



# SUTHERLAND SECONDARY SCHOOL

1860 Sutherland Avenue, North Vancouver, BC V7L 4C2 Telephone: 604-903-3500

## GRADE 8 RETREAT, OCTOBER 2-4, 2024

September 3, 2024

Dear Parents, Guardians and Grade 8 Students,

We are looking forward to welcoming you to Sutherland this September and are excited to share our plans for a two-day retreat for all Grade 8 students on October 2-4, 2024 at Cheakamus Centre.

Our goals for the retreat include the following and align with NVSD's strategic priorities:

- Contribute to a strong sense of belonging to the school community through shared experiences with peers, student leaders, and Sutherland Staff
- Set the tone for a positive and inclusive start to students' secondary school journey
- Reconnect Grade 8 students with the Cheakamus Center and provide for missed 'milestone' learning experience during the pandemic
- Provide meaningful leadership opportunities for senior Sutherland students

The cost of the *optional* two-day retreat is \$200. Fees can be paid via SchoolCash Online system, which can be accessed through a link on the Sutherland website. The NVSD has subsidized the cost of the retreat and transportation to ensure that the cost is as low as possible for families.

The \$200 fee includes:

- 2 days of activities and accommodation at the Cheakamus Centre in Brackendale
- Highway Coach transportation to and from Sutherland to the Cheakamus Centre
- Meals and snacks at the Cheakamus Centre (2 lunches, 1 dinner, 1 breakfast, 2 snacks)
- Program facilitation support, supplies and materials
- Guest Speaker and activities at Sutherland

It is our hope that most Grade 8 students attend the retreat. Regular Grade 8 classes will not be scheduled during October 2<sup>nd</sup> to 4<sup>th</sup>. We understand that due to family or community commitments or unforeseen health reasons, some students will not attend; in this case, alternate learning opportunities will be planned at Sutherland. If your child is not attending the retreat, please let Cora Pross know at [cpross@sd44.ca](mailto:cpross@sd44.ca) or see the form on page 4 of this letter. All permission forms are due on Thursday, September 12, 2024. There will be a live presentation about the retreat at the Grade 8 Open House on Thursday, September 19, 5:30-7:00pm.

The staff at Sutherland we are excited about the prospect of starting the 2024-25 school year with such an impactful learning experience for our incoming students. Please reach out if you have any questions.

Sincerely,

Cora Pross

Vice Principal, Sutherland Secondary

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Schedule for students with last names A-K		Schedule for students with last names L-Z	
<b>Wednesday, October 2, 2024</b>			
7:45am	Students meet in the Sutherland Cafeteria		There are no grade 8 tutorials
8:30am	Buses depart from Sutherland	9:15am-10:25am	Camp Sutherland Attendance & Activity 1
9:45am	Arrive at Cheakamus Center, Welcome and Orientation	10:35am-11:45am	Camp Sutherland Activity 2
10:30am-12:00pm	“Cheakamus Challenge,” Activity led by Cheakamus Staff	11:55-1:05pm	Camp Sutherland Activity 3
12:30pm	Lunch	1:05pm-1:50pm	Lunch
1:30pm-2:30pm	Activity 2, led by Cheakamus Staff	1:50pm-3:00pm	Grade 8 Presentation (Theatre)
2:30pm-3:30pm	Activity 3 led by Sutherland Student Leaders	3:00pm	Dismissal from Sutherland
3:30pm-4:30pm	Afternoon Snack and Cabin Move-Ins		
4:30pm	Cabin Group Activities		
5:45pm	Dinner		
7:00pm	Evening Programming led by Cheakamus Staff		
8:00pm	Large Group Games led by Sutherland Staff		
10:00pm	Quiet time and Lights Out		
<b>Thursday, October 3, 2024</b>			
7:30am	Rise and Shine!	7:45am	Students meet in the Sutherland Cafeteria
8:15am	Breakfast, move out of cabins, move luggage	8:30am	Buses depart from Sutherland
9:30am-11:30am	Community Building Activity led by Cheakamus Staff	9:45am	Arrive at Cheakamus Center, Welcome and Orientation
11:30am-12:30pm	Lunch	10:30-12:00pm	“Cheakamus Challenge,” Activity led by Cheakamus Staff
12:30pm	Closing Activity led by Cheakamus Staff	12:30pm	Lunch
1:15pm	Load Busses	1:30-2:30pm	Activity 2, led by Cheakamus Staff
1:30pm	Busses depart from Cheakamus	2:30-3:30pm	Activity 3 led by Sutherland Student Leaders
3:00pm	Dismissal from Sutherland	3:30-4:30pm	Afternoon Snack and Cabin Move-Ins
		4:30pm	Cabin Group Activities
		5:45pm	Dinner
		7:00pm	Evening Programming led by Cheakamus Staff
		8:00pm	Large Group Games led by Sutherland Staff
		10:00pm	Quiet time and Lights Out

