

Welcome Parents and Guardians
Sutherland Secondary
2023 - 2024
Grade 8
Transition Presentation



We thank the Coast Salish Peoples of the
SKWXWÚ7MESH and TSLEIL-WAUTUTH NATIONS,
upon whose unceded lands the North Vancouver School
District resides.

We value the opportunities to LEARN, SHARE AND
GROW together with the Indigenous keepers of this,
their traditional territory.

“If we think of territorial acknowledgments as sites of potential disruption, they can be transformative acts that to some extent undo Indigenous erasure. I believe this is true as long as these acknowledgments discomfit both those speaking and hearing the words. The fact of Indigenous presence should force non-Indigenous peoples to confront their own place on these lands.” – Chelsea Vowel, Métis

[5 Steps to Making Respectful Land Acknowledgements - RAVEN \(ravenrust.com\)](https://www.ravenrust.com/5-steps-to-making-respectful-land-acknowledgements)

Supporting Students & Families



Cary Hungle, Principal
Grade 12 Administrator



Paul Ruben, V. Principal
Grade 8 & 10 Admin



Marianne Macario
Counsellor, Gr. 8 & 9



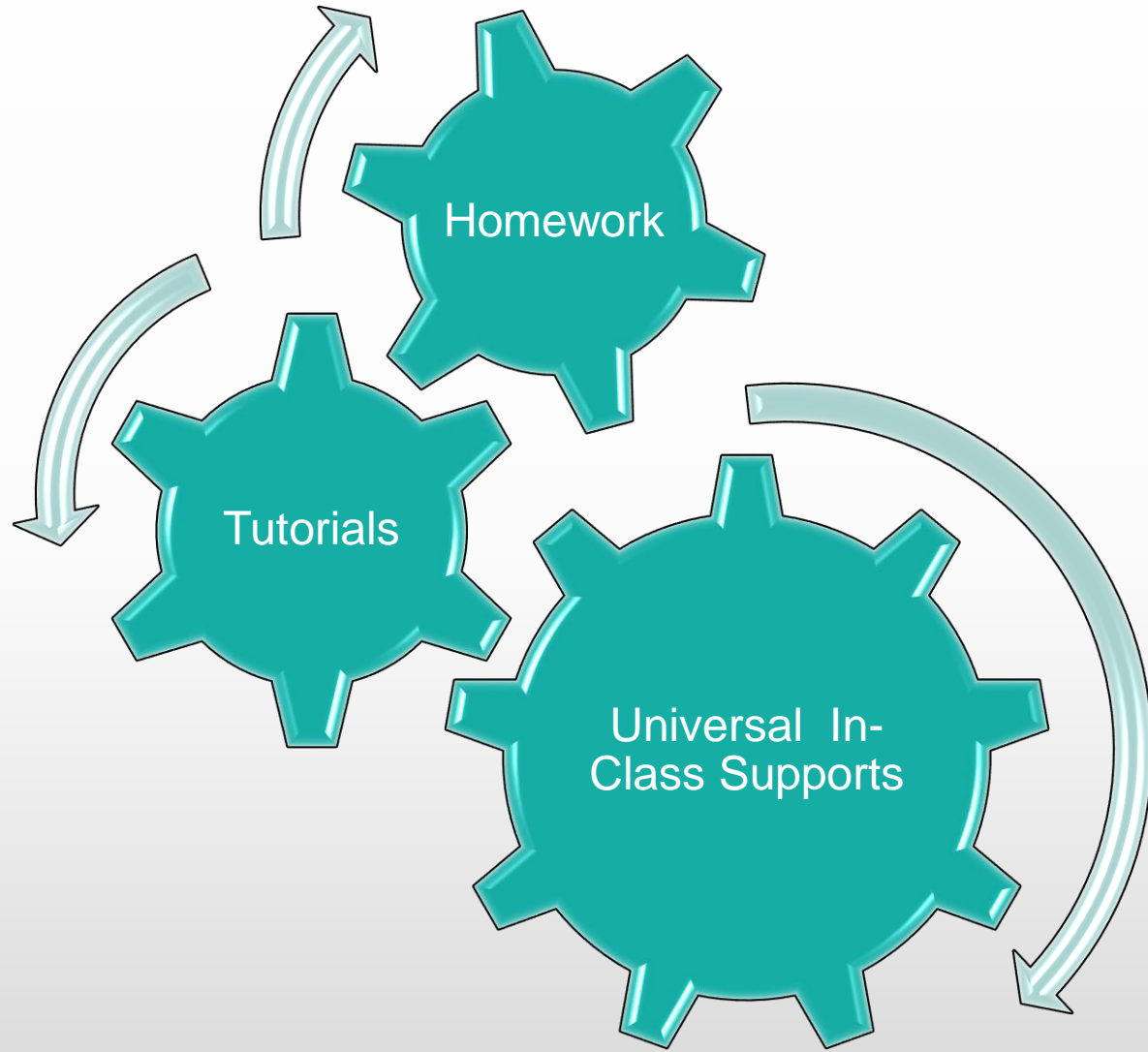
Shannon Smart, V.P.
Grade 9 & 11 Admin

Start of the BREAKOUT years: Milestones of a 13 year old



It takes TEAMWORK





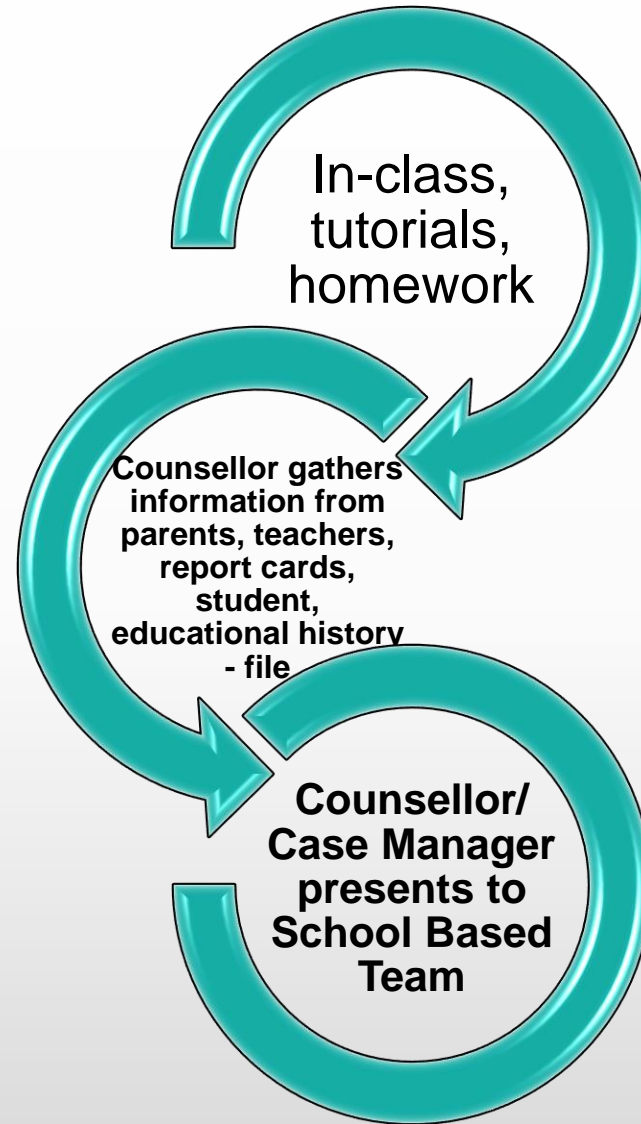
Tutorial Time 8:30 – 9:10

- Instructional In-Class Contact Time
- Mondays – schedule with teacher
- Tuesday to Friday – all teachers available
- Teachers can require students to attend: missed classes, assessments, instruction, clarify understanding
