English is necessary.

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Senior School News

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End of Year Logistics

Tomorrow, Thursday, June 6th, is the last day of regularly scheduled classes for the Senior School students. The schedule after this becomes a bit more specific to the event and is more unique for each grade level or individual due to the specific classes they are taking and any exams they are sitting.

I thought it would be helpful to highlight a few specific details that will help students and parents navigate this time of year; however, please continue to refer to the calendar on the website and the Senior School Exam schedule that was distributed to the students and through the Wednesday. This is especially important for when to arrive and where to go for exams.

Southridge Exams will run from Friday, June 7 until Thursday, June 13. During this time, students are only required to be at school to write an exam. They are permitted to go home upon completion of their exam. Given the formality of exams, students must wear their summer uniform WITH their blazer.

Once this period is complete the following information should be helpful to know what responsibilities students have until the final ceremony on Friday, June 21st.

- Friday, June 14 – Students are not required to be at school for this day.
- Monday, June 17 – Grade 10 Students will write the Math 10 Provincial Exam (morning). All other grades are not required to be at school

- Tuesday, June 18 – Exam Review Day and BBQ. All students are required to be at school beginning at 8:00 a.m. We will be following a modified schedule to allow students to meet with every teacher (including non-examinable subjects). They will then have an opportunity to clean out their lockers for one final time. The morning will culminate with a BBQ and students are permitted to head home around 12:30 p.m.
- Wednesday, June 19 – Students in Grades 8-11 are required to arrive to school at 1:30 p.m. in Full Winter Uniform for the Senior School Prize Day. The Ceremony is planned to run from 2:00-4:00 p.m. Parents are invited and encouraged to attend. This is a new ceremony and will highlight the accomplishments of our students in Grades 8-11.
- Thursday June 20 – Grade 12 students will write the English 12 Provincial Exam (morning); Grade 10 students will write the Science 10 Provincial Exam (afternoon); A reminder that all Grade 12 students will have a Grad rehearsal at 1:00 p.m. at the School on Thursday. Any other grades are not required to be at school.
- Friday, June 21 – Grade 11 students will write the Social Studies 11 Provincial Exam (morning); Grade 10 students will write the English 10 Provincial Exam (afternoon);
- Friday June 21 – All students are required to be at School by 3:30 p.m. to attend the Commencement and Closing Ceremonies. This is a celebration of our Grade 12 Graduates and all parents are invited to attend.

One last reminder to everyone – please reference the exam schedules and calendar for any further details involving these events. As always, should you have any further questions please contact me.

Finally, I would like to send a note of good luck to all of the students as they begin their exams and wish them the best of all success in these evaluations! I know these can be difficult and, at times, stressful, but they build important skills that will be vital when they begin any Post-Secondary studies.

Have a great week!

Doug Palm
Head of the Senior School

International Service Trips 2014: Still Spots Left for Ecuador

Our service trip back to the Maasai Mara region of Kenya in March 2014 is now full, but we still have a few spots left in our trip to the Andean region of Ecuador. Please contact Mr. Weaver at dweaver@southridge.bc.ca or 604-542-1796 if your secondary school child is interested in participating in this experience.

Mr. Daryl Weaver

Grade 12 Tea Volunteers

It has been the tradition at Southridge for the Grade 11 parents to host the tea after the Grade 12 Convocation ceremonies. This year the event will be held on June 21st and we are looking for Grade 11 parent volunteers to help put on this early evening celebration. If you are interested, please email this year's coordinator, Roberta Pak at pak.roberta@gmail.com.

Mrs. Roberta Pak

Congratulations to Southridge Drama Students!

This past April, Southridge drama students competed in the 2013 Kiwanis Fraser Valley Speech & Drama Festival where they performed dramatic monologues and musical theatre pieces.

