



Welcome
to
Sentinel

Student Council Co-Presidents



Kyler Cyna



Carmen Golnaraghi

Administration



Mr. Michael Finch
Principal



Ms. Diane Nelson
Director of Instruction



Ms. Kathy Grant
Vice Principal



Mr. Dave Moroz
Vice Principal

Counsellors



Ms. Lisa Ulinder
Last Names A to G



Ms. Rebecca Britten
Last Names H to L



Mr. Bhashy Pather
Last Names M to SL



Ms. Drew
Last Names SM-Z

Front Office Staff

Ms. Chantale Pamplin
Office Administrator

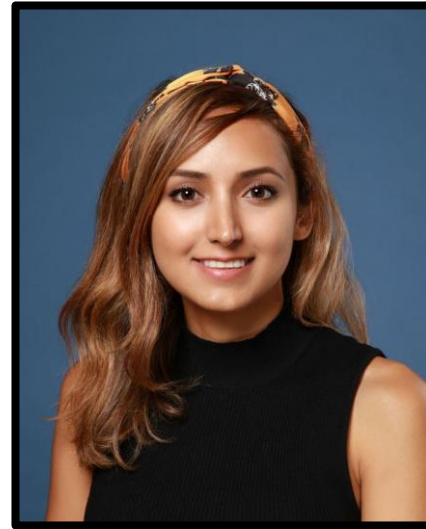


Ms. Katrin Janda
Secretary

Accounting and Data Clerk

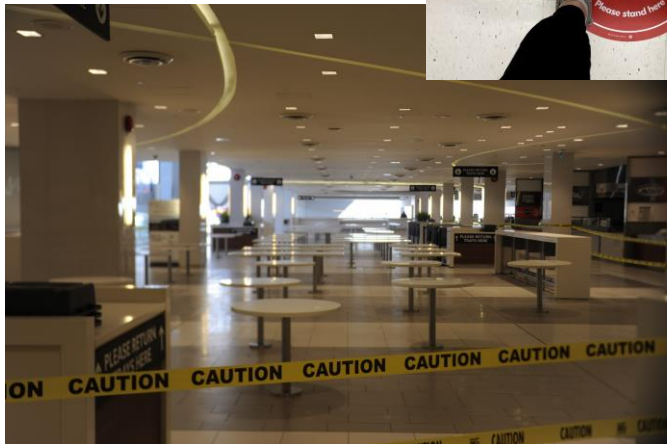


Ms. Allison Carruthers
Accounting



Ms. Farnaz Izadpanah
Data Clerk

A Very Different Year



In the wake of COVID-19 this has been a different year. Students and staff continue to meet and exceed all safety protocols within the school environment. Extra custodians and cleaning procedures were instituted. Masks are worn and students and staff physical distance in all common spaces. Class start times were staggered to reduce congestion in and out of the school. All grade 8 courses are in 100% in-person instruction and “cohorted”, minimizing the number of contacts.

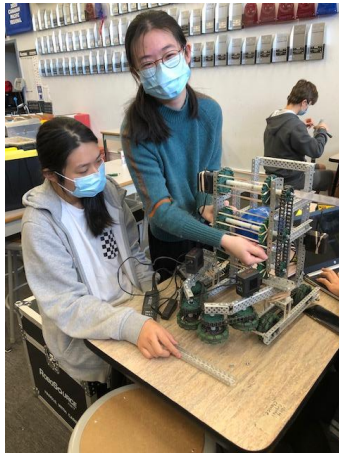
Programs of Choice

- Advanced Placement (AP)
- French Immersion
- Premier Academies



WVS Premier Sports Academies

Grades 8-12



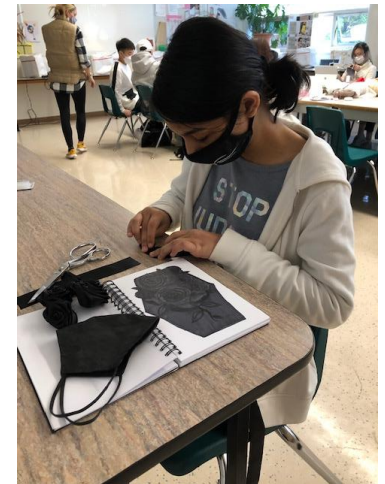
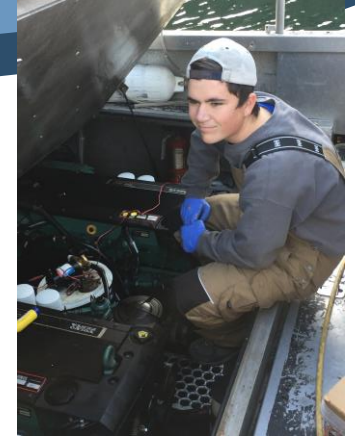
Badminton
Baseball
Basketball
Fencing
Field Hockey
Mechatronics Robotics
Rugby
Soccer
Tennis
Volleyball



