



## ÉCOLE SENTINEL SECONDARY E-BULLETIN

February 23, 2023

### OUR SCHOOL

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#### 1. Calendar Reminder:

- Thursday, March 2 Multicultural Lunch

- Tuesday, March 7                                      Early Dismissal at 12:30 for Parent Teacher Conference
- March 13 – March 24                                      Spring Break

## **2. Parent Teacher Virtual Conference – Tuesday, March 7, 2023 from 1:30 – 4:00**

Registration opens Tuesday, February 21<sup>st</sup> @ 3:00 PM for 2 bookings per student to allow for families to book appointments...More bookings can be made on February 28<sup>th</sup> @ 9:00am if space is available. Bookings will close March 3<sup>rd</sup> @3:00 PM

**Reminder that the students will be released at 12:30 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).**

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. Ministry of Education 2023 Student Learning Survey – Gr 10 & 12 Parents**

The **Student Learning Survey 2023** is to be completed by April 29<sup>th</sup>.

The Provincial Student Learning Survey gathers information on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective. It will be administered to students in grades 10 and 12, their parents/guardians/caregivers, and all school staff. The surveys contain standard questions for the Province. It is simple, secure, and can be accessed by selecting the school district and school name where your child attends school. Please scroll the to “Parent” section, and the “Direct Access” area. From the drop-down menu, select “school district 45” and “Sentinel Secondary”.

Thank you for your time in completing this survey!

## **4. Sentinel Enrolment for 2023-2024**

If you do not plan on returning to Sentinel Secondary in September 2023, we kindly ask that you let us know by emailing Catherine Schier ([cschier@wvschools.ca](mailto:cschier@wvschools.ca)) so we can accommodate new registration requests.

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

### **Course planning updates:**

- This week all grade 9s and 10s had their course planning presentations. If students missed their session you can find the presentations on the Sentinel website under publications.
- Week of Feb. 21<sup>st</sup> until March 2<sup>nd</sup> : Grade 11s will receive their presentations at lunch/X block the 21<sup>st</sup> and 23<sup>rd</sup> and input their courses the following week.

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

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

## **6. Sentinel Spirit Wear! – Online Store Open Until March 3<sup>rd</sup>**

There is another opportunity for purchasing Spirit Wear with a deadline of March 3<sup>rd</sup>. We have opened an online store to purchase the clothing through. Orders will be delivered to the school and handed out.

<https://tinyurl.com/SentinelSpiritWear>

## **7. Spartan Athletics**

### **Sentinel Golf Team**

Please pass on this information to all Sentinel students interested in playing on Sentinel's Spring Golf Team:

- **Tues March 7<sup>th</sup>:** Info Meeting right after dismissal time (team will be max 8 players) – in Rm 254 starting at 12:10 pm
- **Thurs March 9<sup>th</sup>** – Golf Tryout (if necessary) – if more than 8 people come to Info Meeting will be Thursday March 9<sup>th</sup> at Glen Eagles, TBD – on Tues March 7<sup>th</sup> , based on number of students at lunch meeting

### **Sentinel Badminton Team**

Tryouts for the Sentinel Badminton Team will be held:

- Tryout #1: Mon Feb 27<sup>th</sup> – 3:00-6:30 pm, Sentinel Main Gym
- Tryout #2: Tues Feb 28<sup>th</sup> – 3:00-6:30 pm, Sentinel Main Gym
- To be considered for the team you MUST attend at least ONE tryout!!!!
- If your child has questions, please email Ms. Lara Winstone at [lwinstone@wvschools.ca](mailto:lwinstone@wvschools.ca)