The following students have successfully been acknowledged within these categories:

Serena Bonneville and Abby Wells	- Shoreline Actors Academy Award
Brian Redies	- Dramatic Monologue Medallion
Nirvon Soraya-Galo	- Dramatic Monologue Award
Nicole Moretto	- Elaine Lindbjerg Award to an intermediate voice student & Runner-up for the Musical Theatre Provincial Delegate

The awards will be presented next Friday, June 14th at 7:00pm at Kwantlem College.

Congratulations to all of the drama students who participated in the competition and to those who received these awards.

Ms. Kelly
Performing Arts Teacher

Southridge students recognized with multiple awards in WorkSafe BC Student Safety Video Contest.

Two teams of Grade 9 students have been presented with two of the three awards available in their age category in the province-wide WorkSafe BC Student Safety Video Contest.

The contest is designed to help youth develop greater awareness of their rights and responsibilities regarding workplace safety. With youth workers some of the most vulnerable and often-injured in the province, the contest-winning videos are truly made “by youth for youth” and will be used in real workplaces as part of health and safety training.

In year’s contest, student entrants were asked to answer the question: “It’s your job: What do you need to make your workplace fair and safe?”

Runner Up Award - \$500 prize to students, \$1500 prize to school
(Determined by an industry panel)

Ian Leighton
Amrit Athwal
Addie Alderson
Natia Vabson
Claudia Mitzel

People’s Choice Award - \$500 prize to students
(Determined by audience voting)

Ishaan Kohli
Kai Lung
Kevin Ahn
Josh Barrett

A representative from WorkSafe BC and two industry sponsor representatives visited Southridge on Monday, June 3 to present the awards to the students. Congratulations to our students for their tremendous achievements!

To see their winning videos, please click the link below:

<http://www2.worksafebc.com/Topics/YoungWorker/Safety-Video-Contest.asp>

Mr. Westendorf
Media Arts Teacher

Laptop Return

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

Library Books

Thank you to all of the students who have returned their books. Students have been receiving notices and emails regarding any library books still on their accounts. The library will reopen as soon as the inventory has been completed.

Textbooks

- Students can return textbooks to the library at any time prior to the exams for courses without final exams.
- For subjects WITH final exams, keep the textbooks until the exam date.
- Please note that students will be charged for any lost library books or textbooks on student accounts after June 24th. Unfortunately we are not able to issue refunds as new books will need to be ordered for next year. Thank you for your cooperation.

We will be in the Great Hall collecting textbooks before each exam on exam days (from 7:45 am for morning exams and from 11:30 am for afternoon exams). Students may also return the textbook directly to the library after their exam.

Ms. Maggie Yee
Senior School Librarian

Summer Camp for Teens

Equip your teen with the tools to deal with stress and anxiety. This camp runs from July 8 – 12. [Click here to register.](#)

TAMING TENSION

S224

Ages: 13 - 16 (as of 12/31/13)

\$225

This camp focuses on healthy thinking, understanding stress and anxiety, self-management and relaxation techniques as well as nutrition and lifestyle choices. You will learn that stress and anxiety is common, which will help reduce any negative feelings of isolation. Through self-management strategies you will be empowered with tools that will build your confidence when faced with the stresses in your life. There will be lots of team building experiences resulting from supporting each others strategies. Together we will build a plan as we work our way through the week. Activities will use cognitive, kinesthetic and physical exercises. All of this in a fun, interactive environment that reinforces learning in a

memorable manner! Lucas suffered from panic disorder for fifteen years before he regained control of his life. He now focuses on helping young people regain theirs. A good understanding of English is necessary. **Instructor: Lucas Mattiello – Level Up Living**

Both Schools

Save the Date!

Welcome Back BBQ on Friday, September 13th!

This year, we will be changing things up a little and moving our annual Welcome Back to Southridge event to Friday, September 13 from 3:00pm to 5:00pm. The entire Southridge Community is invited to the BBQ! Teachers, staff and all Junior and Senior School families, are welcome and encouraged to attend. We'll have food, music and an opportunity to meet, mingle, and rekindle friendships with your teacher(s), classmates and fellow parents.

