



**October 6, 2022**

## **OUR SCHOOL**

1. Calendar Reminders
2. Parent Teacher Conference
3. Sentinel's Counselling Department
4. Spartan Athletics
5. Sentinel Music Performances
6. Sentinel's Second Annual Read-a-thon: November 9th
7. Sentinel PAC
8. Club News
9. Immunization Clinic for Grade 9 Students
10. Sentinel's tech crew
11. 2023 YEARBOOKS available for purchase
12. X-Block Opportunities
13. Take our kids to work day
14. Policies and Procedures Form 2022-2023
15. Absence Notification & Excused Absences

## **IN THE COMMUNITY**

16. Free Screening of the Documentary WOCHIIGII LO: END OF THE PEACE
17. Langara EA Certificate Program
18. Family Smart
19. Game of Apps (Season 6)
20. RiseUP Parenting/Caregiving
21. Proud 2Be
22. Run Walk Jog – free community fitness event
23. WV PumpkinFest – October 16<sup>th</sup>
24. Limited-Edition Centennial Spirit Wear - On Sale Until October 13th

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

- Monday, October 10      Thanksgiving Monday – no school in session
- Wednesday, October 12      PSAT exam is from 8:00 – 12:00  
(Our Cafeteria will be closed this day)
- Thursday, October 13      Parent Teacher Conference  
Early Dismissal at 12:05

## 2. Parent Teacher Virtual Conference – Thursday, October 13 from 1:30 – 4:00

- **Reminder that the students will be released at 12:05 to accommodate these conferences.**
- Parent Teacher Conferences will be “Virtual” this year using Google Meet.
- You must be signed into a Google account for virtual conferences, a new account must be registered every year.
- **To register for conference times please go to School Appointments Online:** <https://sentinel.schoolappointments.com/admin/> (See attached registration instructions).
- **Registration opened 3:00pm last Thursday, September 29<sup>th</sup> for the first 2 bookings...More bookings can be made on October 7<sup>th</sup> @ 9:00am if space is available. Bookings will close at 9:00am on October 12<sup>th</sup>.**
- To find out your student’s teachers please ask your student or find Student Schedules under the Family tab on the MyEducation BC portal <https://myeducation.gov.bc.ca/aspen/logon.do>

## 3. Sentinel’s Counselling Department

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

U of Seattle	October 7th	11:25-12:10
Canadian Universities Event at WVSS	October 12th	6:00-8:00 pm (ATTACHMENT)
Carleton University	October 18 <sup>th</sup>	10:25 – 10:45

- **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](#)
- **Grade 12 Parent Information Night** – [HERE](#) is a link to the presentation.

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

## 4. Spartan Athletics

No swim practice next Monday, Oct 10. Happy Thanksgiving!

Our SECOND Vancouver Sea to Sky Exhibition Meets is next Sunday, Oct 16 at Harry Jerome, 123 E 23rd Street, North Vancouver 2-4:30 pm (Warm-up at 2 pm, Competition 2:30-4:30 pm). We had

posted up all the events in the Google Classroom for swimmers to sign up. Parents, if you want the best seat to watch your kids swim is to volunteer as timers.

Next Important Dates:

The upcoming Sea to Sky Regional Zone Meet will be on Friday, Oct 28 at Watermania, Richmond (Warm-up at 6:45-7:45 am and Competition 8 am-5 pm). The top 7 individual events swimmers and top 7 relay teams will advance to BC High School Provincial Championships Meet on Friday, Nov 18, and Saturday, Nov 19 at Watermania, Richmond. We need parents to volunteer to help with timing and marshaling. Please email me if you can help. We will post more details on Google classroom soon.

It's time to equip your swimmer with some good goggles (eg. speedo vanquisher/arena) and the boy's competition jammers' swimwear so they are ready for all the upcoming swim meets competition. All swimmers must wear a swim cap when they compete. We have given every swimmer a Spartan Fish swim cap. Please bring it to the meets.

Any questions, please contact Cathy at [cathysentinelswim@gmail.com](mailto:cathysentinelswim@gmail.com)

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.

## 5. Sentinel Music Performances

- **West Vancouver Pumpkin Fest:** Sunday, October 16 (time TBA, AM most likely)  
Performing groups: Sentinel Jazz A Band, RnB Band  
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

## 6. 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!

## 7. Sentinel PAC

Please join us at our next PAC Meeting on Wednesday, OCT 12 from 9:15 am-10:15 am at the Sentinel Library Mezzanine. Coffee Meet and Greet: from 8:45 am - 9:15 am for coffee and pastries

AGENDA:

1. Opening Remarks - Cathy (5 min)
2. Approval of agenda and minutes September 2022 - All (1 min)
- 3 Principal Report – Mr. Finch (20 mins)
4. DPAC Rep Report – Nora (5 mins)
5. Grad Report - Sarah (5 mins)
6. STD Stop the Driving Campaign - Traffic (Jatinder 5 mins)
7. Fundraising overview (Cathy 5 mins)
8. Parents Volunteer - PAC Wish List, Fundraising, MCL Coordinator, and other positions (5 mins)
9. Other miscellaneous matters (5 mins)

Any questions, please email Cathy at [cathysentinelpac@gmail.com](mailto:cathysentinelpac@gmail.com)

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

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

## **8. 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)

## **9. VCH Youth Clinic & Immunization Clinic for Grade 9 Students – October 11<sup>th</sup>**

- Gr 9 immunizations clinic is on Tuesday at 9:00 am. Consent forms have already been sent home to those students requiring a vaccination. Forms need to be signed and returned to school regardless of whether you are having them done at school or not. Please contact school nurse Fara Lambing at [fara.lambing@vch.ca](mailto:fara.lambing@vch.ca) if you have any questions about your child's immunization or need a new form.
- VCH Youth Clinic will be reopening in WV and Parkgate, please see the attachment for details.

## **10. Sentinel's Tech Crew:**

Have you always wanted to learn how to run the stage lights at an event? Or maybe you've always wondered how the sound system works? If you answered yes to at least one of these questions, come on out and join Sentinel's Tech Crew. Our Tech Crew is looking for students who are interested in helping behind-the-scenes with Assemblies, Concerts etc.

Please email Mrs. McGuinness-Gill ([mmcguinnessgill@wvschools.ca](mailto:mmcguinnessgill@wvschools.ca)) for more information and/or an invitation to our Google Classroom.

Sentinel's Tech Crew is open to all students in grades 8-12 and you do not have to have previous technical experience to join us.

Our first meeting will take place at lunchtime or an x-block in the next week or so - confirmation of the date will be via our Google Classroom.

## **11. 2023 YEARBOOKS available for purchase!!**

Yearbooks are available to purchase on School Cash Online.

<https://westvancouver.schoolcashonline.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.

## **12. X-Block Opportunities**

- Here is a list of x-block opportunities for students. [HERE](#)
- 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 Blox X, room 306, Tuesday September 20th. Please see the attachment for more information on French Immersion Support during X-Block.

## **13. 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

## **14. Policies and Procedures Form 2022-2023**

Thank you to all the parents who have completed this form. If you have not done this yet, we appreciate your support in completing this form.

Please find the link here: <https://eforms.sd45.bc.ca/Form/PandP>

## **15. 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.

## **16. Free Screening of the Documentary WOCHIIGII LO: END OF THE PEACE**

To honour the National Day of Truth and Reconciliation, the Kay Meek Theatre is offering West Vancouver Schools students, teachers and families the opportunity to watch the screening of the film [WOCHIIGII LO: END OF THE PEACE](#) for **free** on Friday, September 30 at 7pm.

Made over five years by Haida filmmaker Heather Hatch, this impassioned documentary captures the long struggle by members of the West Moberly and Prophet River First Nations against the B.C. government over a mega-dam project that could devastate the Peace River Valley. The fact that many experts consider the Site C dam to be both unneeded and a likely money-loser for the province is one of many cruel ironies Hatch uncovers in her film, which is equally powerful as a blistering exposé and an inspirational tribute to these lands' defenders.

Tickets can be ordered through the [Kay Meek website](#). Please use the **promo code TRUTH100** at checkout to access the free tickets.

### **17. Langara EA Certificate Program – October 13 from 6:00 – 7:30 pm**

Education Assistants who support students with diverse abilities are in demand. In Langara Education Assistant Certificate Program, you will learn from experienced instructors who will help you develop the practical and applied skills you need to successfully support students and teams in schools. Join us in person on October 13<sup>th</sup>, 2022 from 6:00 - 7:30 PM for an information session created just for you. We will look at career possibilities, program outcomes and requirements. Full-time or part-time programs are available.

### **18. 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.

### **19. 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

### **20. 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 3<sup>rd</sup> – December 8<sup>th</sup>. Please see the attachment for details and registration information.

### **21. 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.

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

Please see the attachment for details.

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

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

## **24. Limited-Edition Centennial Spirit Wear - On Sale Until October 13th**

Our Spirit Wear online store is open until Thursday, October 13th! New limited-edition designs celebrate PJ's Centennial Year and special 'Alumni' versions are available. Please spread the word to family or friends that may be interested. This important fundraiser directly supports our school.

Order at: <https://paulinejohnson.itemorder.com/shop/home/>

\*Note all items will be shipped to PJ and non-students/alumni will be contacted to arrange order pickup.

Please email our Spirit Wear Coordinator with any questions at [spiritwear@ecolejpac.com](mailto:spiritwear@ecolejpac.com).