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Thursday, February 14th 2019

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To unsubscribe or if you have any questions or concerns please email dmoroz@wvschools.ca

CALENDAR UPCOMING:

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**

March

- 5 Collaboration Day
- 6 **MULTICULTURAL LUNCH**
- 13 **PAC meeting**
- 15 **Term 2 Report Cards Published**
- 16 - 31 Spring Break – No Classes

YOUTH & VAPING - INFORMATION, CONSIDERATIONS & IMPACTS

Please come and join a free community conversation around the topic of youth and vaping. Keynote speaker Dr. Milan Khara will present followed by a panel discussion. The event will take place Monday, February 25th at 7:00 p.m. at the North Vancouver School District Office (5th floor). 2121 Lonsdale Ave. North Vancouver. (See attachment)

OUTDOOR RECREATION AND CONNECTIONS

Attention Grade 10 -12 students. The West Vancouver District program: Outdoor Recreation and Connections is now accepting applications. If you enjoy the exploring the Outdoors or are interested in pursuing a career in Recreation, Forestry, Ecology or Environmental sciences this may be the course for you. Receive 8 credits for two courses PHE 10,11 or 12 credit and Outdoor Connections 11. Course will run block 2-4 with extended classes every other Thursday. Check it out on the district site

<https://westvancouver.schools.ca/outdoor-connections> or at
<http://outdoorconnections45.weebly.com/>.

[YOUTH TRAINING IN TRADES CARPENTRY](#)

Youth Training in Trades Carpentry Program Information Meeting has been changed to Wednesday, Feb 20th @ 7pm in the Library at West Van Secondary School, 1750 Mathers Ave, WV

This program is offered at WVSS for students going in to grade 11 or 12 next year who are interested in acquiring industry recognized skills and certification in carpentry and construction while working towards high school graduation.

Contact Parnaz Kashani at pkashani@wvschools.ca for more information.

[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.

With the Red Cross Club leading the way this month, Sentinel's *Me to We Club*, *Social Justice class*, *Hot Potato Club*, *Red Cross Club* along with various teachers, are partnering in February (and the rest of the year) to support this extremely worthwhile and local cause.

February we are collecting canned goods, pasta, and rice – donation boxes can be found in various rooms, the office, and library.

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.

[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?

Sleep Week February 18 -22, 2019

Hey West Vancouver Schools, it's Sleep Week!

Are you waking up tired or staying up too late? You're not alone! Research is showing that many of us are not getting enough sleep. Recent articles suggest that a lack of sleep is negatively affecting all of us.

<https://nationalpost.com/news/world/brain-researchers-warn-that-lack-of-sleep-is-a-public-health-crisis>

<https://www.cbc.ca/news/health/national-sleep-deprivation-teenagers-youth-learning-1.4929842>

<https://nationalpost.com/entertainment/its-time-to-wake-up-to-the-fact-that-a-general-lack-of-sleep-is-severely-and-negatively-affecting-all-of-us>

To bring awareness to our need for sleep and promote healthy sleep habits, West Vancouver Schools will be celebrating Sleep Week, February 18-22nd. Each day will focus on one sleep tip to encourage a change for better sleep.

Monday, Feb. 18, 2019: Family Day. What better way to celebrate family day than to establish consistent wake-up and bedtimes Every Day and Every Night? Regular bedtime routines, even on weekends, help get us and our bodies ready for sleep. And while we are planning our routine for Family Day and the rest of the week, check out the free events at the West Vancouver Community Centre! <https://westvancouverrec.ca/fall-winter/2019-family-day>

Tuesday, Feb. 19, 2019: Monitor electronic use. Did you know that the blue light emitted from screens interferes with the natural release of melatonin in our bodies?

<https://www.sleepfoundation.org/sleep-topics/why-electronics-may-stimulate-you-bed>

Try turning off screens at least 1 hour before bed and keep them out of the bedroom.

Family charging stations located in a central place (e.g. kitchen) are a good way to encourage better sleep habits. To promote this strategy, we will be encouraging families

to send in or post their photos of their family charging stations. Prizes will be awarded so get those stations organized!

Wednesday, Feb. 20, 2019: District Wide Pajama Day! We get better quality sleep when our bedrooms are dark, quiet, comfortable and free from distractions. What better way to promote better sleep environments than to bring the environment to school and work? Staff, students, parents, and community partners all across West Vancouver will be wearing their pajamas to promote healthy sleep habits.

Thursday, Feb. 21, 2019: Nutrition plays an important part of sleep. We'll be sending home tips collected by VCH Registered Dietitian, Helen Yeung that makes the link between what we eat and drink and how we sleep. This includes eating a balanced diet and avoiding stimulants like caffeine and nicotine.

Friday, Feb. 22, 2019: Adequate exercise is important to getting good quality sleep. It is recommended that we find fun ways to be active for at least 60 minutes every day. To help encourage an active lifestyle, schools will across the district will be holding events and activities that will get people moving!

Come celebrate Sleep Week with West Vancouver Schools and let's all get have a good night and sleep well for a better day!

[VANCOUVER COASTAL HEALTH INFORMATION](#)

Did you miss your GRADE 9 immunization at Sentinel?

You can call for an appointment at community clinic or attend a drop-in clinic at the following locations:

Central Community Health Centre

132 West Esplanade, 6th floor
North Vancouver

Wednesdays

3-5:30pm (4-19 years)

West Community Health Centre

Main Floor – 2121 Marine Drive
West Vancouver

Thursdays

2:30-4:00pm (4-19 years)

If you have any questions please contact your school nurse Fara Lambing 604-505-7605 fara.lambing@vch.ca

[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)

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.

February

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| 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

- | | | |
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| 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

Greetings Everyone!

We are looking ahead to Spring Sports Season and we are still in need of a number of coaches. In particular: our Mountain Biking Team, our Junior Tennis Team, our Senior Ultimate Team and also Track and Field are looking for help/coaches. If you are interested in coaching, or helping to coach, please contact Mr. Mark Fenn or Ms. Lara Winstone at sentinelathletics@wvschools.ca. And if there is a sport below that appears to have a coach already, I am sure they'd love some help, so you can email about ANY Spring Sport!

SPRING SPORTS

Badminton:

- Junior Badminton: Andrew Lee and Lara Winstone
- Senior Badminton: Andrew Lee and Lara Winstone

Golf: Mark Fenn & Julie Cameron

Mountain Biking: (Help Needed) and Dawn Armstrong

Rugby:

- Boys' Rugby: Andrew Plant
- Girls' Rugby: Madi Gold with Rebecca Britten will to help

Soccer – Girls:

- Junior Girls Soccer: Rob Inman
- Senior Girls Soccer: Rob Inman

Tennis:

- **Junior Tennis: (Coach Needed)**
- Senior Tennis: David Gibson, Angie Higgs

Track and Field: Mark Fenn, Julie Cameron, Lara Winstone & (Help Needed)

Ultimate:

- Junior Ultimate: Jeffrey Huang
- **Senior Ultimate: (Coach Needed)**

Thanks everyone!

If you have any sports related questions, please don't hesitate to ask us at sentinelathletics@wvschools.ca

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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