

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

**[FOLLOW US ON TWITTER @Sentinel SD45](#)**

Thursday, December 20<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/>

## **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.

## **VANCOUVER COASTAL HEALTH INFORMATION**

### Grade 9 Immunization Clinic on Feb 14, 2019

Immunization consent forms for Grade 9 students have been mailed to all students who need to be immunized. Please sign and return your child's immunization consent form by Jan 7<sup>th</sup> to your school office. School clinics are a great opportunity to make sure your child is up to date on immunizations. The routine grade 9 vaccines are not usually available in physician offices. For all questions regarding your child's immunization please contact your school nurse at [fara.lambing@vch.ca](mailto:fara.lambing@vch.ca)

### BC Children's Kelty Mental wellness tips for the holiday seasons

While the holidays can be an enjoyable season with many exciting moments and events, most parents run around making sure they have everything in place for others and they do little or nothing to take care of themselves. For more tips and resources for mental health wellness during the holidays please see BC Children's Kelty Mental health website: <https://keltymentalhealth.ca/blog/2018/12/holiday-season-check-tips-families-support-their-mental-health-and-wellness>

Breathr App: This free mindfulness app provides opportunities to try out a variety of mindfulness practices, and learn interesting facts about the brain science behind those practices. Please see <https://keltymentalhealth.ca/breathr>

For more self-care tips for parents please see:

[https://keltymentalhealth.ca/sites/default/files/documents/self-care\\_flyer\\_for\\_parents.pdf](https://keltymentalhealth.ca/sites/default/files/documents/self-care_flyer_for_parents.pdf)

## **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