

## **SCHOOL FEES PAYMENT IS NOW OPEN**

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Thursday, December 13<sup>th</sup> 2018

***Please note that this email address is not monitored.***

*To unsubscribe or if you have any questions or concerns please email [dmoroz@wvschools.ca](mailto:dmoroz@wvschools.ca)*

### **CALENDAR UPCOMING:**

#### **December**

- 11 Collaboration Day (Grade 9's - Safeteen)
- 11 Black Box Studio Dance Presentation**
- 13-14 Senior Drama Festive Cabaret**
- 14 Term One Report Cards**
- 19 Winter Concert 7:00 p.m. Main Gym**
- 21 Early Dismissal - Last day of classes
- 22 Winter Break until next classes on Monday, January 7

#### **January**

- 7 School Re-opens :)
- 9 **PAC MEETING**
- 10 **Grade 7 Parent Information Evening**
- 15 Collaboration Day
- 22 **AP Information Night**
- 24 **Grad Semi-Formal**
- 25 Professional Day
- 29 Quarter 3 Begins for Grade 8
- 30 **Grade 8-11 Course Planning Night**

### **SCHOOL FEES NOW AVAILABLE FOR PAYMENT**

School fees are now available for payment online with School Cash online. If you have any questions regarding school cash online or school fee payments, please contact Allison Carruthers at [acarruthers@wvschools.ca](mailto:acarruthers@wvschools.ca).

*School cash online* link: <https://westvancouver.schoolcashionline.com/>

## **DECEMBER 3 - 14    12 DAYS    144 PAIRS OF PAJAMAS**

We are in the last days of the 8<sup>th</sup> Annual Pajama Drive for Admiral Seymour. We are trying to provide a new pair of warm pj's for each child at this inner city school. Thank you to those who have already donated.

Sentinel students will hand deliver the pj's on Dec.17<sup>th</sup>. To read the 2011 letter that inspired this initiative, please see the attachment. And for some nostalgia, a video of our first delivery of pj's to Admiral Seymour back in 2011 [click here](#).

Any extra money raised will go towards providing much needed items and offering enriching experiences to the kids of Admiral Seymour. In the past, with your help we have been able to provide things such as school spirit t-shirts, transportation to Sentinel's theatre productions, and a 2 week in-school gymnastics program.

Donations can be made by cash or cheque (made out to Sentinel Secondary) in participating classes or at the office. Thank you for supporting this important initiative!

## **DREAMING OF GREAT SLEEP FOR YOUR FAMILY?**

The West Vancouver District Parent Advisory Council is pleased to present Dr. Kimberly Schonert and Dr. Mark Lysyshyn who will present on promoting healthy sleep hygiene. Wednesday February 27, 2019 @ 7:00 p.m. in the Grosvenor Theatre in the Kay Meek Centre. See the attached poster.

## **EXCHANGE TO JAPAN**

Please see the attached information for the 2 month Japan Exchange opportunity!

## **COSTA RICA SPRING 2019**

**Costa Rica:** Join us on a tropical adventure to Costa Rica this Spring break 2019! Speak to Nicole Page-Newman for more information and take a look at the brochure on the Sentinel's website (under 2018-19 school trips at the bottom of the page). I look forward meeting you. Hasta pronto!

## ANTARCTICA TRIP DECEMBER 2019

Antarctica Trip - Join us! **All details in the Google Classroom v9cthd**s

Contacts: Dawn Armstrong [darmstrong@wvschools.ca](mailto:darmstrong@wvschools.ca)

Bryn Hammett [bhammett@wvschools.ca](mailto:bhammett@wvschools.ca)

## VANCOUVER COASTAL HEALTH INFORMATION

1. Twenty-three percent (23% or 460,000) of youth aged 15 to 19 in Canada have tried vapour products and nearly 3 out of 5 high school smokers also use vapor products – some studies show that non-smoking youth who use e-cigarettes are more likely to try conventional cigarettes.
2. Until about age 25, the brain is still growing. Each time a new memory is created or a new skill is learned, stronger connections or synapses are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents can get addicted more easily than adults. The brain exposed to nicotine in vapor products can lead to addiction. “It’s okay, they are nicotine free” initially when it was illegal for vapour products to contain nicotine in Canada there was a market for nicotine-free products. Even then, studies found that many which were labelled nicotine free still contained nicotine. Now most products on the market contain nicotine.
3. Nicotine can harm parts of the brain that control attention, learning, memory, concentrations mood, and impulse control
4. The chemicals, dyes, flavourings and nicotine in the aerosols of vapor products are potentially harmful when heated and turned into aerosols and then inhaled. They can increase cough, wheeze and asthma exacerbations.

