

- Wednesday, February 22 Pink Shirt Day
- Thursday, March 2 Multicultural Lunch

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

Registration opens Tuesday, February 21st @ 3:00 PM for 2 bookings per student to allow for families to book appointments...More bookings can be made on February 28th @ 9:00am if space is available. Bookings will close March 3rd @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. BC Hydro Road Work on Cross Creek Road – February 9-24

BC Hydro surveying that will cause some temporary delays on Cross Creek Road, near Fire Hall #4. The details of the work are below, but please note that we have requested that work not take place in this area between 8-9 a.m. and 2:30-3:30 p.m. to avoid the school drop off and pick up times.

- Expect temporary traffic delays on Cross Creek Road from Fire Hall #4 to Eyremount Drive, and on Eyremount Drive between Cross Creek Road and King Georges Way, from Thursday, February 9 to Friday, February 24. due to BC Hydro surveying work.
- There will be a moving work zone with intermittent delays of approximately three minutes as the work is completed in one area.
- Work will take place Monday to Friday, from 7:30 a.m. to 5:30 p.m.
- Construction signage and traffic control persons will be on-site to assist with traffic and pedestrian flow

This surveying is being done in preparation of a larger BC Hydro project that will start in the next several weeks, and have occasional, temporary impacts in the same area. District staff are working with BC Hydro to coordinate the proper permitting and to mitigate impacts to residents and the schools as much as possible.

Traffic impacts will be posted on the District website at westvancouver.ca/traffic.

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) 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. 21st until March 2nd : Grade 11s will receive their presentations at lunch/X block the 21st and 23rd and input their courses the following week.

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 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.

For more information from our counselling team please visit:

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

6. Sentinel Spirit Wear! – Online Store Open Until March 3rd

There is another opportunity for purchasing Spirit Wear with a deadline of March 3rd. 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 7th**: Info Meeting right after dismissal time (team will be max 8 players) – in Rm 254 starting at 12:10 pm

- **Thurs March 9th** – Golf Tryout (if necessary) – if more than 8 people come to Info Meeting will be Thursday March 9th at Glen Eagles, TBD – on Tues March 7th , based on number of students at lunch meeting

Sentinel Badminton Team

Tryouts for the Sentinel Badminton Team will be held:

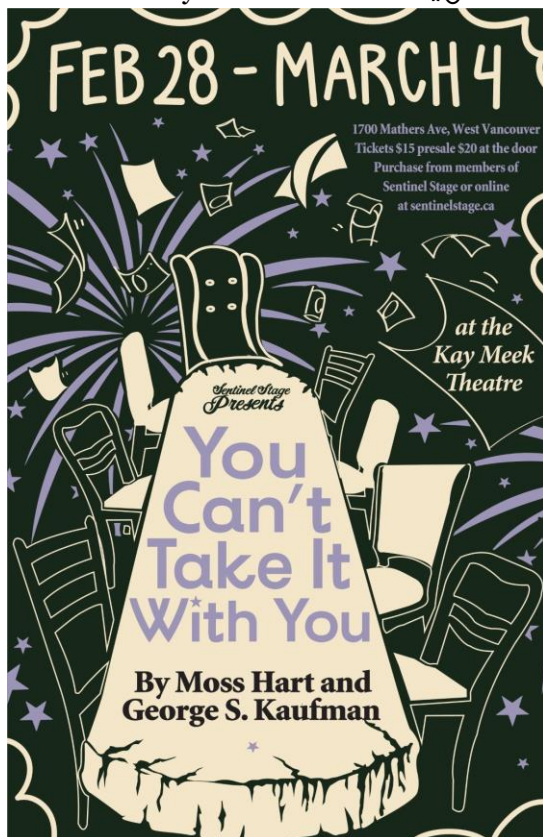
- Mon Feb 27th – 3:00-5:30 pm, Sentinel Main Gym
- Tues Feb 28th – 3:00-6:30 pm, Sentinel Main Gym
- There MAY be some open gym times on Feb 21st and Feb 22nd - to be determined, so look for more info by Thurs Feb 16th

Mark Fenn, Sentinel Athletic Director: 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 28th to Saturday, March 4th at the Kay Meek Studio Theatre. For more information or to purchase tickets head to 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 PAC

Dear all Sentinel Parents and Guardians,

In **two** short weeks, the **Multicultural Lunch, MARCH 2, 2023** will be upon us. The Multicultural Lunch (MCL) has become a well-known tradition at Sentinel, students and staff alike look forward to the array of delicious food, which proudly presents the different backgrounds of our student body. The event takes a huge amount of organization and is dependent on board and enthusiastic parent participation. Coordinating lunch for about 1200+ people is an accomplishment that parents have successfully and efficiently done it year after year. The MCL Is our primary fundraiser for assisting with Sentinel's scholarships, staff wishlist items (to enhance their classroom with extra reading books, etc), and other important school needs. It is also an excellent opportunity to meet other parents and communities while offering our children an unforgettable MCL lunch experience!

We are still in need of many more main dish donations and ticket sales volunteers. For this event, we need to provide enough food for 1200+ students, staff, and honored district guests. **Monetary Donations** are greatly appreciated. (**Donations Needed for the French and Japan tables**). Please send all cash/cheque donations payable to **Sentinel PAC** or via e-transfer to SentinelPAC@gmail.com. All donations should go to the Sentinel office in an envelope with your name (if you choose) and please indicate which table you wish to support.

PLEASE SIGN UP NOW!

Tickets go on sale next Friday, Feb 24th, please sign up.

To sign-up, just click on the link (or links) below, and enter your contact information and what, and how much, you will provide.

