

Friday, May 8, 2026

- Calling all former Brooksbank students!

Ms. McKay will be retiring at the end of this school year, and we'd love your help in sending her off with the recognition she truly deserves. Ms. McKay has made a lasting impact on so many students over the years—this is a chance to give a little of that back. If you're able to stop by, please take a moment to write a message for her. A message board has been set up just outside the Career Office (C103).

Let's fill the board with thoughtful, inspiring messages and memories to show our appreciation for everything she's done.

- Attention Sabres in grades 11 and 12! Have you asked a teacher or staff member for a recommendation letter or reference? If you have, don't forget to thank the staff member properly! The etiquette is usually a written card to thank the person for taking time out of their busy life to write a reference for you. Words in a written card go a long way to show your gratitude. In this busy day and age, don't forget to show gratitude to the staff members working behind the scenes to make life happen for you! It's easy to say thank you, but a personalized message makes people feel appreciated when they put in time and effort for you!
- A special shout out to all of Sutherland's track and field athletes who competed at yesterday day 1 of the north shore championships! Everyone showed great determination and grit.

Highlights included:

Isabel qualifying for zones in the 200m

Emily winning gold in both the 800m and 3000m

Noah qualifying for zones in the 200m

Reuben getting gold in the 3000m

Cooper getting bronze in the 3000m

Teija winning gold in the high jump and setting a new personal best at 1 meter 45 centimeters

And finally, to both our grade 8 girls relay team and junior girls relay team for qualifying for zones in the 4 by 100m

Well done to everyone who competed!

You are all very speedy Sabres.

- Congrats to the Sr Boys Rugby team for their win against Whistler where they out scored them 34-26 yesterday in playoffs. The boys fought hard and placed 5th in the league. Shoutout to Dylan T. for his Man of the Match performance, with his multiple try's, runs and tackles. And Congrats to all seniors for an incredible last season!