### **CDC-Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults:**

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)

### ***More information on Youth and Vaping:***

Know the risks: <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html#risks>

Vaping in Canada: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html#a4>

For information on health topics, or questions regarding your child’s immunization please contact your school’s Public Health Nurse at [fara.lambing@vch.ca](mailto:fara.lambing@vch.ca)

## **ONLINE REPORT CARDS**

Term one report cards were posted today. You will receive a notification email from this address: [sysadmin@myeducation.gov.bc.ca](mailto:sysadmin@myeducation.gov.bc.ca) . **Usernames and passwords were issued November 23rd** from the same email: [sysadmin@myeducation.gov.bc.ca](mailto:sysadmin@myeducation.gov.bc.ca) . If you have any problems contact Mr. Dave Moroz at [dmoroz@wvschools.ca](mailto:dmoroz@wvschools.ca), directly. Do not respond to this email address. See the attachment to this email for Family Portal Tips!

## **WEATHER CLOSURES**

As we near the end of November, the possibility of winter weather is upon us. Please be reminded:

Our School District endeavours to keep schools open on regular instructional days, including those with accumulating snowfall. Any decision to close schools will be made by the Superintendent and is based on the safety of students. We aim to communicate any decision to close schools by 6:00 am

**Please check the [school district website](#) for the most current information on school closures.**

School closures may also appear on several local news sources including:

News 1130	<a href="http://www.news1130.com/">http://www.news1130.com/</a>
CKNW 98	<a href="http://www.cknw.com/news/">http://www.cknw.com/news/</a>
Global TV	<a href="http://globalnews.ca/live/bc/">http://globalnews.ca/live/bc/</a>
CBC	<a href="http://www.cbc.ca/news/canada/british-columbia">http://www.cbc.ca/news/canada/british-columbia</a>

## **TRAFFIC AT SENTINEL SECONDARY**

**TRAFFIC FLOWS MUCH SMOOTHER WHEN WE ALL OBSERVE THE DROP OFF ZONES!**



### **SCHOOL MESSENGER**

The School Messenger will primarily be used to let parents know if their child is absent from class. When the teacher marks the student absent without a prior phone call, he/she will be marked unexcused in the computer and School Messenger will call or email the parents.

### **SENTINEL'S COUNSELLING DEPARTMENT**

Sentinel School counsellors are teachers with knowledge of the developmental needs of students as well as an understanding of the pressures encountered while progressing through school. This places the counsellors in a position to:

- a. offer developmental and preventative programmes to students in educational, personal, and vocational areas, and
- b. provide a resource for teachers and parents to help create conditions that facilitate learning.

Since educational, vocational, and personal counselling are interrelated, all counselling is concerned with the whole individual and is, therefore, personal by nature.

The Counselling Team,

**Lisa Ulinder (last names A-G)**

**Suzie McArthur (last names H-L)**

**Scott Derganc (last names M-SI)\***

**Kate Drew (last names Sm-Z)\***

\*Please note counselling loads have changed slightly this year

### **TEACHER AND STAFF COMMUNICATION**

Every teacher and staff member at Sentinel is on email and may be reached by first initial last name example: [jsmith@wvschools.ca](mailto:jsmith@wvschools.ca)

### **G.U.A.R.D.S.**

Check out Sentinel's new value statements and more under the [G.U.A.R.D.S tab](#) on the Sentinel Website.

### **PARENT CONTACT INFORMATION**

If your son(s) or daughter(s) does not primarily reside with you and you would like to receive a copy of their report card by email at each term end, please email Susan Leggatt, [sleggatt@wvschools.ca](mailto:sleggatt@wvschools.ca), and provide/confirm your email address for inclusion in a distribution list.

## SCHOOL CALENDAR 2018-2019

*Please note: Some dates are not yet set, or are subject to change.  
Watch for updates in the newsletters.*

### **November**

8 Thursday Parent-Teacher Interviews  
12 **Monday** **Remembrance Day Statutory Holiday Observed**  
19 **Monday** **Professional Day – School not in session**  
22 – 25 Grad Portraits at Artona

### **December**

14 Friday Term 1 Report Cards Issued  
24 **Monday** **Winter Break (December 24 – January 4)**

### **January**

7 Monday School Re-opens  
25 **Friday** **Professional Day – School not in session**

### **February**

1 Friday Interim Report Cards Issued  
15 **Friday** **Reading Break – School not in session**  
18 **Monday** **Family Day Statutory Holiday**

### **March**

15 Friday Term 2 Report Cards Issued  
18 **Monday** **Spring Break (March 18 – March 29)**

### **April**

1 Monday School Re-opens  
19 **Friday** **Good Friday Statutory Holiday**  
22 **Monday** **Easter Monday Statutory Holiday**

### **May**

17 **Friday** **Professional Day – School not in session**  
20 **Monday** **Victoria Day Statutory Holiday**

### **June**

16 Sunday Grad Banquet  
20 **Thursday** **Last day of classes**  
22 Saturday Commencement  
27 Thursday Final Report Cards Issued  
28 Friday School Year Ends/Administrative Day (Staff Only)

## **ATHLETICS**

For questions or information contact Mark Fenn or Lara Winstone at [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca) or check out <http://www.sentinelathletics.ca>

### **SENTINEL SECONDARY SCHOOL**

1250 Chartwell Drive  
West Vancouver, BC V7S 2R2  
T: (604) 981 1130  
F: (604) 981 1131