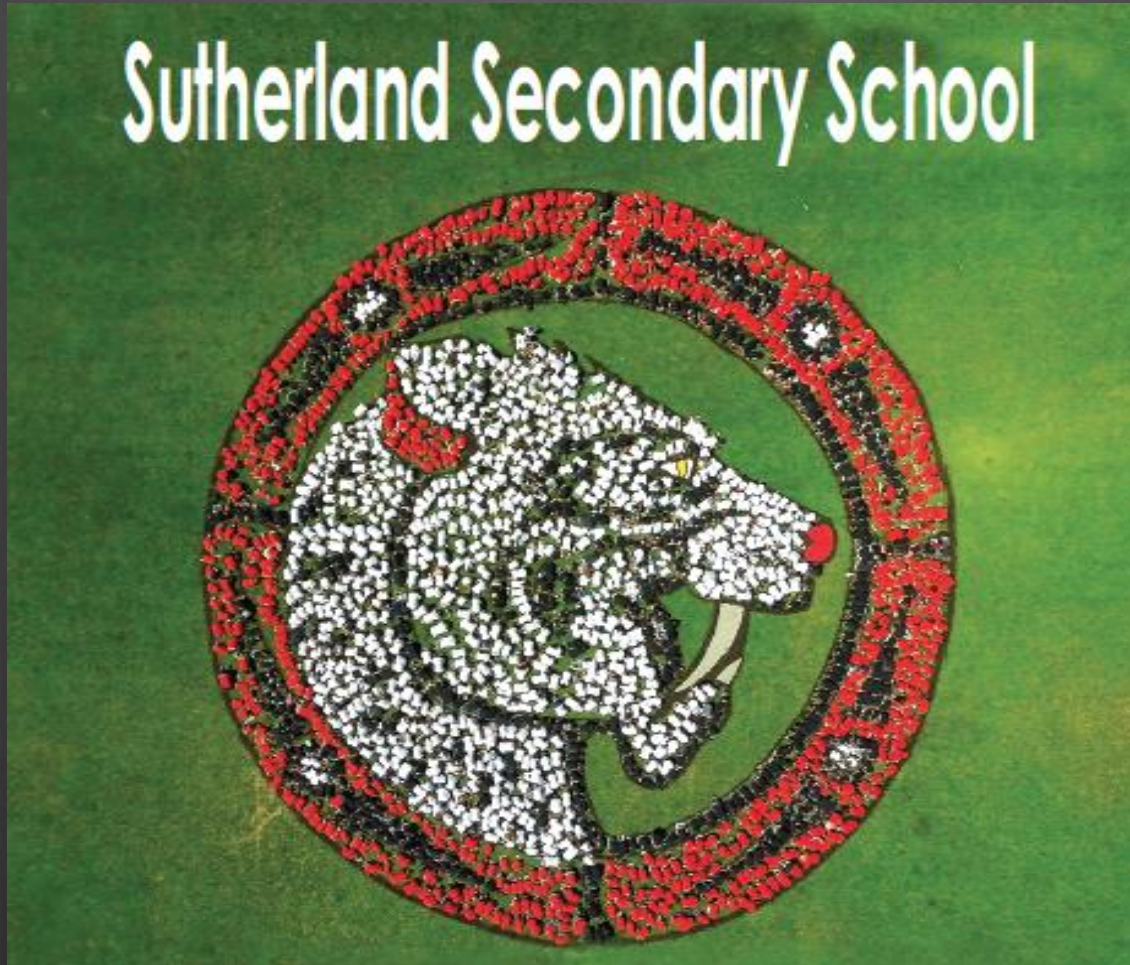




Welcome to Sutherland  
Secondary School

# Sutherland Secondary School



*Consectatio Praestantiae*


“Striving for Excellence”

Welcome to the  
Graduating class of 2022!



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



A man and a young boy are standing on a dark concrete pier, looking out at a vast, calm blue ocean under a clear sky. Both have their arms outstretched horizontally, palms facing down. The man, on the left, is wearing a light blue and white checkered button-down shirt and dark blue jeans. The boy, on the right, is wearing a bright blue t-shirt and khaki shorts. The scene is peaceful and evokes a sense of freedom and shared experience.

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

**Student**



**Parent/  
Guardian**

**School**

# The Job of Students ...

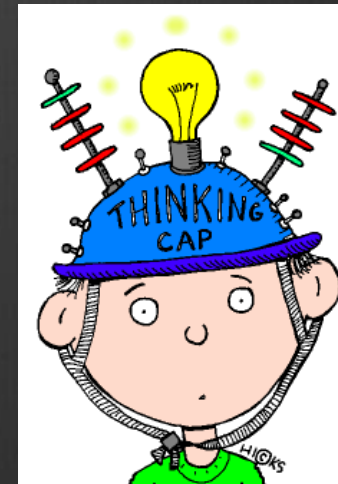
Get involved!

