

Good afternoon Grade 8 Families,

Thank you to everyone who was able to make it out to the Grade 8 Parent Night on Tuesday September 13, 2022. It was great to have some many families back in the building. We hope the night was an opportunity to answer your questions and for you to meet some of the support network for your children have at Sentinel Secondary.

We wanted to send along some information for you.

1. **Presentation** – [Grade 8 Parent Night Presentation](#)
2. **Open Parachute Parent Resources** – We are pleased to announce that this year we will be delivering the Open Parachute Mental Health Program to our students. This program addresses issues of stigma surrounding mental health in young people, encourages help-seeking, and creates a culture of mutual support and respect for any struggles that students may face. This program was developed by Dr Hayley Watson, an adolescent clinical psychologist who has been developing programs across Canada and internationally for the past 15 years. There are video-based resources to provide you, as a parent, with practical tools for supporting the well-being of your child at all stages of their life. These resources can be accessed by following the link in the attached flyer and creating your own (free) account. [Open Parachute Parent Information with Resource Link](#)
3. **Instagram** – We know that teenagers are not always the best when it comes to sharing what is happening at school. Please follow our Sentinel Instagram and Twitter Account for a look inside the school at the many amazing things our staff and students are doing. [Sentinel Instagram](#) & [Sentinel Twitter](#)
4. **School Contacts**
 - Absences – Email sentinelattendance@wvschools.ca
 - MyEd BC Portal – Email sentinelportalhelp@wvschools.ca
 - Administration
 - [Mike Finch](#) – Principal (Grade 12)
 - [Kathy Grant](#) – Vice-Principal (Grade 8 & 10)
 - [Shawn Anderson](#) – Vice-Principal (Grade 9 & 11)
 - Counselling
 - [Lisa Ulinder](#) – Last Name (A – G)
 - [Rebecca Britten](#) – Last Name (H – L)
 - [Stefan Huskison](#) – Last Name (M – SL)
 - [Alex Thureau](#) – Last Name (SM – Z)

Shawn Anderson (He, Him, His)
Vice Principal
Sentinel Secondary School
T 604 981 1130



I acknowledge and am thankful to live, learn, and work on the territory of the Coast Salish people, specifically the Skwxwú7mesh (Squamish) Nation, whose territory West Vancouver Schools resides.