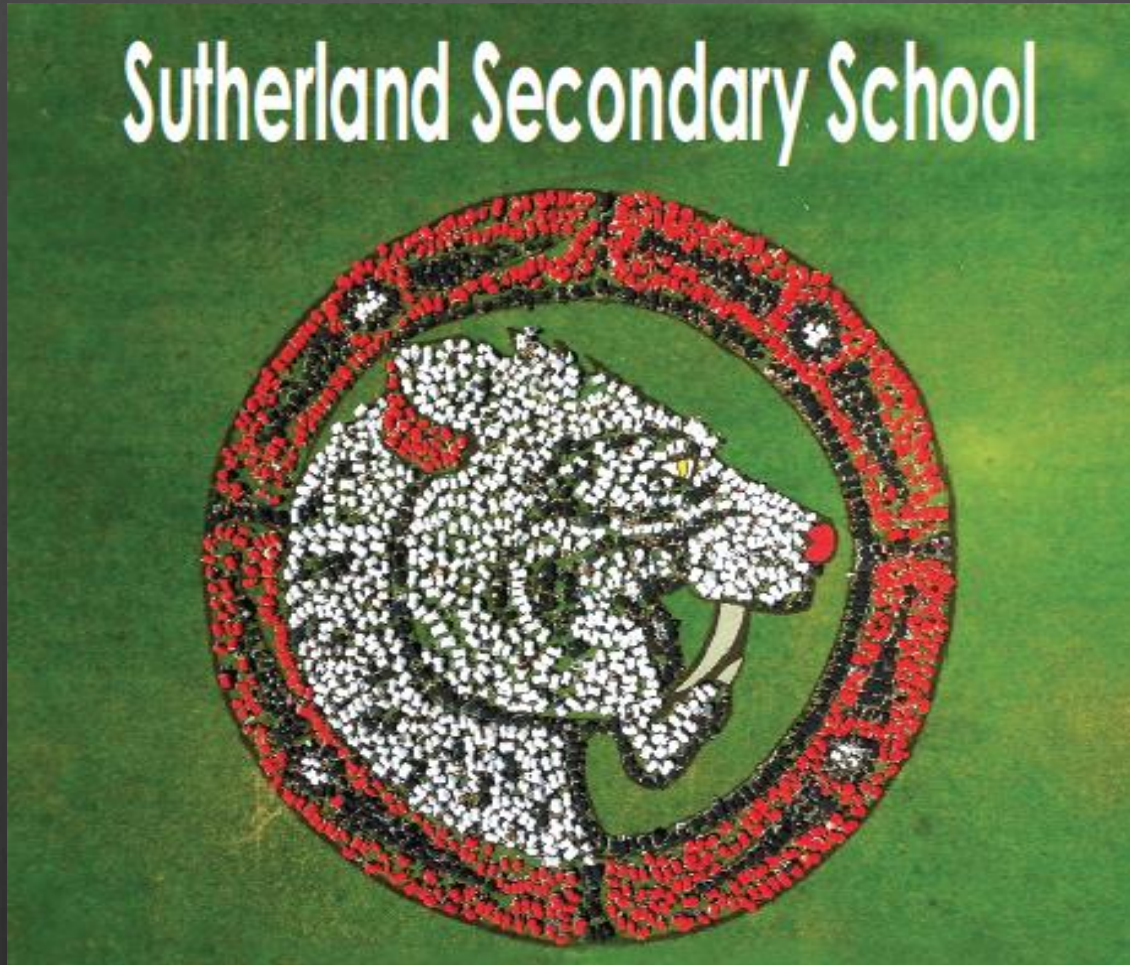




Welcome to Sutherland
Secondary School

Sutherland Secondary School



Consectatio Praestantiae

“Striving for Excellence”

Welcome to the
Graduating class of 2021!



**It might look
a bit scary,
but ...**



You will be creating
amazing memories...

Embrace the Journey!



IT'S DIFFERENT THAN ELEMENTARY!



- A lot more people
- Bigger school (farther to walk!)
- Rising expectations & independence
- Homerooms
- Lockers
- Cafeteria
- Many different teachers in different classrooms
- Rotating Timetable
- Counsellor's role

The Sutherland Team

Administration



Principal



Vice Principal



Vice Principal

Ms. Kirkwood



Grade 08 Counsellor

skirkwood@sd44.ca

Student



**Parent/
Guardian**

School

The Job of Students ...