WVS District Premier Programs Grades 8-12



Environmental Science
Fashion Industry
First Aid Swim Training (FAST)
Honour Choir
International Baccalaureate Diploma Program
Outdoor Recreation
200 Hour Yoga Teacher Training
Young Entrepreneurship Leadership
Launchpad (YELL)
Youth Train in Trades
Youth Work in Trades



WVS Ignite Your Passion Programs After-School for Grades 6 & 7

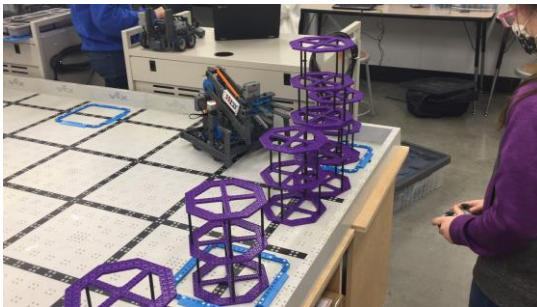


Big Bad Bot Builders
Code with Confidence
Digital Art and Media
Junior Honour Choir



&

Great Bots of Fire
(Grade 8 Program)



WVS Sports Academies & District Programs VIRTUAL Open House



Monday, February 1 – Friday, February 5
Virtual Open House

Information links will be available during this Open House Week!

The virtual Open House information will:

- Answer all questions pertaining to a specific academy or program
- Communicate when try-outs or auditions will be if required
- Provide deadlines for paperwork and fee submission
- Outline the process for final confirmation of acceptance into an academy or program



More information available online:
westvancouver.schools.ca

Life at Sentinel

Multicultural Lunch
Terry Fox Run
Dances
Intramurals
Spartners
Orange Shirt Day

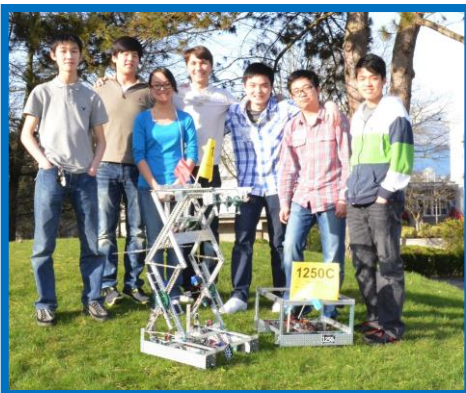
Theme Days
Special Activities
Anti-Bullying Day
Pancake Breakfasts
BBQ's



Sentinel Clubs

These are just some of the examples you will see on September Clubs Day.
If you don't see one you like, create your own!

- Student Council
- Cinderella Project
- Chess Club
- Debate Team
- Model United Nations
- Spartners
- GSA
- STEM Club
- eSports Club
- French Council
- Yearbook
- Live Different
- Boys Club
- Entrepreneurship Club
- Girls Club
- Teens to Seniors
- Garden Gurus
- Health and Sciences Club
- Math Club
- Wish Club
- Rotten Potatoes
- Triathlon Club



Social Responsibility

Social Justice 12 – Building A House

- 2015 - 2019 – Dominican Republic
- 2014 - Mexico Trip
- 2013 – Dominican Republic

Pajama Drive at Admiral Seymour Elementary

Harvest Project Initiative

Cops for Cancer

Students participate in the following clubs that contribute to the local and global community:

- recycling club
- community outreach
- social responsibility committee
- GUARDS (SPC)
- cinderella project



