

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

Thursday, October 4<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:**

#### **October**

- 2 Grade 12 Parent Information Night
- 8 Thanksgiving Holiday – School Closed
- 9 Day 1 – 1234
- 10 PAC Meeting**
- 10 PSAT 8:00 - 11:30 Cafeteria**
- 15 Photo Retake Day**
- 19 Professional Development Day – No Classes**
- 20 Civic Election**
- 22 Non-Instructional Day - No Classes**
- 23 Day 1 - 3124
- 26 Grad Boat Cruise

#### **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)
- 14 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

**URGENT!**

**Failure to complete these forms may result in your child being unable to participate**

### **ONLINE FORMS FOR COMPLETION**

<http://westvancouver.schools.ca/ecole-sentinel-secondary/parents/forms/>

#### **Policy and Procedures Form**

Every year, parents are required to complete a new online Policy and Procedures Form for each of their children attending school in WVSD. The form includes: Student Code of Conduct; District Network and Internet Appropriate Use; Privately Owned Electronic Devices; Media and Video Release Parental Consent; Community Activities Release; Consent of Personal Information and the BC School Fruit and Vegetable Nutritional Program.

**Failure to complete these forms may result in your child being unable to participate**

### **WALK THE WALK**

The Multiple Myeloma March is taking place October 20 at 11:00 a.m. at the Burnaby Lake Rowing Pavillion. Volunteers and walkers are needed! Please check out <http://www.myeloma.ca> for more information and to donate.

### **DAILY SCHOOL ANNOUNCEMENTS ARE ON THE SCHOOL WEBSITE!**

Did you know the Sentinel Daily Announcements are posted on the school [website](#)? These announcements are read to the school through the PA system everyday and contain important information about sports, clubs, upcoming events, volunteer opportunities and many other school related items. Help your students stay informed and take advantage of all Sentinel has to offer.

### **COSTA RICA TRIP SPRING BREAK 2019**

Are you interested zip lining in the Costa Rican jungle? Join us on the 2019 Spring Break school trip! There will be an **information session on October 4th in room 203 at 1:00 for students**. See you there. **All current Costa Rica 2019 students please meet in room 203 for a quick meeting on October 5th at 1:30**. See you then.

### **ANTARCTICA TRIP DECEMBER 2019**

Looking for an opportunity to travel to the other side of the earth and experience the wonders of the world with an incredible crew? We're going to Antarctica December 2019! Parent and Student information meeting October 11 at 7pm in the Sentinel Library. We cannot wait to meet you! Poster attached.

## **VANCOUVER COASTAL HEALTH INFORMATION**

Back to school time is exciting but it can also be stressful for parents and children. Proper sleep and good nutrition can boost teens' coping skills and performance. According to Canadian statistics almost 40% of Canadian school-aged kids are sleep-deprived because they are too busy. Canada is the third most sleep-deprived country, with nearly a third of the Canadians feeling like they don't sleep enough, according to a new study.

Children who consistently get a good night's sleep:

Are more creative, can concentrate on tasks for longer, are better able to make positive decisions, learn and remember new things, have more energy during the day and can create and maintain good relations with others. More info: <https://sleep.org/>

According to the new Canadian 24-Hour Movement Guidelines, the world's first evidence based guidelines to address the whole day: for optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep (8-10 hours for youth aged 14-17). Trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits. More info: <http://www.csep.ca/view.asp?x=696>

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).

### **BUS TRANSPORTATION**

For school bus information please refer to the school district website: <http://www.sd45.bc.ca/about/student-transportation.html>

### **ACTIVITY FEES**

Activity Fees are necessary to provide a range of goods and services to students. These fees subsidize locks for lockers, day planners, Go Cards, Athletic expenses, uniforms, medals, plaques, certificates awarded at awards ceremonies, Student Council activities, intramural games and prizes as well as postage. Virtually, all students benefit when

activity fees are paid.

While there are limitations on the types of fees that schools are permitted to charge, Activity Fees may be charged. The School Act, Section 82(3) indicates that a Board may charge fees for goods and services provided by the Board such as those covered by Activity Fees.

Fee statements, which will include the Student Activity Fee of \$65 will be mailed home in November.

**Please note:** West Vancouver School District Policy #9505 allows: *“that fees or partial fees may be waived for students who would not otherwise be able to participate in regular school activities, field studies and special events due to financial hardship”*.

If you have concerns, please contact Sentinel’s Principal, Mr. Mike Finch.

## OL PHOTOGRAPHS AND GRAD PHOTOS

If you missed photo day or require a retake, student **photo retakes will be Monday, October 15 at 8:30 a.m.**

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. Hard copies will not be distributed. More information regarding accounts, passwords and procedures will follow in the coming months. PLEASE BE SURE YOUR STUDENT INFORMATION VERIFICATION FORM (YOU WILL RECEIVE MONDAY) IS SIGNED AND RETURNED. **NOTE: There is currently no access to the online parent portal.**

## TRAFFIC AT SENTINEL SECONDARY

**TRAFFIC FLOW CONTINUES TO IMPROVE AS MORE STUDENTS ARE DROPPED OFF PAST THE SCHOOL. 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.

### **RADON SCREENING**

This past winter West Vancouver Schools worked in partnership with Vancouver Coastal Health, to screen for radon in all of our schools. This school screening initiative was undertaken to confirm that radon concentrations are low in district schools. For more information please click [here](#)

### **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

**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 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**

### **Athletics:**

Fall Sports are now underway! Check out the [NSSSAA eSports main page](#) for schedules and locations of games that are happening and come and cheer on our teams. Go Spartans!

The **Grade 9 Girls Volleyball team is looking for coaching help**. If you are able to come and coach/supervise one or two times a week that would be very helpful.

Volleyball experience appreciated, however as long as you are dedicated and come with a good attitude our Athletic Department and Coach Igor will be able to help you help us!

If you can help please email ASAP to [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca)

We are looking ahead to the Winter Sports Season and we are still in need of a number of coaches, particularly for various levels of Basketball Teams. If we can't find coaches, it may mean the team cannot run. If you are interested in coaching, or helping to coach, please contact Mr. Mark Fenn or Ms. Lara Winstone at [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca)

### **WINTER SPORTS**

Basketball:

Bantam (Gr 8) Boys Basketball: Bennett Hunter

**Juvenile (Gr 9) Boys Basketball: (Coach Needed)** with Gary Ma willing to help

Junior Boys Basketball: Karen Kirkwood

Senior Boys Basketball: Dale Stranaghan

Bantam Girls Basketball: Ryan Charles

**Junior (Gr 9 & Gr 10) Girls Basketball: (Coach Needed)** & Ray Stanley

Senior Girls Basketball: Jackie Yu & Steven Ong

Ski/Snowboard: Glenn Johnston, Tamara Johnston, Cyril Sacault

Wrestling: Naomi Errico, Mike McDonald and Joey Huh

As well, even if it looks like we have a coach for a certain team already, they might welcome an assistant coach or helper in another capacity so please don't hesitate to email if you are available.

Thanks everyone!

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

