



SUTHERLAND NEWSLETTER

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Moosehide Campaign

Students and staff marked the [Moosehide Campaign](#) by wearing pins and participating in a student led “Moving Moosehide” walk to Grand Boulevard Park. Guided by English First Peoples classes, the event encouraged reflection on connection, community, and healthy ways to respond to anger through interactive, Indigenous informed activities. Thank you to our First Peoples students and staff for leading this meaningful experience.



MAY SPOTLIGHT

Hooping it Up

Thank you to our amazing Sutherland community for the incredible energy and turnout at Hooping It Up! It's clear this event is becoming a special part of Sutherland, bringing students together to connect, participate, and shine.

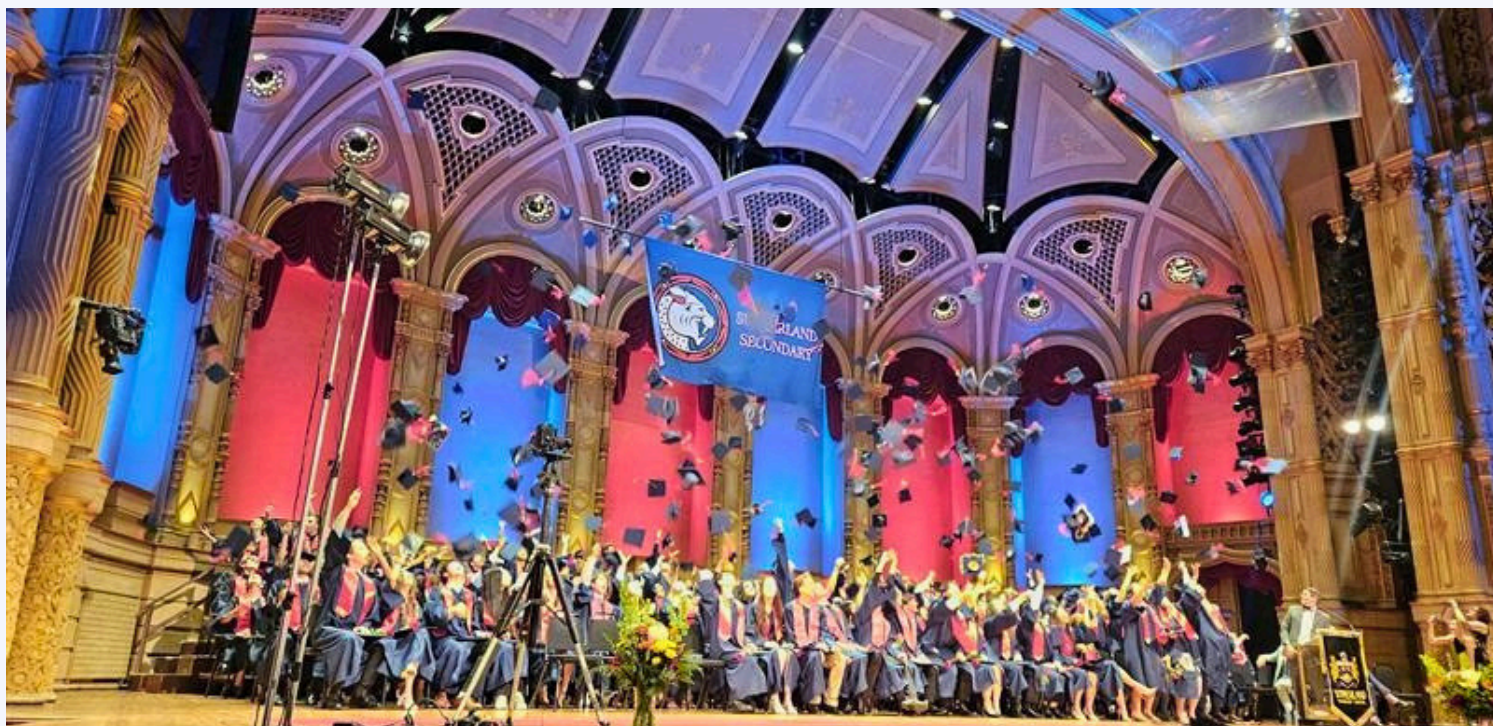
We loved seeing SLC, Athletic Leadership, and Best Buddies collaborate, and we're so grateful to all staff who helped organize, support, and cheer on students, your efforts made it a huge success!



