



SOUTHRIDGE

Wednesday

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Weekly Voice

The Dangers of Vaping

A number of parents have asked me about the prevalence of e-cigarettes among Southridge students and what the consequences are for students who vape on school property. On page 14 of The Southridge Senior School Handbook our policy reads:

The use or possession of illicit drugs or alcohol while at school, in transit to and from school or attending a school trip or function is forbidden. Students under the influence or in possession of intoxicants will face serious consequences, including expulsion. The use of tobacco and tobacco-related products (including e-cigarettes and vaporisers) is prohibited.

If caught vaping at school or on a school trip, the student's vaping device would be confiscated, parents would be notified, and a meeting at the school would follow. School suspension and expulsion are possible consequences for multiple infractions.

The world of vaping and e-cigarettes is one of the fastest growing industries on the planet. Companies are making huge profits and teens are often the targets of marketing strategies (flavours such as "Cotton Candy" and "Peanut Butter and Jam" can be purchased). According to research, many young people mistakenly and tragically believe that vaping is a safe and harmless alternative to smoking cigarettes. The following is part of an article written by Kathleen Raven, a Yale University researcher titled, *Your teen is underestimating the health risks of vaping*:

Yale health researchers who study the health effects of vaping and e-cigs agree: Vape devices have not been proven to help adult smokers quit smoking. Moreover, vaping increases the risk a teen will smoke regular cigarettes later.

"We don't want youth to use devices and become addicted. That's my concern. The addiction to nicotine and conversion to cigarettes," says Roy S. Herbst, MD, Yale Medicine's chief of medical oncology at Yale Cancer Center. He points to two heavyweight organizations, the American Association for Cancer Research (AACR) and the American Society of Clinical Oncology (ASCO), that have issued statements that vaping could be harmful to youth.

One particular brand, called the Juul, a "pod mod" device, is worrying to addiction researchers. Juuls arrived late to the e-cigarette market in 2015, about eight years after vaping devices first began appearing in the United States. But the company, called Juul Labs, has surged ahead of competitors. In August, Juul accounted for 72 percent of the e-cig market, according to news reports. Sleek and slim, with an appearance that mirrors a flash drive, the Juul has been established among youth as the vaping tool of choice. Teens even morphed the brand into a verb—juuling—according widespread news coverage chronicling its rise. "When we ask teens about their vaping or e-cig habits, they don't even consider juuling to be part of that," says Suchitra Krishnan-Sarin, Ph.D., co-leader of the Yale Tobacco Center for Regulatory Science, one of 14 centers in the country funded by the National Institutes of Health (NIH) and the FDA to foster tobacco regulatory research. This is what a Juul device looks like (see <https://www.juul.ca/>):



The San Francisco-based company, and other vape manufacturers, including Vuse, MarkTen XL, blu e-cigs, and Logic, are under scrutiny by the FDA for marketing and sales practices that seem aimed at teens and young adults, according to an announcement the FDA released on September 12. "The agency is asking each company to submit to the FDA within 60 days plans describing how they will address the widespread youth access and use of their products," the news release states.

"We cannot allow a whole new generation to become addicted to nicotine," FDA Commissioner Scott Gottlieb, MD, says in the release.

While it's possible to buy liquid without nicotine for some e-cigarettes, it's not possible to do so with popular pod mod devices. According to Juul's website—in a description that has since been taken down—a single Juulpod contains 40 mg of nicotine, which is similar to "the nicotine yield of a pack of cigarettes." (The company also sells Juulpods with approximately 23 mg of nicotine.) But researchers explain that it's difficult to describe a single pod as a "serving." A person might consume one pod in a week, while another may take only one day.

What may be the most important message of all is that e-cigarettes and vaping come with many health unknowns, Dr. O'Connor adds. "You see plumes of what looks like steam coming out of people's mouths on the street when they are vaping, and I think they assume it's mostly safe, mostly water. But these liquids used in vaping are filled with all kinds of stuff [like nicotine, marijuana, flavoring agents, chemicals], and we don't always know what else is in there."