- Teachers are available to support with understanding and extension
- Encourage your students to use tutorial time – it's a great way to extend learning, catch up, or just have one-on-one time with teacher



Parents Support

- Check in with your teen regularly
 - Go for walks, shoot some hoops, take a ride, use "show me" and "I'm wondering"
- Teach and Practice Problem Solving Skills
 - Supports healthy emotional growth and development, reduces stress, increases resiliency
- Set out a Plan for regular learning at home – Homework Schedule
 - Develops lifelong learning, responsibility, and increases confidence
- Discuss your family values around cell phone and other screens
 - Easier said than done, especially for parents, practice builds solid healthy habits
- Sleep and Food
 - Notice disturbances and make plans to support good habits. There is no better way to understand the power of food than making your own. Make an appointment with your doc when needed
- Responsibility – Choices
 - Collaborate on a list of what they would like to do to contribute to the household, then ask them to choose 2. Talk about the successes and work out a plan to overcome any roadblock.





Grade 8 Course Request Sheet

Sutherland Website: <http://www.sd44.ca/school/sutherland/Pages/default.aspx>

Telephone (604) 903-3500

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Current School

Student's Full Legal Name

Usual Name

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Parent / Guardian Name(s)

E-mail Address

Phone Number

Have you applied for a NVSD44 Academy? If so, which one?