There will also be a 'volunteer fair' in the Great Halls and an indoor movie for the kiddies in the gym!

Will Chow and Wendy Tang, new Kindie parents, are chairing the event this year and will be looking for volunteers soon. Be sure to sign up if you're asked! Stay tuned for more information – but put the date and time in your calendar today!

Ms. Christiane Hodson
Director of Advancement

Uniform Shop News

It has been an eventful year in the Uniform Shop with lots of exciting changes. We have done our best to accommodate you during the transition to our new supplier.

Changes to uniform:

- PE kit for Grades K - 12 - we have been able to source a new PE dry fit t-shirt and shorts that are better quality and fit.
- Leisure Track Suit Grades K – 12 – this is a new mandatory uniform item to be worn for team travel, co-curricular teams, competitions, field trips, service trips and any other off campus excursion and can also be worn in PE class.
Note: Please keep in mind that all existing PE shirt and shorts and Umbro tracksuits are grandfathered until June 2015.

You can pick up the tracksuit and PE shorts and top from June 17 – 20th.

We will open again from August 26th - 30th before school starts.

Reminder to Grade 8's; don't forget you need a blazer for assemblies, Photo Day, Remembrance Day and other special events.

We are grateful to the many students and parents who have made purchases in the Uniform Shop; the support to your school is appreciated.

NEW ITEM JUST IN – WHEELED BACKPACK

- Padded Laptop Holder Inside Main Compartment
- Padded Mesh Shoulder Straps
- Self Fabric with Padded Mesh Carry Handle
- Trolley Wheels and Extendable Pull Handle
- Hideaway Back Panel for Shoulder Straps
- Fits in the locker well

Regular hours:

Monday to Thursday 7:45-9:00 am and 2-4pm

Junior School Uniform**Regulation Winter Dress****October 1 to April 30**

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

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

All uniform pieces are to be labeled for identification purposes.**Regulation Summer Dress****May 1 to September 30**

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

All uniform pieces are to be labeled for identification purposes.**No ties required for summer dress uniform.**

The golf shirt may be untucked with hem no longer than 3” below the waist. The blouse and dress shirt must be tucked in.

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

Senior School Uniform

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

Regulation Winter Dress**October 1 to April 30 when not required to wear Number One uniform**

BOYS	GIRLS
Blazer-mandatory for Gr. 8-12	Blazer-mandatory for Gr. 8-12
White button down shirt LS/SS, school issued tie (Board of Stewards, Service, Lifer)	White blouse LS/SS, school issued tie (Board of Stewards, Service, Lifer)
Grey flannel dress pants, secured at the waist by a black	Southridge tartan kilt (Grades 8-12) to be no more

belt	than 8 cm (3") above the knee cap
Dark grey socks	Black opaque tights or black knee socks
Black polishable dress shoes - No heavy work-type shoes, buckles or other metal features, boots or clogs	Black polishable dress shoes - Senior School heels should not be higher than 6 cm (including the sole)
Black vest, pullover or cardigan sweater	Black vest, pullover or cardigan sweater
Southridge tracksuit	Southridge tracksuit

Number One Uniform (highlighted items) to be worn for formal occasions including: Prize Day, Closing and Commencement, Photo Day, Grad Photo Day, Full School Assemblies, Remembrance Day and some travel/tour trips.

Blazers to be worn at all Senior School assemblies.

Regulation Summer Dress

May 1 to September 30 when not required to wear Number One uniform

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

Ties are not required for summer uniform dress. Blazers to be worn at all Senior School Assemblies.

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

Athletic Wear

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

Optional Uniform Items

BOYS	GIRLS
Long sleeve dry fit shirt	Long sleeve dry fit shirt
Black fleece jacket	Black fleece jacket
Exchange and tour ties	Exchange and tour ties

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

All uniform pieces are to be labeled for identification purposes.

