

# Grade 8 Parent Night

Sentinel Secondary  
Grads of 2025



# Welcome to Sentinel!







# Admin Team



Mike Finch  
Principal  
Grade 12



Diane Nelson  
Director of  
Instruction  
Academies



Kathy Grant  
Vice Principal  
Grades 8 + 11



Dave Moroz  
Vice Principal  
Grades 9 + 10



**KEEP  
CALM**

**YOUR SCHOOL  
COUNSELOR  
CAN HELP**

# Counselling Team

## [Counselling Website](#)

### Academic

- Course planning
- Post secondary planning

### Mental and Physical Health

- Counselling
- Access to an RN
- Psycho-Education
- Referral



*Counsellors assigned by last name*

Ms Ulinder: A-G

Ms. Britten: H-L

Mr. Derganc: M-SL

Ms. Drew: SM-Z

# Connect and Learning Support



- 💧 Social-emotional support
- 💧 Academic support
- 💧 Sense of community

*Erin Bayou, Youth Worker + Andrea Jenks, Teacher*



# School Information

Being informed is an important way to support your child

# COVID

Sentinel is meeting and exceeding the health & safety guidelines set out by Vancouver Coastal Health (VCH) and the Chief Medical Officer.

- [Vancouver Coastal Health School Information](#)
- Monitor for symptoms and stay home if unwell
- Log student absence: [sentinelattendance@wvschools.ca](mailto:sentinelattendance@wvschools.ca)
- Additional resources can be found under the COVID tab on the [counselling website](#)

# Sentinel School Website

[click here](#)



- 🔹 Calendar
- 🔹 Daily Announcements + School Bulletins
- 🔹 Course Selection Handbook
- 🔹 Teacher Contacts
- 🔹 Code of Conduct
- 🔹 Parent Advisory Council (PAC)
- 🔹 Mental Health Resources (under Counselling)
- 🔹 And more...

# Sentinel G.U.A.R.D.S.

Small changes can make a big difference.

- 💧 **Grit:** Learn to love a challenge!
- 💧 **Understanding:** Different is cool. Be nice!
- 💧 **Action:** Find your superpower and explore it!
- 💧 **Respect:** Be grateful!
- 💧 **Decisions:** Think before you act!
- 💧 **Service:** Go Spartans Go!



# Grade 8 Courses

## **CORE Courses (6)**

- 💧 English 8 + **French 8/ELL** (English stream)
- 💧 English 8 + **Français Langue 8** (French immersion stream)
- 💧 Math 8 or Mathématique 8
- 💧 Science 8 or Sciences 8
- 💧 Socials 8 or Science Humaines 8
- 💧 PE 8

# Elective Courses (2)

💧 **Applied Skills:** (woodwork, textiles, computers, business)

💧 **Fine Arts:** (art, ceramics, choir, drama)  
**or** Music 8 (band)

**Other Courses:** Off timetable

💧 Career 8

💧 Concert Choir 8

# QUARTERED TIMETABLE

Implemented to reduce contacts between students and staff.

**Learning groups** or **cohorts** were created for Grade 8 & 9s

- Each Quarter term is **10 weeks**, 2 courses per quarter
- **Fine Arts & Applied Skills Rotations:** This year, grade 8's may not rotate through all four arts and applied skills courses.
- However, students will be able to choose 2 electives (plus a second language) in grade 9

# X-BLOCK

## Tues/Thurs

Flexible  
Instructional  
Time

Benefits and Purpose:

- **Academies**
- **Career Education**  
competencies and content
- time to **meet with teachers** for support, guidance or inspiration regarding curriculum and/or passion project
- the opportunity to **collaborate** with other students, teachers, or community members
- time to explore, work on, or complete **assignments and projects**



# Student Wisdom



We asked grade 12 students...

*What advice would you give your grade 8 self?*

What do you think they said?



# Get involved

- Clubs (Student Led)
- Teams (as per BC School Sports guidelines-COVID)
- Theme Days
- Volunteer service
- Spartaners-leadership group
- Student Council
- [Sentinel athletics](#)