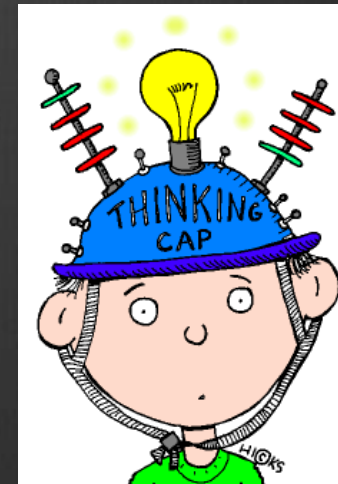
Get involved!

Take responsibility for your learning

Concerns? Contact teacher first

Establish routines early

Homework vs study



R.E.S.P.E.C.T.

is the foundation of Sutherland's reputation as a strong community of learners, where we:

- Take **responsibility** for learning to the best of our ability.
- Show all individuals the **equality** and fairness we desire for ourselves.
- Work toward **success** as scholars, citizens, and athletes.
- Give our full **participation** in classes, in school, and in the community.
- Strive for **excellence** in our attitudes and efforts in order to bring credit to our school and ourselves.
- Show **consideration** for others based on race, colour, ancestry, place of origin, religion, family status, physical or mental disability, gender, age, sexual orientation, and recognize individuality and uniqueness of others.
- Believe that our **total involvement** as global citizens requires caring for the Earth and all life.

SPORTS ...

Fall

- Volleyball
- Bantam Boys' Rugby
- Jr. and Sr. Boys' Soccer
- Girls' Field Hockey
- Cross Country

Spring

- Jr. and Sr. Boys' Rugby
- Track and Field
- Golf
- Girls' Jr. and Sr. Soccer
- Mountain Biking
- Ultimate Frisbee
- Badminton

Winter

- Boys' and Girls' Basketball
- Gymnastics
- Swimming

Lunchtime Intramurals

- Basketball
- Floor Hockey
- Indoor Soccer



Getting Involved:

Just Some of our Clubs:

Sutherland Clubs


- Best Buddies Program
- Cancer Awareness Club
- Care Bears S.
- Chess Club
- DiverCity Club
- DSLC-District Student Leadership
- Environment Club
- Games Club
- Retro games, non-electronic mind games, tech games.
- Mathletes Club
- Mosaic Multicultural Club
- Reach for the Top J.
- Sabre Book Junkies
- Sewing & Craft Club
- Student Leadership Council
- Sun Run Club
- Sutherland Schoolyard Market Garden
- Sutherland Swim Club

The Job of Parent/Guardian ...

- Get involved!
- Know their classes and timetable
- Contact subject teacher with questions
- Establish routines early
- Homework vs Home study
- PAC / Volunteering
- Check in regularly 😊



Keep Informed



Sutherland Secondary

North Vancouver School District

MyMail Portal NVSD

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

i **Report Cards Home - February 15th**

i **Zone Concert has changed from March 3 to February 24**


i **Grade 8 - 11 Parent Program Meeting**
Thursday, February 25th, Grade 8/9 7:00 - 8:00 pm in the Library; Grade 10/11 7:30 - 8:30 pm in the Theatre

i **Grade 7 - 8 Parent Programming Meeting**
Tuesday, February 9th, 7:00 - 8:00 pm in the Theatre

The Sea is Our Home

Ocean - inspired art by Dorothy Foster's art students is featured in an exhibition on display at the Beaty Museum of Biodiversity at U.B.C.

[Read more](#)



Sutherland Mission Statement

Sutherland strives to develop students' skills, intellect and personal growth in a supportive, respectful learning environment and to prepare students to become responsible citizens

QUICK LINKS

- [Sutherland Weather Station](#)
- [Daily Announcements](#)

Other District Supports:

Grade 7/8 Transition

Supporting Students' Academic and Social Transition

The purpose of Grade 7/8 transition is to provide Grade 7 students with a variety of experiences to connect them to their secondary school before they begin Grade 8. This connection focuses on the development of plans to support the course selection process, and determine any additional supports that may be required for individual students. Additional supports may address both academic and social / emotional needs. More importantly, transition supports every elementary student to feel a sense of welcome, belonging, and excitement about entering secondary school.

