

Getting  
Ready  
For  
Grade  
8!



# Welcome

We would like to start by acknowledging and thanking the Coast Salish people whose traditional territory North Vancouver School District resides.

We would like to express our continued gratitude to the Squamish Nation and Tsleil Waututh Nation, and we value the opportunity to learn, live, and share educational experiences on this traditional territory.



# Tonight's Agenda

- Who is Sutherland?
- What to expect in high school
- Finding your fit
- Course programming information
- Next steps and important dates
- Staying connected...



# Sutherland's 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.





# Who is Sutherland?

We are **SABRES!**  
People who can support  
you.....

- Teachers
- Students
- Counsellors
- Office Staff
- Coaches /  
Club Sponsors
- Choices staff
- Educational  
Assistants
- Principal
- Vice-Principal
- Youth  
Engagement Worker
- RCMP Liaison Officer
- Work  
Experience Facilitator
- School Nurse



# What to Expect in Highschool?

- Multiple teachers and classrooms
- More opportunities and choice
- More responsibility
- New people – friends and peers
- Clubs and extra-curricular opportunities



# Sutherland Community Includes YOU too!

## **Successful students:**

- Communicate with their teachers
- Establish routines early, starting at home
- Take increasing responsibility for their learning
- Get involved in the school community – clubs, teams, council
- Use resources available to them

## **Supportive parents:**

- Check the Sutherland website often for up-to-date information
- Know your child(ren)'s schedule, teachers, and friends
- Encourage involvement (clubs, sports, tutorials)
- Foster gradually independent problem-solving
- Are involved in the school community



# Your Counsellor is Here to Help!

- Confidential (even from parents) voluntary mental health support
- Course questions, advising, requests, and change requests
- Graduation planning
- Navigate problems with others (peers, teachers, parents)
- Study strategies, learning support
- Post-secondary support
- Resource sharing





Find your  
Niche!



# Get Involved!

**Student Council**

**District Student Council**

Anime

**Weightlifting**

Banana Room

**E-Sports**

Environment/  
Garden

**First Responders**

Boys' Club

Musical

Girls' Club

Mental Health

**Best Buddies**

Indigenous

Model UN/Debate

**Art**

**Pride**

Reach for the Top

Mountain Bike

Creative Writing Club



# Athletics

PRO-TIP - Listen to announcements,  
check TVs, check Sutherland website

## Fall

- Volleyball
- Girls Field Hockey
- Boys Soccer
- Boys Rugby (G.8)
- Cross Country



## Winter

- Basketball
- Wrestling
- Ski and Snowboard
- Gymnastics



## Spring

- Rugby
- Girls Soccer
- Ultimate
- Tennis
- Badminton
- Golf
- Mountain Bike
- Track & Field



# Academies

## ACADEMIES

- Volleyball
- Rowing
- Robotics, Mechatronic and Digital Fabrication
- Soccer
- Dance
- Hockey
- Artist For Kids
- Business and Gaming Entrepreneurship Lab
- Digital Media Academy
- Digital Media Academy Lite
- Field Hockey
- Basketball

## ENHANCED PROGRAMS

- Young Entrepreneurship Leadership Launchpad
- IB Diploma Program
- Outdoor Education Counsellor Leadership Program

[Academies - North Vancouver School District \(sd44.ca\)](http://sd44.ca)



# Peak Performance

- Designed for student athletes and performers with strong academic standing
- Scheduling accommodation - Students typically remove Physical and Health Education 8 or an elective course from their timetable
- Must be training 15hrs/week or more in one area
- Application on the website
- Submit applications to the Mian Office
- Deadline: **March 4**



# Sutherland Secondary School

## Semester 1 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:12	Limited Tutorial Time Availability (See Schedule on Website)	TUTORIAL TIME: This is instructional time that will be part of a school wide support system to support student success. Note: There are some X-Block classes			
9:15-10:25	1 Math	2	3	1 Mat	2
10:25-10:35	8	Break		h 8	
10:35-11:45	2	3	1 Mat	2	3
11:45-11:55	h 8				
11:55-1:05	3	1 Mat	2	3	1 Math
1:05-1:50		h 8	LUNCH		8
1:50-3:00	4	4	4	4	4

# Semester 1 Schedule





# Sutherland Secondary School

## Semester 2 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:12	Limited Tutorial Time Availability (See Schedule on Website)	TUTORIAL TIME: This is instructional time that will be part of a school wide support system to support student success. Note: There are some X-Block classes			
9:15-10:25	5 Engl	6	7	5 Engli	6
10:25-10:35	ish 8	Break		sh 8	
10:35-11:45	6	7	5 Engli	6	7
11:45-11:55		sh 8			
11:55-1:05	7	5 Engli	6	7	5 Engl
1:05-1:50		sh 8	LUNCH		ish 8
1:50-3:00	8	8	8	8	8

# Semester 2 Schedule



# Course Request Sheet



SUTHERLAND SECONDARY SCHOOL

## Grade 8 Course Request Sheet

Sutherland Website: <http://www.sd44.ca/school/sutherland/Pages/default.aspx>

Telephone (604) 903-3500

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Parent/Guardian Phone #: \_\_\_\_\_

Will you be attending an Academy/Enhanced Program? \_\_\_\_\_ If so, which one \_\_\_\_\_?

Are you applying for Peak Performance? \_\_\_\_\_ Applications Due March 4 2024 to Sutherland Main Office.

Are you currently accessing LAC? \_\_\_\_\_ Choice \_\_\_\_\_? ELL \_\_\_\_\_? Are you an International student? \_\_\_\_\_

### Required Courses

1. English 8
2. Social Studies 8
3. French 8
4. Science 8
5. Physical & Health Education 8 (Or NVSD44 Sport Academy)
6. Math 8
7. Explorations Rotation 1: Careers & Digital Literacy & Wood Shop & Metal Shop

### Select one of:

8. Band - Instrument? \_\_\_\_\_

Or

8. Fine arts Explorations Rotation 2: Drama & Art

### Notes:

### Electives: You can choose these as a 9<sup>th</sup> or 10<sup>th</sup> courses

- Jazz Band 8 - this course is offered off-timetable Students must take Band 8 in conjunction with Jazz Band.)
- Choir 8 - this course is offered off-timetable.

Student Signature

Parent / Guardian Signature

Date

### Sutherland Course Selection Guide:

<http://www.sd44.ca/school/sutherland/Students/Course%20Programming/Pages/default.aspx#>

Please complete and return the signed form to your Grade 7 Teacher by **Monday, Mar. 4, 2024**



# Student Supports

- Universal supports
  - Tutorial, teacher
  - Counsellor
- Referral-based supports
  - Learning Assistance Centre (LAC)
  - English Language Learner (ELL)
  - Choices
  - Indigenous Students Support
- Students with varying needs will be supported in consultation with the student, elementary teachers, case manager/counsellor, and parents



# Important Dates

- Feb. 23-26 – Elementary school classroom visits
- Mar. 4 – Course programming sheets DUE to elementary schools
- Mar. 4 - Peak Performance Applications DUE to Sutherland Main Office
- April 5-8 – Grade 7 Articulation
- April 25 – Grade 7 visit to Sutherland





# Cheakamus Retreat



Questions?

Grade 8 Counsellor –  
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Grade 8 Administrator –  
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