



# SUTHERLAND NEWSLETTER

**Pride. Passion. Place.**

May 1, 2026

Dear Sutherland Families,

Springtime is here and as we look towards the final 7 weeks of classes, I know sunnier weather and the promise of summer vacation on the horizon is an exciting prospect for students – especially for our grade 12s who are on the precipice of finishing their K-12 journey.

Over the next two weeks, [Advanced Placement \(AP\) examinations](#) are being written by students for post-secondary credit. Sutherland is proud to serve as a testing site not only for our students, but for students across the lower mainland and beyond. As a result, we will have some student guests in the building during this time who are here to write exams. Good luck to all the students who have spent significant time preparing for these exams.

The Performing Arts Departments are busy with spring activities. The senior band left on Wednesday for their highly anticipated music tour to Edmonton and will return on Sunday. Meanwhile, senior theatre students have been performing *The Little Field Gazette* in our school theater, with the final show happening this evening. Tickets are still available at the door for this evening's show: \$6 for students and \$11 for adults. Their next show, *Checking In*, another dramedy about a hotel staff and their interactions with guests, will have tickets on sale starting May 5<sup>th</sup> with performances running May 19<sup>th</sup> to 21<sup>st</sup>.

Sutherland's spring athletics season is ramping up as teams head into an exciting and competitive playoff stretch. Highlights include all our badminton teams qualifying for North Shore playoffs this year, and some outstanding personal bests from our track and field athletes as they prepare for their championship season. On the field, the junior and senior boys' rugby teams, along with the junior and senior ultimate teams, have had strong regular seasons, including the junior ultimate team winning their first tournament on the Sunshine Coast. All teams are now beginning their pursuit of a banner. Both the junior girls' and senior girls' soccer teams have had excellent seasons, with a few unlucky final scores putting them just outside of playoff position. Finally, the mountain biking and golf teams have enjoyed strong mid-season results. Go Sabres Go!

Last Tuesday a group of students, staff and parents gathered at our School Planning Plenary session at Argyle to review our [Sutherland School Plan](#) and discuss our school goals. It was an afternoon of rich conversation, including discussion of the impact of generative AI on our classrooms and what measures we might take to better address its use. This was followed up by a meaningful morning of collaboration amongst staff the following day where our [School Code of Conduct](#), which lives on our website and in our school agendas, was reviewed. This was done in anticipation of a refresh for next school year, and renewed enthusiasm for helping students keep themselves organized in classes through the use of agendas. Thank you to everyone involved in continuing to help move our school community forward in a positive way through collaboration and planning.

As always, one of the best ways for parents and guardians to be closely involved in all things Sutherland is through our Parent Advisory Council. The Sutherland PAC is currently looking for a new Treasurer, and their next meeting, which is their AGM, is happening on Monday, May 25<sup>th</sup> at 7:00pm in the Sutherland library. The PAC's next fundraiser is through Neufeld Farms and is happening May 7<sup>th</sup> to May 25<sup>th</sup> with delivery on June 3<sup>rd</sup>. For more information on PAC, please contact [sutherlandpac@gmail.com](mailto:sutherlandpac@gmail.com).

Graduation season is upcoming, and we are excited to celebrate this milestone in the lives of our graduates and their families. Tickets for the Graduation Banquet, being held on Saturday, June 20<sup>th</sup> at the Marriott Pinnacle (Downtown), can be purchased through grade 12 students' School Cash Online accounts. Separately, tickets also available via [School Cash Online](#) for our Graduation Ceremony, being held on Monday, June 1<sup>st</sup> at the Orpheum Theatre. A reminder that ticket sales for both events end on Friday, May 15<sup>th</sup>. Graduates and their families who have questions about either of these events, can contact Grade 12 Counsellor, Ms. Dhanji, for more information. Finally, on Friday, May 29<sup>th</sup>, graduates will be receiving their gowns, complimentary 1-day grad bus passes, and rehearsing for the ceremony to help provide additional clarity on the ceremonial routine and procession.