The North Vancouver School District's [Grade 7/8 Transition Parent Information](#) document provides an overview of events and procedures that support students and their families during the Transition process.

The Transition process begins in the fall of Grade 7 and continues into the fall of Grade 8. Many processes and activities occur during this transition time frame. Activities may include visits to secondary schools, social events, tours, Grade 7 partnerships with older students, and Grade 7

sporting events hosted at the secondary school.

Grade 7/8 Transition Parent Information

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What is Transition?
The Transition process begins in the fall of Grade 7 and continues into the fall of Grade 8. Many processes and activities occur during the transition time frame. Activities may include visits to secondary schools, social events, tours, grade 7 partnerships with older students, and grade 7 sporting events hosted at the secondary school. Central to the transition process is articulation.

What is Articulation?
Articulation is the process which occurs each spring whereby elementary and secondary administrative and teaching teams discuss the transition of individual students from grade 7 to grade 8. Consideration is given to additional supports required at secondary school.

What Can Parents Expect During the Grade 7/8 Transition Process?

Developing Connection Activities
Each secondary school provides different opportunities for Grade 7 students to connect with their secondary school. These opportunities (social events, partnerships etc.) may begin in the late fall of the grade 7 year and continue until June. Your elementary school will inform you of upcoming transition events specific to your secondary school.

Enhanced Programs and Grade 7/8 Transition Information Night
The official beginning of the transition process for parents begins with the Enhanced Programs and Grade 7/8 Transition Information Night for grade 7s and their parents in January. The purpose of this evening is to provide an overview of the North Vancouver School District's grade 7/8 transition process, as well as our unique academic and program. This will assist you in making an informed choice about school and program placement.

Grade 7 Parent Information Meeting
Parents of current grade 7s are invited to a course programming information meeting in early January at their secondary school. This meeting will include a guided tour, a programming information presentation and a question and answer period. The purpose of this meeting is to provide general information about the secondary school and more specifically, to discuss with parents course offerings and programs. Information specific to grade 8 and the transition to secondary school will also be presented.

Grade 7 Student Presentation/Documentation
The grade 8 Coordinator and grade 8 Vice Principal will be visiting elementary schools to assist students with course programming for their grade 8 year. These visits will take place in February. Course selection sheets will be handed out at this time and will be due back to your child's grade 7 teacher at the end of February.

Grade 7 Student Guided Tour
Grade 7 students and their teachers will be invited to come for a guided tour and short presentation in early spring. The purpose of this visit is to help:

- to familiarize your child with the school and visit classes while in session.
- to help your child gain an understanding of the school's academic and elective areas.
- to build a sense of community and connection to the secondary school.

Grade 7 Articulation Meetings
Articulation meetings will take place in late May. At that time, the transition team of secondary teachers will visit elementary schools to discuss the educational needs of grade 7 students. If necessary, your child's elementary teacher will be sharing any suggested changes or recommendations to your child's program with you. For students who may require additional supports, the Family of Schools Leader will contact families.

September - Grade 8 Parent Teacher Night
In the fall grade 8 parents are invited to their secondary school for a parent evening. The evening will introduce parents to their child's teachers and the allow them to experience a grade 8 timetable. Specific dates and details for each of the above events will be communicated to you by your student's elementary school. If you require any additional information please contact your elementary principal or grade 7 teacher directly.

Summer School Grade 7 to 8 Transition Course

NVSD 44 Summer School

... <http://www.sd44.ca/school/summer>

Topics includes:

Curriculum preview (Math, English,
Science, Socials)