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Schedule for students with last names A-K		Schedule for students with last names L-Z	
<b>Friday, October 4, 2024</b>			
	There are no grade 8 tutorials	7:30am	Rise and Shine!
9:15am-10:25am	Camp Sutherland Attendance & Activity 1	8:15am	Breakfast, move out of cabins, move luggage
10:35am-11:45am	Camp Sutherland Activity 2	9:30am-11:30am	Community Building Activity led by Cheakamus Staff
11:55-1:05pm	Camp Sutherland Activity 3	11:30am-12:30pm	Lunch
1:05pm-1:50pm	Lunch	12:30pm	Closing Activity led by Cheakamus Staff
1:50pm-3:00pm	Grade 8 Presentation (Theatre)	1:15pm	Load Busses
3:00pm	Dismissal from Sutherland	1:30pm	Busses depart from Cheakamus
		3:00pm	Dismissal from Sutherland

## Overnight Packing List

Here is a checklist of *suggested* items to pack – please adjust based on current forecast. Remember that this is an outdoor program and students must be dressed and prepared for changing weather. It is best to bring older clothing or equipment you already have or can borrow. Each participant must be able to carry their own bag.

**Sleeping Gear** \*Consider packing these items in a garbage bag, identified with student’s name

- Sleeping Bag – note: cabins are heated
- Pillow and case
- Optional: fitted sheet for a twin mattress

### **Clothing:**

- Shirts (2)
- Pants (2)
- Toque & mitts - if cold weather
- T-shirts and shorts - if warm weather
- Sweater/fleece (1 or 2)
- Warm/insulating jacket
- Waterproof rain jacket
- Waterproof rain pants
- Socks (2 or 3 pairs) – one warm pair
- Underwear (2 or 3)
- Pyjamas
- Hat
- Sturdy walking shoes - hiking boots or rain boots are recommended if wet

### **Personal Kit**

- Day Pack
- Water Bottle
- Towel and wash cloth
- Toothbrush and toothpaste
- Shampoo/conditioner - optional
- Soap & container
- Lip balm - optional
- Sunscreen
- Book for free time - optional
- Medications – if required

### **Items to leave at home or avoid:**

- Cell phones & personal digital devices
- Money
- Prohibited items (including drugs, alcohol, weapons, knives, etc.)

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**All forms and fees for the Cheakamus Retreat are due AT THE LATEST by Thursday, September 12<sup>th</sup>, 2024. Completed forms can be dropped off at the Main Office. A paper copy of these forms will be sent home on the first day of school, Tuesday, September 3, 2024.**

Completed forms should include:

- Field Trip Form: Informed Consent
- Medical Form

**We cannot accept late registrations due to planning logistics of our bus transportation, meals, cabin assignments, and activity planning.**

- Payment of \$200 is payable through School Cash Online. You can find this on the Sutherland website.

If you child is **NOT attending** the Grade 8 Retreat, please either email Cora Pross at [cpross@sd44.ca](mailto:cpross@sd44.ca) or indicate so here and hand in **this form only** at the Main Office. This is to allow us to accurately plan for transportation and accommodation.

- My child will NOT be attending the Grade 8 Retreat

Name of Student: \_\_\_\_\_

Parent Signature: \_\_\_\_\_