Thank you to all our families for your continued care and connection to our school community. Wishing everyone a safe, healthy, and prosperous spring season.

Sincerely,



Mark Barrett  
Principal  
Sutherland Secondary

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## Service Hours Reminder – Form Deadline is Approaching!

[Service hours](#) recognize students' contributions to the Sutherland community through athletics, clubs, and volunteer work. Students are responsible for tracking their hours throughout the year. Hours must be completed this school year, signed off by staff, and submitted to the office on a [Service Hours Tracking Form](#).

### Service Award Eligibility

- Grades 11–12: 40–99 hours
- Grades 9–10: 20–49 hours
- Grade 8: 10+ hours



 Forms are due Thursday, May 14th

# APRIL SPOTLIGHT

## First Responder Club

Did you know that Sutherland has a First Responder Club? This dedicated team holds various levels of First Aid training and they respond when injuries or incidents occur. Members take on-call shifts and are paged when help is needed.

A huge thank you to our team for their commitment and dedication to keeping Sabres safe!



First Responders: Henrik B., Hayun P., Emily V, Lindsay T, Nico R., Nate J., Armin H., Jackson C., Kasra H. & Sydney H.



## Intramural Soccer

After an exciting season of teamwork, skill, and friendly competition, we're excited to announce the winners of our intramural soccer tournaments – Tika Taka and BTD!



Senior winning Team, Tika Taka: Amir H., Carter F., Lorenzo S., George O., Toby K., Dexter W., Toku W.



Junior winning team, BTD: Noah T., Jamie U., Campbell D., Miguel M., Raven D., Wyatt O., Jason C. & Junseok L.



VISIT OUR  
WEBSITE

# GRADUATION 2026

## Ceremony & Banquet Tickets

Graduation ceremony and banquet tickets are on sale through [SchoolCash Online](#). The ticket purchasing deadline is Friday, May 15th.

## Graduation Ceremony

Ceremony tickets are not required for graduating students. Ticket Limit: 20

Date: Monday, June 1, 2026

Time: 7:00 PM (Grads arrive at 6:00 PM)

Location: [The Orpheum Theatre](#)

## Graduation Banquet

Banquet tickets are required for graduating students. Ticket Limit: 6

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 details will be shared via email.

## Math Contests

The results are in for the Pascal, Cayley, Fermat and ASMA Math Contests!

Pascal Contest (Grade 9): Congratulations to our school winner, Alex P! Second place goes to Damian N., and third place to Kasra H.

Cayley Contest (Grade 10): Delilah F. takes first place! Elaina M. earns second place, followed by Ian K. in third.

Fermat Contest (Grade 11): Zayden L. is our school winner! Daniel D. places second, and J.J. B. comes in third.

ASMA Contest: The last round first place goes to Ty F. The overall winners for the ASMA contest are Ty F., with a 2nd place tie going to Hyebin L. and Natasha L.

Congratulations to all participants on your outstanding achievements!





## Sutherland Parent Advisory Committee Annual General Meeting

Join the Sutherland PAC in person for our AGM on Monday, May 25th at 7:00 PM in the Sutherland library.



SUTHERLAND  
**PAC**

SUTHERLAND PAC  
*is in search of a new*  
**TREASURER**

to join the team for  
**2026/27 SCHOOL YEAR.**

Please email  
**[sutherlandpac@gmail.com](mailto:sutherlandpac@gmail.com)**  
for more information.



# Connecting With Teens: A Conscious Parenting Approach

Whether you're already in the midst of teen angst or have a 7-year-old acting like one, it is never too early, or too late, to learn new parenting skills for connection.

The teenage years can feel like a sudden disconnect, but they don't have to be. This presentation introduces a conscious parenting approach to help you stay emotionally connected, even through resistance, mood swings, and conflict.