We want to educate Southridge students about the dangers of vaping. Below you will find some additional resources you may find helpful. Hopefully, with discussions and proper education happening both at home and at school, our students will make wise decisions around this dangerously deceptive habit that appears to be clouded in misinformation.

In the new year we will be bringing in Dr. Erin Smith to speak directly with our students on the dangers of vaping.

[JUUL: the vape device teens are getting hooked on](#)

[GUIDE: How to talk with your kids about vaping.](#)

[How the vaping industry hooked a new generation of teens on nicotine](#)

The Southridge faculty and staff care immensely about the health and safety of all Southridge students and want the school to be a safe place to live and learn.

Have a great week and a wonderful Winter Break!

Brad Smith
Head of Senior School

Important Dates

| Event | Date | Time | Location |
|---|------------------------------------|----------|--------------------------------------|
| Senior Christmas Concert | Wednesday, December 12 | 7:00 pm | Alan Brown Great Hall |
| MYP Assembly | Monday, December 17 | 8:10 am | Junior School Great Hall |
| Junior School Christmas Concert Dress Rehearsal | Monday, December 17 | 1:00 pm | Junior School Great Hall |
| Junior School Christmas Concert – Matinee | Tuesday, December 18 | 1:00 pm | Junior School Great Hall |
| Junior School Reading Camp Day | Wednesday, December 19 | All Day | Junior School |
| Junior School Holiday Assembly | Wednesday, December 19 | 8:10 am | Junior School Great Hall |
| Junior School Christmas Concert | Wednesday, December 19 | 6:30 pm | Junior School Great Hall |
| Junior School Feast Performance | Thursday, December 20 | 8:00 am | Alan Brown Great Hall |
| PYP Feast | Thursday, December 20 | 11:30 am | Junior School Great Hall |
| Senior School Feast | Thursday, December 20 | 6:00 pm | Senior Gym and Alan Brown Great Hall |
| Casual Day | Friday, December 21 | | Both Schools |
| MYP Breakfast | Friday, December 21 | 8:30 am | Junior School Great Hall |
| Junior School Early Dismissal | Friday, December 21 | 11:45 am | Junior School |
| Term 1 Report Cards | Friday, December 21 | 11:45 am | Junior School |
| Alumni Christmas Reunion | Friday, December 21 | 6:00 pm | Alan Brown Great Hall |
| Winter Break | Saturday, December 22 – January 14 | | Both Schools |
| Late Start | Monday, January 14 | 10:20 am | Both Schools |
| Senior Assembly | Monday, January 14 | 10:40 am | Senior School |
| Junior School Weekly Assembly | Wednesday, January 16 | 8:10 am | Junior School Great Hall |
| Grade 6/7 Dance | Friday, January 18 | 7:00 pm | Junior School Gym |
| Junior School Weekly Assembly | Wednesday, January 23 | 8:10 am | Junior School Great Hall |

Junior School News

Junior School Winter Concert Information

Believe it or not, our Junior School Winter Concert is next week! We hope that you will be able to join us for the matinee performance on **Tuesday, December 18th at 1:00 pm** or the evening performance on **Wednesday, December 19th at 6:30 pm**. As a reminder, students should plan on arriving at **6:15 pm** for the Wednesday evening show, and they should meet in their homerooms.

As usual, students will wear their white dress shirts (no ties) with dark (black, grey, or navy blue) pants or skirts to school on Monday, December 17th and Tuesday, December 18th for the dress rehearsal and matinee, as well as for evening performance on Wednesday, December 19th. The school will provide the coloured T-shirts and accessories to wear with this base outfit. If you have any questions, please feel free to email us at any time.

Please remember that all students are expected to participate in our winter concerts. If your family has a previous commitment on the Wednesday evening, please let us know as soon as possible.

We thank you for your continued support of our Junior School music program, and we wish you and your families all the best for the holiday season!

Dr. Kevin Bospflug and Mrs. Donna Winterburn
kbspflug@southeridge.bc.ca; dwinterburn@southeridge.bc.ca

Junior School Reading Camp Day – Wednesday, December 19

Wednesday, December 19 is Reading Camp Day in the Junior School! Students should come to school in their PE attire, so they can be comfortable all day as they will engage in literacy activities throughout the day, as well as some physical activity. Uniforms can stay at home so that they are cleaned and ready for the evening presentation of our Christmas Concert. Black shoes should also be polished!

