



The Midpointe

News and opinion for Southpointe Academy families

September 24, 2009

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NEW SCHOOL UPDATE

Let's get together and feel all right!

The students, the pot-luck diners, the faculty and the community are abuzz with interest about our new school plans. There is a hunger for information, and a growing excitement as the realization that a dream may soon become a reality.

To bring you up-to-date, this is what has happened so far:

- We have negotiated a land purchase with the South Delta Baptist Church for approximately 2 acres of land. Once the parcel is subdivided from the rest of the church property, we shall finalize the purchase.
- We have conducted geo-technical and environmental surveys of the site and found no impediments to placing a building there.
- We have worked with the Omicron Company to develop our concept: we have the school planned, designed and budgeted.
- We are now working hard on the finances of the project by examining the ways other schools have succeeded in the past, the ways schools currently in a development phase are proceeding, and updating our own business plan through 2014.

YES-BUT WHEN WILL WE ALL KNOW?

The answer to this question is November, because in addition to the work explained above, we have a large committee working on the presentation of our project to our whole community.

Meanwhile, please rest assured that you will be thrilled and excited by what you discover (and you will discover it first –we are very circumspect when speaking to others, including the press).

THE INTERNATIONAL DAY OF PEACE

Monday of this week was designated 'The International day of Peace' by the United Nations Organization. Though Colonel Gaddafi seems to believe that the UN is hopeless at bringing peace to the world, even he did not deny that peace is a laudable aim. We certainly think so, and our assembly was devoted to the subject.

Our Head Prefect, Bryson Dodwell, spoke eloquently after his swearing-in ceremony on the subject of peace, and asked the student body to make our school a place of peace. This was an impressive

Later, Meghan MacKenzie, a Grade 5 student, explained to the assembly with clarity, sincerity and assuredness, why the Grade 5 students accompanying her to the stage were carrying pinwheels. We learned that Ms. Kwok-Swan, with Bailey's loyal support, had introduced to the Grade 5's the concept of 'Pinwheels for Peace'. Enthused by what they heard, each student then designed a pinwheel with a message of peace. The students, accompanied by the prefects, then placed the pinwheels on the grass near our school sign adjacent to 56th Street. Throughout the day, they whirred their important message to all who passed by. This was a great thing to do, so well-done the Grade 5's.

THE SCHOLARS OF SOUTHPOINTE

Every year, some of our students secure averages that exceed 90% in their academic core subjects. To do this requires impressive commitment to learning and we congratulate them on their 'Honour Roll with Distinction' standing.

The scholars of 2008/9 are:

Grade 6	Aliyyah Jafri & Taryn Jessop
Grade 7	Kathleen Jackson & Morgan Leung
Grade 8	Ziyaan Harji, Wasif Husain, Max Kozlowski & Carson VanderNoot
Grade 9	Eric Bhatti & Susie Yoo
Grade 10	Melissa Beaulac, Tim Kong, Jastej Sidhu & Michelle Weatherby
Grade 11	Jessica Carvajal, Bryson Dodwell, Alexander Fetherstonhaugh, Rhys Jessop & Scott Stanger

Have a great week,

Graham Baldwin



LIBRARY NEWS

It's not too late to sign up for a shift as a Library Volunteer! Drop in to see Mrs. Levitt and find a two hour time slot that works for you. Help keep our library vibrant and alive.

Mrs. Levitt can be reached by either calling the school at 604-948-8826 ext. 116, or email at library@spacademy.ca.



Keep Active and Keep Strong

Back to school also means the start of organized activities and sports for many young people. Children and youth need to take care of their bodies in order for them to have fun and perform optimally physically and in school.

To help your child be at their best, provide support to:

- Keep well hydrated throughout the day - water is needed for many basic functions in our bodies
- Follow a healthy diet - Eat 3 meals and snacks every day, choosing foods from each of the 4 food groups
- For most children, there is no need to supplement any nutrients if a balanced diet is followed
- Make sure they get adequate sleep - school age kids need 8 – 10 hours per night
- Be smoke-free, talk to your children about the dangers of smoking and ensure their environment is smoke-free.
- Be active – it is recommended that children have at least 30 minutes of activity everyday
- Role model healthy behaviours – after all, you have the most influence over your child's health choices.

Eat Well...Be Active...Live Tobacco Free.



MYP NEWS

How did the school year start for you?

