



# SUTHERLAND NEWSLETTER

Pride. Passion. Place.

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## Last Chance To Purchase a Yearbook!

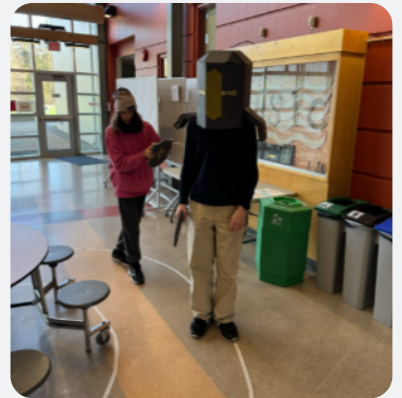
Yearbook purchases are due today! If you haven't purchased one yet, they are available on [SchoolCash Online](#). Not sure if you've already bought one? You can check your payment history to see if the purchase was completed.



# HIGHLIGHTS

## Robot Mask Challenge

In March, Mr. Li's electronics class completed a Robot Mask Challenge. In the challenge, a student could control another student wearing the mask and command them to move through a maze while navigating various obstacles. Their only way of communications is using LED lights within the mask!



## April 1st Edition of the Sabre News!

Check out the April Fools edition of the Sabre News. This monthly installment is produced by our student Sabre News team led by Mr. Solyom.



# GRADUATION 2026

## Graduation 2026 Lawn Signs Still On Sale!



Get ready for spring and show your Sabre pride! Celebrate your graduate's achievement with a vibrant lawn sign, a fun and memorable way to mark this special milestone. Quantities are limited, orders will close when stock has run out or by April 30<sup>th</sup>.

[Place your order today!](#)

Pick-up details, including dates and location, will be shared later in April via email.

## Graduation Ceremony and Banquet Tickets

Ticket sales will open on Monday, April 13th. They will be available for purchase through SchoolCash Online until Friday, May 15th.

Please watch for an email notification with further details.

## Graduation Ceremony

Date: Monday, June 1st

Location: [The Orpheum Theatre](#)

## Graduation Banquet

Date: Saturday, June 20th

Location: [The Pinnacle Hotel Downtown Vancouver](#)



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# PARENT INFORMATION

## Grade 10 Literacy Assessments

The Grade 10 Literacy [Assessment](#) is a provincial requirement that measures students' literacy proficiency and is a mandatory component for graduation. All Grade 10 students at Sutherland will complete this assessment on **Wednesday, April 22nd**.

There will be no regular classes for Grade 10 students on this day. Students will write the assessment in either the morning or afternoon session, depending on the first letter of their last name. More details will be communicated to families next week via email and to students via MS Teams.

## Learning Updates Coming Soon - Please Prepare your MyEducation Account!

Learning Updates will be published on **Friday, April 24<sup>th</sup>**. Please ensure that you are able to access your [MyEducation](#) account before this date. Please refer to these [instructions](#) for further support.



## Anti-Hate Workshop for Parents

The [North Vancouver Parent Advisory Committee](#) (NVPAC) supports and represents all Parent Advisory Councils across North Vancouver. On **Wednesday April 29th**, in partnership with the [Canadian Anti-Hate Network](#), NVPAC is offering a workshop for parents focused on recognizing hate-based content, supporting children's online safety, and promoting inclusion at home. Please [register](#) to attend.

# LIFE AT SUTHERLAND

## Breakfast Club - All Students are Welcome!



Did you know we have a Breakfast Club for our students?

Every morning from 8:30–9:00 AM, a few of our wonderful Educational Assistants welcome students with a healthy start to their day.

We want to make sure every student begins their school day with a full tummy and the energy they need to learn and thrive. The Breakfast Club offers bagels with cream cheese, fresh fruit, and other hearty items to help students fuel up before classes begin.

All students are welcome, just drop by, grab and a bite!

## About Our Sutherland Sabre Tooth Tiger

Carved by Squamish artist Xwa lack tum (Rick Harry), This piece includes some classic elements of First Nations art including the four Coast Salish eyes, that watch over Sutherland students; three double bands around the edge, symbolizing balance of mind, body and spirit; and the four quadrants of the Circle of Courage that exists throughout North American First Nations culture representing values of generosity, belonging, mastery and independence.



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## Math Contest Results & Upcoming Competitions

### BC Secondary Math Contest Results

Congratulations to our students for their excellent performance in the BC Secondary Math Contest!

#### Senior Division

- Hye Bin L – 1st Place
- Aryan G – 2nd Place
- Zayden L & Elena D – Tied for 3rd Place

#### Junior Division

- Jayden T – 1st Place
- Delilah F – 2nd Place
- Vasko B – 3rd Place

### ASMA Contest – Round 5 Results

- Roham E – 1st Place
- Ty F & Benny K – Tied for 2nd Place



Great work, everyone! The next ASMA contest will take place on Thursday, April 9th, in Room B202.