# Move out of your comfort zone!

Reach out to others; don't  
wait for people to come to  
you

Be yourself and make *true*  
friends

Try new things





# Get to know your teachers

- Send them an email
- Visit during X-BLOCK

# Strive for balance



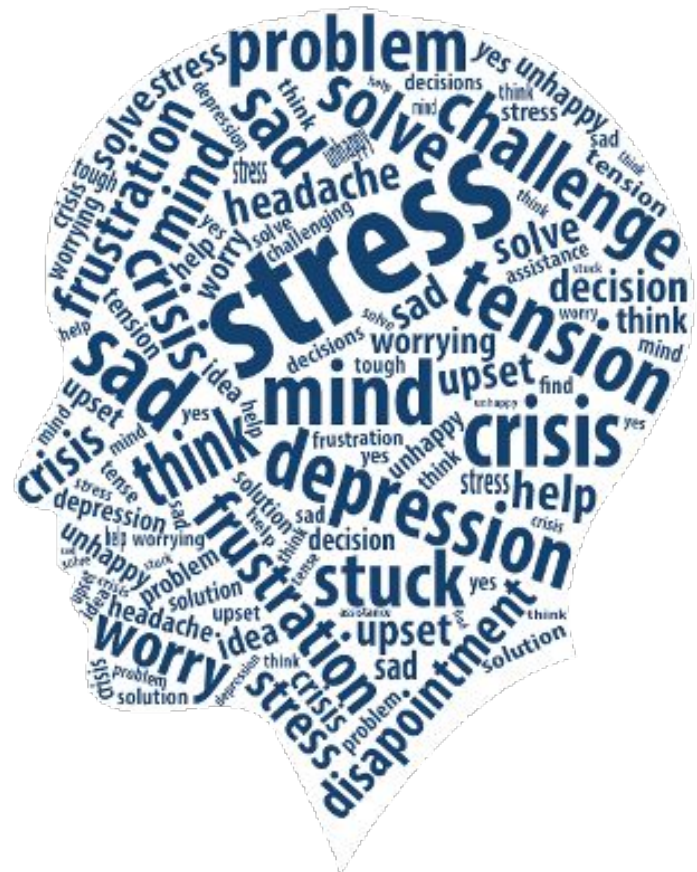
# Ask for help

Asking for help is a sign of strength

You are not alone

Feeling is healing

Reach out to a friend, teacher, counsellor, parent, coach, etc.



# How can I support my child?

A list of suggestions...

- 💧 Be informed
- 💧 Be involved
- 💧 Provide organizational guidance
- 💧 Support child's basic needs (i.e. sleep, nutrition, etc.)
- 💧 Encourage sense of agency
- 💧 Prioritize family time (e.g. time in nature)
- 💧 Listen
- 💧 Stay calm
- 💧 Lead by example

Life is unpredictable...





# Signs your child may be struggling

- 💧 Doesn't want to go to school, or refuses to go
- 💧 Feels "sick," especially on Sunday night
- 💧 Shows little interest in school work and activities
- 💧 Drop in marks
- 💧 Doesn't want to talk about school or friends
- 💧 Negative self-talk
- 💧 Withdraws from others
- 💧 Life lacks balance (i.e. excessive video gaming)

# Responding to the “bumps”



- 💧 Listen to understand
- 💧 Resist the urge to solve the problem for them
- 💧 Empathize
- 💧 Collaborate on possible solutions
- 💧 Ensure YOU are well supported

# Foundry North Shore

*Where Wellness Take Shape*



## **YOUTH SERVICES**

- COUNSELLING
- MEDICAL

211 West 1<sup>st</sup> Street  
North Vancouver

[foundrybc.ca/northshore](https://foundrybc.ca/northshore)

\*VIRTUAL SESSIONS AVAILABLE\*

# *Foundry North Shore*

## Services

Mental Health Support and Counselling

Substance Use Counselling

Drop in Counselling

Medical and Sexual Health Clinics

Intensive Youth Outreach Services (IYOS)

Peer & Parent Support & Service Navigation

Life Skills & Employment Support

Family Counselling

Eating Disorders (12-18 years)

Groups for Youth & Parents

Intensive Case Management (ICM)

# Vaping



- Rapid rise in use amongst teens
- Exposure to harmful chemicals
- Can lead to nicotine addiction
- Recent cases in the news of lung damage
- Long-term consequences unknown
- [Resource Link](#)

# Social Media + Gaming

- 💧 Research suggests that excessive time on social media and/or playing video games may lead to:
  - 💧 Increased feelings of anxiety and depression
  - 💧 Increased feelings of isolation
  - 💧 Increased distraction; impaired ability to focus
  - 💧 Poor sleep

# Suggestions around Social Media

💧 Consider setting limits:



- 💧 Before school
- 💧 During homework
- 💧 During meals or family time
- 💧 Bedtime

💧 Use technology to limit and/or monitor use

💧 Manage notifications

💧 Lead by example

💧 [Resource link](#)

Thank you &  
Bienvenue à Sentinel!

