



January 26, 2023

## OUR SCHOOL

1. Calendar Reminders
2. Sentinel's Counselling Department
3. Spartan Athletics
4. Sentinel PAC
5. Sentinel Stage
6. The Sentinel Sun
7. Sentinel Sustainable Commuting Initiative
8. 2023 YEARBOOKS available for purchase
9. Canadian Computing Competition (CCC)
10. Carpentry: Youth Train In Trades Applications Open

## IN THE COMMUNITY

11. 5th Annual Ed Ed Conference – Lions Gate Hospital's Foundation
12. 5th Annual Med Ed Conference
13. Vancouver Coastal Health
14. Youth & Vaping: A Free Parent Forum on Feb 9
15. Ambleside Park Run
16. Canadian Parents for French
17. Newcomer Programs

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

- Thursday, January 26 Winter Formal for grade 11 & 12
- Friday, January 27 Professional Day – no school in session
- Monday, January 30 Scheduled Classes will run for those students that need to attend to complete required work, but attendance will not be taken.
- Tuesday, January 31 No Scheduled Classes, no attendance taken
- Wednesday, February 1 1<sup>st</sup> day of Semester 2 (rotation of classes 4,3,1,2)
- Friday, February 17 No school in session

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

### **Grade 9-11 Student Course Planning**

Presentations will take place in classrooms as well as X-block during the month of February (semester 2). Schedules will be posted on Grad google classrooms and PowerPoints are available on the Sentinel website.

**Grad Gown Order Form:** Please check your Grad Google Classroom for the form to order your Grad Gown. Orders are due by February 6th @ 3:00 PM.

**Grade 12 Student Scholarship Opportunities**, click [HERE](#) for more information.

- 2023 Provincial Scholarship Awards: Each year the Ministry of Education and Child Care provides over 13,500 scholarships to eligible graduating students. Please review this [program summary](#) and use the new [Provincial Scholarships Program infographic](#) to start conversations with your students about the [BC Achievement](#), [District/Authority](#), [BC Excellence](#), or [Pathway to Teacher Education](#) scholarships. Contact [scholarships@gov.bc.ca](mailto:scholarships@gov.bc.ca) if you have any questions.
- BCIT is pleased to announce that the following Entrance Awards are available to students who are planning to attend our institute starting May 1, 2023 to April 30, 2024. Up to 25 BCIT President's Entrance Awards, available only to current High School students valued up to \$4,000 each. Deadline: April 15, 2023. Over 100 additional BCIT Entrance Awards some valued up to \$18,000 each. Deadlines: April 15 and/or October 1, 2023. More information about BCIT Entrance Awards and the application forms can be found at [bcit.ca/financial-aid](http://bcit.ca/financial-aid).

For more information from our counselling team please visit:

<https://sentinelcounselling.weebly.com/>

## **3. Spartan Athletics**

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 PAC**

### **Valentine's Day Treats - February 14, 2023 (Grade 10 sponsor)**

It is a tradition at Sentinel to show teachers and staff our love and appreciation for "Valentine's Day Treats" in February. This year the Valentine's Day treats will be on Tuesday, February 14, 2023. We still need more food donations, please sign up at Perfect Potluck <https://www.PerfectPotluck.com/EZMR1150>

### **Multicultural Lunch – March 2, 2023 (Grade 8 to 12 sponsor)**

The MCL is our primary fundraiser for assisting with Sentinel's scholarships, staff wish list items, and other important school needs. It is also an excellent opportunity to meet other parents and communities.

- Please select the link to sign-up for the Table Coordinator, and a table helper or donate a dish ([click here](#)). We need helpers from Japan, Mexico, French Canadians, and the Mediterranean.