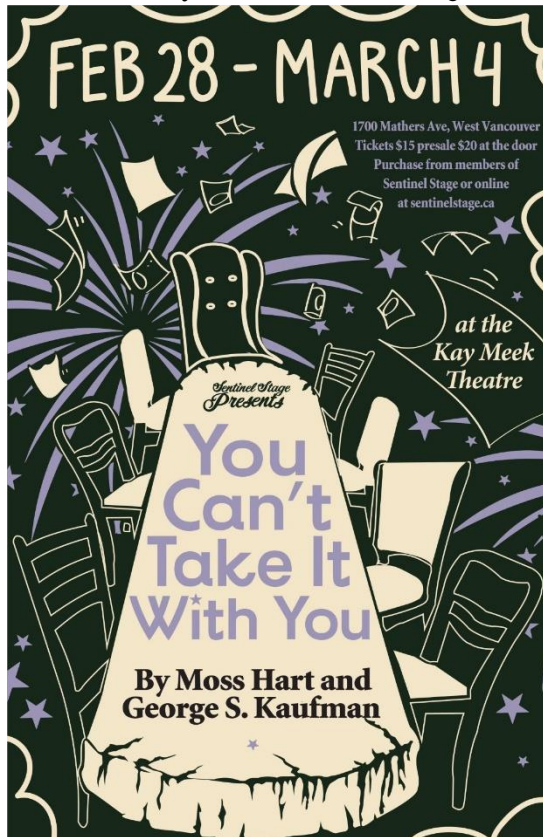
Mark Fenn, Sentinel Athletic Director: [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca)

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

## **8. Sentinel Stage**

Sentinel Stage Presents its annual production - You Can't Take It With You. What happens when there are snakes in the living room, fireworks in the basement, and the occasional mistaken identity? Find out those answers and more! Join Sentinel Stage Tuesday, February 28<sup>th</sup> to Saturday, March 4<sup>th</sup> at the Kay Meek Studio Theatre. For more information or to

purchase tickets head to [www.sentinelstage.ca](http://www.sentinelstage.ca) or purchase tickets directly from any cast or crew member. See you at the theatre! 🎭



**Costumes, Props & Set Pieces Still needed:** Small or Extra Small Pink Ballet Stiff Tutu & Medium/Large White Roman Toga

Set pieces & Props needed: wooden vintage coat rack, empty aquarium for snakes, Rubber small realistic snake, battery powered fairy lights, Fluffy toy kittens(as realistic as possible), large vintage wall decos from 1930s and before, paintings/picture frames, clock, barometer, cardboard standards file box (3-5 total), concertina box file, Boxes of paper for printing

## **[9. Sentinel Music- Whistler Band Tour \(April 20-23rd\)](#)**

Mandatory rehearsal schedule for musicians attending Whistler Con Brio Music Festival:

Tour Band: First rehearsal 7:00AM Tuesday, March 7th

After Spring Break rehearsals: 7:00AM Wednesday April 5th and 12th.

Departure week: TBD (either 7:00AM April 19th or X-Block on April 18th).

Tour Jazz: First rehearsal 7:00AM Wednesday, March 8th

After Spring Break rehearsals: 7:00AM Thursdays April 6th and 13th

Departure day: 1:00PM-2:00PM on April 20th

Whistler Tour Parent Information Night: Thursday April 13th @ 7:00PM via Google Meet (link TBA)

Families of all participating students are asked to participate to receive final detailed itinerary and rooming lists. We will also review and agree to expectations, code of conduct contract, and packing list. In this meeting parents and guardians will also have an opportunity to ask questions to ensure a safe and happy trip!

## **10. Sentinel PAC**

SENTINEL MULTICULTURAL LUNCH - NEXT THURSDAY, MARCH 2, 2023

Dear all Sentinel Parents and Guardians,

Thank you to all who have supported this much beloved MCL Fundraiser. The students, staff and district guests all look forward to the yearly event as it celebrates the beautiful diversity that makes Sentinel Secondary a special place to learn!

This year, 2023 MCL features cuisine from China, French, India, Iran, Japan, Korea, Mexico, Norway, Ukraine, and Pizzas and lots of desserts and drinks selection.

The MCL menu is attached and also posted around the school. DO NOT MISS THE MCL EVENT!!!!

Ticket sales begin this Friday, Feb 24. Tickets will be available during both recesses and lunchtime at the school foyer and in front of the library. Please remind your children so they are prepared. Most students purchase 5-10 tickets to sample the delicious cuisine. Tickets are \$2.00 each, Cash or Debit for 5 or 10 tickets.

Tickets Helpers: Please arrive at school foyer 10 mins prior to your shift, M/W/F 9:45am, 12:00noon, 1:20pm. and Tues 10:15am, 12:25pm, Thurs March 2, 10:15am, 11:50am.

