# SUTHERLAND SECONDARY SCHOOL

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February 29, 2012

Principal's Message

The month of March is now upon us with close to a week remaining for the start of Spring Break! Like last year, the Board of Education approved a two-week Spring Break and school will resume March 26th.

This month also marks the beginning of our planning process for next year. One of the key elements to this planning is the course selection process. Students are being asked to select their courses for next year, we have hosted a Grade Seven Parent Night, and a Grade Eight to Eleven Parent Night is planned for March 6th. The Grade Seven Parent Night was well attended with over 140 parents and students hearing about our school and getting a tour from a number of our SLC students.

Course selection determines the programs that we offer and the number of sections of each course we allocate in the timetable. The decisions made this spring guide how we allocate staff, spend money on resources, and schedule courses. Our goal is to create a timetable that allows for the majority of students to get the courses they want with the least amount of conflict. It is important that students and parents sit down together and make a plan that will allow students to not only graduate, but be able to pursue a post secondary education as well. More and more post secondary institutions are looking for students that have a broad based application that may include one or more of the following examples; global interests, athletic pursuits, performing arts, and school/community service. One of the key messages that I try and impart to our students is the importance of making their schooling their primary focus. A recent article in the Vancouver Sun by Tracy Sherlock gives a good insight into the benefits and challenges of getting a post-secondary education.
http://www.vancouversun.com/business/WEEKEND+EXTRA+Post+secondary+Worth+price/6207141/story.html

There are many different ways for students to earn credit towards graduation. External course credit, cross enrollment, and Distributed Learning are all options available to students today. As an educational leader, I still believe that the best way for a majority of students to learn is in the classroom with a teacher. The teaching staff at Sutherland strive to provide an engaging, caring environment that gives students the opportunity to learn in a social way. Learning is done best while engaged with others and this is especially important for young people. We also have a dedicated group of Counsellors, Educational Assistants, and other staff that are here to support students. Our goal is to ensure that we are providing the best possible learning community for our students. I believe we have a wonderful school at Sutherland and it is a result of the staff, students and parents that make the culture here great!

If you have been watching the news, you will know that the government has introduced legislation intended to end teacher job action. At this point in time, there is not a definite date on when Bill 22, The Education Improvement Act will be passed. Teachers voted Tuesday and Wednesday to determine if they would approve an escalation in the job action that may include walking off the job. The LRB ruled previously this week that teachers are allowed to strike for up to three consecutive days the first week and one day per week after. We will keep you apprised of any decisions that will impact our students' education through email, our website, and social media.
I can't speak for other schools and other jurisdictions in the Province, but as Principal of Sutherland, I would like to commend the teaching staff for their commitment to our students through what has proved to be a challenging time in Public Education. They have been highly professional and have shown that they are dedicated to ensuring that your children continue to receive a positive learning experience. I believe this a testament to the importance we all place on building relationships, an inclusive culture and community. Please continue to communicate with your child's teachers directly to ensure you are kept informed about achievement, marks, and progress.

Regards,

John McGowan

**Have a wonderful Spring Break!**

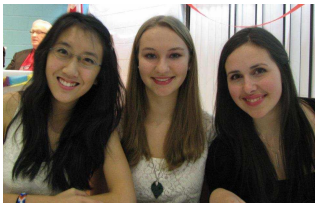
## *SECONDARY SCHOOL APPRENTICESHIPS (SSA)*
## *AND*
## *WORK EXPERIENCE (WEX) by Willem Mikkers*

### WHAT'S NEW AT SUTHERLAND IN SECONDARY APPRENTICESHIP?

Secondary School Apprenticeships are continuing to increase at Sutherland with the addition of two more apprentices in the SSA program for a total of 6!

