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Thursday, November 1st 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

CALENDAR UPCOMING:

November

- 4 Daylight Savings Ends (back one hour)
- 6 Collaboration Day
- 7 Post Secondary Institute Day (Grade 12, Grade 11 by request)
- 8 PARENT TEACHER INTERVIEWS**
- 9 Remembrance Day Assemblies
- 11 Remembrance Day**

- 12 Remembrance Day Observed – No Classes**
- 13 Day 2 - 1234**
- 14 PAC Meeting**
- 14 Take your kids to work (Grade 9)
- 15 Jazz Cafe - 7:00 p.m. Sentinel Theatre**
- 19 Professional Development Day – No Classes**
- 20 Day 1 - 1234**
- 22-25 Grad Photos at Artona by Appointment
- 26 Lockdown Drill

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 available on the Parent Portal**
- 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

YEARBOOKS

2018/2019 Yearbooks available online! This years \$40. This years and last years \$60 (while supplies last). You can pay at the accounting office or [here](#) with school cash online.

COSTA RICA TRIP

Immerse yourself - Sí, sí Costa Rica. Say yes to the Spring Break Costa Rican Spanish adventure trip. All are welcomed. Come to the parent meeting on November 7th at 7pm in room 203. Hasta pronto!

PARENT TEACHER INTERVIEWS. THURSDAY, NOVEMBER 8

Parent teacher interviews are approaching. There will be two sessions held on **Thursday November 8.**

Session 1 will be from **1:00-3:30**

Session 2 will be from **5:30-8:00**

Sign up will be done using School Appointments Online (**information attached**).

Parents have expressed frustration at not being able to sign up for any interviews as many teachers are full within 24 hours of the registration opening. We are hoping adjusting our registration process will provide more opportunity for all parents to meet with teachers. In response to parent and teacher feedback there will be two rounds of online registration this year.

The first round will run from Monday, October 29 at 9:00 a.m. - Friday, November 2 at 3:00 p.m. During this time you will be allowed to sign up for **3 interviews** maximum only per student.

The second round will run from Friday, November 2 at 3:00 p.m. - Wednesday, November 7 at 7:00 p.m. During this time you will be able to sign up **for a maximum of up to 6 interviews total for each student.**

You may also sign up to meet with your students counsellor during these sessions as well. Counsellors are determined by last name:

Ms. Ulinder	A-G
Ms. McArthur	H-L
Mr. Derganc	M-SL
Ms. Drew	SM-Z

If you have any questions please contact dmoroz@wvschools.ca

ANTARCTICA TRIP DECEMBER 2019

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

Contacts: Dawn Armstrong darmstrong@wvschools.ca

Bryn Hammett bhammett@wvschools.ca

VANCOUVER COASTAL HEALTH INFORMATION

The flu season is just around the corner; Get your flu shot today

This year's flu shot will protect you against three strains of influenza viruses specified by the World Health Organization: H1N1, H3N2, and B/Colorado/06/2017-like virus.

Children will also be protected against a fourth strain- B/Phuket/3073/2013-like virus.

Options for children and youth: most vaccines are available as a shot and one is given as a nasal spray called FluMist.

Flu resources

[BC Centre for Disease Control](#) for information on the Seasonal Influenza Vaccine

[Flu \(Influenza\) health topics page](#) for general flu information

[HealthLink BC](#) for flu information in English, Chinese, Farsi, French, Punjabi, Spanish and Vietnamese

[Immunizations page](#) for hand washing posters and other flu (influenza) resources.

Where can you get a flu shot? (see attachment)

- VCH Public Health clinic: For more information on flu vaccines and flu clinic please visit VCH website: <http://www.vch.ca/public-health/communicable-diseases-immunizations/flu-shots-flu-clinics>
- With your family doctor
- At a walk-in clinic
- With your pharmacist

Help fight the flu & stop the spread of germs.

According to a study, U.S. Navy researchers ordered recruits to wash their hands at least five times a day. The researchers found that the rate of respiratory illnesses reduced by 45 per cent.

Did you know?

80% of common infection can be spread by the hands; regular hand-washing can cut the rate of respiratory illnesses such as flu by almost half.

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

For information on Vancouver Coastal Health public health services for children and youth please visit the school health manual online at: www.vch.ca/schoolhealth/ns.

LEGALIZING CANNIBIS: A COMMUNITY CONVERSATION. NOVEMBER 14, 7-9 P.M.

Please find attached the Parent Ed Series workshop poster entitled, “Legalizing Cannabis: A Community Conversation”.

This event is free and suitable for parents, youth and professionals.

The keynote speaker is Dr. Mark Lysyshyn Medical Health Office North Shore and Sea to Sky.