Please contact Gem 778-251-9139 if you are unable to help.

Deserts/Salad donation, please bring it to the office between 9-10am at the office on March 2.

Drinks donation, please bring it to the office next Tuesday Feb 28.

Tables setup: All table coordinators and helpers, the gym is open at 11am and the gym - right-side door (open to the parking lot) is open for all your deliveries. Please bring your table cloths and all country decorations.

PAC supplies all plates, bowls, cutlery, napkins, gloves and masks.

If you have any questions, please contact MCL Coordinators, Cathy Yeung at 604-808-2182 [cathysentinelpac@gmail.com](mailto:cathysentinelpac@gmail.com) or Melanie Miao 778-322-9677 at [melaniemiao99@gmail.com](mailto:melaniemiao99@gmail.com)

## **TICKET SALE POSTER**

THANK YOU AGAIN FOR ALL YOUR TIME, SUPPORT AND GENEROSITY!

## **11. Sentinel's First Ever Junior "Spring Fling" Dance**

The Sentinel Student Council is hosting a dance for all students from grades 8 to 10 called the "Spring Fling."

Date: March 9 from 7:00pm to 9:00 pm. (Doors open at 6:30 and close at 7:15)

Everyone is welcome – come with your friends. The dress code is casual (but tasteful.)  
Dance with your friends, meet a few new people and have a lot of fun!  
Music is DJ'd by Galactic Entertainment

Parents: This dance is chaperoned by Sentinel staff and Student Council members. Professional security will also be on site.

Tickets – Go to Sentinel Cash Online  
Early Bird tickets \$12 , After March 1st, tickets \$15.  
Buy snacks in advance (pizza, cookies, chips, drinks)

## **12. Indigenous Experience Presented to WV PACs**

The Blanket Exercise uses Indigenous ways of teaching and knowledge to build an understanding of our shared history by walking participants through pre-contact, treaty-making, and colonization from the Indigenous perspective. It is a participatory history lesson designed by Indigenous elders to foster truth and understanding. Although the experience and content covered are emotionally challenging, the blanket exercise provides us with an opportunity to move forward with Truth and Reconciliation

We are very fortunate to have all three sessions facilitated by amazing Indigenous Educational Leaders - Stephanie Maki (Coquitlam District Principal of Indigenous Education) and Brad Baker (Associate Superintendent of Indigenous Education, Ministry of Education and Child Care).

Due to the nature of the activity, space is limited to 50 participants at each FOS Blanket Exercise. They have assigned schools with an equitable allotment of seats. Sentinel has 13 spots for parents and the date of the blanket exercise is on Wednesday, April 5, 6:00-8:00 pm at Sentinel. BRING A BLANKET.

If you are interested in participating, please send an email to Cathy Yeung @ cathysentinelpac@gmail.com by Monday, March 6th.

If we have more than 13 parents who are interested, we will do a draw.

## **13. Sentinel STEM Mentorship Program: Feb 28-March 9**

Are you currently in grade 8-11 and interested in pursuing STEM? The STEM Mentorship Program is a student-led program focused on helping grade 8-11 students at Sentinel to learn more about STEM opportunities at school and outside through a specific STEM field. Mentees will be paired with Grade 12 Sentinel students to learn about course selection, university applications, future career options and extracurricular opportunities!

The Mentorship Program will be hosted during Tuesday or Thursday X-Blocks from Feb 28th to March 9:

- General Sciences Group: Tuesday Feb 28th (X-Block) & Tuesday March 7 (X-Block)
- Engineering Group: Tuesday Feb 28th (X-Block) & Tuesday March 7 (X-Block)
- Biology/Medicine Group: Thursday March 2nd (X-Block) & Thursday March 9 (X-Block)

Deadline to Sign Up is Saturday February 25th 2023.



**SIGN UP HERE:** <https://forms.gle/WteCzMy1St6dmcoMA>

## **14. X Block Opportunities**

Here is a list of x-block opportunities available at Sentinel. [LINK](#)

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

**STUDENT VIDEO CONTEST:** Sentinel Sustainable Commuting Initiative

**You can win:** cash prizes of up to **\$300!**

**Your Mission:** Create a video that addresses any issue around Sentinel parking, traffic congestion, or commuting to school.