Please continue to check our blog for exciting information about Apprenticeships and Work Experience

### WORK EXPERIENCE GR. 12: SUTHERLAND PERSONAL EXPERIENCE FEATURING ALEXIS MORTON (ALEXIS IS SHOWN BETWEEN TWO FELLOW STUDENTS AT OTTAWA)



I really wasn't sure what to expect when I started work experience in Grade 10 through Social Studies Explorer, but was excited to have an opportunity that would take me outside of the classroom and into the real world. After completing work experience in Explorers, I went on to do more through Science Co-op. I continued with Work Experience 12B on Work Experience, even completing my own time! Now facing graduation, I have had many work experiences, including job shadowing a physiotherapist, working at an equestrian centre, and being a published writer with the North Shore Outlook. I completed these placements in a combination of allotted school time and my own time; with local companies and far away moments at Outdoor School in Brackendale, and Encounters with Canada in Ottawa.

Work experience was a great way to learn about all different types of careers. It was through work experience that I decided against a career goal of mine, and began working towards one that I had never considered before. These experiences have also proven to be very useful in applying to universities. As more universities are turning to broad based admissions, or personal profiles, work and volunteer experiences are necessary to have in order to be the 'all rounded student' that universities are now looking for. Work experience has been a highlight of my high school career; it has shaped my career goals, taught me so much about the real world, and given me the opportunity to meet and work with some amazing people that I wouldn't have had otherwise.

### PROGRAMS – CHECK IT OUT AT:
BLOG: www.sutherlandcareercenter.blogspot.com

Peggy Giraud
Work Experience Facilitator
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Willem Mikkers
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# YOUR TEEN AT WORK: **TIPS FOR PARENTS** by Karen Watson

**When your children were small:** you buckled them into car seats, made them wear a helmet when riding their bike, and trained them not to talk to strangers, but **who's making sure they're safe now?WE ARE!**

We have always taught work safety to students in Planning 10, Work Experience 12 and the Apprenticeship courses, but North Vancouver School District has now mandated that **all**students in Career Education Programs: Planning 10, Science Co-op, Explorers 10, Work Experience 12 and Apprenticeship will take the **full 7 WorkSafe BC lessons** and pass a test on work safety before heading out for their Work Experience! The seven lessons cover: Youth and Workplace Injuries; Worker Rights and Responsibilities on the job; Hazard Recognition; Personal Protective Equipment; and Violence Prevention on the Job.

**So what can parents do to help their sons and daughters in the paid work world?**
√ Start talking to your teens about job safety when they start looking for work
√ Encourage them to ask about safety procedures and training when they go to a job interview
√ Remind them that no job or rate of pay is worth being injured. Things like fingers, eyes and your life cannot be replaced, but a new job can always be found!
√ Talk to them about what they do on the job. What are their actual tasks? Use your parental "Spidey senses" to detect potential risks and proper ways to handle the risks

**Here are a few questions to ask your son or daughter:**
√ Was safety orientation provided?
√ Were you trained in the proper way to operate equipment?
√ Do you work near your supervisor's work area? *Supervisors can help prevent injuries that occur when students don't know how to do things the right way*
√ Are you tired at work? *Teenagers need balance in their busy lives. They have an increased need for sleep that isn't always taken care of with school, homework, job, sports, and socializing. A lack of sleep is a leading cause of increased risk of injury on the job.*
√ Do you lift heavy objects? Do you have to climb or work at heights? *If they answer yes, ask if they have received training in the proper way to do things and the proper equipment to use or to wear.*
√ Do you work with chemicals? Have you received training in the proper handling of them? *WHMIS training must be provided to all who work with chemicals. Ask if your son or daughter knows about labels and material safety data sheets.*
√ Do you know that it is important to report and injury to your supervisor? *Accidents and injuries need to be reported within 72 hours to Worksafe BC. It is the responsibility of the employer to do so. If you seek treatment at the hospital or a clinic, be sure to let the staff know that this is a work place injury. There is a specific form and information that needs to be completed.*

√ **28 young workers injured in BC everyday!**
√ **41 young workers hurt every week – with amputations, 3rd degree burns and more!**
√ **1 dead on the job every eight weeks!**

Let's do what we can to change this statistics!

