

## **FOLLOW US ON TWITTER @Sentinel SD45**

Thursday, November 8<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:**

#### **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.

## **DOMINICAN REPUBLIC 2019 TRIP AND FUNDRAISER**

### ORGANIC FAIR TRADE COFFEE

Anyone look to drink great coffee AND support a worthy cause: DR Trip 2019 (Building homes for families experiencing extreme poverty) is currently selling Organic Fair Trade Coffee – order forms attached.

Two deadlines for ordering: Friday Nov 16 and Fri Dec 7.

Please *return order forms and Cheques payable to Sentinel Secondary School* – to the attention of Angie Higgs, NO LATER THAN 3PM ON THE DEADLINE DATE.

Thank you for your support. (Coffee will be available one week later)

### PURDYS CHOCOLATES

Sentinel Students attending the DR Trip 2019 are currently collecting Christmas orders for Purdy's Chocolates. Paper order forms are attached if you would like to return these with a *cheque payable to Sentinel Secondary School* to the attention of Angie Higgs NO LATER THAN 3PM NOV 28TH. *Alternatively you may order on-line...*if you'd like to support us through purchasing some very sweet Christmas gifts for friends, family and yourself, please click the link below:

<https://fundraising.purdys.com/295959-59554>

Chocolates will be available for pick up Dec 17th.

### DOMINICAN REPUBLIC 2019

Currently there are 6 spots left/available for our Trip next May (2019) to build homes in the Dominican Republic for families experiencing extreme poverty. The trip is open to Grade 11 and 12 students. Please contact Angie Higgs at [ahiggs@wvschools.ca](mailto:ahiggs@wvschools.ca) if you would like information about the trip.

## **JAZZ CAFE THURSDAY, NOVEMBER 15....SHOW A LITTLE R.E.S.P.E.C.T.**

Come and get your groove on with the R n B Band at the Jazz Cafe next Thursday, November 15 from 7:00 - 8:00 P.M. in the Sentinel Theatre as they pay tribute to Aretha Franklin!

## **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](mailto: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](mailto:darmstrong@wvschools.ca)

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

## **VANCOUVER COASTAL HEALTH INFORMATION**

### **Common Dental Challenges**

#### *Did you know?*

Sugary foods and drinks including alcohol drinks, tobacco and both legal and illegal drugs can cause damage to your teeth and gums. This [interactive presentation](#) (you can click on Male, Female or Child (Aged 5 years) to illustrate the effects of sugar on your body, including your teeth.

Visit: <http://www.yourdentalhealth.ca/kids-teens/teens> to learn more about teens and oral health.

Interactive presentation: <https://www.benenden.co.uk/your-body-on-sugar/>

#### *How does smoking, vaping and cannabis use affect oral health?*

All forms of tobacco and cannabis products can increase the risks of developing oral cancer, gum disease, stained teeth, bad breath and even cavities. Using cannabis (in any form) before a dental procedure can affect the type and amount of medication or sedation needed, increase bleeding, and complicate healing.

For more information on smoking, vaping and cannabis use and oral health visit:

<http://www.yourdentalhealth.ca/prevention/smoking-vaping>

<http://www.yourdentalhealth.ca/prevention/cannabis>

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)

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](http://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 22<sup>nd</sup> to 25<sup>th</sup>. 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

**WE STILL HAVE A FEW PARENTS DROPPING IN THE UPPER LOT OR STOPPING DIRECTLY IN FRONT OF THE SCHOOL. IT ONLY TAKES A FEW TO GRIND TRAFFIC TO A HALT.**



### 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.*

### *September*

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

### *October*

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

### *November*

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

### *December*

14	Friday	<u>Term 1 Report Cards Issued</u>
<b>24</b>	<b>Monday</b>	<b>Winter Break (December 24 – January 4)</b>

### *January*

7	Monday	School Re-opens
<b>25</b>	<b>Friday</b>	<b>Professional Day – School not in session</b>

### *February*

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

### *March*

15	Friday	<u>Term 2 Report Cards Issued</u>
<b>18</b>	<b>Monday</b>	<b>Spring Break (March 18 – March 29)</b>

### *April*

1	Monday	School Re-opens
<b>19</b>	<b>Friday</b>	<b>Good Friday Statutory Holiday</b>
<b>22</b>	<b>Monday</b>	<b>Easter Monday Statutory Holiday</b>

### ***May***

<b>17</b>	<b>Friday</b>	<b>Professional Day – School not in session</b>
<b>20</b>	<b>Monday</b>	<b>Victoria Day Statutory Holiday</b>

### ***June***

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

## **ATHLETICS**

Congratulations to our Fall Sports Team for their successes and commitment.

Special mention:

- Last weekend our Senior Girls' Cross Country team brought home the Provincial Banner with the 2<sup>nd</sup> lowest point total in the history of the event! Congratulations on an amazing team effort!
- Our Senior Boys Soccer Team qualified for Provincials (Nov 22-24) with an impressive win over Burnaby Mountain
- And Good luck to our Swimming Team as 23 members will be competing at Provincials on November 16<sup>th</sup> & 17<sup>th</sup> at Watermania in Richmond

Winter Sports are now starting up:

- Basketball Tryouts began this week and will continue ...
- See the gym schedule on the [www.sentinelathletics.ca](http://www.sentinelathletics.ca) website for future tryouts/practices
- The Ski and Snowboard Team will soon be able to register at [www.sentinelathletics.ca](http://www.sentinelathletics.ca)
- The Wrestling Team began practices this week and will usually practice 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](mailto:sentinelathletics@wvschools.ca)

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**

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