



Letter from the Alumni Executive Board

ERIN SALH, VICE CHAIR

Dear Southridge Alumni,

It has been another spectacular year connecting with our alumni community. It has been a joy to integrate new alumni into our events, while simultaneously celebrating those of you familiar with our traditions. To see connections form between a vast number of Southridge graduates has been a privilege, and those of us on the Alumni Executive Board are greatly looking forward to another year with you all.

This year was a particularly special one, as we continued to expand on traditional events and initiatives, while introducing new ones, and were able to recognize milestones for many. We hosted our popular Alumni BBQ and Basketball tournament in June, a much-anticipated alumni event in the summer months. The camaraderie over basketball, was a pleasure to see among alumni spanning many graduating classes. As well, congratulations are in order for the Class of 2013, who celebrated their ten-year reunion at the Ocean Park Village and Pub, which also happens to be Southridge-family owned. We appreciate all of you for attending, and those of you who travelled long distances to reunite. Finally, we introduced a new event in August, as alumni accompanied by their families, attended the Vancouver Canadians Baseball Game. We hope this too can one day become a Southridge alumni tradition!

One of our proudest accomplishments in recent years as an Alumni Association is our ability to connect with current students and aid them in their transition from high school to university. Through the ASK program, alumni mentors are currently working with Grade 11 students to help them discover their passions and answer questions when it comes to career and university selection. It has been incredible to see the friendships that have flourished between alumni and current students. If you're interested in becoming a mentor, please [click here](#) to register.

While much has happened this year, there are still many events coming up! One being that Giving Tuesday is being held on November 28th in support of the Alumni Financial Assistance Fund. In addition, our Alumni Holiday Social will be held on Friday, December 22nd this year - save the date!

Thank you so much for your participation and unwavering support of the Alumni Association's initiatives. We are grateful to be in community and in conversation with you all.

Erin Salh
Vice Chair, Alumni Executive Board



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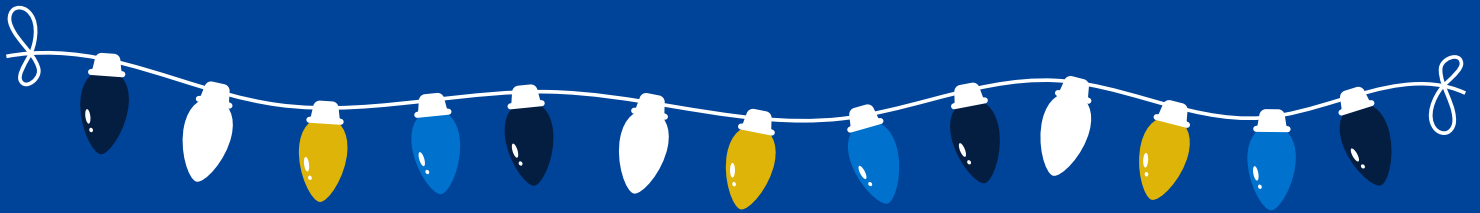
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Meet the Alumni Executive Board of Directors



Your volunteer Alumni Executive Board members are elected each year at the AGM in May. They are a team of Southridge alumni from various grad classes, who attend meetings throughout the year to voice their opinions and ideas for events and initiatives that their fellow alumni can take part in. They aim to create opportunities for alumni to connect with Southridge and each other, with the ultimate goal of fostering lifetime relationships with one another.

SAVE THE DATE



Alumni Holiday Social

DEC 22 2023

6:00pm-9:00pm

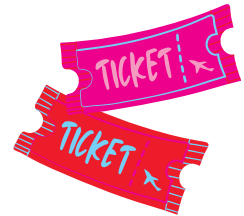
Join us for an evening of reconnecting, reminiscing, and making new connections as we come together to celebrate the holidays. Southridge graduates from the Classes of 1999-2023 and beloved Southridge teachers will be on campus to enjoy appetizers, entertainment, beverages, door prizes, and more!



LET EVERY SPIRIT SOAR SOUTHRIDGE gala 2023

- When:** Saturday, November 18th 6:00pm - 1:00am
- Where:** Southridge School (Senior School Gymnasium)
- Who:** Southridge families (current & alumni) and their guests
- What:** A vibrant evening to connect with Southridge families and enjoy a fabulous cocktail reception, savour a delicious buffet dinner, acquire remarkable live and silent auction prizes, and revel in an evening of dancing and festivity! Funds raised will support the purchase of essential capital items that enrich the learning environment and experiences of Southridge students.