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
- Boys Club Network
- Chess Club
- DiverCity Club
- DSLC-District Student Leadership
- Environment Club
- Girls Group
- 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

Keep Informed



**Sutherland Secondary**  
North Vancouver School District

[MyMail](#) [Portal](#) [NVSD](#)

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

**Report Cards Home - February 15th**

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


**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

**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](#)

# 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

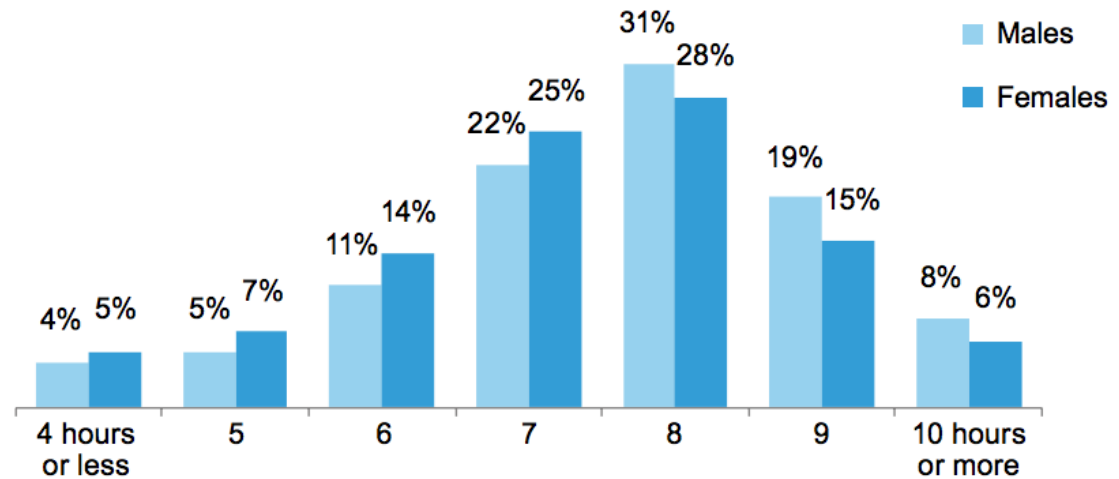


# SLEEP ...

- 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>)

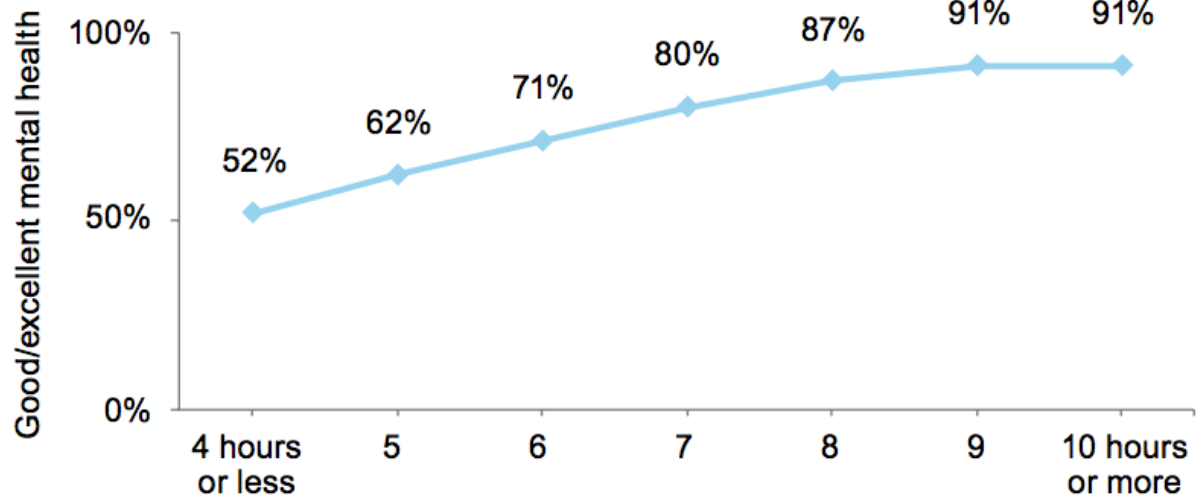
**82%** of youth were online or on their phone after they were supposed to be asleep.

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

Coding

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

# 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 two weeks February - 1<sup>st</sup> week March

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

- **Return programming sheets by:**

Friday, March 9<sup>th</sup> 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 4<sup>th</sup>

Early September... Grade 8 Welcoming Event

Late September ... Grade 8 Parent evening