Throughout the day, students will engage in various forms of reading, which might include independent reading time, shared reading, reader's theatre, choral reading, digital reading, and author visits. We look forward to celebrating the joy of reading together as a way to create some calm and connection prior to our evening Christmas Concert and our Feast celebrations.

Dismissal for Winter Break and Return for Monday, January 14, 2019 (Late Start)

On Friday, December 21, all Junior School students will be dismissed at 11:45 am for the Winter Break. Winter break is three weeks long with classes resuming at 10:25 am on Monday, January 14, 2019 (Day 2). Students should arrive between 10:10 and 10:20 am for a start time of 10:25 am. ***Please do not drop your child off before 10:10 am as all teachers and staff are in meetings and no supervision is provided.*** Please mark your calendars accordingly.

Spreading Christmas Cheer

Southridge School has had a long-standing friendship with Sunnyside Manor. For nearly 15 years, the Junior School choirs have visited Sunnyside Manor to perform for the seniors every winter and spring. Similarly, we invite the residents to attend our Junior School winter concerts, PYP arts celebrations, and MYP musicals.

Last Thursday, the students of Grades 4-7 Glee made our annual December visit to Sunnyside Manor. The choir sang five selections for the seniors, and we then had fun singing Christmas carols together.

Please enjoy the photos taken by Calla Oxley. As they clearly show, Buddy the Elf was correct when he said that “the best way to spread Christmas cheer is singing loud for all to hear.”

Mrs. Winterburn and Dr. Bespflug
Junior School Music Teachers

MYP Breakfast

The MYP Breakfast for Grades 5-7 is happening Friday, December 21st. Please remember to send your child to school HUNGRY, as they will be eating a huge breakfast at 8:30 am. Students are allowed to wear either their pajamas or festive loungewear. The schedule for the morning is as follows:

- 8:00-8:30 students with homeroom teachers
- 8:30-9:15 breakfast in Great Hall
- 9:15-9:50 holiday songs sing-a-long in Great Hall

- 9:50-10:20 recess
- 10:30-11:30 Vancouver Theatre sports presentation in Great Hall
- 11:35-11:45 back with homeroom for dismissal
- 11:45 dismissal

Ms. McNeil

November, a Month of Remembrance

We are proud to announce that our last week's Casual Day in the Junior and Senior Schools for the Royal Canadian Legion was a success and raised \$876.60. Thank you for your generous donations to support our veterans and other programs!

Students Taking Action Together Club, Sponsored by Mrs. Murchie and Ms. Labelle

Storm Invitational yields a 4th place finish for U13 CAIS Boys

On December 7th, the Southridge athletics department played host to twelve schools from across the lower mainland. This tournament was a great opportunity to see not only different programs like Khalsa School from Surrey, Unity Christian and Mt. Slesse from Chilliwack, but also some top tier programs such as St. George's School and Vancouver College. Anticipation for the tournament was high, and it did not disappoint.

For the Southridge U13 CAIS Boys Basketball team, the day started off with a convincing win against Khalsa School in the form of 39-3. The running time made games fast and action packed; a great way to start off the tournament.

In our second game, the boys faced off against Unity Christian. Though a competitive team with some skilled players, the Southridge boys hit their stride, making improvements from earlier in the week, and won that contest 43-14. Our high energy group won their pool with that win and punched their ticket to the tournament semi-final.

Heading into the semi-final, the Storm looked to building on the successes of the morning and competed against a much larger program in Vancouver College. Building a lead in the first half, the boys demonstrated how they can challenge any program when given the opportunity. After a back and fourth battle throughout the game, the boys ended up on the losing end by 6 pts. This was a well contested game for our team, and a great early season test for our group.

After playing such a high emotion game in the semi final, the boys struggled to get going in the bronze medal game against Collingwood. With a large deficit at half time, the boys rallied to regroup and end the tournament on a good note. Despite their best efforts, the clock beat us to the end resulting in another 6 point loss to end our day.

