



## ÉCOLE SENTINEL SECONDARY E-BULLETIN

**October 13, 2022**

### **OUR SCHOOL**

1. Calendar Reminders
2. Sentinel's Counselling Department
3. Spartan Athletics
4. Sentinel Music Performances
5. Sentinel's Second Annual Read-a-thon: November 9th
6. Sentinel PAC
7. Club News
8. 2023 YEARBOOKS available for purchase
9. X-Block Opportunities
10. Take our Kids to Work Day
11. Absence Notification & Excused Absences

### **IN THE COMMUNITY**

12. Family Smart
13. Game of Apps (Season 6)
14. RiseUP Parenting/Caregiving
15. Proud 2Be
16. Run Walk Jog – free community fitness event
17. WV PumpkinFest – October 16<sup>th</sup>
18. Dia De Los Muertos: Cultural Information and Opportunities to Celebrate – November 2, 2022

#### **1. Calendar Reminder:**

- Friday, October 21 Professional Development Day – no school in session
- Friday, November 11 Statutory Holiday – no school in session
- Monday, November 14 Professional Development Day – no school in session

#### **2. Sentinel's Counselling Department**

- **Language Challenge Exams**  
If you would like to write a Challenge Exam for grade 11 or 12 Korean, French, Japanese, Spanish, Punjabi, or Mandarin (simplified or traditional), please submit an application form and refundable \$50 cheque (or non-refundable \$195 cheque if you are an international student)

payable to Delta School District to Ms. Britten in the counselling suite by October 28, 2022, at 3pm. Exams will take place in Delta on January 28 & 29, 2023. **Page 9 of the application form must be filled in electronically** before printing the form. Application forms and more information can be found here: <https://www.deltasd.bc.ca/schools/secondary/challenge-exams/>

- **University Representatives at the School** (for Students only -in the Front Foyer)

Carleton University	October 18 <sup>th</sup>	10:25 – 10:45 am
PSBC Universities	October 25th	8:30 – 10:25 am
TO Metropolitan University	November 2nd	9:45 – 10:15 am
U of Guelph	November 3rd	10:25 am
Western University	November 4th	11:25 – 12:10 pm
Dalhousie	November 8th	12:35 pm

**Post-Secondary Events Calendar link...**

This calendar contains all in person and virtual visits from university representatives from BC, Canada and all over the world. [Post-Secondary Events Calendar](#)

- **Parent Information Resources: Social Emotional Learning Through Open Parachute**

We are pleased to announce that this year we will be delivering the Open Parachute Mental Health Program to our Grade 8 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](#)

- **GRAD INFORMATION:**

- Grade 12 Parent Information Night – [HERE](#) is a link to the presentation.
- November 4<sup>th</sup> - Semi Formal evening at The View (details to be confirmed)
- Grad Photos – November 19<sup>th</sup> & 20<sup>th</sup> with Artona at Sentinel, book your appointment!

For more information from our counselling team please visit:<https://sentinelcounselling.weebly.com/>

### **3. Spartan Athletics**

**Sentinel Swim Team News:** The SECOND Exhibition Meet is this Sunday, Oct 16 at Harry Jerome, North Vancouver. Warm-up 2:00 pm, Competition 2:30-4:30 pm. Vancouver Sea to Sky ZONE Meet is on Fri, Oct 28 at Watermania, Richmond. Sign-up is available on Google Classroom this Friday. The DEADLINE to submit all event entries is this SUNDAY, OCT 16 at 10 pm.

The BEST seat to view your kid's swim is to volunteer as a timer. Please sign up on the link below:  
<https://docs.google.com/spreadsheets/d/1xMZLYIiyFyFMR2z-8K0nyUxRne5KpfuhPoA2P9Kh4J4/edit#gid=0>

**Any questions, please email Cathy at [cathysentinelswim@gmail.com](mailto:cathysentinelswim@gmail.com) or text 604-808-2182**

Mark Fenn, Sentinel Athletic Director: [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca)

You can follow Sentinel Athletics (@sentinelathletics) on Instagram for up-to-date information and other exciting Athletics content.

#### **4. Sentinel Music Performances**

- **West Vancouver Pumpkin Fest:** Sunday, October 16  
Performing groups: Sentinel Jazz A Band at 10:20 am, RnB Band at 9:35 am  
Location: West Vancouver Community Centre, Free admission
- **Sentinel First Annual Halloween Concert:** Friday, October 28th @ 6:00pm -  
Performing groups: Sentinel Jazz A Band, RnB Band, Band 8, Concert Band  
Location: Sentinel Secondary School, Admission by donation
- **Sentinel Winter Concert:** Wednesday, December 14 @ 7:00pm  
Performing groups: Sentinel Jazz A Band, RnB Band, Band 8, Concert Band  
Location: Sentinel Secondary School, Admission by donation

#### **5. Sentinel Second Annual Read-A-thon: November 9th**

The English Department is sponsoring Sentinel's Second Annual Read-a-thon which will be held on November 9<sup>th</sup>, 2022, with all proceeds going to the Red Cross. If you would like to be part of the planning committee, please come to room 205 at lunchtime on Wednesday, October 12. Everyone is welcome!

#### **6. Sentinel PAC**

PAC Fundraising Overview: PAC receives revenue from three primary sources:

1. PAC Levy \$25 (optional), School Cash On-Line donation. These funds are extremely important as they provide over 1/3 of our yearly revenue to support PAC Wish List (requests from teachers to get extracurricular supplies for their classroom enhancement) and Students scholarship.
2. Provincial Gaming Grant
3. Multicultural Lunch (MCL) has become a well-known tradition at Sentinel. Students and staff alike look forward to this array of delicious food, which proudly represents the different backgrounds of our student body. The MCL is our primary fundraiser and it is also an excellent opportunity to meet other parents and communities while offering our children a lunch to remember. If you love cooking and want to be a Table Coordinator, please reach out to your communities and start planning your favourite dishes.

