



SUTHERLAND NEWSLETTER

Pride. Passion. Place.

October 1st, 2026

Dear Sutherland Families,

With the turn to fall having darker days and rainy weather, it is timely to remind drivers to take extra caution entering and exiting the school parking area, and to stay within the posted speed limits in school zones. Thank you for helping to keep school safety a top priority for everyone coming and going from Sutherland.

Safety has been a serious topic for us this week as our community partners ICBC and the RCMP have been in delivering targeted grade assemblies, discussing e-mobility (e-scooters, e-bikes, etc) with students. On Tuesday, it was the grade 8s, today it is the grade 11/12s, and on Friday the grade 9/10s will benefit from a presentation meant to help students better understand both safe operations, and potential dangers or consequences of irresponsible e-mobility.

Seasonal safety is also top of mind as Halloween is upcoming. This is an evening sometimes celebrated by families using fireworks in a responsible manner within the borders of the District of North Vancouver. A reminder that in the City of North Vancouver, where Sutherland is situated, that the use of both [firecrackers and fireworks is prohibited](#) under City Bylaw 7677. Fireworks are not permitted on school property, and we appreciate the school community's assistance in encouraging responsible behaviour on an evening that has, unfortunately, in some years been marred by litter, vandalism, and even injury. Sutherland is fortunate to have amazing facilities, both inside and outside of the building, and we want to keep them in wonderful condition for many years to come. Halloween is also a day when students are free to participate in festive activities, including wearing costumes. With Halloween happening on a Saturday this year, we expect to see students in their festive attire on Friday, October 30th. A reminder, however, that weapons of any kind, including replica weapons, are not permitted on school property and should not be a part of any costume. And that costumes should be school-appropriate and in alignment with our school code of conduct including dress code. Thanks in advance for everyone's thoughtful consideration of this.

Sutherland is proud to be a place where all students can feel like they belong. Staff have undertaken renewed efforts to combat discrimination and racism in schools by highlighting

ways students can safely report unsafe behaviors. The [Expect Respect and a Safe Education \(erase\) website](#) features access to information and resources for students, families and staff. It is also where students can find the Report It tool where school safety concerns can be reported anonymously. If students or families have concerns they would like to share, I encourage you also to consider contacting your grade administrator or counselor, but understand that in some circumstances it may be preferable to use the anonymous online reporting tool. I want to acknowledge the efforts especially of teacher Vincent Martin and counselor Darren Wong for their leadership and efforts around anti-racism and anti-discrimination at Sutherland.

Sutherland's welcoming and inclusive culture was highlighted this past week as we recognized Orange Shirt Day. Many students had the opportunity to participate in activities, both in and out of classes, in the library, classrooms, and common spaces, where truth, understanding and acts of thoughtful reconciliation were happening. A special thank you to Indigenous Support Teacher, Jennifer Kwong, and to her Indigenous Studies students, as well as Teacher-Librarians Kelly Scott and Jared Abreu for their support of this important day.

Tomorrow, grade 8s will also have an opportunity to better find their sense of place as the newest Sabres by participating in the annual Grade 8 Retreat at Cheakamus Centre in beautiful Brackendale. Students or families with questions about the event can connect with Vice Principal Shahrzad Motaghedi who is overseeing the day. We look forward to hearing stories of connection and fun, not just from grade 8s but also from the amazing senior student leaders, on what has become a joyous tradition.

The fall sports season is well underway at Sutherland and includes such offerings as girls volleyball and field hockey, boys soccer, senior volleyball, and grade 8 rugby, and gender-inclusive sports of cross country and swimming. We're particularly happy this year to see the number of fall teams on offer expanding, with not one, but two junior boys soccer teams running this year – a tangible example of a growing and successful athletics program. It is timely to share now that the Athletic Coordinator role, as of this week, has moved from Carly Paracholski to Kate Inch. Ms. Paracholski has left on a parental leave, and we wish her well on her time "off" with the newest addition to her family. And we are very excited to have the Sutherland athletics program left now in the capable and experienced hands of Ms. Inch.