Time management

Organizational skills

Note-taking skills

Stress management

Study habits

Helping your child succeed

Helping with time management

- Setting up a regular homework time
- Setting up a place to study

Helping with organization

- Keeping tabs on your child's agenda book
- Binder organization

Listening & asking questions

Insisting on daily attendance

Establishing routines

- Afterschool, evening, morning

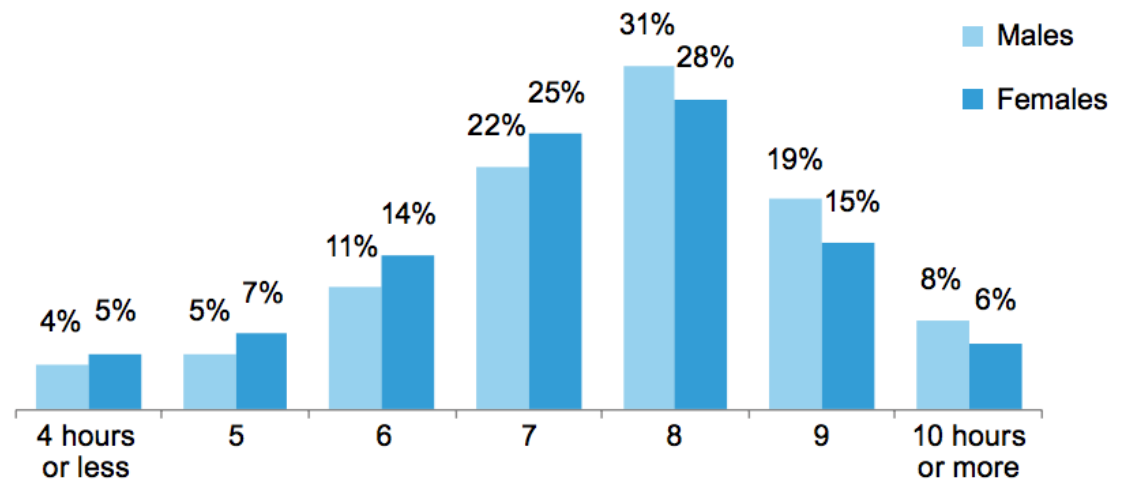


SLEEP ...

- 8.5 to 9.25 hours per night is recommended
- #1 distraction and interference with sleep is electronic devices (2013 BC Adolescent Health Survey <http://www.mcs.bc.ca/ahs>)

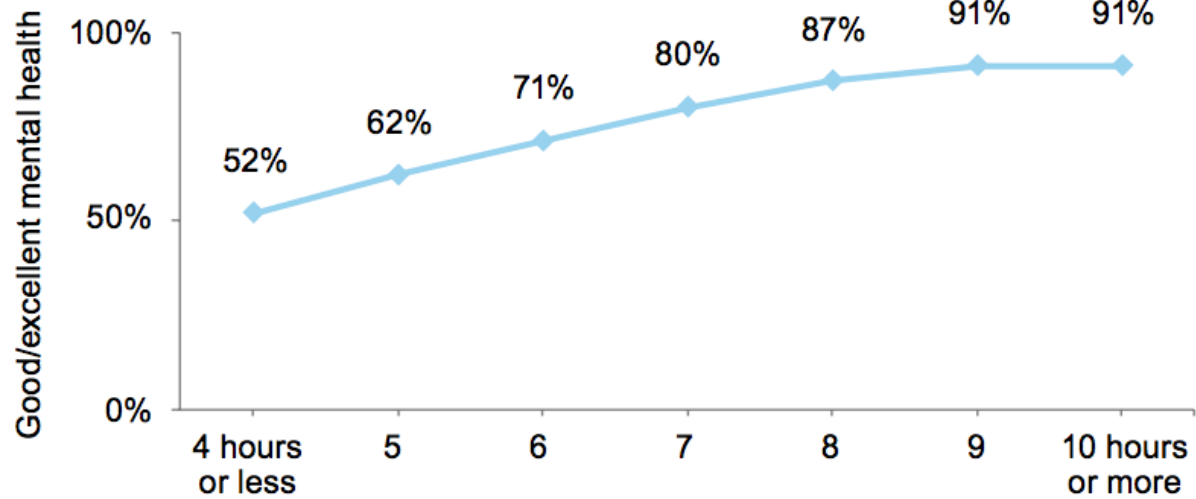
82% of youth were online or on their phone after they were supposed to be asleep.

Hours slept last night



Note: The difference between males and females who slept four hours or less was not statistically significant.

Good/excellent mental health in relation to hours slept last night



Case Managers and Counsellor ROLES...