The **raffle prize** for this year's gala is an authentic [Hermès Avalon pillows & blanket set](#) valued at over \$3,500! Tickets are \$50 each, and raffle ticket sales are open to anyone (you do not need to be in attendance to win). Online sales for the raffle close on Wednesday, November 15th at 23:59, so don't delay!



Get in on the **silent auction**! Every year, we have amazing items to bid on, including wine tours, tickets to shows/games, sports memorabilia/ equipment, trips, fitness packages, and so much more! The silent auction is now live, so don't miss out! [Click here](#) to start bidding.

About the Author

Michael G. Thompson, Ph.D. is a consultant, author, and psychologist specializing in children and families. He is the supervising psychologist for The Belmont Hill School and has worked in more than seven hundred schools across the United States, as well as in international schools in Central American, Europe, Africa, and Asia. Michael has authored or co-authored nine books, including *Raising Cain: Protecting the Emotional Life of Boys* (1991), *Best Friends/Worst Enemies: Understanding the Social Lives of Children* (2001) and *The Pressured Child: Helping Your Child Achieve Success in School and Life* (2004). A dedicated speaker and traveler, he has appeared on the Today Show, the Oprah Winfrey Show, 20/20, and 60 Minutes, among others. He is married to Dr. Theresa McNally, a psychotherapist, and is the father of an adult daughter and son and grandfather of two granddaughters and one grandson.

Community Speaker Event

Dr. Michael Thompson, Ph.D.
The Pressured Child: Helping Your Child Find Success in School and Life

WEDNESDAY, NOVEMBER 15TH

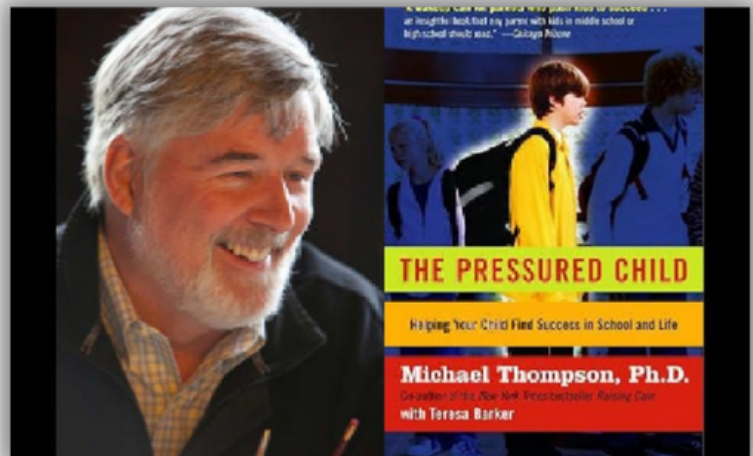
6:30PM - 8:00PM

SENIOR SCHOOL - ALAN BROWN GREAT HALL

New York Times best-selling author, Dr. Michael Thompson, will be joining the Southridge community on November 15th for an immersive day of discussions based on insights from his book, "[The Pressured Child: Helping your Child Find Success in School and Life](#)". In his presentation, Dr. Thompson describes the psychological journey that children experience during their thirteen years in school. He reminds parents that children are almost never judging themselves by grades; they are always monitoring their own development and constantly searching for three things: connection, recognition, and a sense of power. He illustrates how children find those in many different arenas of school life. We are very excited to welcome Dr. Thompson and to learn together as a community. Alumni and alumni parents are encouraged to attend the evening presentation on Wednesday, November 15th from 6:30pm-8:30pm in the Senior School – Alan Brown Great Hall

[Please RSVP](#) if you'd like to attend!

(under "Grade(s) of Child(ren) K-12" please specify "Alumni")



Get Involved at Southridge



Holiday Hamper Campaign

Each year our alumni support a family in need during the holiday season. We will be sending out the families “wish list” later in November. You can participate by donating items from the wish list. If you don’t have time to drop off items you can make a monetary donation and our Alumni Executive Board will purchase items on your behalf!

Career Day

On February 13, 2024, just before course selection we will be hosting a career day for our Grade 11 students. We are hoping to have various alumni on campus to share their post-secondary and career journey’s with our current students, to help inspire them as they determine what courses to choose for their final years at Southridge, and start thinking about what university and career path they’d like to take. Please email Marissa May at mmay@southridge.bc.ca if you’d be interested in participating!



Fireside Chats

During the university reading break in February, we invite recent graduates to come back to campus (and on Zoom) to share their experiences and advice with our current Grade 12 students. This visit brings our Grade 12 students some peace of mind and excitement as they approach first year university. Stay tuned for the event date, time, and sign up!