We're looking forward to welcoming parent/guardians to attend Parent-Teacher Learning Conferences (PTLCs) on October 15th. Information will be coming out mid to late next week so that families have an opportunity to sign up for interview times. Based on staff and parent feedback through the PAC, we're pleased to share that both sessions of interviews for this school year will be held in the large gymnasium. PTLCs are a wonderful opportunity to connect with staff and reflect on students' learning and achievements through the first six weeks of semester 1. Teaching staff have been working exceptionally hard to support

learning in the classroom, both in regularly scheduled classes and during daily tutorial times. Most full-time teachers are available each morning for tutorial time between 8:28am and 9:10am, and by appointment on some Mondays. Part-Time teachers have been asked to communicate individually with their classes their tutorial times being offered.

Occasionally we have parent/guardians raise the topic of family travel plans on the horizon and how that may impact student learning and attendance. Please note that teachers are typically not able to provide individualized student support because of family arranged travel plans. Whenever possible, we ask families to consider traveling during scheduled holiday breaks, so as not to adversely impact student learning.

Finally, as highlighted in this month's edition of the newsletter, Sutherland will, once again, be serving as examination site for Advanced Placement (AP) exams in the spring. AP exams give students the opportunity to earn College or University credits even before applying to a post-secondary institution. Although the exams are not written until spring, **registration for the exams closes on November 12th**. Students and families wishing to learn more about self-study options or to register for exam writing can find more information on the [school AP page](#), or the [College Board AP site](#).

We hope October's newsletter will provide families with timely updates on all the great happenings at Sutherland. As we endeavor to be responsive and communicative with all families, a reminder that the [Sutherland website](#), which has undergone an update, is the best and most current source of information. And should you need to reach any of your children's teachers, counselors, or grade administrator, they are most often best reached by email at their first initial and last name @sd44.ca. If you are not sure where to direct your inquiry, please contact the general inbox at sutherland@sd44.ca.

Finally, as Monday is World Teacher's Day, I want to acknowledge the hard work of all the Sutherland teaching staff. The Sutherland school community is incredibly lucky to have such caring and dedicated professionals working with students. I know we can all think of a teacher who made a positive impact in our lives or that of our students at one, or many points along life's journey. I hope Monday can be a day when we can all thank a teacher!

Sincerely,



Mark Barrett

Principal

Sutherland Secondary



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PARENT INFORMATION

Start Up Forms are Due!

Reminder: If you have not yet submitted this year's required forms, please do so as soon as possible. These forms are important for student safety, emergency preparedness, and school communications.

Forms to Complete:

- Student Verification Form (white paper)
- Student Release Form (pink paper)
- Impromptu Walking Field Trip Consent (online)
- Acceptable Use of Technology Agreement (online)
- Personal Information Consent for School District Publications (Online)

Attendance Reporting

Please report all absences, late arrivals, or early dismissals by emailing sutherland_attendance@sd44.ca.

Grade 8 Families: Please note that NVSD Secondary Schools do not use the SafeArrival app. All absences, late arrivals, and early dismissals must be reported by email to the attendance office.

- ✓ Include your child's full name and grade
- ✓ Include the date and time your student will miss

If your child will be absent or has an appointment, please email us in advance so we can arrange for dismissal from the office. Students leaving during class time must have parent or guardian permission to sign out at the office.

Visit [Attendance Reporting](#) on the Sutherland website for full attendance guidelines.

School Fees

School fees have been added today. Please log in to [SchoolCash Online](#) to review and complete any payments.

Website Update

Our new [website](#) is continuing to take shape, and we're excited with the progress being made. While some sections are still under construction, the school [calendar](#), [teacher email directory](#), and [daily announcements](#) are now available. We encourage families to subscribe to the calendar so you can stay up to date with important dates, school events, and deadlines. Additional content is being added regularly, so be sure to check back often. Thank you for your patience as we continue building and improving the site.

PARENT INFORMATION

MyEducation BC

The [MyEducation](#) BC Parent and Student Portal will be available to parents/guardians and students in early October. Families will have access to a new mobile-friendly interface that makes it easier to view student information on any device. Visit the [MyEducation BC Help page](#) if you need any assistance with using this portal.

School Photos & Student ID Cards

School photo proofs are now available online. Students and families can scan their QR code or enter their access code to [view and order photos](#) through Artona. Orders are shipped directly to your home and include a shipping fee. Digital downloads are delivered by email and do not incur shipping charges.

Student ID Cards will be distributed during [Homeroom](#) on Tuesday, October 6 at 9:10 a.m. Each card includes a QR code for photo ordering. Student ID cards are used to sign out library books and to access other student discounts and offers. Please note that student ID cards are not transit passes and cannot be used to ride transit. They can be used as proof of student status when purchasing discounted Compass Transit passes.