- Liaison for parents
- Advocate for students
- Support for teachers to help support students
- Helps build relationships
- Information source for students and parents



Sutherland Supports:

Case Management:

- LSC ... Learning Support Centre
- LAC ... Learning Assistance
- CHOICES ...
- FN Support ... First Nations Support
- SBRT ... School Based Resource Team

Other Supports:

- Tutorials (department based)
- Transitions 8 Math
- Transitions 8 English
- Transitions Science 8
- ELL

Course Selections



Sutherland Secondary School Grade 8 Course Selection Sheet 2015-2016

Elementary School		
Brooksbank	(circle)	Queensbury
Ridgeway		Eastview

Student Information: (please print clearly)

Last Name

First Name

Contact Information:

Home Phone

Work Phone

Email

Core Courses: (These courses will be assigned to all students)

1. English 08
2. Social Studies 08
3. Science 08
4. Math 08
5. Physical Education 08 ...
6. French 08

Please circle → Boys Girls

Electives:

The School timetable is built based on elective courses selected at this time. Please select your elective courses carefully. All elective courses are assigned based on timetabling and availability. Your final timetable represents the best possible combination available to you based on your choices.
Course changes may not be possible.

Elective Exploration Rotation Choices:

	9 weeks		9 weeks		Please list pairs in Priority Order
Option Pairs	A	Woodwork	&	Art	1 <input type="checkbox"/>
	B	Metalwork	&	Textiles	2 <input type="checkbox"/>
	C	Computer and Media Literacy	&	Exploring Music	3 <input type="checkbox"/>
	D	Foods	&	Drama	4 <input type="checkbox"/>

NOTE: Each student will be assigned 2 option pairs after consideration of their priority order. Final option assignment is dependent on availability and the master school timetable.

Band Students

- Band is a linear course which runs all year long in alternation with PE 08.

I want to sign up for Concert Band

Please tell us what instrument you play:

Choir Students

- Choir is a linear course and is offered OFF-TIMETABLE twice a week before school.

I want to sign up for Choir

I have reviewed and discussed this course selection and agree with my student's choices:

parent/guardian name (print) _____

signature _____

Please complete and return the signed form to the **GRADE 7 TEACHER**
by **Thursday March 5th, 2015**

NOTE: Re LAC support ... Did you receive LAC support in Grade 7? YES NO (Circle one)

Elective Rotations:

Elective areas:

Info Tech

Woodwork

Drama

Art Metal

Music Survey

Foods

Textiles

Visual Art

SCHEDULE (SEMESTER 1 & 2)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 – 9:45	1	2	3	1	2
9:45 – 9:55	MORNING BREAK				
9:55 – 11:10	2	3	1	2	3
11:10 – 11:20	MORNING BREAK				
11:20 – 12:35	3	1	2	3	1
12:35 – 1:15	LUNCH				
1:20 – 1:40	FOCUS*	FOCUS*	FOCUS*	FOCUS*	FOCUS*
1:40 – 2:55	4	4	4	4	4

Late Start last Wednesday of each month

STAFF COLLABORATION SCHEDULE

TIME	WEDNESDAY
8:30 – 9:45	STAFF DEVELOPMENT
9:50 – 10:50	3 60 minutes
10:50-11:05	MORNING BREAK
11:05 – 12:05	1 60 minutes
12:05 – 12:10	MORNING BREAK
12:10 – 1:10	2 60 minutes
1:10 – 1:50	LUNCH
1:55 – 2:55	4 60 minutes

This alternate schedule is for the following dates:

September 30
October 28
November 25
January 27
February 24
April 27
May 25

Reporting:

REPORT CARDS

Report Cards are issued four times each year: November, February, April and June.

GRADE 8 PROGRESS REPORTS

Grade 8 Progress Reports are issued in October and March.

INTERIM REPORTS

Interim reports may be issued by subject teachers at any time throughout the year. Teachers may also phone home or email to keep parents up to date on any student's progress.

PARENT-TEACHER INTERVIEWS

Parent-Teacher Interviews are held twice a year following the November and April report cards.

Sutherland Enhanced Programs

Global Perspectives

- Social Studies 11
- English 11
- Economics 12
- Social Justice 12

Explorer

- Social Studies 10
- Outdoor Ed 10

Science Coop

- Science 10
- Work Experience

What's Next?

Come visit us !!!!
Check out our Calendar on line
Watch a sports activity
Come see a Play
Enjoy a Music concert

- **School Visits for grade 7 classes:**

Sutherland Team visits during
last week February - 1st week March

***Course selection forms distributed
at this time***

- **Return programming sheets by:**

Thursday, March 10th to your grade 7 teacher

- **Grade 7 classroom days At Sutherland (arranged by by Elementary teachers)**

End of August- newsletter mailed home

First day of school, September 6th

Early September... Grade 8 Welcoming Event

Late September ... Grade 8 Parent evening