Peak Performance
Attach Application

Currently accessing Learning Support? e.g.: LAC

Do you have an I.E.P.? (Individual Education Plan)

Are you part of the International Program

E.L.L. (English Language Learner)

Required Courses

1. English 8	4. Math 8
2. Social Studies 8	5. French 8
3. Science 8	6. Physical & Health Education 8 (Or NVSD44 Sport Academy)

RANK your Elective Choices (1-3) for **BOTH** option A and Option B

Option A:

Visual Art & Careers

Digital Literacy & Careers

Woodwork & Careers

Option B:

Drama & Coding

Music & Metal Work

BAND

Notes:

Music Electives:

Instrument

- Band 8** - Band is a linear course which runs all year long every other day in an MX/Flex Block. Instrument
- Jazz Band 8** - this course is offered off-timetable twice a week - (Wed. 3 - 4:30pm & Fri. 7 - 8:45am.) as an extra 10th course. (Jazz band is an Auditioned course. Students must take Band 8 in conjunction with Jazz Band.)
- Choir 8** - this course is offered off-timetable on Mon. and Wed. from 7am - 8:25am as an extra 9th course. Students can take other music courses but do not have to in order to take Choir.

Student Signature

Parent / Guardian Signature

Date

Please complete and return the signed form to your Grade 7 Teacher by **Monday, Mar. 6, 2023**

Explore Electives

Pick ONE rank YOUR PREFERENCES

Careers &
Art

Careers & Digital
Literacy

Careers &
Woodwork

Pick BAND with math or
rank the two remaining
PREFERENCES

Band with Math
OR

Drama & Coding

Music&Metalwork

Sample Timetable

Semester 1	Semester 2
Tutorial Time	Tutorial Time
1 - Social Studies 8	1 - Math 8
2 - Explorer Pair #1	2 - English 8
3 - PHE 8	3 - Explorer Pair #2
4 - French 8	4 - Science 8

Sample Timetable: Choir

Semester 1	Semester 2
Tutorials/ Full Year – Twice a week – early start Concert Choir	Tutorials/ Full Year – Twice a week – early start Concert Choir
1 – Social Studies 8	1 – Math 8
2 – Explorer Pair #1	2 – English 8
3 – PHE 8	3 – Explorer Pair #2
4 – French 8	4 – Science 8

Sample Timetable: Math & Band Full Year

Semester 1	Semester 2
Tutorial Time	Tutorial Time
1 – Math 8 & Band 8 = Full Year	1 – Math 8 and Band 8 = Full Year
2 – Social Studies 8	2 – English 8
3 – Science 8	3 – Explorer Pair #1
4 – French 8	4 – Physical Health Ed 8 (PHE8)

Enhanced PHE8 Programs Academies for Grade 8s



@ SUTHERLAND:

ART (NOT A PHE PROGRAM)

BASKETBALL ACADEMY

FIELD HOCKEY ACADEMY (SUTHERLAND & RUTLEDGE)



@WINSOR SECONDARY:

DANCE

HOCKEY SKILLS

SOCCER



@ MOUNTAINSIDE SCHOOL

VOLLEYBALL



@ SEYCOVE:

ROWING



These are DISTRICT PROGRAMS - Apply @sd44.ca before Feb 27, 2023

Sample Timetable: Academy PHE

Semester 1	Semester 2
Tutorial Time	Tutorial Time
1 - Social Studies 8	1 - Math 8
2 - Explorer Pair #1	2 - English 8
3 - Science 8	3 - Explorer Pair #2
4 - French 8	4 - ACADEMY PHE 8

Sample Timetable: Academy AFK

Semester 1	Semester 2
Tutorial Time	Tutorial Time
1 - Social Studies 8	1 - Math 8
2 - Explorer Pair #1	2 - English 8
3 - Science 8	3 - PHE 8
4 - French 8	4 - Art Academy (Artists For Kids Academy)