GRADUATION 2026

Congratulations to Our 2026 Graduates!

The Graduation Ceremony on June 1st at the Orpheum was a memorable evening celebrating the Class of 2026, filled with pride, passion, and a strong sense of place. Congratulations to all our graduates!



Next Up: The Graduation Banquet!

Date: Saturday, June 20, 2026

Time: 6:00 PM

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

Limited Graduation 2026 Lawn Signs Are Still Available

[Place your order today!](#)

Pick-up in the Sutherland Main Office.



YEAR END REMINDERS

Locker Clean-Out Day

During a brief homeroom on Thursday, June 18th, students with assigned lockers will empty their lockers and return their locks. Please ensure all items are removed, as anything left behind will be discarded. Bring an extra bag.

Library and Text Book Returns

Please ensure all library books and text books are returned no later than Friday, June 19th. Help keep our library well stocked and avoid fees, it's a win-win!

School Fees

School Fees are due Friday, June 19th. Field trips, Athletics, Metalwork, Foods and many other programs require these school fees to ensure that supplies and equipment are available. Please login to [SchoolCash online](#) to ensure your account is up to date.

Don't have an account? [Signing up for an account is quick and easy!](#) To register you will need your child's North Vancouver School District student number.

Learning Updates

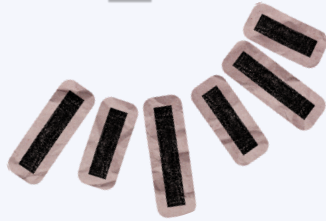
Learning updates will be published on Wednesday, June 24th and can be accessed through the [MyEducation](#) portal. An email will be sent when they are available.

To keep an copies of your 2025–2026 learning updates, please download the document from MyEducation by Friday, July 31. They will not be available after this date.

MyEd is unavailable in August and the first three weeks of September.

YEARBOOKS & AWARDS

JUNE 25TH Yearbook Pick-Up Day



Pick Up Schedule	
Grade 8	9:30 AM
Grade 9	10:00 AM
Grade 10	10:30 AM
Grade 11	11:00 AM
Grade 12	11:30 AM

Celebrating Outstanding Youth in the City

[The Civic Youth Awards Program](#) recognizes youth aged 10–24 for their outstanding achievements and contributions to the City of North Vancouver community. Congratulations to these Sutherland recipients:

Kind Heart Award

- Keith W.
- Nicholas A.

Rise Up Award

- Nika B.
- Isabella Codi G.
- Lakai K.
- Nicholas A.

Awesome Ally Award

- Ms. Kwong
- Ms. Dolkhani

Outstanding Squad Award for Sutherland Hands on the Land

- Eugenia V.
- Elaina M.
- Ms. Kwong
- Ms. Loughran

Outstanding Squad Award for NVCL Teen Reads Podcast

- Elaina M.

