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Thursday, January 24th 2019

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CALENDAR UPCOMING:

January

- 7 School Re-opens :)
- 10 **Grade 7 Parent Information Evening**
- 15 Collaboration Day
- 16 **PAC MEETING**
- 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**

February

- 1 Interim Reports Issued on the MyEd Family Portal
- 5 Collaboration Day
- 5 **Academy Information Night (1)**
- 6 **Academy Information Night (2)**
- 14 Grade 9 Immunizations
- 15 **Reading Break - No School**
- 18 **Family Day Holiday - No School**



FIRST AID SWIM TRAINING (FAST) Information Night – January 31, 2019 @ 6:30 pm at Rockridge

FAST is a young lifeguard education program that will allow students to develop the essential skills to be successful and confident lifeguards. At the

completion of the ***FAST*** program, students will have obtained all of the required certification prerequisites necessary to enroll in the National Lifeguard Course, which students can take independently when they are 16 years of age or older. Completion of the National Lifeguard Course is the final credential necessary to qualify an individual to

work as a lifeguard. In addition to developing strong first aid skills, the **FAST** program also focuses on providing students with a practical foundation in resistance and cardiovascular training, swimming, stroke-development and leadership. For further details click [here](#)

[EXCHANGE TO JAPAN](#)

Please see the attached information for the 2 month Mejiro Japan Exchange opportunity! The deadline for applications is January 25th.

[YOUNG ENTREPRENEUR LEADERSHIP LAUNCHPAD \(YELL\)](#)

This after school course offers students a chance to experience first-hand what entrepreneurship is about. It is open to Grade 11 and 12 students from all three district high schools. They hear from real-world entrepreneurs, learn about the business canvas and how to prepare a sound business idea, work with a group and a mentor to validate a concept and present it to real-world VCs and investors in our annual Venture Challenge. Our year-end surveys tell us that students find this course significantly helped to prepare them for post-secondary studies or job prospects post high school. **There will be a Parent/Student Information Night at the West Vancouver Secondary School Monday, Jan. 28th at 6:30pm.** Application can be found at westvancouver.schools.ca/yell . The full course description is attached.

[WEST VANCOUVER SCHOOLS PREMIER ACADEMIES INFORMATION SESSIONS](#)

Academy information sessions will be held on February 5th and February 6th. There are multiple sessions on each night for the 17 different Academy options. Please check out the attached information session schedule attached or check it all out on our website [here](#).

[HARVEST PROJECT ON THE NORTH SHORE](#)

Harvest Project on the North Shore: More than just a hand out – it's a hand up. The Harvest Project is a multi-faceted support network for people and families experiencing hardship and poverty on the North Shore.

Sentinel's *Me to We Club* and *Social Justice class* are partnering in January (and the rest of the year) to support this extremely worthwhile and local cause.

Imagine being a single parent without a job...imagine having no money to support your children, our most vulnerable citizens...the cost of baby needs is high so,

this month we are collecting baby needs. Diapers up to size 6, Baby wipes, Baby food, formula, gentle soaps, shampoo's etc. and Coffee (for the parent (s) (1 lb packs ground). Donation boxes can be found in various classrooms around the school as well as the office and library.

If you are unable to make it to a store you may also make a cash donation at the school office, or with Ms. Takahashi or Ms. Higgs. In addition to our monthly hard good drives, we will also be trying to raise \$2400 to support a family each year. No donation amount is too small.

BOOK CLUB SOCIAL

Explore your passion for books while discussing interesting titles with new friends at the Properties Family Hub. Facilitated by a librarian, these sessions will provide you with the opportunity to engage with compelling ideas and themes, while also connecting with people who have similar interests! The first session is February 7th from 1:00 p.m. - 2:30 p.m. at Chartwell Elementary School (portable classroom). See the attachment for more details and meeting times.

IN THE NAME OF YOUR DAUGHTER

Be inspired by some of the world's bravest girls at the BC Premiere of *In The Name of Your Daughter*. This documentary tells the story of girls whose voices have never been heard before; Tanzanian girls as young as eight who are risking their lives to defy their destiny and follow the dreams.

<https://kaymeek.com/events/in-the-name-of-your-daughter>

PRE-PURCHASE YOUR 2018-2019 YEARBOOK

Happy times come and go but memories stay forever.
Pre-Purchase your yearbook now through online school cash <https://westvancouver.schoolcashionline.com/>

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.

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.

[INTERIM PROGRESS REPORTS FEBRUARY 1st](#)

Interim Progress Reports will be posted online via the MyEducation BC Family Portal <https://www.myeducation.gov.bc.ca/aspen/logon.do>

The process for accessing the reports will be the same as it was for accessing the term one report cards. More information will follow in future bulletins.

[VANCOUVER COASTAL HEALTH INFORMATION](#)

Grade 9 Immunization Clinic is on Feb 14, 2019 at Sentinel

Immunizations help students stay healthy now and in the future by providing long-term protection against a number of serious, even life threatening infections. Immunizations are safe and effective, and are the best protection available for these infections.

Dear Parents/Guardians of Grade 9 students:

Immunization consent forms for Grade 9 students have been mailed in December to those students requiring a vaccination. Please **complete and sign** your child's consent form and return it to Sentinel's school office by January 18th. 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. If you have a different plan for your child's immunization and your child is not getting immunized at Sentinel's school clinic on Feb 14th please indicate this on the consent form or send an email to your school nurse fara.lambing@vch.ca to avoid VCH further notices and follow ups. I will be collecting consent forms every week.

VCH offers weekly booked and drop-in immunization clinics.
To book an appointment please call **604-983-6700**.

VCH drop-in clinics:

Wednesdays 3:00-5:30pm

Central Community Health Centre
132 W Esplanade, 6th floor, North Vancouver

Thursdays 2:30-4:30pm

West Community Health Centre

Ground Floor 2121 Marine Drive, West Vancouver. Please arrive early; space is limited on occasion the drop-in clinic does reach capacity

New section on Immunize BC website: <http://www.immunizebc.ca/if-you-choose-not-vaccinate-your-child>

TRAFFIC AT SENTINEL SECONDARY

There has been a recent increase in parents dropping in the upper lot. Not only does this stop traffic but it is dangerous as students then need to cross the flow of traffic to get into the building. Please stick to the designated drop zones.



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

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, 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.*

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 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