**Arleen Tyndall**, BScPhm, ACPR  
Dr. Shefali trained Conscious Parenting & Life Coach  
25+ yrs Clinical Pharmacist  
Author/Speaker  
Somatic Alignment Facilitator

## What You'll Learn:

- ✓ Respond instead of react in challenging moments
- ✓ Understand risk behaviours in teens & prevent addictions
- ✓ Understand what's really driving your teen's behavior
- ✓ Build trust and open communication
- ✓ Repair disconnection and rebuild closeness
- ✓ Create a relationship your teen actually wants to come back to

## FREE Online Webinar



Mon May 25th



6:30 to 8:00 PM

**FREE REGISTRATION**



**In-Person** at Capilano  
Library **Sun May 31st**  
Register [www.NVDPL.ca](http://www.NVDPL.ca)



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

**Register for the Meeting  
Link & Recording**



# CHEAKAMUS CENTRE OPEN HOUSE

## A DAY TO CONNECT WITH NATURE, COMMUNITY, AND PLACE

Join us for a free, family-friendly day at Cheakamus Centre. Located on 165 hectares of ecological preserve, the site brings people together through nature, culture, and hands-on learning.

Spend the day immersed in the land as you explore forest trails, connect with local community vendors, and experience the programs that make Cheakamus Centre a truly special place.

<https://cheakamuscentre.ca/open-house>



**Sunday, May 3, 2026**  
**10:30am- 3:00pm**  
**2170 Paradise Valley Road,**  
**Brackendale**

## Highlights:

- ✓ Release salmon fry at the hatchery
- ✓ Visit the Coast Salish Teaching Longhouse
- ✓ Enjoy live music throughout the day
- ✓ Visit our farm animals
- ✓ Food concessions. Cash encouraged
- ✓ Take part in hands-on activities and art stations



Parking by suggested \$5 donation.  
Sorry, no pets

# 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.

## Student Learning Survey 2025/2026

The Provincial Student Learning Survey gathers feedback from students (Grades 10–12), parents/guardians/caregivers, and staff about school environment, safety, and learning. Results help schools, districts, and the province identify strengths and areas for improvement.

Parents/guardians/caregivers are encouraged to complete the online [survey](#). Select Take the Survey, choose the Parents icon, then your school district and school.

The survey is open until May 1, 2026 – today is the final day to participate!

# DATES & SABRE NEWS

## Upcoming Dates

- Friday, May 1<sup>st</sup> – Student Learning Survey Closes
- Sunday, May 3<sup>rd</sup> – Cheakamus Open House
- Monday, May 4<sup>th</sup> – District Wide Pro-D Day (Schools Closed)
- Tuesday, May 5<sup>th</sup> – Grade 12 Capstone Presentations
- Tuesday, May 5<sup>th</sup> – Red Dress Day
- Wednesday, May 6<sup>th</sup> – Hooping it Up
- Wednesday, May 13<sup>th</sup> – Gauss Math Contest
- Thursday, May 14<sup>th</sup> – Service Hours Tracking Forms Due
- Thursday, May 14<sup>th</sup> – Moosehide Campaign
- Friday, May 15<sup>th</sup> – Grad Ticket Ordering Deadline
- Monday, May 18<sup>th</sup> – Victoria Day (Schools Closed)
- Tuesday, May 19<sup>th</sup> – Thursday, May 21<sup>nd</sup> – Senior Theatre Performance
- Thursday, May 21<sup>st</sup> – Grade 8 S2W3 Ends
- Friday, May 22<sup>nd</sup> – Grade 8 S2W4 Begins
- Monday, May 25<sup>th</sup> – PAC AGM
- Wednesday, May 27<sup>th</sup> – Staff Collaboration Day – Late Start
- Friday, May 29<sup>th</sup> – Graduation Ceremony Mandatory Rehearsal
- Monday, June 1<sup>st</sup> – Graduation Ceremony



## The May 1st Edition of the Sabre News is Live!

Sabre News is our student-run news broadcast, filmed and produced by Mr. Solyom's students. The show highlights school events, student life, and announcements, while giving students hands-on experience in media production, filming, editing, and broadcasting.