The next PAC meeting is November 16 at 9:00 am in the Library Mezzanine. Come join us earlier for Coffee and Meet which start from 8:45-9:15 am

PAC Resources - Agenda and Minutes please click on the link below:

<https://westvancouver.schools.ca/ecole-sentinel-secondary/parents/pac-resources/>

If you have any questions or want to get involved and help Sentinel PAC, please send email Cathy at [cathysentinelpac@gmail.com](mailto:cathysentinelpac@gmail.com)

## 7. Club News

- **Club List is out**, please look on the Club Post on our Sentinel website. More information can be found in Google Classroom.
- **TEDX Sentinel** is currently recruiting for speakers for an event February 2023. Please contact our instagram page or email for more information. [sentineltedx@gmail.com](mailto:sentineltedx@gmail.com), or Instagram: @tedxsentinel, Speaker application: [forms.gle/s5RwAKvW4FQnSYRK9](https://forms.gle/s5RwAKvW4FQnSYRK9)
- **Sentinel Science Fair**: Sentinel will be hosting a Science Fair event this December. Students Grades 8-11 will be able to research on specific STEM topics in up to groups of 4 and present their final research at the Science Fair event happening on December 8. Prizes will be awarded to the best Science Fair teams. This is the perfect opportunity to learn about the STEM (Science, Technology, Engineering, Mathematics) Fields by researching and presenting a project based on our theme for this year: Apocalypses and the Future. Deadline to sign up is October 22, 2022 at 3:00pm. For more information and access to the application form click the following link: <https://bit.ly/3RYXV5k>  
More details will be available on our Application Form. If you have any questions, email [revolvestem@gmail.com](mailto:revolvestem@gmail.com)

## 8. 2023 YEARBOOKS available for purchase!!

Yearbooks are available to purchase on School Cash Online.

<https://westvancouver.schoolcashionline.com/> Last year we sold out, so please make sure to purchase before the sales deadline of January 28th, 2022!! Yearbooks will be distributed in June 2023.

## 9. X-Block Opportunities

- **SUPPORT BLOC- FRENCH IMMERSION**: The year is just beginning, and you are already feeling stressed? Come and explore strategies to help you manage your workload, get organized and plan your activities When? During Block X, room 306, Tuesday September 20th. Please see the attachment for more information on French Immersion Support during X-Block.
- Here is a list of x-block opportunities available at Sentinel. [LINK](#)

## 10. Take Our Kids to Work Day – November 2nd

This is a national, single day job shadow experience for **grade nine (or equivalent) students** which allows them to attend the place of work of a parent, relative or friend for a learning opportunity. Grade 9 students will be given more details through their Career Education 9 Teacher

## 11. Absence Notifications

Please email ALL Attendance related matters to: [sentinelattendance@wvschools.ca](mailto:sentinelattendance@wvschools.ca)

If a student is away/ill or will be late for school, parents are requested to inform the school by sending us an email. Please include their full legal name and grade, time of absence and reason for absence. Students arriving 'late' for class should proceed directly to their class and check in with the teacher who will modify the attendance to indicate a late vs an absence.

## **12. Family Smart**

Our Parent Peer Support Team Provides: Emotional Support, Information, Resources and Help in Navigating Services for parents and other caring adults who are parenting a child, youth or young adult with a mental health and/or substance use challenge.

FamilySmart's Parent Peer Support services are free, there are no wait-lists, and you do not need a referral. We're happy to meet with you when it works for you and your family. Because you matter, and you are not alone.

Please go to [www.familysmart.ca](http://www.familysmart.ca) for more information.

## **13. Game of Apps (Season 6)**

It is another great year of Game of Apps! Students learn valuable design and coding skills from professionals working in the Tech industry. They also learn critical thinking, problem solving, collaboration, teamwork, time management, and other important soft skills. Open to everyone! No prior programming skills required.

Registration details are on our website at <https://gameofapps.org/>.

- Early bird discount deadline: Sep 30
- Middle Years program (grades 6-9) fee: \$350
- Senior program (grades 10-12) fee: \$450

## **14. RiseUP Parenting/Caregiving (Nov 3-Dec 8)**

The WV Youth Hub is offering a 6 week Virtual Group meeting on Thursday 6:00-7:00 pm via Zoom focusing on Health Relationships and Skill Building. The program runs from November 3rd – December 8th. Please see the attachment for details and registration information.

## **15. Proud 2Be (Saturday, October 22 11:00 am – 1:00 pm)**

Join a panel discussion for parents, youth, professionals, family and friends to learn how to support and celebrate the LGBTQ2S+ youth in your life and better understand the many paths forward. Get information on resources and gender-affirming services and have the opportunity to ask questions and get honest answers. Please click [HERE](#) for registration details.

## **16. Run Walk Jog – 9 am every Saturday at the Ambleside Pier**

Please see the attachment for details.

## **17. WV PumpkinFest – Sunday, October 16th**

Will be held at the WV Community Centre, please see the attachment for details.

## **18. Dia De Los Muertos: Cultural Information and Opportunities to Celebrate – November 2, 2022**

Día de los Muertos, or Day of the Dead, is a celebration of life and death. While the holiday originated in Mexico, it is celebrated all over Latin America with colorful calaveras (skulls) and calacas (skeletons). Please check out the attached resources to learn more about the history, food, and culture. If you are interested in celebrating Dia De Los Muertos, please go to this [LINK](#) for a number of opportunities around Vancouver.