



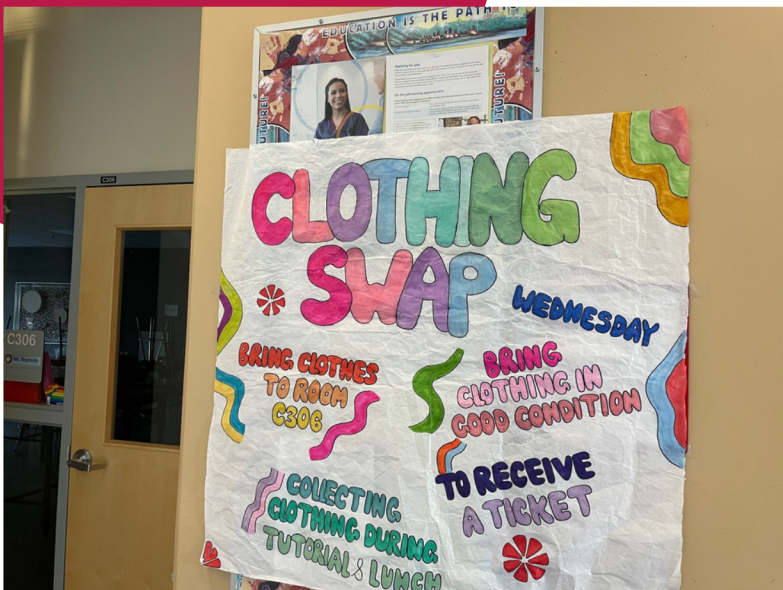
SUTHERLAND NEWSLETTER



IN THIS ISSUE:

- February 2023 Highlights
- Vaping Cessation - Parent Info Session/Community Conversation
- Daily Health Check Reminder
- Graduation Assessments - April Session
- Morning Tutorial Time
- Parent/Teacher Learning Conferences
- Attendance and Excused Absences
- Math Contest Dates 2022-2023
- Mountain Bike Safety Event
- Dates to Know - Coming Up at SSS

FEBRUARY 2023 - HIGHLIGHTS AT SUTHERLAND SECONDARY



March 17, 2023

Dear Students and Parents/Guardians,

We hope you are all enjoying your Spring Breaks and are able to take some time to spend with family and friends. This month has our administrative team reflecting on the past, as March 2023 marks three years since the COVID-19 pandemic began to impact life in North Vancouver.

As cohorted classrooms and mask mandates fade further into the distance, we have been able to come together more and more as a school community. In February, although it was a short month, Sutherland staff and students had many opportunities to engage with one another. Post-pandemic, it has been wonderful to see friendships grow and connections form between students in classrooms, on the court, in the hallways, and on the field.

One such connecting event was the Grad 2023 Winter "Snow Ball." To fundraise for this event, grads held a bake sale, which was a huge success. The formal evening that followed was equally excellent: students kept the party going at the ESC until we turned the lights up and sent everyone home. Well done, Grad Council, for all your work in setting up the beautiful, winter-themed space for everyone to enjoy.

Last month, we also saw students connecting and working together to reduce "fast fashion" waste and support a local charity with our Grade 8's Clothing Swap! Thanks to Ms. Reynolds and her students for organizing this terrific event.

We look forward to seeing all Sutherland students back at school on **Monday, March 27th**, and wish you and your families a safe and healthy Spring Break.

The Sutherland Admin Team
Cary, Paul, and Shannon



VAPING CESSATION: PARENT INFORMATION SESSION/COMMUNITY CONVERSATION

Do you have questions about the health impacts of vaping? Do you have concerns about your child's use of vape products? Do you want to know more about how to support your child in quitting vaping? On **Wednesday, March 29th, from 6:30 to 7:30pm**, Sutherland will partner with Vancouver Coastal Health and the NVSD to host an information session and community conversation for parents/guardians interested in these topics and more. Please join us! **Sign up at this link:** <https://forms.office.com/Pages/ResponsePage.aspx?id=RtUantX4ek-GDic4Z6NTToEJzhB2kulFlok2Wz-eRkHRUNDEyOTIySlFTR0xENTBDTTNUMDRZMkpEMy4u> or scan the QR code. The event is free of charge.

Vaping Cessation Parent
Information Session/Community
Conversation



HEALTH CHECK REMINDER

Daily Health Check

Everyone going into a school or site must complete a daily health check, including staff, students, and visitors. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Body aches
- Cough
- Sore throat
- Sneezing
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting
- Diarrhea

If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools and worksites.

You can attend school/work if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities, AND
- You are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

For more information about daily health checks and when to stay home from school, please visit the BC Centre for Disease Control website at www.bccdc.ca.

GRADUATION ASSESSMENTS

On Friday, April 28th, Sutherland will hold its third session of Provincial Graduation Assessments for the 2022-23 school year. This session, we will provide tests for students with a **Semester 2 Math 10 course OR a Semester 2 English 12 course** (or those in a Full Year English/Lit 12 combo). Grade 10s will take the Numeracy 10 (NME 10) exam and Grade 12s will take the Literacy 12 (LTE 12) exam. Students will write with their classes according to the schedule below.

There will be a fourth session this year for any students still needing to write their exams. Please ensure that your child attends the correct session. If you have further questions, please contact Shannon Smart (ssmart@sd44.ca).