Alumni Fundraising Committee

Meet the Alumni Fundraising Committee!

Priya Gandhi '03, Shaquille Pabani '12, Tayla Westgard '09, and Sophie Wirch '17 are four incredible Southridge alumni with a passion for giving back. They recently formed the Alumni Fundraising Committee and are eager to engage our alumni community in making a difference.

The Alumni Fundraising committee works together to execute events, activities, and initiatives to engage the alumni community in giving back to Southridge. We are currently working towards a goal of raising \$1000+ for the Alumni Financial Assistance Fund in the 2023-2024 school year.

The Alumni Financial Assistance Fund makes the dream of attending your alma mater a reality for other deserving students. All money donated to the fund goes towards bursaries and financial aid for new students in Grade 8-12, who without financial assistance, would not have the opportunity to attend Southridge.

In speaking with our alumni over the years, they often acknowledge that the opportunity to attend Southridge changed the course of their lives; allowing them to develop their knowledge, confidence, and character, and achieve their full potential. For some of them, the opportunity to attend Southridge was made possible through financial assistance.

"My time at Southridge was made great by the community I was able to be a part of, past and now present. I was motivated to join the alumni fundraising committee to increase the ability for others to share in this same camaraderie and experience that was offered to me."

-Tayla Westgard, Class of 2009



Tayla Westgard
Alumni Fundraising Committee Board Chair

Alumni Fundraising Committee

Alumni Merchandise

Our Alumni Fundraising Committee has created an exclusive line of merchandise just for YOU! Choose from a baseball cap, hoodie, or T-shirt (or all 3)! We're so excited to see our alumni community representing Southridge far and wide as they seek their passions and make a difference in the world.

All proceeds will support the Alumni Financial Assistance Fund, which gives financial assistance to deserving students, who could not otherwise attend Southridge.

[Click here to purchase your alumni merchandise](#)



Giving Tuesday

On November 28, 2023, Southridge alumni from across the globe will come together to participate in the annual Giving Tuesday initiative. This worldwide event encourages acts of generosity and giving, and we are thrilled to be a part of it! During this year's Giving Tuesday, members of the Southridge Alumni Fundraising Committee will be reaching out to you to share information about the Alumni Financial Assistance Fund.

The Southridge community has always been defined by its commitment to helping others, and the Alumni Financial Assistance Fund is a testament to that commitment. By contributing any amount, you can play a significant role in shaping the future of deserving Southridge students, helping them access the same transformative educational experiences that you once enjoyed.

When our committee members reach out to you on Giving Tuesday, we invite you to engage with us and learn more about the Alumni Financial Assistance Fund. You'll have the opportunity to make a donation to this fund, no matter how big or small, and be part of something truly meaningful.

Your support will make a difference in the lives of Southridge students, opening doors to educational opportunities and personal growth. Every contribution counts, and together, we can create a more promising future for the next generation of Southridge graduates.

Stay tuned for our messages on Giving Tuesday, and remember that your generosity can have a lasting impact on the Southridge community.



From Southridge to Southeast Asia
**The Inspirational Journey of Southridge
 Alumnus Jonathan Yu, Basketball Coach**

BY MARISSA MAY
 ALUMNI RELATIONS COORDINATOR

Jonathan's Southridge story began in September 2000 when he walked through our doors for the first time as a grade 1 student, embarking on a journey that would shape his future. Among the exceptional graduates of the Class of 2012, Jonathan Yu stood out with his passion for basketball and an inspiring journey.

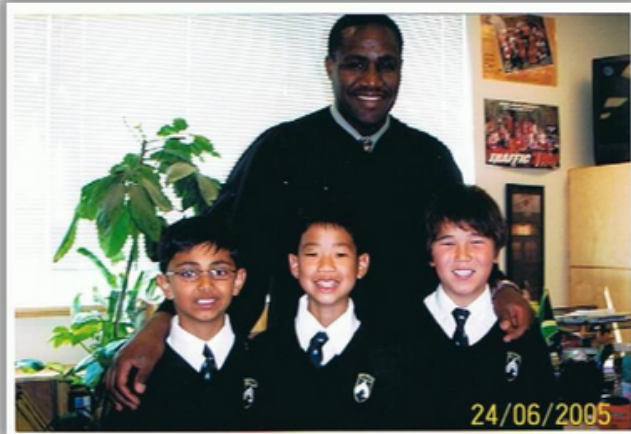


Sharing a special bond with close-knit teammates and coaches made for memories that will last a lifetime. “Going on team trips was a huge highlight for me, and even now at 29 years old those teammates and I can still rattle off jokes from those trips, and reminisce about the laughs we shared,” recalls Jonathan. “My favourite games were when we played in front of the school for the “Big Storm” tournament. We had Mr. Burrage and the band there playing, and all our family and friends cheering us on – those are moments I will not forget.”