Lost your access code? Students can scan the QR code on the back of their student ID card to access photos and place orders online.

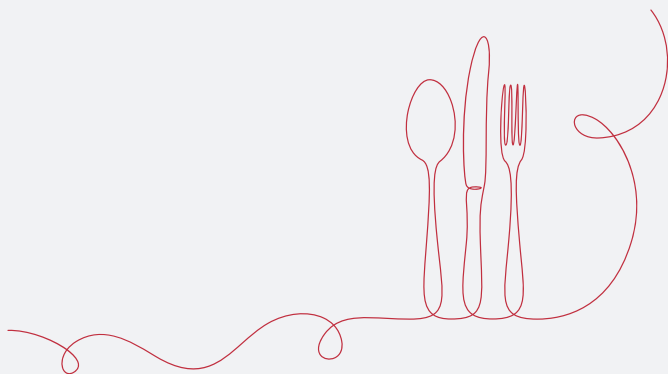
Photo Retakes: Students who missed Photo Day will have another opportunity on Friday, October 16th.

Food Deliveries

Please do not send food deliveries (Uber Eats, DoorDash, SkipTheDishes, etc.) to your student, and remind students that they are not permitted to order food for delivery to the school. School staff are unable to accommodate receiving, storing, or delivering food orders, and delivery drivers or other visitors will not be permitted on site for this purpose.

Cutlery

Please remember to send your student with reusable cutlery for their lunches. Disposable cutlery is not supplied by the school.



STUDENT REMINDERS

Digital Device Policy

At Sutherland, personal digital devices must be turned off and put away during class time, in line with the [NVSD Code of Conduct](#). This supports student engagement, focus, and healthy digital habits. Devices may only be used when directed by a teacher for instructional purposes, if outlined in a learning plan, or during break and lunch times.

Remember: “Keep it away or it’s gone for the day.”

Homeroom Session – Tuesday, October 6

There will be a brief Homeroom session on Tuesday, October 6, at 9:10 a.m. All students are expected to know their assigned homeroom and attend promptly. Homeroom assignments can be found here: [2026-2027 Homeroom Classes](#)

Service Hours Recognition

Students are encouraged to start volunteering and tracking their school service hours now. Print a [Service Hours Tracking Form](#) at home or pick one up in the main office, and keep it updated throughout the year. Listen to daily announcements and watch your grade Microsoft Teams for volunteer opportunities. Completed forms are not accepted until May and are due in mid-May.

Students may qualify for Service Awards (Grade 8: 10+ hours, Grades 9-10: 20-49 hours, Grades 11-12: 40-99 hours) or Outstanding Service Awards (Grades 8-10: 50+ hours, Grades 11-12: 100+ hours). Visit the [Recognition and Awards](#) page for full details.

Lockers

All Grade 8 students have been assigned a hallway locker. Students in Grades 9 to 12 can still [request a locker](#), with sign-up details sent to their school Outlook account.

Semester 1 PHE students can also [sign up for a change room locker](#). We recommend taking advantage of this option to safely store personal belongings during PHE classes.



GRADUATION INFORMATION



Student Communication

The [Grade 12 - Class of 2027](#) Team in Microsoft Teams is the primary source of graduation information. Students are expected to check the Team regularly for important updates, events, opportunities, and deadlines throughout the year.

Additional information will also be shared through the school website and school communications.

Grad 2027 Parent Presentation

If you were unable to attend the Grad 2027 Parent Presentation on September 24, 2026, please find it on the [Grade 12 Information](#) page of our website.

Scholarships & Bursaries

Ms. Anzer and Ms. Panton, co-chairs of the Sutherland Scholarship Committee, will be visiting CLC 12 classes on October 6 and 8 to explain the scholarship and bursary application process.

Graduating students will receive a QR code linking to the application form required to be considered for school-based scholarships and bursaries.

A Scholarship Channel has been created in the Grade 12 - Class of 2027 Team. Information about scholarships, bursaries, and external award opportunities will be posted there throughout the year.

Students with questions are encouraged to connect with Ms. Anzer in the Counselling Office or Ms. Panton in Room D202.