Sentinel Achievements

Academics

- Advanced Placement
- French Immersion
- Post Secondary Information

Fine Arts

- Art
- Music
- Drama
- Dance

Athletics

Applied Skills

Work Experience



Achievement of Sentinel Students on the Advanced Placement Examinations - 2019

Average scores out of 5

Year	Sentinel	British Columbia	Canada	United States
2019	4.10	3.65	3.52	2.89

Percentage of grades 3 or higher

Year	Sentinel	British Columbia	Canada	United States
2019	93.0	81.3	77.8	59

Post-Secondary Placements

Sentinel students have earned acceptance into every major Canadian university as well as world-renowned institutions such as Cornell, Oxford, Cambridge, Princeton, Stanford, Purdue, Illinois State, Boston University, Parsons School of Art (New York), the Toronto Film School, Academy of Art Institute Chicago, and the Fashion Institute of Design (California).



University
of Victoria



UNIVERSITY OF
CALGARY



Queen's
UNIVERSITY



UNIVERSITÉ
Concordia
UNIVERSITY



LANGARA
COLLEGE



SIMON FRASER
UNIVERSITY
ENGAGING THE WORLD

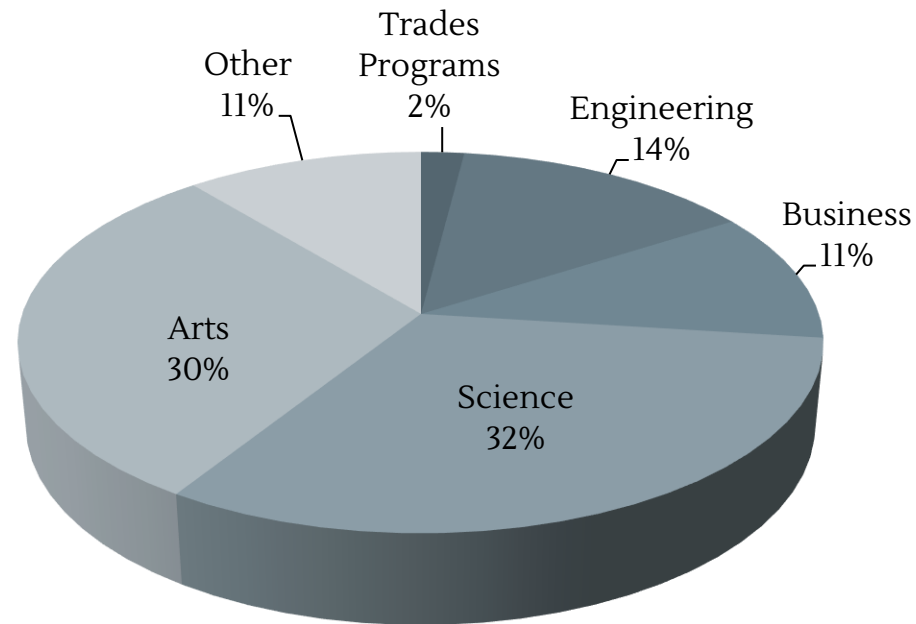
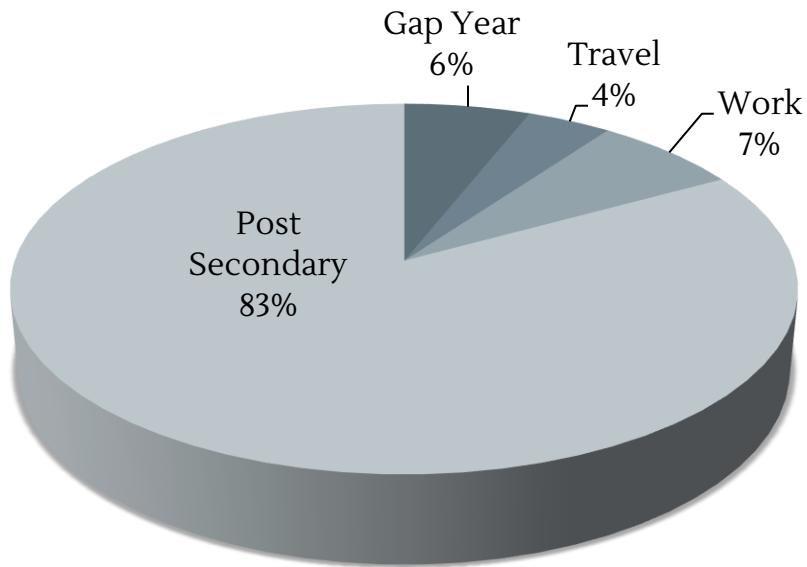


BRITISH COLUMBIA
INSTITUTE OF TECHNOLOGY



PRINCETON
UNIVERSITY

Parent Surveys: Where are they now?