Please select the link to sign up as Tickets helper to sell Tickets. ([click here](#)) **We need more parent volunteers to help to sell tickets.**

Please select the link to sign-up for the Table Coordinator, and table helpers and donate a main dish ([click here](#)). **We still need Japanese sushi platter (california, cucumber, yam tempura rolls - no raw fish and Pizza donations and helpers for the Norwegian table and Salad table.**

Please select the link to sign up as Salad Table Coordinator, a table helper, and donate a dish ([click here](#)). **We need fruits platter donations for the salad table.**

Please select the link below to sign-up to donate baked goods. ([click here](#)). **We need more donuts donations for the baked goods table.**

Any Questions? Please contact MCL Coordinators, Cathy Yeung (cathysentinelpac@gmail.com) or Melanie Miao (melaniemiao99@gmail.com).

Thank you in advance for your support and generosity!

10. 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.

11. X Block Opportunities

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

12. Carnaval de Québec celebrations from Feb 13-17!

The Comité d'immersion française/French Immersion committee is organizing Carnaval de Québec celebrations from Feb 13-17! Join us for loads of fun, festivities, and treats. Events include:

Carnaval challenge! Participate in the **Carnaval Activities Bingo to win prizes**, from maple syrup candy to traditional Carnaval sashes. For more information on how to participate, check out our Instagram, [@comitefrancaissentinel](#) — the QR code is posted on posters around the school.

Cabane à sucre (Sugar Shack)! The committee will be handing out **FREE maple syrup taffy** (perhaps known to many as “la tir”) to the **first 150 students** who visit us in the foyer between **12:40 and 1:40 pm on Tuesday, February 14**. You will have the chance to make your own maple taffy! Don't miss this amazing opportunity to have some Carnaval fun and enjoy some classic sweet treats.

Class presentations! Members of the committee will be visiting grade 8 & 9 French Immersion classrooms throughout the week to present the history and traditions of Carnaval, a hallmark of Canadian francophone culture.

Keep an eye out for updates on our Instagram page and feel free to contact us at comitefi.sentinel@gmail.com with any questions or concerns.

13. 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.

14. 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 & Akina Weitzel: Aweitzel@wvschools.ca

15. Baseball Academy Open House – February 23

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

16. 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

17. NEW Course Offering - Computer Information Systems 12: Cybersecurity and Artificial Intelligence

Open to students from all three secondary schools, while priority is given to students entering Grade 12 in September, Grade 11s may also apply.

Cybersecurity and Artificial Intelligence is a hybrid (in-person and virtual) course being offered by West Vancouver Schools. These areas of study impact many aspects of our lives today and demand for trained professionals in these areas is growing exponentially.

Cybersecurity: In Canada, the unemployment rate for Cybersecurity professionals is 0%. In this course, students will learn about Digital Citizenship, Cybersecurity, Cybercrimes, Viruses, DDoS, Phishing, Cryptography, the Internet, how to stay safe online, and will also get Cybersafe certified. Students will also compete in CyberTitan (<https://www.cybertitan.ca/>) – one of Canada's largest cyber defense competitions.

Artificial Intelligence: We are impacted by AI every single day, as it includes self-driving cars that navigate roads independently, face filters in apps, healthcare for early detection and treatment, sports to maintain player fitness, agriculture for pest and disease control, and smart home assistants such as Alexa, Siri, and Cortana. Students will learn about Artificial Intelligence ethics, training data & bias, machine learning, neural networks, and computer vision. We will use some of Google's Artificial Intelligence software to gain a better understanding of how AI works and its applications.

18. 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>.

For those interested in the February 12 concert only, please visit:

<https://www.vancouverchambermusic.com/event-details/north-shore-west-van-vancouver-cello-quartet>

19. Solutions to Combat the Mental & Physical Health Crisis in our Community – March 1st Event

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

20. 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.

21. Parents as Education and Career Coaches: March 8th

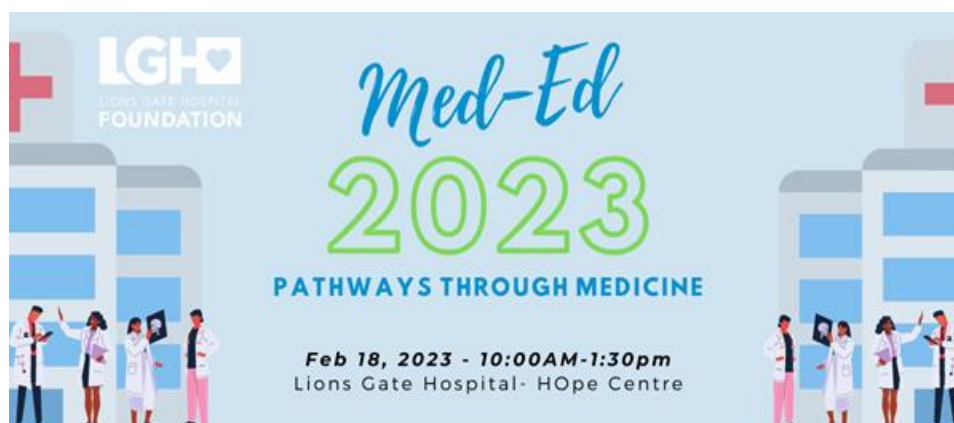
For both parents and students, please click [HERE](#) for more information on a Virtual evening hosted by Education Planner BC and WVS. Topics include BC's post-secondary institutions and credentials, program and admission requirements and key dates, and navigating resources.

22. 5th Annual Med Ed Conference – February 18

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 5th 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 18th 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.



23. 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



24. 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.

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.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](#).



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.