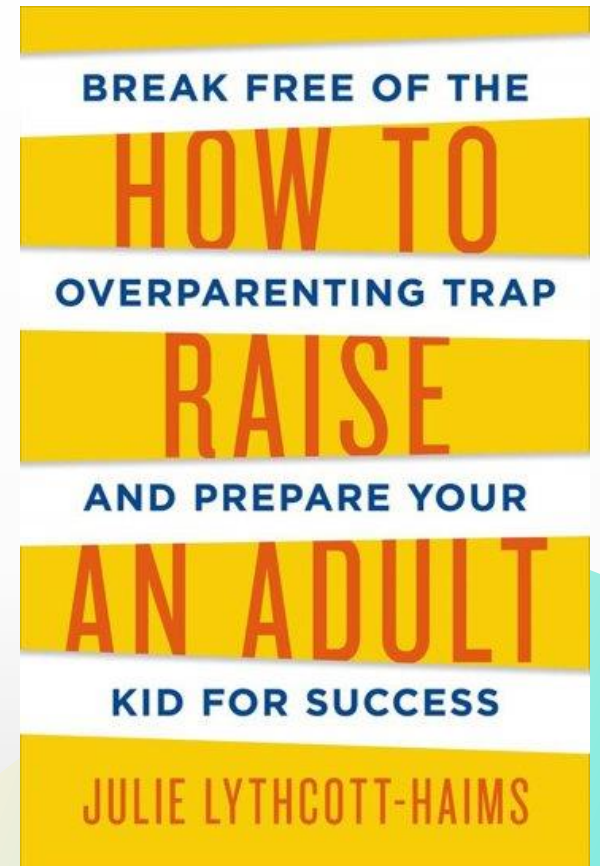
Sutherland Secondary School

2022-2023 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:12	See teacher	TUTORIAL TIME: This is instructional time that will be part of a schoolwide support system to support student success. Note: There are some X-Block classes			
9:15-10:25	1	2	3	1	2
10:25-10:35	Break				
10:35-11:45	2	3	1	2	3
11:45-11:55	Break				
11:55-1:05	3	1	2	3	1
1:05-1:50	LUNCH				
1:50-3:00	4	4	4	4	4

Counselling and Student Services

- Assist students in formulating & reaching their educational goals
- Support families, connect to community supports when needed
- Support social emotional development
- Identify and respond to difficulties - referral to School Based Team and/or special programs
- Assist students with course requests



Freedom & Responsibility

Lunch time – students may leave campus at this time – opportunity for conversations about use of time, playing basketball or volleyball in the gym, quiet time in the library, join a club, find a place on campus to be with friends

Cafeteria – hot lunch, open at 10 minute break for grab and go, vending machines, tap card payment - opportunity for conversations and boundaries regarding finances, friendship, planning

Communicate with teachers – "is this for marks", not all work is required for marks, not all homework is checked - opportunity for conversation on what homework and study are, why they are important, what is a good workspace, checking in, talk through problem solving, how long is homework taking and why

Clubs, Sports and Extra-Curricular Activities

Get involved in Your School!

[Home](#) [About Our School](#) [Programs & Services](#) [Staff Info](#) [Parents](#) [Students](#) [Contact Us](#)

[Assessments](#)

[Clubs](#)

[Course Programming](#)

[Expect Respect and a](#)

Sutherland Extracurricular Clubs

Clubs 2022 2023

Please use the above link to find a list of current clubs and their sponsors. If you are interested in joining a club, please reach out to the teacher via Teams.

[Home](#) [About Our School](#) [Programs & Services](#) [Staff Info](#) [Parents](#) [Students](#) [Contact Us](#)

[Athletics](#)

[Schedules](#)

[Forms](#)

[History](#)

[Girls Field Hockey](#)

Athletics

Please visit www.sutherlandathletics.ca for all athletic information including registration.

Sutherland Sabres

Sutherland Student-Athletes are provided with opportunities and unforgettable experiences



Coming Up



- March 6 Course Request due to grade 7 teacher
- March - Articulation Meetings at FOS
- April 14 - Grade 7 tours @Sutherland
- May 5 - Grade 7 workshops
- May - Communication from Sutherland School Based Team
- June - Communication regarding Cheakamus Retreat
- September – Fees for Retreat posted and due CashOnLine
- September 5 - First day of School - Grade 8 Assembly & Activities

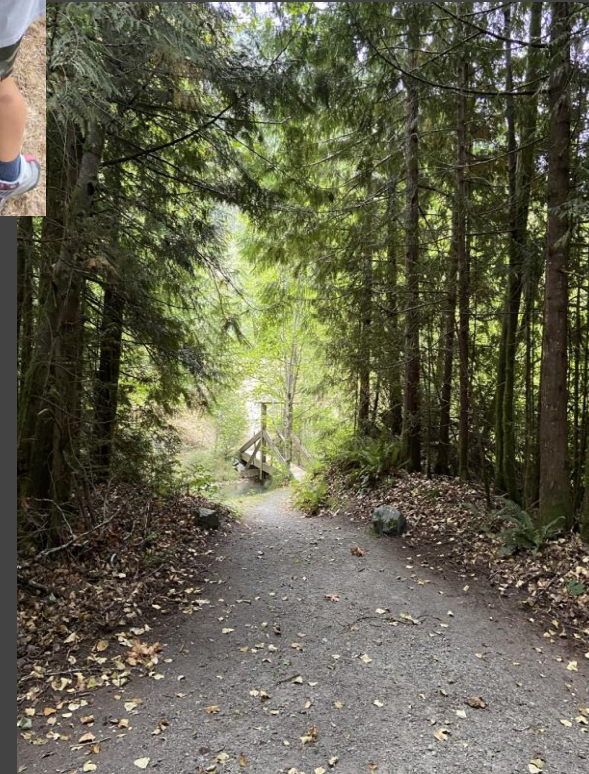
Grade 8s Connecting at Cheakamus 2022





Learning to split wood with a mallet and sharpened antler.





Campfire included s'mores and a dance battle!

**Students
made new
connections,
pushed
themselves,
tried new
things, and
made
memories.**





Questions?

Please feel free to stay for a few minutes & connect with us and each other