**Topics:** Hop a bus. Ride a scooter. Carpool. Drop off 10 minutes away. Reduce congestion. Reduce emissions. Develop a jet-pack... anything is on the table for this video contest.

**Format:** Live action, animation, claymation, videos...also all on the table (up to 2 minutes.)

**Information session:** 22nd February, Room 149A at lunch.

## **16. 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)

## **17. Baseball Academy Open House – February 23**

Please click [HERE](#) for more information on our Baseball Academy Open House.

## **18. WVS Academies and District Programs**

Here is a [LINK](#) to the WVS Academies and District Programs

**The WVS Premier Sports Academies are accepting registrations for the 2023-2024 school year.**

Please note the following tryout dates for students going into Grade 8 to 12 this September.

Students register online for the Basketball Academy

(<https://westvancouver.schools.ca/academies/basketball>)

and Volleyball Academy (<https://westvancouver.schools.ca/academies/volleyball>) and the

Academy Office will provide further communication regarding the try outs.

### **VOLLEYBALL ACADEMY TRYOUTS**

Wednesday March 29th 3:30 to 5:00 West Van Secondary New Gym

Thursday March 30th 3:30 to 5:00 West Van Secondary New Gym

## **BASKETBALL ACADEMY TRYOUTS**

Tuesday April 4th (RTC 1 & 2) 3:30 to 5:00 West Van Secondary Old Gym

Wednesday April 5th (Development) - 3:30 to 5:00 West Van Secondary Old Gym

## **19. NEW Course Offering - Computer Programming 12: Cybersecurity and Artificial Intelligence**

This ADST 12 course will dive into Cybersecurity and Artificial Intelligence. Both areas impact many aspects of our lives today, and demand for trained professionals in these areas is growing exponentially. For example, in Canada, the unemployment rate for Cybersecurity professionals is 0%.

This course will be delivered in a blended format. This means that part of the course will be completed remotely either over Zoom or working independently. The in-person part will be scheduled at WVSS on Tuesday and Thursday between 3:30pm and 5 pm.

Students will learn about Digital Citizenship, Cybersecurity, Cybercrimes, Viruses, DDoS, Phishing, Cryptography, the Internet, how to stay safe online, and ultimately get Cybersafe certified. In addition to learning about Cybersecurity, there will be an opportunity for students to compete in CyberTitan – one of Canada’s largest cyber defense competitions. The top 10 ranked Canadian Teams receive a trip to Ottawa to go head-to-head for the coveted title of CyberTitan National Champions.

### **Prerequisites**

Students are required to have a genuine Interest in learning about Cybersecurity and Artificial Intelligence. No prior programming experience needed. However, there is an expectation that students in the course would compete in the CyberTitan Competition. This course has an application process. Students will be emailed an application from the instructor and then informed later if they were successful.

### **Course Requirements:**

Students who are selected for this course are required to have their own personal laptop with internet connection and Zoom installed. This course is a district course with limited spaces reserved for each of the four secondary schools

## **20. Vancouver Chamber Music Society Presents: WV Mini Series at the WV United Church May 21, 2023 @ 3:00 PM**

With a heart to make excellent classical music more accessible to suburban audiences, the Vancouver Chamber Music Society began presenting affordable concerts at the West Vancouver United Church in 2012 as Bridge Musicians International.

US-based educator, cellist Colin Carr takes the stage with pianist Kyungwha Chu featuring a brilliant program of Schubert, Britten, and Rachmaninoff.



Interested students and their parents may purchase discount tickets at:  
<https://www.vancouverchambermusic.com/event-details/west-vancouver-series-package>.

## **21. Solutions to Combat the Mental & Physical Health Crisis in our Community – March 1<sup>st</sup> Event**

Here is a [LINK](#) for more information on a free event in our Community on Wednesday March 1, 2023.

## **22. Talking to Youth about Decriminalization and Substance Use**

Ministry of Education and Child care is providing some resources for parents/guardians and caregivers around decriminalization and substance use. Please click [HERE](#) for more information.

## **23. 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.

## **24. 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](#)

## **25. 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.cpfvw@gmail.com](mailto:alma.cpfvw@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](#).



## **26. 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.