Sutherland Scholarship Fund

Support Sutherland students as they pursue post-secondary education and training opportunities. [Donations to the Sutherland Scholarship Fund](#) help provide financial assistance to graduating students as they take their next steps after high school.

Artona Graduation Photo Sessions: Book Now!

All sessions are held at 353 West 7th Avenue in Vancouver.

Individual Portrait Sessions

December 5 to 9, 2026

Portraits are used for the Grad Composite and Yearbook - photo permission must be submitted through SchoolCash Online to be included.

Grad Group Sessions

September 18, 2026 - March 28, 2027

Celebrate grad with your crew!

These mini photo sessions are for up to 10 people

TERRY FOX RUN

Terry Fox Run Thursday, October 8th

Our students at Sutherland Secondary are gearing up for the Terry Fox School Run on October 8th and we'd love your support! Every dollar raised helps continue Terry Fox's Marathon of Hope and supports cancer research across Canada. Let's show what our school community can do when we come together, [donate today!](#)



Adjusted Bell Schedule

9:15–10:15 a.m. – Period 1

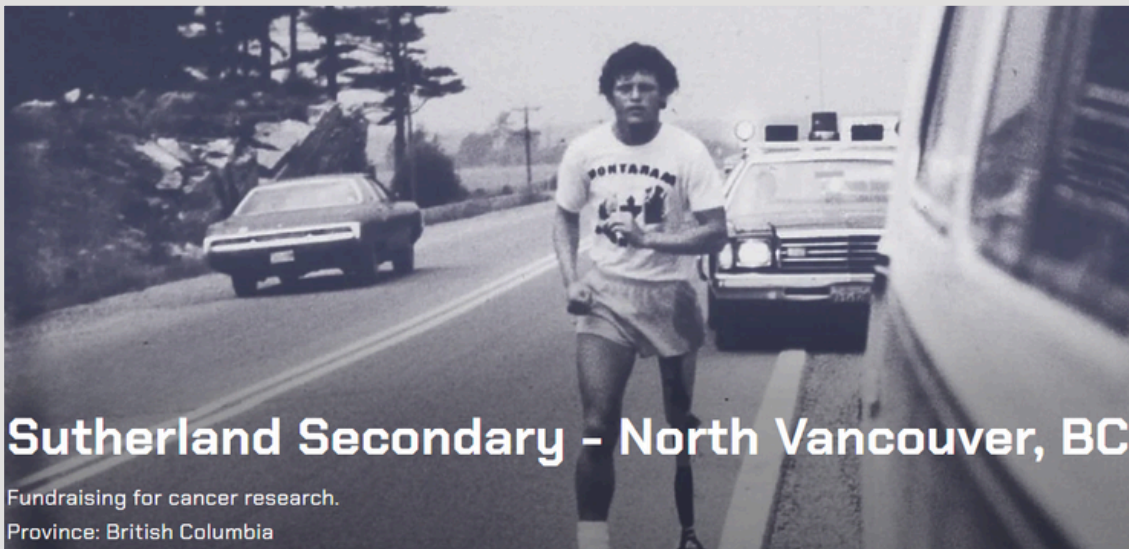
10:25–11:05 a.m. – Terry Fox Run

11:10 a.m.–12:10 p.m. – Period 2

12:15–1:15 p.m. – Period 3

1:15–2:00 p.m. – Lunch

2:00–3:00 p.m. – Period 4



Sports at Sutherland

Our fall sports season is well underway, but there are still plenty of opportunities to get involved in school athletics this year!

Students interested in joining Winter or Spring sports teams should listen to the daily announcements for registration information, team meetings, and tryout dates. QR codes and links to registration forms will be shared when registration opens.

Visit our [Athletics page](#) to see the sports offered throughout the year and stay up to date on athletic opportunities at Sutherland.

CONTESTS & CLUBS

Math and Computing Contest Registration

Interested in challenging yourself in math or computer science? Sign up by October 13 for one of the upcoming contests offered at Sutherland. Once registered, fees can be paid through SchoolCash Online.