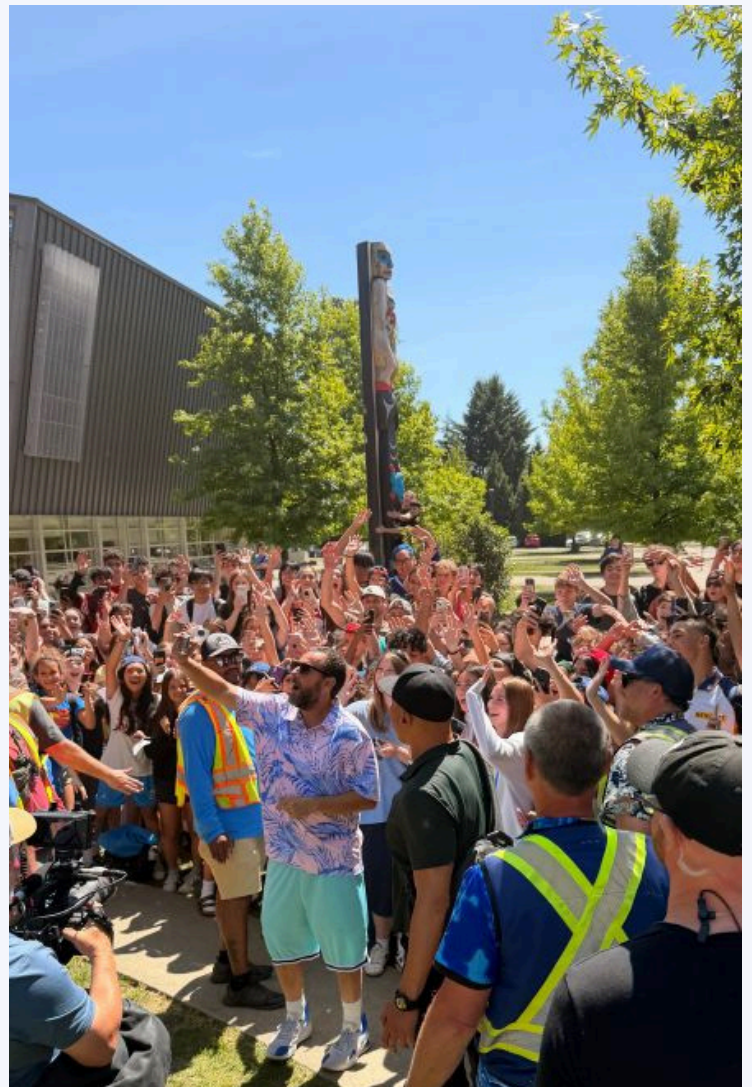


VISIT OUR
WEBSITE

NETFLIX FILMING

Adam Sandler Day!

Sutherland had an exciting day hosting filming for upcoming Netflix movie Time Out, starring Adam Sandler. Students saw a major production in action, with some participating as background performers. The day brought great energy and school spirit, with an “Adam Sandler” theme and fun staff participation. A special thank you to Adam for his kindness with students. We’re proud Sutherland will be featured and look forward to seeing it on screen!



VISIT OUR
WEBSITE

FINE ARTS

Art & Soul Collective

The Sutherland Art Club completed a hands-on project celebrating students' creativity, commitment, and contributions to our school community. Ms. Dokhani developed the concept and the Art Club helped refine and digitize the Art & Soul Collective logo; the Sutherland PAC funded the T-shirt purchase. The design positions art as the heart of our community. A means of expression, connection, and healing that reflects students' voices and values. The shirts were silk-screen printed by Ms. Dokhani together with current and alumni Sutherland students, providing practical experience with a professional printing technique. They will be gifted to students who have contributed many hours to the visual arts program as cherished keepsakes, honoring their service and the vibrant artistic community they helped build. Students will wear the shirts for communal activities and events — mural painting, Pride Day face painting, the Christmas photo booth, and seasonal card sales — promoting school spirit and a professional presence. These T-shirts recognize dedication, showcase creativity, and inspire enthusiasm for the Art Program across our school.



MATHEMATICS

Math Contests

Math contest results are in, let's go!

First off, big congratulations to our top performers in the grades 9-12 contests.

- Grade 9 Fryer 75 minute contest: Luka J.
- Grade 10 Galois 75 minute contest: Shirley L.
- Grade 11 Hypatia 75 minute contest: Daniel D.
- Grade 12 Euclid 2.5 hour contest: Polina K.

Our most recent contest was the Gauss math contest. A huge shout out to our 21 grade 8 students who committed one hour to writing this contest bright and early in the morning.