Music Program

- Sentinel's music program students under the direction of Mr. Zoltan Virag continue to receive accolades for their performances at festivals, community days and special events.
 - Grade 8 Band, Orchestra, Concert Band, Jazz Band, Rhythm and Blues Bands and Concert Choir (Grades 8-12) at Sentinel & Composition & Production 11



APPLIED SKILLS TEXTILES & FOOD STUDIES

TEXTILES:

Annual student organized year end fashion show and displays showcasing the students' creative accomplishments and achievements.

- students can enroll in Textiles every year, from grade 8-12



FOOD STUDIES:

Learn & practice life skills with hands-on experience in food preparation techniques including a focus on nutrition and a variety of food topics.

- students can enroll in Food Studies from grade 9-12



Fine Arts

We offer a **diverse visual learning community** devoted to **excellence and innovation** in **visual arts, media arts and design.**

Students can enroll in Fine Arts every year from Grade 8 to Grade 12.

Art Education 8, Ceramics and Sculpture 8, Media Arts 9, Photography 10-12, Studio Arts offerings in both 2D and 3D - 9 through 12.

We are a unique program to the district as we offer Advanced Placement in three Art disciplines: **AP 2D Art and Design, AP Drawing, and AP 3D Art and Design.**



DRAMA

- Sentinel's Drama Department includes courses in: Acting, Production, Directing & Script Development, & Music Theatre.
- Sentinel Stage has an Apprenticeship 8 program for Grade 8's interested in participating in our annual production (*both Cast & Crew*). Starting in Grade 9, students enroll in the Theatre Company course.



Mrs. Meghan McGuinness-Gill



The Department of Modern Languages

センチネル高校では貴方がフランス語8年生クラスの語学留学へお越しお会いできる事をお待ちしております。8年生後は、そのままフランス語を続ける事はもちろん、中国語やスペイン語、そして母国語でもある日本語を追求し学ぶ選択もございます。

On a hâte de vous voir en Français 8 quand vous commencez votre périple d'apprentissage de langue ici à Sentinel. Après la 8ième année vous pouvez continuer en français, ou vous aurez occasion de poursuivre le mandarin, l'espagnol ou le japonais.

We look forward to seeing you in French 8 as you begin your language journey here at Sentinel. After grade 8 you can choose to continue with French or you will have the opportunity to pursue Mandarin, Spanish or Japanese.

Al empezar su viaje en lenguas aquí en Sentinel, los esperamos en grado 8 en clase de Francés. Después de grado 8 pueden continuar con Francés o explorar otras oportunidades en Mandarín, Español o Japonés.

我们期待着你加入Sentinel中学法语八级语言学习的征程。完成法语八级后，你可以继续学习法语，或者选修中文，西班牙文或日文。



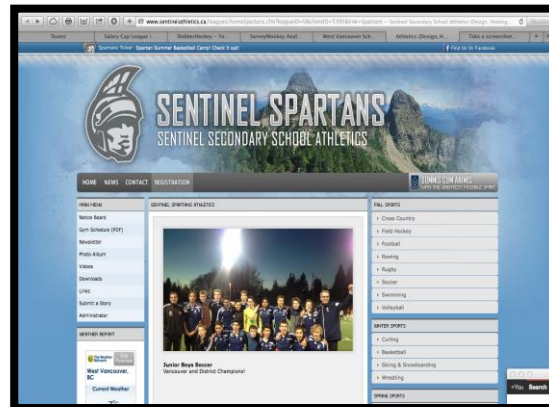
Spartan Athletics

Sentinel is proud of its athletic accomplishments in the North Shore Championships, Sea to Sky Zone Championships and the B.C. Provincial Championships.

Athletic Director



Ms. Lara Winstone



Spartan Athletics

Fall

- Cross Country
- Girls Field Hockey
- Rugby (Grade 8)
- Soccer (Boys)
- Volleyball
- Swimming

Winter

- Basketball
- Skiing & Snowboarding
- Wrestling

Spring

- Badminton
- Golf
- Track and Field
- Soccer (Girls)
- Mountain Biking
- Tennis
- Ultimate
- Rugby



Work Experience

Sentinel's work experience program offers students the opportunity to gain practical insight into fields of their interest and gain credit for their extra-curricular involvement.