GRAD PHOTOS

Grad photos at Artona are by appointment from November 22nd to 25th. Contact [Artona](#) directly to book your appointment.

ONLINE REPORT CARDS

Sentinel will be moving to the online Parent Portal to communicate student learning. Report cards for terms 1 and 2 will be accessible online. More information regarding accounts, passwords and procedures will follow in the coming months. **NOTE: There is currently no access to the online parent portal.**

TRAFFIC AT SENTINEL SECONDARY

PLEASE OBSERVE THE DROP OFF ZONES :)



The Administration is aware of the ongoing traffic problem entering and leaving the school grounds. Mornings between 8:00 and 8:25 am are of particular concern.

The student drop-off area extends from just past the school and around the east side of the school. **Please do not drop students off in the upper parking lot.** This is

for two reasons. Student safety and traffic flow. Students have to cross a lane of moving traffic that must come to a halt while students are dropped off and then the traffic flow stops again while students cross the flow on the cross walk below. Please only drop students off along the front or sides of the school.

We ask that when you drive along the front of the school, please move forward until you can't move forward anymore, even if it means moving past the school.

Once you are stopped or you reach the crosswalk by the driveway, students can quickly and safely exit the vehicle without crossing moving traffic. If your child is unable to quickly exit the vehicle for example their bag is in the trunk or you need to speak with them, please continue to drive to the east side of the school and find a spot to pull over. **Please do not stop directly in front of the school or on the crosswalk.** When cars stop for an extended time in front of the school, they stop the traffic flow. Your assistance in complying with this request is appreciated.

Please, when entering off Chartwell Drive, **do not drive down the left side of the road** to drop off your child or take a short-cut to the parking lot. You run the risk of colliding with oncoming traffic. This left lane is a one-way street with a crosswalk to the east of it. Left Drivers should be aware that “vehicles entering against the flow of traffic would be violating S.125 of the Motor Vehicle Act Fail to Obey a Traffic Control Device. The fine is \$121 and 2 points on their license” (West Vancouver Police Department).

PLEASE observe the Handicap Parking Zone (HCP). We have several students requiring access to this HCP parking/pick-up area in vans – your assistance in this regard is appreciated.



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

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, 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.

September

3	Monday	Labour Day Statutory Holiday
4	Tuesday	School Opens
10	Monday	Photo Day
20	Thursday	Meet the Teacher Night
21	Friday	Professional Day – School not in session

October

8	Monday	Thanksgiving Day Statutory Holiday
15	Monday	Photo Retake Day
19	Friday	Professional Day – School not in session
22	Monday	Non Instructional Day – School not in session

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	<u>Term 1 Report Cards Issued</u>
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	<u>Interim Report Cards Issued</u>
15	Friday	Reading Break – School not in session
18	Monday	Family Day Statutory Holiday

March

15	Friday	<u>Term 2 Report Cards Issued</u>
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	<u>Final Report Cards Issued</u>
28	Friday	School Year Ends/Administrative Day (Staff Only)

ATHLETICS

Congratulations to all our Fall Sports teams who have finished up their seasons!

Good luck to our Boys' Soccer Teams, our Swim Team, the JR Boys Volleyball Team and our Cross Country team who will be competing in North Shore or Provincial Competitions in the next couple of weeks!

- JR Boys Volleyball – North Shore Championship game against Argyle tonight, Nov 1st, at 5 pm at Argyle
- Cross Country – our Senior Boys and Girls Teams will be competing on the island at the Provincials on Saturday November 2nd
- JR Boys Soccer – playing in the North Shore Semi-Finals on Monday November 5th at 3:00 pm at William Griffith Turf
- SR Boys Soccer – playing in the Zone Championship game to advance to Provincials against BNW #1 on Tuesday November 6th at 3:00 pm
- Swimming – 22 members of our Swim Team will be competing at Provincials on November 16th & 17th at Watermania in Richmond

Wish all these teams good luck and if you can, get out there to cheer them on!

Winter Sports are now starting up:

- Basketball Tryouts will begin for all teams the week of November 5th to 9th so check out the schedule on the www.sentinelathletics.ca website to know when each team has their tryouts
- The Ski and Snowboard Team can now register at www.sentinelathletics.ca
- The Wrestling Team has its first two practices in the field house on Wed Nov 7th and Thursday Nov 8th from 3:30-5:30 pm in the Field House

Thanks everyone for making our Sentinel Sports Community what it is!

Any questions? Email sentinelathletics@wvschools.ca

Sincerely,
Mark Fenn and Lara Winstone

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

SENTINEL SECONDARY SCHOOL

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