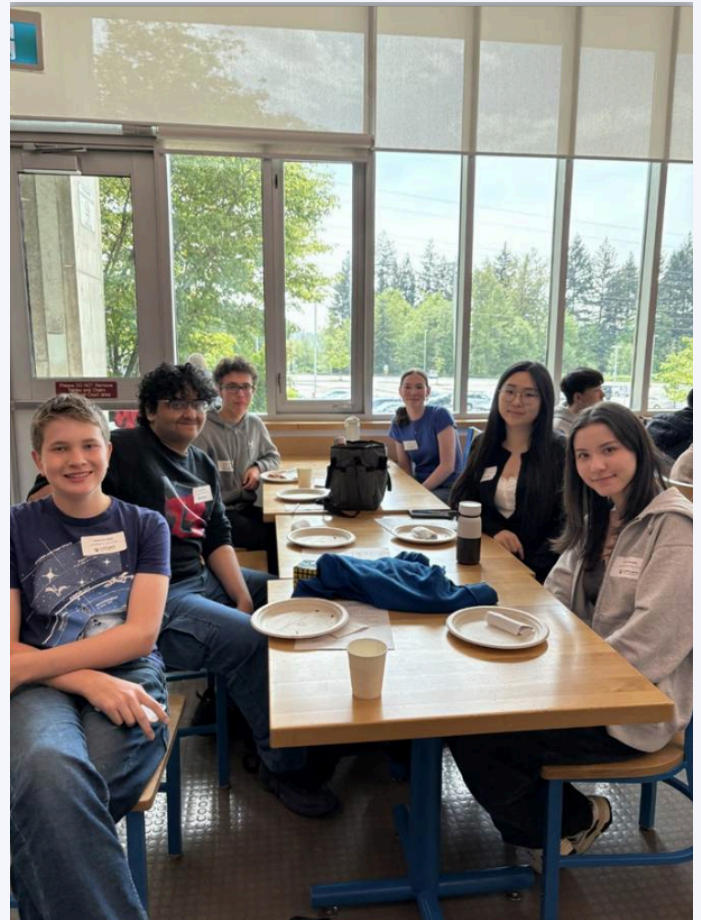
- First place goes to: Marina C.
- Shout outs to the top scorers in the group go to: Yuchen L., Albert S., Navraj D., Isabel H., and Esmé L.

Round 2 of the BC Secondary School Math Challenge took place on Friday, May 1st at Capilano University.

Sutherland's representatives are featured in this photo. From bottom left and going clockwise, we have Vasko B., Aryan G., Jayden T., Delilah F., Hyebin L., and Elena D.

Amazing work, everyone, these are fantastic achievements!

$$\left(\sqrt[n]{a}\right)^m = \sqrt[n]{a^m} = a^{\frac{m}{n}}$$



FIELD TRIPS

Socials Explorers at Cheakamus Lake

The Socials Explorers class had a successful trip to Cheakamus Lake in Garibaldi Provincial Park from May 27th to the 29th. The students worked in groups, to hike in their meals and the equipment they needed to have a great two nights in the back country. Students practiced their orientation and outdoor skills, learned some of the local Indigenous history, created some Land-Art Photography art pieces, and bonded with some teambuilding games! Thanks to Ms. Bird, Ms. Coxson, and Mr. Whitworth for volunteering their time and joining Mr. Abreu in chaperoning this trip.



Senior Concert Band Trip to Edmonton

Senior Concert Band travelled by bus to Edmonton in May. They performed with pride and passion while experiencing a new city. The trip was a memorable opportunity to showcase their Sabre talent and represent Sutherland.



PHE CLASS FIELD TRIP

JA Mental Wellbeing Summit

On May 26, Ms. Inch and Ms. Shidians' shared PHE 9 class enjoyed the day participating in the annual JA Mental Wellbeing Summit held at Grouse Mountain. Students spent the day participating in fun activities such as a scavenger hunt, a ropes course, zip lining, and interactive workshops.



Athletic Highlights

As the school year comes to a close, we would like to take a moment to celebrate some exceptional teams and individual athletes who represented our school with pride throughout the month of May.

Our Junior Ultimate team had an incredible season and qualified for the Provincial Tournament.

The Senior Rugby team wrapped up a strong season with an impressive 5th place finish at Zones. Our team captain, George Owens, was also awarded with the prestigious Dave Huang Award through the league.