Upcoming Contests:

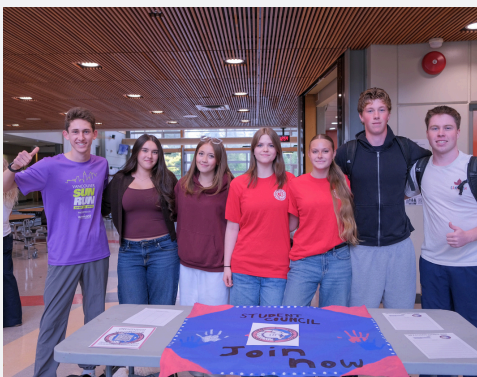
- **Beaver Computing Challenge (Grades 8-10)**
Friday, November 13 at 8:15 a.m. in the Library Lab
Cost: Approximately \$3.50
- **Canadian Intermediate Mathematics Contest (Grades 9-10)**
Wednesday, November 18 at 7:05 a.m. in Room B202
Cost: Approximately \$14.50
- **Canadian Senior Mathematics Contest (Grades 11-12)**
Wednesday, November 18 at 7:05 a.m. in Room B202
Cost: Approximately \$14.50

A variety of other contests will also be offered this year. For more information, see the contest bulletin board in the B200 wing or speak with Ms. Johns in B202.

Clubs at Sutherland

With a bustle of activity and plenty of enthusiasm, Sutherland hosted its annual Club Fair on September 24. Students had the opportunity to explore a wide variety of clubs, meet current members, and connect with peers who share similar interests.

Our [list of clubs](#) is extensive! Students interested in joining a club are encouraged to contact the listed staff sponsor for more information on how to get involved.



STUDENT PATHWAYS

Advanced Placement Exams

Sutherland Secondary is pleased to once again serve as an official Advanced Placement (AP) examination site. AP exams provide students with the opportunity to earn college or university credit while still in secondary school.

Registration for the 2027 AP Exam Session is now open. The deadline to [register](#) and submit payment is November 12, 2026.

Students interested in writing AP exams, including those pursuing independent or self-study options, can learn more through the [College Board AP Program](#).

NVSD Dual Credit & Career Pathway Interest Survey

The North Vancouver School District is exploring future Dual Credit and Career Pathway opportunities for students. Families of Grade 10 and 11 students are invited to complete a [short survey](#) to help identify programs and areas of interest.

Your feedback will help guide the development of future Dual Credit and Sampler program opportunities for NVSD students.

EducationPlannerBC

There are many fall virtual presentations coming up with [EducationPlannerBC](#). Discover post-secondary opportunities and career paths in B.C., and resources to support your student in planning for their future. Presented in collaboration with the Career Education Society of BC.



EducationPlannerBC

Live Learning Sessions

Join a fall virtual presentation that's right for you

Programs & applications

Explore 4000+ post-secondary programs and skills training opportunities. Plus, learn how to create an account and apply to study in B.C.!

Open to anyone, anywhere.

Parents & supporters

Discover post-secondary opportunities and career paths in B.C., and resources to support your student in planning for their future.

Open to parents and supporters.

EducationPlannerBC.ca/go/virtual-sessions

UPCOMING DATES

October Timeline

- Friday, October 2nd – Grade 8 Retreat
- Monday, October 5th – World Teacher Day
- Tuesday, October 6th – Homeroom Class 9:10am
- Tuesday, October 6th – Lockdown Drill
- Wednesday, October 7th – Grade 8 Semester 1 SIW1 Ends
- Thursday, October 8th – Grade 8 Semester 1 SIW2 Begins
- Thursday, October 8th – Terry Fox Run
- Monday, October 12th – Thanksgiving Day: School Closed
- Thursday, October 15th – Parent Teacher Conferences, [Early Dismissal: 1:45pm](#)
- Friday, October 16th – [Early Dismissal: 1:45pm](#)
- Friday, October 16th – Photo Retake Day
- Friday, October 23rd – Professional Development Day (School Closed)
- Wednesday, October 28th – Staff Collaboration Day: [Late Start 9:55am](#)
- Thursday, October 29th – Neufeld Farms Fundraiser Opens
- Monday, November 2nd – PAC Meeting

Student Communications

There are Microsoft Teams groups for each grade and for individual classes. Students should check Teams regularly to stay informed, using any device available to them, including a phone, school device, or home computer.

Sutherland PAC

All Sutherland parents and guardians are members of the Sutherland PAC and are welcome to attend meetings.

Our next PAC meeting will be held online on Monday, November 2nd. A Microsoft Teams link will be posted on the school website closer to the meeting date.

Stay tuned for our annual Neufeld Farms Fundraiser, which opens Thursday, October 29th. Ordering information and links will be available on the school website and included in the next newsletter.