FALLING IN LOVE WITH THE GAME

It was in those early years that Jonathan’s love for the game of basketball began to blossom. The basketball court quickly became his second home, a place where he learned valuable life lessons, discipline, and the importance of teamwork. “I fell in love with basketball when I was about 8 years old at Southridge being coached by Mr. Anderson,” says Jonathan.





COACH A'S MENTORSHIP

A pivotal figure in Jonathan's Southridge experience was Mr. Steve Anderson (better known as 'Coach A'), his basketball coach since grade 3. "Mr. Anderson made a big impact on me," says Jonathan. "He's someone I've known since grade 3, he was my grade 5 homeroom teacher, he coached my brother, and then I was fortunate enough to be coached by him; After graduating from Southridge, I coached alongside him, so our relationship has really come full circle," shares Jonathan. "Coach. A has continued on in my life as a friend. We had him over at my parent's house for a BBQ and caught up this past summer." Jonathan attributes much of his success and personal growth to the guidance and wisdom he received from Mr. Anderson. "He's definitely a mentor to me and has shaped who I am."

FIGURING OUT HIS PATH

"It took me a while to figure out my path after leaving Southridge I didn't have the traditional post-secondary experience," shares Jonathan. He explored various avenues before finally settling on pursuing a degree in kinesiology at the University of the Fraser Valley, with a specialization

in teaching and coaching. It was during his time at UFV in 2015 that he reunited with his former coach, Mr. Anderson, to help coach the Southridge Basketball team. He quickly stepped into the role of Assistant Coach of the Southridge Senior Boys' basketball team. "We ended up winning the championship that year, so that was huge, and that made me fall in love with coaching, going to the gymnasium, working with the guys, and trying to accomplish something," says Jonathan. On drives from UFV to Southridge, Jonathan reflected on where his path was going, "The best part of my time in University was when I was back in the Southridge gym coaching, and it made me reevaluate my career path, and what I really enjoyed doing."



A BLESSING IN DIGUISE

It was the unexpected turn of events in 2020, during the global pandemic, that truly defined Jonathan's journey. Quarantined with his family after their return from holidays, and no longer being able to coach Southridge basketball, Jonathan decided to utilize his time by delving deep into the study of basketball. He began to explore the science behind the sport, developing innovative ideas and approaches to the game. "I had a

conversation with my now-fiancé at the very start of the pandemic and said, ‘I think we can come out of this as better people, if we take time to reflect and invest in ourselves.’ Life slowed down and we could reevaluate what was important to us,” recalls Jonathan, who developed a desire to learn about coaching and basketball at that time. “I revamped everything I had already learned from Coach A, and started building on different ideas and learning about the science behind coaching and basketball. I was studying skill acquisition, motor learning, how your brain learns movement, and how I could apply it to basketball. It was interesting learning this science-approach coaching style and it inspired me to figure out this more efficient way to get players to learn,” shares Jonathan.

CAREER TAKE-OFF

This newfound passion led to an extraordinary opportunity. In May 2022, while Jonathan was finishing his teaching degree at UBC, a renowned coach in Italy, known for his science-based coaching methods, announced that he was looking for assistants. Jonathan secured a remote position with him on some projects in Italy.

This past January, Jonathan signed a contract with Fleetwood Park Secondary School, ready to take on a teaching position. A week after signing his contract, he found himself on a plane chasing his dreams on his way to Italy. “I ended up dropping everything and flying to small town Italy, about an hour outside of Milan to help coach the first basketball team to fully adopt science behind everything we do,” says Jonathan. “We were reading peer reviewed articles, and applying this research to the basketball

court with a team of 20 players from 13 different countries,” says Jonathan. It was a dream come true, an opportunity to share his wisdom, and learn from the best in the field. “It was an amazing experience working under that coach, he’s now working with the Portland Trail Blazers (NBA) and for the London Lions. Having coaching experience and working with him really boosted my resume and opened new doors,” shares Jonathan.

The journey didn't end in Italy. Jonathan's passion for coaching took him to Vietnam, where he now resides. “I’m coaching youth teams and small group training with youth all the way up to pros,” shares Jonathan. “I have a goal to revamp Vietnamese basketball, the sport is really new to Vietnam so it’s a unique opportunity to coach these players with a modern, scientific-based approach,” says Jonathan, who has an unwavering commitment to helping young men reach their full potential.