This was a great test for our team, and a day filled with lessons and memories already in our early season. As coaches we are consistently impressed with the growth of this group as they continue to push themselves to get better each day.

Congratulations boys on a great tournament!

Next game: Tuesday Dec. 11th vs Collingwood School (Jr. Gym @ 3:25pm)

GO STORM!

Senior School News

The Senior School Feast

On Thursday, December 20, the biggest event of the year is happening: The Senior School Feast! Most students will tell you that this is one of the best events at Southridge and it is definitely something that all students will want to attend. It is a night of hilarious entertainment and of course, an amazing turkey dinner made and served by our very own Senior School parents! **Students should be at school between 5:30 - 5:45 pm** where they will meet in their advisory, then it's down to the gym for our incredible Christmas dinner followed by a night of entertainment in the Great Hall! **Parents can pick up their son or daughter at 10:00 pm.**

Grade 12 Purdy's and Gift Card Fundaisers

- Purdy's orders will be available for pick-up on Thursday morning at Senior School reception.
- Gift card orders will be available for pick-up on Friday morning at Senior School reception.

Drama Department Update

The Black Box Theatre has been a buzz this fall season with preparations for the Remembrance Day Ceremony, the Grade 10 performance for the Junior School Feast, the Grade 9 Choral Odes, Improv Olympics in Grade 11, and of course, preparations and

rehearsals have commenced for our mainstage school show, FAME: the show about students in a performing arts school. This year the show will take place at the Coast Capital Playhouse in White Rock at the end of February, featuring 80's song and dance numbers, and will even showcase a film component!

To make the show a success, we rely on a hefty number of parent volunteers, and this year is no different. We are looking for traditional **jazz shoes** for ladies and men of all sizes and would appreciate any contacts or donations. We require 25 pairs, so any and all help would be most appreciated. We are also looking for **spray paint and artist grade acrylic paint**. If you have a source for this, we would appreciate all **donations**. Finally, we are looking for **wardrobe that represents 1982-1986**. I know this was the heyday for many of you, so drag out those old nostalgic bins of clothes and accessories and consider lending them or donating them to the department.

Please contact smacgregor@southridge.bc.ca or akolic@southridge.bc.ca if you can help. See you at the show February 27-March 1 at the Coast Capital Playhouse!

Ms. Sara MacGregor

An Evening in December: Senior Music Department Concert

If you are reading this on Wednesday, December 12, the bad news is that you have missed the first winter concert, held last night in the Alan Brown Great Hall. However, the good news is that we have another concert tonight! Join us, if you would like; there will be music from jazz ensembles, concert bands, choirs and various solo acts. In addition, we will show media arts films and enjoy artwork projected on the screen behind the bands. Intermission will feature the sale of treats to raise money for the service trips in Spring Break. The baton drops at 7:00 pm and there's no charge for the event.

Ms. Parker, Mr. Mitchell and Mr. Burrage

The Senior School Music Department

Provincial Graduation Numeracy Assessment

The new BC graduation requirements now include a mandatory Provincial Graduation Numeracy Assessment (GNA) that all students are required to complete before graduation. This has replaced the former Mathematics 10 Provincial Exam.

This exam is for students in Grade 10 or above and involves questions related to Grades K-10 math curriculum. The assessment requires students to solve problems by using the

five numeracy processes (different ways of thinking and working): interpret, apply, solve, analyze and communicate

We will be running this exam with all students who are currently registered in Pre-Calculus 11 on Monday, January 21st at 9am. This means that students in Grade 10 or 11 who are in Pre-Calculus 11 are registered to write the Numeracy exam. Students will be spending time in class the week following Winter break preparing for the exam, but little preparation is required. Students can access the Pre-Assessment Activities before this time if they would like to view some sample questions and responses.

The exam consists of 24 common computer scored questions and 2 written response questions that students select out of a possible four. These questions are scored by trained markers hired by the Ministry of Education.