### Gauss Math Contest – Sign-Up Now Open

Sign-ups are now open for the Gauss Math Contest (Grade 8). Once registered, fees can be paid through SchoolCash Online.

- Contest Date: Wednesday, May 13
- Time: 8:05 a.m.
- Location: Room B202
- Cost: Approximately \$6.50
- Registration Deadline: April 10



# CAMP IGNITE

## MENTORSHIP PROGRAM

August 7th - August 9th, 2026



**Interested?**  
Application deadline  
is **MAY 1st, 2026**

Scan the QR for  
your application  
today



What an amazing  
confidence builder  
- Ashley

Camp Ignite gave me the  
courage to realize my future  
has endless possibilities -Tessa

### 2026 Camp Details

Dates: August 7-9, 2026 (3 full days, 2 overnights)

Location: Greater Vancouver area

Eligibility: The camp is open to girls in grades 11-12 (ages 15-18) living in British Columbia

Application Deadline: May 1, 2026

Website: Columbia. [www.campignite.com](http://www.campignite.com)

# Navigating Screen Battles

Struggling with screen time battles, gaming limits, or social media boundaries? You're not alone. In this practical workshop, parents will learn how to set clear, confident limits around screens and technology using Non-Violent Communication inspired by Marshall Rosenberg – without power struggles, shame, or disconnection.



**Arleen Tyndall**

Dr. Shefali-trained Conscious Parenting & Life Coach 25+ yrs  
Clinical Pharmacist  
Author/Storyteller Somatic Alignment Facilitator

## What You'll Learn:

- ✓ Understand the nervous system dynamics behind screen conflicts and power struggles.
- ✓ Apply the 4 components of Non-Violent Communication
- ✓ Respond effectively to resistance, meltdowns, or negotiation tactics.
- ✓ Practice simple body-based tools to help your child regulate
- ✓ Set clear, developmentally appropriate screen boundaries without punishment or shame.

## FREE In-Person Workshop



6:30-8:30 PM



Thurs April 9, 2026



2121 Lonsdale Ave

North Vancouver School District  
Education Services Centre, 5th Floor



Can't make it?  
Free Online Webinar Option:  
Wed April 22nd  
6:30-8:00 PM  
Choose what works for you!



[www.ArleenTyndall.com/events](http://www.ArleenTyndall.com/events)

**Register Now!**<sup>8</sup>

(Limited in-person spots available)

# DISTRICT MESSAGES

## Homestay Families Needed

Each year, the North Vancouver School District welcomes students from around the world to live and study in our vibrant community in the International Program. We strive to place secondary school international students with families who live close to school to support each student's integration into the school and wider community.

We have secondary school international students in need of a homestay placement for the school terms beginning September 2026, and February 2027. If you are interested in hosting an international student, please reach out to the International Education program office at [international@sd44.ca](mailto:international@sd44.ca). More information about the homestay program is available on the [International Education](#) section of the school district website.



North Vancouver  
School District  
the natural place to learn<sup>®</sup>

## Student Learning Survey 2025/2026

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

The Student Learning Survey is being administered to students in grades 10, 11 & 12, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey>. Any computer or mobile device with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link and by clicking on Take the Survey. On the login page, click on the Parents icon, and then select the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the Results section.

The e-survey site will be open until May 1, 2026.

If you have any questions, please contact the school at [dluchsinger@sd44.ca](mailto:dluchsinger@sd44.ca).

# DATES & REMINDERS

## Upcoming Dates

- Wednesday, April 1<sup>st</sup> – Yearbook Ordering Deadline
- Friday, April 3<sup>rd</sup> – Good Friday (Schools Closed)
- Monday, April 6<sup>th</sup> – Easter Monday (Schools Closed)
- Thursday, April 9<sup>th</sup> – ASMA Math Contests
- Thursday, April 9<sup>th</sup> – Navigating Screen Battles Workshop
- Friday, April 10<sup>th</sup> – Gauss Math Contest Registration Deadline
- Friday, April 17<sup>th</sup> – Gr 8 S2W2 / S2R2 End
- Monday, April 20<sup>th</sup> – Gr 8 S2W3 / S2R2 Begin
- Wednesday, April 22<sup>nd</sup> – Graduation Assessments – Literacy 10
- Friday, April, 24<sup>th</sup> – Learning Updates Published
- Tuesday, April 28<sup>th</sup> – Hotdog Day
- Wednesday, April 29<sup>th</sup> – Staff Collaboration Day – Early Dismissal
- Wednesday, April 29<sup>th</sup> – Anti-Hate Workshop for Parents
- Wednesday, April 29<sup>th</sup> – Friday, May 1<sup>st</sup> – Senior Theatre Performances
- Friday, May 1<sup>st</sup> – Student Learning Survey Closes
- Friday, May 1<sup>st</sup> – Camp Ignite Application Deadline
- Monday, May 4<sup>th</sup> – District Wide Pro-D Day (Schools Closed)

**SUBSCRIBE**



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