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Thursday, January 31st 2019

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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



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](#)

[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. Sunday, February 3rd at 5:30 p.m.

<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/aspden/logon.do>

The process for accessing the reports will be the same as it was for accessing the term one report cards. An email was sent out Wednesday, January 30th with instructions for accessing the online report. If you are having problems logging into your account please contact Dave Moroz dmoroz@wvschools.ca .

VANCOUVER COASTAL HEALTH INFORMATION

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.

Please note: Grade 9 Immunization Clinic is booked for Thursday Feb 14, 2019 at Sentinel

Location: Field House

Start time: 0900 am

It is greatly appreciated that the **signed consent** form is returned directly to Sentinel office as soon as possible. Please indicate either **YES or NO** for each vaccine that your child is eligible for - *see Part B*. Immunization consent forms are collected weekly until Monday Feb 11th.

While every effort is made to obtain consent from parents/guardians, **a competent child (under 19)** who is able to understand the benefits and possible reactions for each vaccine and the risk of not getting immunized, **can legally consent to or refuse immunizations**. For more information on **mature minor consent** please see HealthLinkBC File # 119 The Infants Act Mature Minor Consent and Immunization, or Mature Minor in accordance to the BC Infant's Act:

http://www.bclaws.ca/civix/document/id/complete/statreg/96223_01#section17.

If you are **a conscientious objector**, please make your wishes known to your child and clearly indicate **NO** on the consent and return the consent to the school office.

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.

VCH offers weekly booked and drop-in immunization clinics.

For more information or to book an appointment please call **604-983-6700**.

For more information on Immunizations please see the links below:

<https://www.healthlinkbc.ca/sites/default/files/pdf/immunization-infants-children.pdf>

http://www.vch.ca/Locations-Services/result?res_id=1389

<http://www.vch.ca/public-health/communicable-diseases-immunizations/immunizations>

<https://immunizebc.ca/>

<http://www.bccdc.ca/health-info/immunization-vaccines>

Looking for a family Doctor on the North Shore?

Call GP Link at 778-945-3017 (please call only if you do not have a family Doctor)

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

- | | | |
|----|--------|--|
| 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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