ALUMNI INVOLVEMENT



Despite being over 10,000 kilometres away, Jonathan remains a dedicated Southridge alumnus. He is currently participating in the ASK program as a mentor to one of our grade 11 students, and when he is in town, he has been on campus as a substitute teacher. Jonathan is also a key participant in our annual Alumni Basketball Tournament. “We all want to come back to see Coach A. It doesn’t matter when you played for him - we all consider ourselves ‘One Team’,” says Jonathan. “I think back to being in



elementary school and having grade 11 and 12 students come out to our home games, and those are guys that I still talk to, even though we never shared anything other than having the same coach, we’re still connected, so when we’re able to all come together for the Alumni Basketball Tournament it’s a cool feeling,” shares Jonathan.

AN INSPIRING MEMBER OF THE SOUTHRIDGE COMMUNITY

Jonathan Yu's journey is a testament to the power of passion, investing in yourself, and the enduring impact of Southridge. He exemplifies the qualities that make our alumni community so special, and we are incredibly proud to have him as part of the Southridge family. Jonathan's story is a reminder that no matter where life takes you, the lessons learned at Southridge are always with you, and the bonds forged here endure forever. As for Jonathan’s next steps, he says: “Who knows what will happen in the future or where this career will lead me. It’s crazy to think where picking up a basketball in the Southridge gym has taken me and where I will go with it.”



Examples of items we are currently collecting:

- Photographs
- Videos
- Southridge event posters, invites, and programs
- Southridge branded merchandise
- Southridge sports team uniforms
- Southridge school/gym uniforms

Examples of items we are not collecting:

- Yearbooks
- Student work

Preserving Southridge Memories

Do you have memories you'd like to preserve?

Did you know Southridge has its own Archives and Museum collections? The Southridge School Archives & Museum works to preserve and celebrate the history of the school and its community. Donations from alumni allow us to build our collection and preserve our community's history so it can be celebrated for generations to come. If you happen to come across any Southridge items, please feel free to send them our way.



NOV 11, 1997 REMEMBRANCE DAY ARCHIVES

If you have items you would like to donate to the school's collection, please contact Manda Haligowski, Archives & Records Manager at mhaligowski@southridge.bc.ca.

Spirit Magazine is Going Digital

Check out the Fall Issue Here



The Spirit Magazine, published twice a year, includes a variety of informative updates, stories from the school community, alumni and alumni family profiles, photos, and more.

If you have previously updated your record and selected “I prefer to receive the Spirit Magazine by Mail”, you will continue to receive it by mail.

Anyone who has not updated their record, will automatically start getting them digitally, as of the Fall 2023 issue.

If you’d like to receive future issues of the Spirit Magazine via mail, please [update your record](#), and select “I prefer to receive the Spirit Magazine by Mail”.





Support the Class of 2024

Grad Committee

Annual Fundraising Campaign

The Southridge Grad Committee is proud to announce its annual fundraising campaign!

Alongside their partners, Purdy's Chocolatier and Progressive Fundraising, the committee is selling chocolates and gift cards in support of Grad initiatives.

Each year, the Grade 12 class raises money in support of important events such as the Grad Dinner and Dance.

If you are already planning on buying gifts for friends, family, your business, or yourself, please consider purchasing them through the Grad Committee using the links below:

[Purdy's Chocolate Online Order](#) - Deadline: November 20 at 3:30 pm.

[Gift Card Order Form](#) - Deadline: November 20 at 3:30 pm.

Order Pick Up: December 8

If you have any questions, please feel free to contact Mr. Neil (mneil@southridge.bc.ca).

Thank you for your support!
The Grad Committee

Serving Our Alumni

At Southridge, we value our connection with alumni. No matter where you live, we are committed to providing opportunities for alumni to keep connected to the Southridge community and to each other.

We encourage you to stay connected and to update your information regularly so we can send you exciting information about upcoming events, alumni programs (e.g. the ASK Program) and other ways to support the Southridge community.

By keeping in touch with us, you will...

- Receive a University Care Package from Southridge (applicable to recent grads)
- Connect with Southridge and the alumni community
- Receive Spirit Magazine, twice per year – with stories, photos, alumni profiles, and more
- Expand your network for professional growth and development
- Continue your involvement in the well-being and future of Southridge

[Click here to fill out an Alumni Connections request](#)



Stay Connected

As a member of the Southridge Alumni Association, you have access to events, activities, and networking opportunities that you do not want to miss. To receive invites, newsletters, and other communications, please ensure your contact information is up to date.

[Click here to update your record](#) >

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