If you are interested in more information about the Graduation Numeracy Assessment, including sample exams, please consult the Ministry of Education website (<https://curriculum.gov.bc.ca/provincial-assessment/graduation/numeracy>).

Heather Morris
Mathematics Department Curriculum Leader

Both Schools

After-School Clubs Now Open for Registration!

What can After-School Clubs do for your child...

- foster creativity and individual thought
- support classroom learning
- make connections with peers
- support social-emotional development
- build self-confidence and risk-taking
- strengthen leadership skills and public speaking
- and much more!

New & Updated

Clubs Days open for registration, even if you don't register for After-School Clubs on a weekly basis!

For more information or to register, [please click here](#).

Winter Weather Safety Tips

As we welcome December, we are preparing for the potential of ice and snow on campus this winter. With the winter weather comes a greater risk of slips, trips, or falls. We encourage our students (and families) to travel safely and follow these important tips:

- **Walk in designated areas.** Avoid using short cuts and self-made paths as these may be very icy and slippery — stay on the cleared paths, even if it takes extra time.
- **Consider wearing a backpack.** Backpacks keep your load closer to your centre of gravity. Carrying heavy items in your hands hinders your arms' ability to provide balance if you should slip. You will also need your arms free to help you recover your balance if you start to slide.
- **Wear appropriate winter footwear.** Wear shoes with traction — switch to winter-appropriate footwear, even if you're walking a short distance and plan to change into your indoor shoes upon safe arrival.
- **Keep both hands free for balance,** rather than in your pockets. Wear gloves or mittens to stay warm and your hands can stay free to balance or catch yourself if you do start to tumble.
- **Allow additional time** to get where you're going – do not rush in your vehicle or on foot.

Our facilities team does their best to prevent ice and clear snow as quickly as possible, however if you find some areas are slippery as you make your way across campus, please report the area to the front office receptionists of either school.

As always, the safety and well-being of our community is extremely important so please exercise caution this winter season.



2018 Parent Survey – Closing Soon!

Our 2018 Parent Survey will be closing soon. Please take a moment to share your opinions and feedback on your experience at Southridge. This is your opportunity to have a voice in the future of our school.

If you experience any issues with the survey, please contact Erin Labbé, Director of Communications and Marketing: elabbe@southridge.bc.ca.

Thank you for taking the time to provide us with your feedback!

Erin Labbé

The links below will take you directly to the online questionnaire. You only need to follow ONE link - they will each take you to identical online forms (if one appears slow to load, just click on another link.) If there are any questions that you would prefer not to answer, please feel free to leave them unanswered. If you have more than one child enrolled at Southridge, and feel that your answers would differ for each, we encourage you to complete the form separately for each child. This survey is completely anonymous.

<https://www.lmisurveys.ca/surveys/uploads/SSPS2018.aspx?X967Q5TG>
<https://www.lmisurveys.com/Uploads/SSPS2018.aspx?X967Q5TG>
<https://www.lmisurveys.net/Uploads/SSPS2018.aspx?X967Q5TG>

Southridge Café

Parents and students are reminded that there should be adequate funds in students' accounts before purchases are made in the cafeteria. If the student account is running low, please make a deposit into the account and any negative balance needs to be topped up as soon as possible. You can check your student account balance by logging onto www.mykidsspending.com or checking with the staff in the café.

To deposit funds into the student accounts, parents please log onto the My Kids Spending account and make a deposit via credit card or e-check. The credit card payment does have a service fee, but the e-check transfer does not. Alternatively, you can drop off cheque payable to Southridge School, or cash, to the Senior School reception and ensure that the cheque or cash envelope includes the student name, ID, and 'for Café' clearly marked.

Thank you for your attention and cooperation.

Phala Tan
Business Services Manager

Uniform Shop News

Please note that the shop is closed during the holidays from December 24 – January 13 and will reopen in the afternoon on Monday, January 14, 2019. Have a happy and safe holiday!

Regular hours are:

- Monday-Thursday: 7:45 - 9:00 am and 2:00 - 4:00 pm (on days with late start, we open only in the afternoon.)
- Friday: Closed

Phala Tan
Business Services Manager
ptan@southridge.bc.ca