Southridge Tracksuit

The purpose of the tracksuit is to ensure uniformity and that our students are identifiable as Southridge students be it on athletic teams or travelling as a group on school fieldtrips. The Southridge tracksuit may also be worn in PE class.

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

Tracksuit jacket is the mandatory travelling attire if school blazer is not required.

Digest and Menu for the Week of June 10th – 14th

Hello Southridge,

With summer just around the corner and students almost into exams, the Café is starting to wind down also. While winding down means reducing our inventory as the students schedule is unusual from their daily schedule, we will still be providing wonderful delicious and nutritious meals such as Thai Style Salad with Salmon, Asparagus and Rice Noodles, Grilled vegetable Flatbread, Pasta with vegetables and Ricotta Sauce, Sauteed Vegetables, breakfast wraps, salads, pizzas, and some of our other on the go items, we just won't have a set menu provided through the exam schedule, to be able to have the flexibility of preparing with ingredients we have on hand.

The kids will have EAT WHAT YOU WANT DAYS, with a full selection of some of their on the go favorites.

Before exam time, students can stop into the Café to grab a yogurt parfait, or a breakfast wrap or an apple which is proven to increase brain function.

We would like to take this opportunity to thank you from Chartwells at Southridge Cafe. You are our clients' and you are important to us. We look forward to serving you again in the new school year with exciting specials, and nutritious and delicious meals

Have a wonderful summer, taste a new food, cook a new recipe and enjoy local and seasonal cuisine.

Bon Appetit

Marat Dreyshner and Café Staff
Chef/Unit Manager

BOOK RETURN 2013

By Tuesday May 28th

Return all library books to the library



Before Exam Day

Return textbooks in person to the library

Return textbooks in person to the class teacher



On Exam Day

Return textbooks in person in the Great Hall

From 7:45 am for morning exams

From 11:30 am for afternoon exams



After Exam Day

Return textbooks in person to the library to ensure the books are removed from the correct account

Students will be charged for any textbooks and library books that have not been returned by Monday June 24th.

After this date, orders for new textbooks will be placed.

Southridge Examination Schedule

June 2013 (May 28, 2013)

Students will write their examinations in the Gym with the exception of those students who are authorized to write in the alternate setting. Southridge examinations are designed to be completed in under 2 hours but students may take up to 3 hours to complete any examination. **Please remember to return all your books prior to the examination.**

MORNING EXAMS:

Advisor Groups: 8:05 am

Assembly: 8:10 am

Exam Begins: 8:30 am

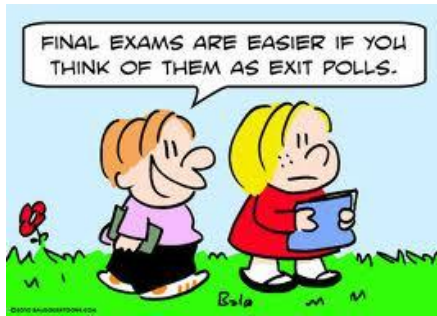
AFTERNOON EXAMS:

Assembly: 12:15pm

Exam Begins: 12:30 pm

8:30am Start	Friday June 7	Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13
8	ENGLISH 8	SOCIALS 8	FRENCH 8		MATH 8 & MATH 8 (Accelerated)
9	ENGLISH 9	MATH 9	SOCIALS 9		FRENCH 9
10	FRENCH 10	MATH 10 (Mock Provincial exam)		SCIENCE 10 (Mock provincial exam)	SOCIALS 10
11	SOCIALS 11 (Mock Provincial exam)	FOM MATH 11 PREC 11	ENGLISH 11	CHEM 11/11H	PHYSICS 11/11H
12	CHEM 12	PRE-CALCULUS 12	HISTORY 12	PHYSICS 12	CALCULUS 12 FOM 12 (ALL CHAIRS & DESKS RETURNED)
12:30pm Start.					
10	ENGLISH 10 (Literary essay)		Math 10 Exam Return Rooms 240, 236, 235	Science 10 Exam Return Rooms 112,114, 116	ATHLETIC BANQUET
11	FRENCH 11	BIOLOGY 11 (2hrs) A.Szymczak Practical Lab Exam 116		Social Studies 11 Exam Return Rooms 200, 210	
12	FRENCH 12		BIOLOGY 12 A.Szymczak	ECONOMICS 12 SPANISH 11/12	

