

Monday February 23, 2026

- Hey Sutherland Students!
This is your friendly reminder that yearbooks are on sale now, and you won't want to miss getting your hands on the ultimate keepsake of the school year! From big events to candid moments with friends, this year's book is packed with memories you'll look back on for years to come.
Deadline to order: April 1
Don't wait—once the deadline passes, we can't guarantee extra copies!
- Attention all mountain bikers! Forms are due to Ms. Smyth Today, Feb 23rd! If you need a form come to room C203 and pick one up!
- Hey Sabres, have you been feeling a little down with all the negativity in the news lately? If so, you are not alone. We invite you to join us in a candlelight vigil here at school on Pink Shirt Day, Wednesday, February 25th to honour the struggle for human rights and against oppressive regimes. Whatever your social justice issue, all students are welcome to join us at lunch to light a candle and come together in solemn remembrance of those who have pioneered the struggle for rights and freedoms. Hope to see you there in your pink shirts.
- Are you interested in playing on the Sutherland girls soccer team this year? If so, use the QR codes outside on the PHE office and cafeteria bulletin board to sign up. Tryouts for junior and senior start Monday February 23. See Mr. Madill for any questions.
- Model United Nations. Victoria. The poop factory. And more! Oh, the places you will go... but only if you apply to the Global Perspectives Program! A reminder to current Grade 10s that applications for next year's GPP are due by Friday, February 27th. Hand in to the office or Mr. Nevison.
- Junior and Senior Ultimate tryouts will be held on February 24th and 25th from 3 to 5 pm on the Sutherland turf.
Any students interested in playing Ultimate this season are welcome to attend. A reminder to Ultimate players to bring cleats and a light and dark jersey for Tuesday's Ultimate Tryouts for senior and juniors
We look forward to seeing you there!
- Ready for a show-stopping night? Come see Legally Blonde: The Musical opening this Wednesday at 7PM! Student CASH ONLY tickets are \$10 and credit/debit purchases are \$15. Buy advanced tickets at lunch in front of the theatre or scan the QR code outside. Don't miss the glamour, the laughs, and the heart!
- Reminder: This Wednesday is a late start. Period 7 starts at 9:55am
- Hey Sabres, Intramural soccer resumes today! Come check out the games in the large gym at Lunch with Monkeys taking on the Ball Kickers.

- Only one more day, Sabres!
Tomorrow is HOTDOG DAY!
You won't want to miss the lunch you've been dreaming about since the last HOTDOG DAY!
For just \$5, you can enjoy a delicious hotdog AND support the LSC fundraiser at the same time.
Don't miss out!
- Students who have signed up to write the Pascal, Cayley or Fermat math contest are reminded that the contest will take place this Wednesday at 8:45am. Please check your Teams messages for more info.
- Attention all grade 8-12 Sutherland students interested in joining the Track and Field team:
There will be a short information meeting this Thursday in the small gym. Please come right after the bell rings to sign up and learn about upcoming practices! Everyone is welcome.
- Attention grade 9s, this is your last chance to apply for the Explorers program next year!
Applications are due on Friday, February 27th. Please submit your application to D201 and see Mr. Abreu if you have any questions.
- Sutherland athletes competed in the Wrestling Provincials this weekend which brought schools from all over British Columbia to the PNE Forum to battle it out. A big shout out to Eddie N. and Logan G. who both placed 6th in their weight classes. Max H. battled hard to earn the 4th place in his division. And finally, Jackson C. in his senior and final year duked it out for 3rd place in one of the toughest weight classes of the tournament. Congratulations to all the other Sutherland Wrestlers who competed, you all made us proud!
- Hey Sabres get your pink shirts ready for Pink Shirt Day this Wednesday! As a refresher: this movement began in Canada in 2007 when a boy in Grade 9 was bullied for wearing a pink shirt. Two boys in Grade 12 who witnessed the bullying organized a school-wide protest to wear pink and stand in solitary of the bullied student. Wearing a pink shirt acts as a powerful, symbolic gesture demonstrating that bullying will not be tolerated, so it's important that all students participate
- A reminder to all grade 12's of the staff vs. students volleyball game this Friday at lunch in the large gym.
- It's Literacy Week, Sabres! Visit the library to check out a book or come on by to see what some of your favourite teachers are reading!