This spring also saw our Badminton team earn a spot in the North Shore playoffs through their consistent hard work and dedication.

On the track, eight individual Track and Field athletes along with four relay teams qualified for Zones competition, an outstanding accomplishment! At Zones, 5 athletes, Isabel H., Emily G., Reuben P., Cooper W., and Teija B. all qualified for the upcoming BC High School Provincial Championships. Reuben's time in the 3000m also broke the Zone record!

As the spring season wraps up, we ask that all athletic uniforms now be returned. Please note that failure to return a uniform will result in a fee being applied directly to the student's School Cash Online account.

Volleyball Coaches Needed

Our volleyball program is seeking coaches for the Grade 9 Girls and Junior Girls (Grade 10) teams for the fall season. Both groups have strong participation and great athletic talent!

If you are interested, please contact our Athletics Director, Carly Paracholski, at cparacholski@sd44.ca.

We are open to a variety of arrangements, including co-coaching, and can offer flexible scheduling to accommodate your other commitments. We appreciate your support!

WORK EXPERIENCE

Sign Up for Summer Work Experience!

Take advantage of the summer to earn credits and gain valuable work experience through our Summer Work Experience (WEX) programs, WEX 12A and WEX 12B. These courses are offered outside of the regular timetable, allowing you to complete the required hours over the summer and earn 4 credits in the fall.

To fulfill the course requirements, you need to complete 90 hours, which can be a mix of 90 hours of volunteer work or a combination of 50 hours of volunteer work and 40 hours of paid work experience. This 4-credit elective course is a great opportunity to gain practical skills and contribute to your community.

Remember, all students in British Columbia must complete a minimum of 30 hours of volunteer work, work experience, or paid employment to graduate.

Through the [WEX program](#), you will:

- Demonstrate skills required to work effectively and safely with others.
- Succeed as both individual and collaborative workers.
- Complete at least 30-90 hours of work experience.
- Describe the duties performed and connect them to employability and life skills.
- Highlight the benefits to both the community and yourself.

Additional Requirements:

- You may complete more than one placement to meet the 30-90 hours requirement.
- Complete the [WorkSafe BC](#) Program.
- Ensure the Worksite Agreement is signed by your parents and employer, and returned to the school before starting your placement.
- Submit a written report including a Safety Questionnaire, Time/Activity Log, Student Evaluation, and Employer Evaluation.

Take this opportunity to enhance your skills, gain work experience, and earn credits towards graduation. Sign up now for the Summer Work Experience program!



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. More information about the homestay program is available on the [International Education](#) section of the school district website.

Sutherland Students Explore Skilled Trades and Technology Pathways at BCIT

Check out Mr. Li's article featured in the [SD44 Careers Blog](#).



DATES & SABRE NEWS

Upcoming Dates

- Tuesday, June 9th – Athletics Banquet
- Tuesday, June 9th – Sabre Olympics
- Friday, June 12th – Musical Showcase
- Tuesday June 16th – Hotdog Day
- Wednesday, June 17th – Junior Theatre Performance
- Thursday June 18th – Locker Clean-Out Day
- Friday, June 19th – Last Day of Classes
- Saturday, June 20th – Graduation Banquet
- Monday, June 22nd – Tuesday, June 23rd – Review and Completion
- Wednesday, June 24th – Summaries of Learning Published
- Thursday, June 25th – Yearbook Pick-Up Day
- Friday, June 26th – Administrative Day (Schools Closed)
- Tuesday, September 8th – First Day of the 2026–2027 School Year

What is Review & Completion Day?

Review & Completion (R&C) Days support students in completing outstanding work or demonstrating learning. Attendance is by teacher invitation only for students who have not yet met course expectations. Participation does not guarantee course credit and is not a substitute for regular attendance. For questions, please contact your child's teacher.



The June 1st Edition of the Sabre News is Live!

Sabre News is our student-run broadcast showcasing school events, student life, and announcements, while building skills in filming, editing, and media production.