Provincial & School Examinations: June, 2013



Southridge School Examinations

The last day of classes for Southridge students will be Thursday 6 June and school exams will begin the following day. I would ask you to review the schedule, and our examinations policy, (see attachments) very carefully with your sons and daughters. It is really important that students get enough sleep, exercise, relaxation, and quiet study time in order to be at their best. Southridge exams are designed to be completed within a maximum of two hours, but students may take up to three hours for each exam if they wish. In the event of illness, or any circumstance that prevents the student being on time or able to write the exam, please contact Mr. Palm, Head of the Senior School, or Mrs. Holt, Senior School Academic Director as soon as possible.

BC Provincial Examinations & Final Events Schedule.

Please note that we will have two closing ceremonies scheduled during the provincial examination period. Our closing ceremonies for grades 8-11 will take place on Wednesday 19 June at 2:00pm and our final commencement ceremony will take place at 4:00pm on Friday 21 June

Date	<u>Morning: 08:30 – 11:30am</u>	<u>Afternoon: 12:00 – 3:00pm</u>
Monday, June 17	Math 10 Provincial (Electronic only)	
Tuesday, June 18	8:00am – 11:40am School Examination Return Final Locker Clean out 11:45am: Closing BBQ	
Wednesday, June 19	Students arrive at 1:30pm Prize Day for grade 8-11 students. 2:00pm start.	
Thursday, June 20	English 12 Provincial Grad Rehearsal 1:00pm	Science 10 Provincial
Friday, June 21	Social Studies 11 Provincial	English 10 Provincial Commencement Ceremony (Whole School) 4:00-6:00pm Grad Tea to follow



SOUTHRIDGE SCHOOL

Final Examination Policy, Senior School

MORNING EXAM SCHEDULE:

7:55 – 8:05am	Faculty distribute exams in the exam hall (gym)
8:05 – 8:10am	Advisory
8:10 – 8:20am	Assembly in the Great Hall
8:20 – 8:25am	Student Book Return
8:25 - 8:29am	Students enter the exam hall (gym) in silence
8:30am	Exams begin

AFTERNOON EXAM SCHEDULE:

12:00 – 12:10pm	Faculty distribute exams in the exam hall (gym)
12:10 – 12:15pm	Student Book Return
12:15 – 12:25pm	Assembly in the Great Hall
12:25 – 12:29pm	Students enter the exam hall (gym) in silence
12:30pm	Exams begin

EXAM INSTRUCTIONS:

Students

- 1) Unless otherwise specified, exams will be written in the senior school gymnasium. Only students with prior approval of the Senior School Academic Program Director, and the requisite documentation, can write in the alternate setting (room 120).
- 2) Students must bring the appropriate writing implements and calculators where applicable. Soft pencils are required for filling in SCANTRON sheets. Pencils will NOT be supplied.
- 3) Full school uniform (summer or winter) with blazer is required at all exams.
- 4) Unless in distress, students are not allowed to visit the washroom during an exam period. If necessary, an invigilator must accompany such exits.
- 5) An exemplary standard of honesty is expected. Notes of any kind (on paper, hand, arm etc.) are not allowed. Talking during an exam is unacceptable and any infraction of examination protocol will result in serious academic penalties outlined in the school's Academic Integrity Policy.
- 6) All requests for re-scheduling of exams must be arranged through the Senior School Academic Program Director.
- 7) No student is required to write more than two exams per day. Although every attempt has been made to avoid conflicts, it is the specific responsibility of each student to make the Senior School Academic Program Director aware of any conflicts in a timely manner.

