

Tuesday, May 26, 2026

- Attention Grade 11 and 12 students: BCIT is excited to offer the ACE Summer Intensive Microcredential in Fundamentals in Architecture, Construction, and Engineering for July 2026. Limited spots are available. Please see or Teams message Ms. Nieken-Spence in the Careers Office for application details and instructions.
- Sabre Olympics is coming June 9th and you do NOT want to miss it! We'll have a 4x100 relay for every grade, plus an unforgettable Grade 12 wacky relay with events like the egg-and-spoon race and hula hoops. This is one of the last huge school-wide events of the year, so sign up, get involved, and make some memories before summer!
Remember your grade colours:
Grade 8 & 9: RED
Grade 10 & 11: BLUE
Grade 12: WHITE
Everyone who comes outside to the field wearing their grade colour gets a FREEZIE!
Get your friends together and look for the sign-up codes around the school!
- Sign Up for Summer Work Experience (WEX)

Earn 4 credits this fall by completing the Summer Work Experience (WEX) program through WEX 12A or WEX 12B. These courses allow you to fulfill 90 hours of work experience over the summer, either through volunteer work, a combination of volunteer and paid work, or multiple placements. All BC students must complete a minimum of 30 hours of volunteer work, work experience, or paid employment to graduate. By participating, you'll develop valuable skills, contribute to the community, and meet graduation requirements. Don't miss this chance to gain practical experience and earn credits—sign up now. See Mr. Nevison or Ms. Nieken-Spence for more info!

- Attention all students and staff who participated in athletics, coached a team, or were staff sponsors. Did you know Sutherland's Athletic BBQ is coming up on June 9th?

What is the Athletic BBQ you ask? Well, it's a causal celebration where all of Sutherland's athletes get together to enjoy some delicious food truck food, catch up, and maybe even win some awards!

The catch? In order to attend the Athletics BBQ, you must have played a school sport this year and RSVP'd using the QR codes that are now posted around the school.

Please RSVP ASAP so we know how many of you can join us!

Looking forward to celebrating our Athletic achievements on June 9th, after school.

- Last chance for any basketball or volleyball scorekeepers to pick up their honorarium forms to get paid!

Please see Ms.P in the PHE office to collect your forms this week.

Don't miss out on getting paid for all the hard work you've done for Sutherland athletics!

- The banana lounge is serving pizza roll-ups today at lunch in D107. This will be our last lounge of the school year. Thanks to Sena Lee for her leadership this year.
- Queer Prom is happening on Thursday, May 28th. Everyone is welcome. The theme is "Gala of the Galaxies," and we hope to see you there. There will be live music by Queer as Funk, dazzling drag performances by Kendall Gender and Androgynass, a free photo booth, and tarot card readings. Please go to MS Teams for more information on how to sign up.
- A reminder that tomorrow is a late start at 9:55am. See the announcement screens throughout the school for the detailed schedule.