Well over 100 students participate every year in the WEX program.



Ms. Carola Heavyside



Mr. Joel Gibson



Mr. Dane Schofield



Ms. Layla Caspar

Cafeteria Services

Gemini Food Services provides healthy, fresh, and affordable food options for purchase for breakfast, lunch, and recess breaks. The “Caf” is open from 7:00 a.m. until 1:30 p.m. daily. Currently, due to COVID-19, there are no cafeteria services.



Custodial Staff

This building doesn't look a day over 29 thanks to the dedicated efforts custodians. We now have 7 custodians on, 3 during the day to provide extra cleaning in rooms and high touch surfaces



Courses, Programs and Grade 8 Timetable

Regular Courses

1. English Language Arts 8
2. Mathematics 8
3. Science 8
4. Social Studies 8
5. French 8
6. Physical & Health Education 8
7. Applied Design Skills and Technology 8
 - *Woodwork*
 - *Textiles - Sewing*
 - *Computer Technology & Communication Devices*
 - *Entrepreneurship & Marketing*
8. Fine Arts 8 or Band 8
 - *Art*
 - *Concert Choir*
 - *Drama*
 - *Ceramics 8*

French Immersion Courses

1. English Language Arts 8
2. **Mathématiques 8**
3. **Sciences 8**
4. **Science humaines 8**
5. **Français langue 8**
6. Physical & Health Education 8
7. Applied Design Skills and Technology 8
 - *Woodwork*
 - *Textiles - Sewing*
 - *Computer Technology & Communication Devices*
 - *Entrepreneurship & Marketing*
8. Fine Arts 8 or Band 8
 - *Art*
 - *Concert Choir*
 - *Drama*
 - *Ceramics 8*

Academy Courses

1. English Language Arts 8
2. Mathematics 8
3. Science 8
4. Social Studies 8
5. French 8
6. **Physical & Health Education 8: Academy**
7. Applied Design Skills and Technology 8
 - *Woodwork*
 - *Textiles - Sewing*
 - *Computer Technology & Communication Devices*
 - *Entrepreneurship & Marketing*
8. Fine Arts 8 or Band 8
 - *Art*
 - *Concert Choir*
 - *Drama*
 - *Ceramics 8*

The Quarterly System

- Students take 2 courses for about 9 weeks.
- On Monday, Wednesday and Friday they take Period 1 in the morning and Period 2 in the afternoon.
- On Tuesday and Thursday they have both a Period 1 and 2 in the morning.
- Tuesday and Thursday afternoon are X-Blocks. This is a chance for Academies, Learning Support, Extra Help, Making up work, Enrichment, Studying, Careers Courses and more!

Quarterly Daily Schedule

Grade 8 students are in person in all period 1 and period 2 classes

Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 In Person	Period 1 In Person	Period 1 In Person	Period 1 In Person	Period 1 In Person
Period 1 In Person	Period 2 Grade 8/9 In Person Hybrid 10-12 B In Person A Remote	Period 1 In Person	Period 2 Grade 8/9 In Person Hybrid 10-12 A In Person B Remote	Period 1 In Person
Lunch	Lunch	Lunch	Lunch	Lunch
Period 2 Grade 8/9 In Person Hybrid 10-12 A In Person B Remote	X Block •Academies •LAC •Tutorials •Remote Learning •Collaboration •Planning •8/9 Careers •IB/AP Extra •Semester Courses •Linear Courses •CLC 11/12	Period 2 Grade 8/9 In Person Hybrid A/B Remote	X Block •Academies •LAC •Tutorials •Remote Learning •Collaboration •Planning •8/9 Careers •IB/AP Extra •Semester Courses •Linear Courses •CLC 11/12	Period 2 Grade 8/9 In Person Hybrid 10-12 B In Person A Remote

G.U.A.R.D.S

grit

understanding

action

respect

decisions

spirit

Learn to love a challenge!



We recognize that the pursuit of mastery requires independence, perseverance, and a growth mindset

Different is cool.
Be nice!



We celebrate diversity and attend to others with empathy and open mindedness

Find your superpower and explore it!