Date	Time	Group	Location
Numeracy 10 and Literacy 12 Friday, April 28, 2023 2-3-1-4	8:30am – 11:30am	Per 2 – Mitruk – 30 Per 2 – Lindahl – 24 Per 3 – Manara/Alexis – 20	Library/Library Lab
	10:30am – 3:00pm	Students with Accommodations NME 10 or LTE 12	D106
	12:00pm – 3:00pm	Per 1 – Bauck – 25 Per 1 – Dickson – 25 Per 4 – Alexis – 24	Library/Library Lab
		Per 1 – Hallam – 26	C203

MORNING TUTORIAL TIME

Each morning, students have the opportunity to meet with their teachers one-on-one or in small groups to access extra support, review concepts covered in class, and complete missed work or assessments. Teachers are available during the optional morning tutorial time, which begins at 8:30am and finishes with the first bell at 9:12 am. Tutorials run Tuesday through Fridays and some Mondays (with some exceptions for teachers with part time schedules). Students are encouraged to connect with their teachers in advance but are also welcome to drop in to Tutorial Time. You can reach teachers via Teams or email.



On **Wednesday, April 5th**, Sutherland will hold a Spring session of Parent/Teacher Learning Conferences. As in previous sessions, teachers will be available for five-minute appointment times between 2:00pm and 4:00pm and then again from 6:00pm to 8:00pm. Parents and guardians will be able to book five sessions per child, and will do so through School Appointments. Additional information about booking was sent out on February 28th. Please check the school website for more details.

Appointments will open for booking on **Monday, March 27th, at 8:00am** and will close on Sunday, April 2, at 10:00pm. Bookings will not be accepted outside this window. If you are unable to book with your student's teacher(s) on April 5th, please contact them by email. If there are particular teachers you would like to see on April 5th, please make sure to book early on in the booking window - spots fill up quickly!

Appointments can be booked through <https://sutherland.schoolappointments.com/>

ATTENDANCE AND EXCUSED ABSENCES

The Sutherland Staff and Administrators would like to ask for your assistance with ensuring that student absences are reported accurately. If your student is ill or away for another reason, please report these absences by email: sutherland_attendance@sd44.ca. Please ensure the word "absence" appears in the subject line and please put your child's full name and grade in the body of the email. You can also notify the school by email of a student's late arrival or early dismissal. **Students who are late should go directly to their class, NOT to the office.**

When students miss school, it is their responsibility to connect with their classroom teachers to catch up on missed work. This is an excellent thing to do during Morning Tutorials. We kindly ask that, if at all possible, family vacations and any avoidable extended absences are kept to times when school is not in session. **Our teachers are not able to provide options for distance learning.**

Students who have symptoms of COVID-19, even if mild, **MUST** stay home.

Math Contest Dates for 2022/2023

Contest Name	Grades	Date	Where/When
Canadian Intermediate	9,10	Wed, Nov 16	B202
Canadian Senior	11,12	Wed, Nov 16	B202
Pascal	9	Wed, Feb 22	B202
Cayley	10	Wed, Feb 22	B202
Fermat	11	Wed, Feb 22	B202
Capilano University Round 1 Round 2 Fri, May 5 (by invitation)	9/10 and 11/12	Wed, April 5	B202
Euclid	12	Tue, April 4	B202
Fryer	9	Wed, April 5	B202
Galois	10	Wed, April 5	B202
Hypatia	11	Wed, April 5	B202
Gauss	8	Wed, May 17	B202
Beaver Computing Challenge	7/8 and 9/10	Sometime in Nov	Library lab

► Sign-up by sending Ms. Johns a Teams message or dropping by room B202. Contests need to be ordered 6 weeks in advance. State your full name and the contest(s) that you wish to participate in.

► **Students who sign up will be charged a flat fee of \$5 per contest the day after the contest date. This fee will be charged regardless of whether you show up or not.**

► Students are encouraged to practice with past contests. Practice contests and solutions can be found online. (Google “waterloo past math contests”)

MOUNTAIN BIKE FIRST AID AND SAFETY EVENT

NORTH VANCOUVER SCHOOL DISTRICT, NORTH SHORE RESCUE, AND THE DISTRICT OF NORTH VANCOUVER FIRE AND RESCUE PRESENTS:

MOUNTAIN BIKE FIRST AID & SAFETY

SPONSORS
nsmba
KNOLLY

North Vancouver School District
the natural place to learn

April 5th, 2023 | 6:30 - 8:30pm
NSR Headquarters | 63 Bewicke Ave, North Vancouver

Register Now! Limited spots available

FREE WORKSHOP FOR HIGH-SCHOOL LEAGUE RIDERS
RSVP REQUIRED | DOOR PRIZES!

More Highlights from Last Month



UPCOMING DATES:

Monday, Mar. 27th

Wednesday, Mar. 29th

Wednesday, Apr. 5

Wed. Apr. 5 and Thurs. Apr. 6

Friday, Apr. 7

Monday, April 10

Thursday, April 13

School Reopens

Vaping Cessation Community Conversation

Parent Teacher Learning Conferences

Early Dismissal for PTLCs - 1:45pm

Good Friday - No School

Easter Monday - No School

Grade 12 Capstone Presentations