For further information, please look up WorkSafe BC online and search "Youth", or contact Karen Watson: kwatson@nvsd44.bc.ca or 604-903-3500

# Career Education Programs Need Your Help!

Students in grades 10-12 are working hard to make real-life connections between the classroom and their career goals. To help with the process, we would really appreciate any parents who could help students investigate their career goals by supplying them with an unpaid work experience placement with your business or company. The School Board supplies the Workers Compensation coverage for the duration of the placement. Students must interview for the position and abide by all rules of both school conduct and the company. If you think you can help us with a work experience placement, please contact either Peggy Giraud or Karen Watson.

We also have continuous need for parents/employers/employees to be a part of our Career Spotlights Program. If you can come and speak to students at lunch break about your particular job or career, please contact Peggy Giraud. Students really benefit from the personal approach to learning about careers and the chance to ask questions at the same time.

Peggy Giraud
Work Experience Facilitator
Sutherland Secondary School
604-903-3500
pgiraud@nvsd44.bc.ca

## Student / Parent information on Career Education Services

Please check out our blog on a regular basis as it changes frequently with new and current information and deadlines for applying to special placements.

www.sutherlandcareercenter.blogspot.com

## ART SHOWS

Sutherland's Art dept. has been busy with 42 pieces of art from Semester 1 on display for the Month of February at Lonsdale Quay Market, on the main floor. Many people and visitors to North Vancouver have admired the wonderful student art on display there. Another display for the following month is up in the B.C.T.F. building (throughout the building) in Vancouver, Twenty-four framed pieces done by semester one Art Foundation 11/12 students are featured.

Everyone is invited to visit the Capilano Mall Art Show of student work by North Vancouver Elementary and Secondary schools. This is an annual art show sponsored by the Artists for Kids and takes place May 17th to May 30th. Please come down and enjoy the show at the mall.

Sutherland Photo Dept. will soon be involved in an A.F.K. Spring Fashion shoot which will take place in Yaletown. Students are selected from all of the high schools in North Vancouver to participate and experience being a fashion photographer.

## COURSE PLANNING

Course Planning continues until Friday, March 2.
Counsellors will be meeting with all the students in grades 8 to 11 to talk about course planning and selection for the 2012-13 school year.
Students will receive a course selection form to take home and complete in consultation with their parents/guardians. The completed and signed forms are due back at school on **Friday, March 9**.

There is also a parent course programming information evening scheduled for **Tuesday, March 6**. For parents/guardians of students entering grades 9 and 10; the meeting is in the library from 7:00 to 8:00 pm.
For parents/guardians of soon-to-be grade 11 and 12 students; the meeting is from 7:30 to 8:30 pm in the theatre.

## *SPRING MUSIC CONCERT*

March 7, 2012
7:00 pm
Multi Purpose Room
Admission At the Door: $5 for adults
$2 for students

***All are Welcome!***

## *STARRY NIGHTS BLACK & WHITE GALA*

Sutherland's PAC Fundraising Committee is hosting its 2nd Annual fundraising gala this spring!

Saturday, April 14, 2012
7 – 12 pm
Elegant Appetizers by Louis Gervais
Live Music with Gonch Messiah
No-Host Bar
Silent and Live Auction
Tickets: $40 each

TICKETS FOR THE **STARRY NIGHTS ~ Black & White Gala** ON SALE **NOW!!**

TABLE RESERVATIONS AVAILABLE UNTIL MARCH 9TH

SEE OUR WEBSITE @ www.starrynights.sutherlandnetwork.org

TICKETS AVAILABLE ON LINE ONLY VIA PAY PAL.

**EMAIL ADDRESS CHANGE!!** **HOME ADDRESS CHANGE!!**

If you have recently moved, changed your phone number, email address, or have any other pertinent information that should be in your child's file, please advise the office.
** Grade 12's – in order to get your transcripts and diplomas please make sure we have your correct address.

## YEARBOOK

Just a reminder that it is not too late to order your Yearbook! Don't miss out on all of the memories that only a Yearbook can capture. $40.00 provides a lifetime of reminiscing.