- Please select the link below to sign-up as Baked Goods Table Coordinator, a table helper, or donate a dish ([click here](#))
- Please select the link to sign up as a Drinks Table Coordinator, a table helper, or donate drinks. Cans and plastic bottles only, please. No juice boxes. No glass ([click here](#))
- Please select the link to sign up as Salad Table Coordinator, a table helper, or donate a dish ([click here](#))
- Please select the link to sign up as a Tickets Coordinator, or a helper to sell tickets. ([click here](#))

*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)*

## **5. Sentinel Stage**

Sentinel Stage is actively rehearsing and designing our annual production, *You Can't Take It With You*. This 1930's classic comedy is looking several pieces that perhaps might be hiding in the basements and/or attics of our fellow Spartans.

- big dining table (dark wood) that is able to have 12 people/chairs surrounding it - a vintage table that could pass as being from the early 20<sup>th</sup> century
- vintage dining table chairs OR a set of 6/8 that we could add to
- xylophone and xylophone hammers/mallets
- standing painting easel
- a printing press
- Coat rack (wooden)

If you have unearthed these treasures please email Mrs. McGuinness-Gill at

[mmcguinnessgill@wvschools.ca](mailto:mmcguinnessgill@wvschools.ca)

Thank you! 😊

## **6. The Sentinel Sun**

[Welcome to The Student Blog for all things Sentinel!](#)

## **7. Sentinel Sustainable Commuting Initiative (SSCI)**

VOLUNTEERS NEEDED! Please join our effort to develop sustainable commuting to and from Sentinel.

- improve drop-off and pick-up flow
- encourage alternate modes of transportation
- reduce traffic congestion around the school
- reduce emissions

Join the google classroom, x77aknu, or speak to Mr. Braidek, Ms. Heavyside or Mr. Wilson.

Volunteer hours available.

## **8. 2023 YEARBOOKS – deadline to purchase is January 31<sup>st</sup>**

Yearbooks are available to purchase on School Cash Online. Last year we sold out, so please make sure to purchase before January 31, 2023!

## **9. Canadian Computing Competition (CCC) – Wed February 15<sup>th</sup> afternoon:**

Do you know a current Sentinel student who is interested in programming in a text-based language like C, C++, Python or Java? Are they looking for a challenge?

If so, they should consider writing the Canadian Computer Competition (CCC) on Wednesday February 15<sup>th</sup> in the afternoon (during Periods 1 and 2). The cost of the CCC is \$8; exact cash or a cheque for \$8 payable to “Sentinel Secondary” can be brought to Ms. Winstone in Room 254.

For more info go to: <https://www.cemc.uwaterloo.ca/contests/ccc-cco.html>

If a student is interested, then they should use the link that follows and read the instructions and create an account for the CCC online grader, that is associated with Sentinel Secondary:

<https://drive.google.com/file/d/1hUiiIGNL3hMAuHfMvMUPGeUx1pis7QCD/view?usp=sharing>

- Creating an account is free, and does not mean you will write the CCC for sure
- The student can see if they WANT to write – and then bring Ms. Winstone \$8
- Giving the \$8 to Ms. W is what assures a spot for a current Sentinel student to write the contest

If you have any questions about the CCC, please email Ms. Lara Winstone at [lwinstone@wvschools.ca](mailto:lwinstone@wvschools.ca)

## **10. 2023-2024 Carpentry: Youth Train in Trades Applications**

The West Van School District’s Carpentry: Youth Train in Trades is for students who are keenly interested in acquiring industry recognized skills and certification in carpentry, construction and related trades. By completing this program students receive 16 credits (4 courses) towards high school graduation, in addition to Level 1 Carpentry Training. Students learn lifelong skills, participate in work experience, and have the opportunity to learn right on the job site! To learn more about the program visit this site and to apply [click here](#). If you have any questions, email Parnaz Kashani: [pkashani@wvschools.ca](mailto:pkashani@wvschools.ca) & Akina Weitzel: [Aweitzel@wvschools.ca](mailto:Aweitzel@wvschools.ca)

