

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

**Thursday, March 14<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:**

#### **March**

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

#### **April**

- 1 School re-opens after Spring Break
- 15 Quarter 4 Begins (grade 8's)
- 19 **Good Friday - No School**
- 22 **Easter Monday - No School**
- 23 AP study weeks begin
- 23 **Sentinel Stage Production "Seussical the Musical" opens**
- 27 **Sentinel Stage Production "Seussical the Musical" closes**



**KEEP  
CALM  
YOU CAN STILL  
ORDER A  
YEARBOOK**

2018/2019 Yearbook Sales end Tuesday March 12!

Purchase [here](#) Cash Online

The Yearbook Club has been working hard to capture the people and stories that represent all the beauty, fun and opportunities here at Sentinel!

**VANCOUVER COASTAL HEALTH INFORMATION**

Youth and Anxiety – Did you Know?

- \* Anxiety disorders are the most common mental health illness in Canada
- \* Anxiety is our body's reaction to perceived danger or important events
- \* Anxiety can affect our thoughts, body, and behaviours in negative ways
- \* Learning how to face the things that cause you anxiety will eventually make you less anxious

AnxietyBC is a leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. For more info please refer to: <https://www.anxietybc.com/> for information , and resources and tools.

MindShift is a free app designed to help teens and young adults cope with anxiety. It has great info from relaxation exercises to general info, even behaviour tracking sections.

Here is the link: <http://www.anxietybc.com/mobile-app>

Foundry North Shore located on 211 W 1st Street NV <https://foundrybc.ca/> is a place where any youth or parent in our community can find easy access to the help they need, when they need it. For more info on nursing and medical services, counselling, peer support and programs, and other supports and services please contact Foundry North

Shore: [https://foundrybc.ca/get-support/?return\\_page=1298](https://foundrybc.ca/get-support/?return_page=1298) or call 604-984-5060. All services are free and confidential.

For more information on anxiety related resources and medical and counselling services please contact your school nurse [fara.lambing@vch.caelping](mailto:fara.lambing@vch.caelping)

### **HOST AN INTERNATIONAL STUDENT AN INTERNATIONAL STUDENT, BRING THE WORLD TO YOUR HOME!**

Each year, West Vancouver School District hosts students from over 20 countries in our International Programs. Many of these students stay with local families to fully experience Canadian culture and improve their English skills. Students attend Sentinel, Rockridge, and West Vancouver for either five or ten months each academic year.

We are looking for new host families for our students. If you would like to open your home to a visiting student, please visit our website for more information on the requirements, responsibilities and monthly compensation you can expect.

Many students end up making life- long friendships with their host families, hosting is a great way to expose your own children to other cultures.

Please visit our website at:

<https://westvancouver.schools.ca/international/for-families/>

### **LOST & FOUND**

There are numerous items in the Lost & Found bin including clothing, lunch kits, water bottles, binders etc.. There are also valuables in the office including jewelry, keys, bank cards, glasses etc.. Please claim lost items as they will be donated to charity over Spring Break.

### **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.schoolcashonline.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.schoolcashonline.com/>

#### **VANCOUVER COASTAL HEALTH INFORMATION**

##### **Did you miss your GRADE 9 immunization at Sentinel?**

You can call 604-983-6700 to book an appointment at community clinic (Wed, Thu, Fri) or attend a drop-in clinic at the following locations:

##### **Central Community Health Centre Centre**

132 West Esplanade, 5<sup>th</sup> floor  
Drive (WV Rec Center)  
North Vancouver

##### **Wednesdays**

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

##### **West Community Health**

Main Floor – 2121 Marine

West Vancouver

##### **Thursdays**

(drop-in) 2:30-4:00pm (4-19

##### **Need vaccination for an upcoming trip?**

**Lynn Valley Medical & Travel Clinic** 604-988-5389  
1200 Lynn Valley Rd, North Vancouver

**Travel Medicine & Immunization Centre** 604-681-5656  
#203-1075 Marine Drive, North Vancouver

**VCH Travel Clinic** 604-736-9244  
601 Broadway W, Vancouver

**VCH TB clinics:**

To book an appointment for **TB TEST** please call 604-983-6700

If you have any immunization or health questions or need your child's immunization record please contact your school nurse Fara Lambing 604-505-7605 [fara.lambing@vch.ca](mailto: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](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
<b>20</b>	<b>Thursday</b>	<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**

Rugby season has begun and the team is looking for any additional students in Grades 9-12 who want to play in the Spring season.

Practices are Mondays and Tuesdays with games on Wednesdays.

In the next few weeks, if players need to order clothing such as jackets, tracksuits, hoodies or tank tops, they can be purchased by following this

link: <https://lionheartsports.com/shop/sentinel-secondary-school>

If there are any questions, contact Coach Plant at [aplant@wvschools.ca](mailto:aplant@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**

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