

SCHOOL FEES PAYMENT IS NOW OPEN

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Thursday, December 6th 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:

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**
- 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

January

- 7 School Re-opens :)
- 9 **PAC MEETING**
- 10 **Grade 7 Parent Information Evening**
- 15 Collaboration Day
- 22 **AP Information Night**
- 24 **Grad Semi-Formal**
- 25 Professional Day
- 29 Quarter 3 Begins for Grade 8
- 30 **Grade 8-11 Course Planning Night**

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/>

DECEMBER 3 - 14 12 DAYS 144 PAIRS OF PAJAMAS

The 8th Annual Pajama Drive for Admiral Seymour will run until Dec. 14th. We are raising money to provide a new pair of PJ's for each of the 144 students at Sir Admiral Seymour Elementary, an inner city school on the edge of the Downtown Eastside. Too many of these kids are living in poverty. Please help us make sure all of them have a warm pair of pajamas to wear this winter. Let's show them we care. Donations by cash or cheque (made out to Sentinel) can be made in participating classes or at the office. Thank you in advance for supporting this important initiative!!

D-DAY 75th ANNIVERSARY TRIP - 2 SPOTS OPEN!

We have 2 spaces for the Germany and France – DDAY 75th Anniversary Trip that have just opened up. This is open to grade 8s – 12s. Please see Mr. Johnston today in Room 149B as soon as possible if interested or email to gjohnston@wvschools.ca or tjohnston@wvschools.ca

EXCHANGE TO JAPAN

Please see the attached information for the 2 month Japan Exchange opportunity!

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)

COSTA RICA SPRING 2019

Costa Rica: Join us on a tropical adventure to Costa Rica this Spring break 2019! Speak to Nicole Page-Newman for more information and take a look at the brochure on the Sentinel's website (under 2018-19 school trips at the bottom of the page). I look forward meeting you. Hasta pronto!

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

WEST VANCOUVER LITTLE LEAGUE - REGISTRATION IS NOW OPEN

We play and practice right here in West Vancouver.

Looking for a healthy way for your child to get outside and stay active this spring?

Baseball is a great way to engage and challenge children. It encourages stamina, coordination and team play.

Registration is open for all girls and boys aged 4-16.

For more information and to register check out wvll.ca

VANCOUVER COASTAL HEALTH INFORMATION

1. Twenty-three percent (23% or 460,000) of youth aged 15 to 19 in Canada have tried vapour products and nearly 3 out of 5 high school smokers also use vapor products – some studies show that non-smoking youth who use e-cigarettes are more likely to try conventional cigarettes.
2. Until about age 25, the brain is still growing. Each time a new memory is created or a new skill is learned, stronger connections or synapses are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents can get addicted more easily than adults. The brain exposed to nicotine in vapor products can lead to addiction. "It's okay, they are nicotine free" initially when it was illegal for vapour products to contain nicotine in Canada there was a market for nicotine-free products. Even then, studies found that many which were labelled nicotine free still contained nicotine. Now most products on the market contain nicotine.
3. Nicotine can harm parts of the brain that control attention, learning, memory, concentrations mood, and impulse control
4. The chemicals, dyes, flavourings and nicotine in the aerosols of vapor products are potentially harmful when heated and turned into aerosols and then inhaled. They can increase cough, wheeze and asthma exacerbations.

CDC-Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults:

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

More information on Youth and Vaping:

Know the risks: <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html#risks>

Vaping in Canada: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html#a4>

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

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. Usernames and passwords were issued November 23rd from the following email: sysadmin@myeducation.gov.bc.ca . Please log into your account and change your password so you are prepared for the December 13th issuing of online Report Cards. If you have any problems contact Mr. Dave Moroz at dmoroz@wvschools.ca. See the attachment to this email for Family Portal Tips!

WEATHER CLOSURES

As we near the end of November, the possibility of winter weather is upon us. Please be reminded:

Our School District endeavours to keep schools open on regular instructional days, including those with accumulating snowfall. Any decision to close schools will be made by the Superintendent and is based on the safety of students. We aim to communicate any decision to close schools by 6:00 am

Please check the [school district website](#) for the most current information on school closures.

School closures may also appear on several local news sources including:

News 1130 <http://www.news1130.com/>

CKNW 98 <http://www.cknw.com/news/>

Global TV <http://globalnews.ca/live/bc/>

CBC <http://www.cbc.ca/news/canada/british-columbia>

TRAFFIC AT SENTINEL SECONDARY

TRAFFIC FLOWS MUCH SMOOTHER WHEN WE ALL OBSERVE THE DROP OFF ZONES!



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.

ATHLETICS

Just a reminder that the Ski and Snowboard Registration is now open and space is filling up fast. Please register online this week! Only 4 spaces remain due to the bus size. Any questions, see or email Mrs. Johnston at tjohnston@wvschools.ca

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

SCHOOL CALENDAR 2018-2019

*Please note: Some dates are not yet set, or are subject to change.
Watch for updates in the newsletters.*

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)

SENTINEL SECONDARY SCHOOL

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