According to 'Health Tips' from doctors Mehmet Oz, and Michael Roizen, featured in the September 16th Province newspaper, there is more to the start of school than the multi-coloured locker organizers and whining about the math homework. In the Middle years, we feel it is never too late to remind us all about healthy strategies we can instill in our students, your children:

- 1) Is your child just ignoring you? Well, our first answer would be, yes, they are adolescents this happens! Perhaps there might be other problems causing them to act this way. These doctors suggest one of the issues could be they can't hear or see you well. Did you know 2-5% of kids have amblyopia, a reversible form of vision loss that could become permanent unless it's treated?
- 2) Are they getting enough sleep? Well, for most of us adults this is never the case! Chances are now they are back to school this means earlier bedtimes and an early start to the day. Sleep is critical for optimal health and learning. If you are not already doing so, Dr. Oz and Roizen suggest limiting late-afternoon naps when children come home from school tired, and eliminate sugary evening snacks—difficult to do, I know!
- 3) Is breakfast on the menu at your home? Many students disregard the importance of eating a healthy breakfast. Feeding their brains is essential for good school performance. A tip for parents—keep cold (healthy) cereals, quick oatmeal, yogurt, cottage cheese and fruit on hand to make that meal go smoothly.
- 4) Lastly, be sure to weigh the backpack! Over-stuffed backpacks can cause children unwanted back and neck pain. Children should not be carting around items in their packs exceeding 10-15% of their body weight. For precautionary reasons it might be a good idea to place a small hand sanitizer in one of the small pockets!

In summary, the beginning of any school year brings with it a sense of excitement, a potential lack of sleep, and other interesting challenges; however, with careful attention to some of the suggestions from Dr. Oz and Roizen, we all might be able to incorporate a few of their helpful hints to encourage alert, well-rested students with active well-fed minds, and healthy backs to carry home all of their revision work!

Thank you for partnership in your child's educational venture at Southpointe thus far!

-Ms. Huber
MYP Team Leader

GYP FRENCH 12

Bonjour! In the spirit of a unit dedicated to Expressing Oneself, Francais 12 is pleased to offer you a few wise words through some passionate poetry! Enjoy and welcome back to another terrific school year!

Bonne Chance tout le monde!

1. Sans Titre

Quand j'écoute à votre coeur,
j'entends le son de la fer.
Pourquoi êtes-vous si froid,
pourquoi ne pas vous aimer moi?

Notre amour était comme un fleur,
mais maintenant, il est une guerre.
Récemment quand je pense à toi,
mon coeur, il descend bas.

Andrea Lucke

2. Le poème pour l'homme qui a brisé mon coeur

Bonjour?
Oui, je parle à vous.
Vous me voulez attendre pour vos amies sortir?
Vous n'avez pas raconté sur moi...sur nous?

Pourquoi pas?
Je pense que j'embarrasse vous.
Est-ce que c'est mon allure?
Probablment.

Désolé.
Je gaspille votre temps.

Kelsey Leung

3. Après d'entrer

Par la porte je suis entrée
Et toutes les choses j'ai regardé
En ce moment tu m'as dit
"Pourquoie est-ce que tu ne souris?"

On sourit quand on est content,
Pas quand on déteste l'intstant

Mais je vois que tu veux la,
Que je m'assis près de toi.

Je ne veux pas m'y asseoir,
Je veux finir cette amitié
De ta face je veux tourner
Ma confiance tu veux briser!

Jessica Carvajal

4. Quand le soleil dort tout tait,
le soleil de cadre lance une silhouette,
noire d'un arbre sans feuilles seul,
contre un ciel coloré.
Quand le soleil dort t'étincelle d'étoiles contre
un ciel noir veloute,
Quand le soleil dort, tout est calme.

Navpreet Parmar

5. Les émotions de l'océan

L'océan est grand,
j'aime le rythme de chanson
il est très calme.
C'est ça que nous aimons.

Je voudrais pouvoir voir
la beauté et la sérénité
tout le temps.

Nous dansons à la plage,
il y a une langue riche,
j'adore la majesté
et la mystère de la vie.

Yasmin Gill

6. Retourne à l'école

Je me réveille à sept,
je suis fatigué mais l'été est fini,
la dernière année à l'école,
Effrayé, excité,
succès, échec.
Je ne sais pas! Je ne sais pas!
Allez, soyez fort.

Aly Nurmohamed

CALENDAR HIGHLIGHTS

September 24 – October 8

September 25 Friday	Photo Day. Library. #1 Uniform required
September 28 Monday	*Note-Change* Morning – Immunizations Grade 6 Afternoon – Immunizations Grade 9
September 29 Tuesday	7pm Pot Luck Dinner. Gunn House. Grade 4 & 5 Parents
October 1 Thursday	12:30 – 1:15pm Grad Centre. GYP Quest University visit. 7pm Pot Luck Dinner. Gunn House. Grade 6 & 7 Parents
October 5 - 9 Monday - Friday	Project Discover Week – Grade 8
October 6 Tuesday	7pm Pot Luck Dinner. Gunn House. Grade 8 & 9 Parents
October 8 Thursday	12:30 – 1:15pm Grad Centre. GYP Farleigh Dickinson University visit. 7pm Pot Luck Dinner. Gunn House. Grade 10 & 11 Parents
EDUCAFE	3.00pm to 3.30pm –Mr. Baldwin is there daily to answer your questions, make appointments and share a cup of tea with you.