We pursue personal and academic excellence with purpose, honesty, integrity, and curiosity

Be grateful for what you have!



We respect ourselves, others, and our learning environment while showing gratitude towards our community

Think before you act!



We consider the implications of our choices and take responsibility for our actions

Go Spartans Go!



We engage in a fun, safe, inclusive, and dynamic school community!

SENTINEL GUARDS
Small changes can make a big difference.

Technology Infused

Technology Infused learning at Sentinel Secondary School is intended to optimize learning, and to develop student competencies including *critical thinking, problem solving, and communication*.

Some advantages include, but are not limited to:

- Increasing learning engagement
- Providing students with modern learning Technologies / Future readiness
- Supporting access to learning tools from almost anywhere, anytime
- Demonstrating learning through various means, including multimedia
- Reducing paper use

Currently: All Students are asked to bring a device with them to school daily.

Registration Process

- January 13, 2021 – Virtual Parent Information Evening at 6:00 p.m.
- By the end of January, Counsellors/Administrators will visit the feeder schools to speak to students and give out registration and course-planning forms
 - Cedardale
 - Chartwell
 - Pauline Johnson
 - Westcot
- Students from **out-of-catchment/ out-of-district** schools may register online from **January 15 – January 31, 2021**.
- In May we will host our Orientations for all registered students, more information will be given out at that time.

Questions?

Please email any questions you would like addressed during the virtual parent information night to Ms. Chantale Pamplin Office Administrator. Cpamplin@wvschools.ca



Addendum

The Old Normal
and the
Linear Daily Schedule

What the Old Normal Looked Like

Pre-COVID Sentinel ran a linear schedule that included a Day 1 and a Day 2 that alternated throughout the year. There were 4 periods each day and a “FIT” block or Flexible Instructional Time every day. FIT was used for extra help, group project work, making up missed work etc.

We are anticipating starting in a Quarter System in September 2021.

Linear Daily Schedule

- There are four classes each day & two different days that alternate.

Day 1: 1 *FIT* 234

Day 2: 1 *FIT* 234

- Classes are 71 minutes long
- Morning classes tumble
- Afternoon classes are fixed
- Breaks between classes



Linear Timetable

	Monday Day 1	Tuesday Day 2	Wednesday Day 1	Thursday Day 2	Friday Day 1
8:30 – 9:41	1	1	2	2	3
9:41 – 9:46	Class Change	Class Change	Class Change	Class Change	Class Change
9:46 – 10:18	FIT BLOCK	FIT BLOCK	FIT BLOCK	FIT BLOCK	FIT BLOCK
10:18 – 10:27	Recess	Recess	Recess	Recess	Recess
10:27 – 11:38	2	2	3	3	1
11:38 – 11:48	Recess	Recess	Recess	Recess	Recess
11:48 – 1:00	3	3	1	1	2
1:00 – 1:43	Lunch	Lunch	Lunch	Lunch	Lunch
1:43 – 2:55	4	4	4	4	4

Linear Timetable

	Monday Day 1	Tuesday Day 2	Wednesday Day 1	Thursday Day 2	Friday Day 1
8:30 – 9:41	<i>English 8</i>	<i>Math 8</i>	<i>Science 8</i>	<i>Socials 8</i>	<i>Fine Arts 8</i>
9:41 – 9:46	<i>Class Change</i>	<i>Class Change</i>	<i>Class Change</i>	<i>Class Change</i>	<i>Class Change</i>
9:46 – 10:18	FIT BLOCK	FIT BLOCK	FIT BLOCK	FIT BLOCK	FIT BLOCK
10:18 – 10:27	Recess	Recess	Recess	Recess	Recess
10:27 – 11:38	<i>Science 8</i>	<i>Socials 8</i>	<i>Fine Arts 8</i>	<i>French 8</i>	<i>English 8</i>
11:38 – 11:48	Recess	Recess	Recess	Recess	Recess
11:48 – 1:00	<i>FineArts 8</i>	<i>French 8</i>	<i>English 8</i>	<i>Math 8</i>	<i>Science 8</i>
1:00 – 1:43	Lunch	Lunch	Lunch	Lunch	Lunch
1:43 – 2:55	<i>PE 8</i>	<i>Applied Skills 8</i>	<i>PE 8</i>	<i>Applied Skills 8</i>	<i>PE 8</i>