## OVERDUE LIBRARY BOOKS

It's time for a little spring cleaning – that includes lockers and backpacks.
The Sutherland library has over 150 books currently overdue. Overdue lists are posted on the library door. Please ask your son/daughter to return their overdue library books as soon as possible. If books are returned before Spring Break, we'll give you a "break" and cancel any late fines!

## Kindles are Here!

The Sutherland Library acquired 18 Kindles this year.

We have about 35 titles loaded which include the popular *Hunger Games* and *Game of Thrones* series. We have mysteries, science fiction, fantasies, historical fiction, non fiction and classics available on the Kindles. A great advantage has been to be able to purchase titles on demand as students request a book.

Borrowers have been both avid and casual readers. Depending on who you speak to, students have either loved them or were on the fence. I do know that Kindles did end up on some Christmas lists this year

With the announcement last month from Apple about electronic textbooks and the forming of partnerships with three of the leading publishers of school textbooks, Pearson, McGraw Hill and Houghton Mifflin Harcourt, digital reading is here to stay and will only grow in the coming years.

If you would like your son or daughter to try out a Kindle, please find attached a Kindle Permissions and Acceptable use Form to be signed by yourself and your son or daughter. Please have the form returned to the library.

Happy Reading!!!

# SUTHERLAND SPORTS

News from the curling rink…Sutherland's Senior Girl's Curling team has made it to the Provincials (March 7 – 11) in Dawson Creek. The four girls representing Sutherland are Emily G. (skip), Erin W. (third), Shirori K. (second), and Andrea Y. (lead). Good Luck Team!

As the winter season is coming to a close, our Athletic program shows to be vibrant once again! We were able to host teams in numerous sports during the fall and winter seasons and would like to thank the following individuals for the contribution to coaching. Without these great people we would not have been able to run so many successful teams.

**Bantam Rugby**
Brad Thornhill
Mark Whitworth

**Boys Soccer**
Bill Mahon
Billy Coupland

**Field Hockey**
Alana Hudson

**Cross Country**
Hilary Watt

**Volleyball**
John McGowan
Anna Davidson
Connor MacCuspie
Karen Watson

**Basketball**
Carla Keffer
Kim Skeath
Mr. Soo
Bruce Wallace
James Fox
Mark Whitworth
Bill Mahon
Barry Gatto
Brad Thornhill

**Gymnastics**
Terry Mitruk
Kristina Lang

**Curling**
Moe Williams

Athletes would also like to thank the wonderful teacher sponsors who have made this season possible. Without the tremendous support of these teachers, we would not be able to run our athletic program. Alex Lieblich, Brad Thornhill, William Mikkers, Ryan Birt, Lindsay Wilson, Lucas King, Dorothy Foster, and Jeff Aw-Yong.

## Important Dates for March

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| Mar. 1 & Mar. 2 | **Grade 8 – 11 Programming Visits in the Library Continues** |
| Mar. 5 | Iranian Norooz Celebration<br>PAC Meeting 7:00 |
| Mar. 6 | **Grade 8 – 11 Parent Night/Programming**<br>For parents/guardians of students entering grades 9 & 10 the meeting is in the library from 7:00 – 8:00 pm<br>For parents/guardians of soon-to-be grade 11 & 12 the meeting is in the theatre from 7:30 – 8:30 pm |
| Mar. 7 | SLC Theme Day<br>Spring Concert 7:00 pm |
| Mar. 8 | International Women's Day |
| Mar. 9 | **Grade 8 – 11 Course Selection Forms due**<br>Last Day of School |
| Mar. 12 - 23 | Spring Break |
| Mar. 26 | School re-opens |
| Mar. 27 | Asahikawa Commerce High School Brass Band Performance |
| Mar. 29 | Buddha Academy 24 Hour Fast Begins 8:45 am |
| Mar. 30 | 24 Hour Fast Ends 8:45 am |

For Daily information go to our Face book Page:
http://www.facebook.com/SutherlandSecondary

Please check out our new website:
http://www.nvsd44.bc.ca/SchoolSites/Sutherland.aspx