- 8) In the event of illness, it is the responsibility of the student and his/her parents to contact the Senior School Academic Program Director or the Head of the Senior School prior to the exam.

Faculty

- 1) Exam invigilators must take attendance at the beginning of the morning and afternoon examinations and bring it promptly to senior reception.
- 2) Faculty of the subjects being examined must be in the exam hall for the beginning of the exam (for questions and/or problems) and at the end of the exam for the collection of their students' papers.

ENTRY:

Students

- 1) Students are required to enter the exam hall IN SILENCE and remain silent for the duration of the exam.
- 2) Students are advised to leave their cell phones and electronic devices at home. Those who bring them to school must, on immediate entry to the exam hall, place them in the containers provided.
- 3) Students must promptly go to their assigned seats and keep their exams face down until the Senior School Academic Program Director or Head of the Senior School gives the signal to begin.

Faculty

- 1) The Senior School Academic Program Director or Head of the Senior School will commence all exams.

DISMISSAL:

Students

- 1) Students are not allowed to leave the exam until 1 hour and 30 minutes have passed, after which point, dismissals will occur at 15 minute intervals.
- 2) When students have finished their exams, they must raise their hands to have their exam papers collected.
- 3) No student is dismissed until his or her exam has been collected.
- 4) When the allotted exam time is over, students must remain silent and seated until all exams have been collected.

Faculty

- 1) A table is placed at the back of the gym and labelled by grade, class section and teacher for ease of exam collection.

SIX WAYS TO SNEAK VEGETABLES AND FRUIT INTO YOUR DIET

According to Canadian statistics, we do not eat enough vegetables and fruit each day. In order to get your full veggie and fruit intake, here are some ways to get more of them into your diet.

- 1. Avoid naked cereal.** Give your cereal a boost by adding blueberries, strawberries, raspberries, sliced bananas or dried fruit like; cranberries, apricots, blueberries or cherries.
- 2. Blend it up.** Smoothies can have 2-4 servings of different fruit or vegetables. Be sure to use whole foods and not just juice for maximum nutritional benefits. If adding dairy products, use low-fat yogurt, kefir or milk.
- 3. Do the mash.** Mash cauliflower and turnips into mashed and twice-baked "potatoes". Grate carrots, zucchini, turnips and squash; add them to red sauces, meatloaf and chili. No one will notice but the nutritional benefits will be there.
- 4. Make veggie spaghetti.** A spiral slicer is a gadget that turns any firm fruit or vegetable into spaghetti-like strands, translucent long ribbons or thin slices. Add pesto or marinara sauce to raw "pasta" for a new twist on eating your veggies.
- 5. Skinny dip.** Don't forget about dessert! Dip fruit such as grapes, sliced apples, orange segments, or figs into melted dark chocolate or a peanut butter dip.
- 6. Be downright sneaky.** Use vegetable purees and add them to traditional comfort foods and desserts. Pureed blueberries, spinach leaves, carrots, sweet potatoes, butternut squash or cauliflower can be pureed and deliciously hidden into food. Visit www.thesneakychef.com for recipes that all include at least one serving of vegetables.

CANADA'S FOOD GUIDE RECOMMENDATIONS FOR VEGETABLES AND FRUIT :

Age	Children			Teens		Adults		Adults	
	2-3	4-8	9-13	14-18 yrs old		19-50		51 +	
Vegetables and Fruit Portions	Boys & Girls			F	M	F	M	F	M
		4	5	6	7	8	7-8	8-10	7

Canada has a food guide just for you! Make your own personalized food guide at www.healthcanada.gc.ca/foodguide.

Sources:

Top 10 Reasons to Eat Fruit and Veggies. Available at: www.fruitsandveggiesmorematters.org.

Health Canada: www.healthcanada.gc.ca/foodguide.

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.