## **11. Parents as Education and Career Coaches: March 8<sup>th</sup>**

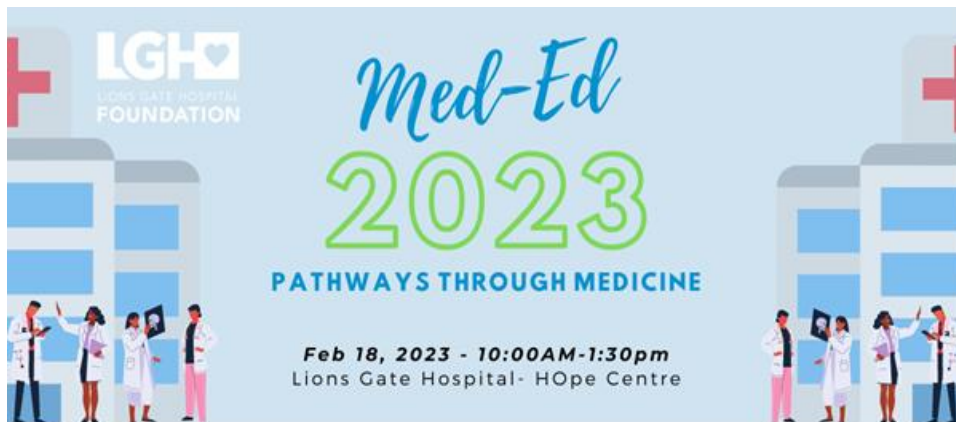
For both parents and students, please click [HERE](#) for more information on a Virtual evening hosted by Education Planner BC and WVS. Topics include BC’s post-secondary institutions and credentials, program and admission requirements and key dates, and navigating resources.

## **12. 5<sup>th</sup> Annual Med Ed Conference**

The Lions Gate Hospital’s Foundation’s Youth Advisory Committee invites all high school and undergraduate students who are interested in the medical field to join us for our 5<sup>th</sup> Annual Med Ed conference! This year’s theme is Pathways through Medicine and will be at the Hope Centre at the Lions Gate Hospital on February 18<sup>th</sup> at 10:00am.

This conference is a platform for students to learn more about the journey into a career in medicine and health care, so come and listen to all of our incredible speakers and panelists who can help provide insight into the many pathways medicine has to offer!

Tickets are available for purchase at <https://lghfoundation.com/event/meded-conference-2023/>. Early Bird Tickets at \$25 are available until February 12th at midnight (Regular Tickets at \$30), buy your ticket as soon as possible as seating is limited.



### **13. Vancouver Coastal Health**

Are your Child's vaccinations up to date? [LINK](#)

Feeling sick? Stop the Spread [LINK](#)

Appointments for **Covid and flu vaccination** can be booked at: [LINK](#)

Appointments for **school age vaccination** can be booked at: [LINK](#)

or scan the attached QR code



### **14. Youth & Vaping: A Free Parent Forum on Feb 9**

A free Parent Community Conversation will be held at Handsworth on Feb 9 from 7:00 – 9:00 at Handsworth. Please click [HERE](#) for more information.

### **15. Ambleside Park Weekly 5km Run**

Please see the [link](#) for details. Looking for volunteers , between 6 & 10 people each week to host the event, with volunteers committing 1.5-2 hours as marshalls, timekeeper and 'tail walker'. Volunteers can be any age (kids 11 & under require parental supervision). The event is held with the permission of DWV, and is fully insured.

## **16. Canadian Parents for French: West Vancouver Chapter**

We have a brand-new West Vancouver chapter of Canadian Parents for French, a national network of volunteers, parents and advocates dedicated to the promotion of FSL opportunities for families. To learn more and to become a member, please click [HERE](#).

As a new chapter, CPF will be partnering with schools and local organizations to offer French opportunities for kids and adults. The more members we have registered, the more French events we can organize in our community. For more information, please contact Alma at [alma.cpfwv@gmail.com](mailto:alma.cpfwv@gmail.com).

In addition, CPF and the West Vancouver Memorial Library are offering a drop-in weekly French language class for adults, suited to all levels on Fridays from 1:30pm to 2:30pm. For more information, please click [HERE](#).



## **17. Newcomer Programs through the WV Rec Centre**

Please click the [link](#) for information on new Language Classes.

Please click on the [link](#) for information on programs for Newcomers.