

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

Thursday, February 7<sup>th</sup> 2019

***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:**

#### **February**

- 1 Interim Reports Issued on the MyEd Family Portal
- 5 Collaboration Day
- 5 **Academy Information Night (1)**
- 6 **Academy Information Night (2)**
- 7 Jazz Café. 7:00 p.m. Sentinel Library
- 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 25<sup>th</sup> at 7:00 p.m. at the North Vancouver School District Office (5<sup>th</sup> 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 PROGRAM Information Meeting – Tuesday, Feb 12<sup>th</sup> @ 7pm in the Library for September 2019 intake.**

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](mailto: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.

**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 7<sup>th</sup> from 1:00 p.m. - 2:30 p.m. at Chartwell Elementary School (portable classroom). See the attachment for more details and meeting times.

### 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](mailto: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.

### 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 11<sup>th</sup>.

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](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 14<sup>th</sup> please indicate this on the consent form or send an email to your school nurse [fara.lambing@vch.ca](mailto: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/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](mailto: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](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.*

### **February**

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

### **March**

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

### **April**

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

### **May**

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

### **June**

16	Sunday	Grad Banquet
20	Thursday	<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**

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](mailto: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](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**

1250 Chartwell Drive  
West Vancouver, BC V7S 2R2  
T: (604) 981 1130  
F: (604) 981 1131