



March 30th, 2023

Calendar Upcoming

April 3 rd	Summer Learning Registration Opens
April 5 th	Indigenous Experience
May 10 th	PAC Meeting
May 28 th	TEDxSentinel

OUR SCHOOL

1. Enrolment
2. School Fees
3. PAC News
4. Summer Learning with West Vancouver Schools
5. Outdoor Recreation
6. TEDxSentinel Secondary School
7. Sustainable Commuting Initiative
8. 2023-2024 Carpentry: Youth Train In Trades Applications Open
9. Counselling Department
10. Spartan Athletics
11. Student Workers International Programs
12. Computer Info Systems 12: Cybersecurity and Artificial Intelligence

IN THE COMMUNITY

13. DPAC Parent Night Presents Dr. Hayley Watson – Open Parachute
14. Sleep Week
15. CAP-University Summer Camp and Summer Intensive Series Opportunities
16. Talking to Youth about Decriminalization and Substance Use
17. Vancouver Coastal Health
18. Ambleside Park Run
19. Canadian Parents for French
20. Newcomer Programs
21. Host Families Wanted

1. 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 Sentinel Secondary School (sentinel@wvschools.ca) so we can accommodate new registration requests.

2. School Fees

School fees are now overdue and must be paid online through School Cash Online. If you have any questions regarding school cash online or school fee payments, please contact our Accountant, Ms. Allison Carruthers, at acarruthers@wvschools.ca.

The School Cash Online link is: <https://westvancouver.schoolcashonline.com>

3. PAC News

Our next PAC Annual General Meeting meeting is on Wednesday, May 10. If you are interested to join and be part of 2023-2024 Sentinel PAC team, please send an email to Cathy at cathysentinelpac@gmail.com. There are many positions open for election, as many of the parents students are graduating this year. PAC Chair, Treasurer, Wishlist committee, Grad Liaison, DPAC Rep and many Members at Large.

4. Summer Learning with West Vancouver Schools

Save the date! Summer Learning registration opens on Monday, April 3 at 8:00am. For more information, please refer to the Summer Learning information flyers ([elementary](#) or [secondary](#)) or the [Summer Learning Website](#).

5. Outdoor Recreation

Tuesday, April 4 at 7:00pm at the Sentinel School Library. [The West Vancouver Outdoor Recreation Program](#) is hosting an Open House for families to learn more about the district wide program and meet the program leads, Bryn Hammett and Daphne Lambie. All are welcome!

6. TEDxSentinel Secondary School

TEDxSentinel is a non-profit conference aimed at sharing innovative ideas with the broader community. TEDxSentinel will feature 20 speakers, including professionals and students young and old from a wide range of backgrounds and disciplines. Half of the speakers will be from the West Vancouver area and the vast majority of speakers are youth. The event is scheduled for May 28, 2023 at the Sentinel Theater. TedxSentinel would be a valuable educational opportunity for Sentinel students to share their ideas with a diverse audience and develop their public speaking and presentation skills and connect with a supportive community. For more information check out the Website [@tdxsentinel](#) on Instagram or <https://sentineltdx.wixsite.com/westvancouver>.

To sign up as a TEDxSentinel speaker, please click on the attached form:

<https://forms.gle/NhgDwRnEtAR2JRgf7>

TEDxSentinel team is reaching out to get financial support to help with the setup cost. You can donate via e-transfer to SentinelPAC@gmail.com or drop off cash/cheque payable to Sentinel PAC to the school office. (Please indicate on an envelope that the cash/cheque is for TEDx). If you have any questions, please contact Andrew at andrewz888@edu.sd45.bc.ca or Grace at gracep614@edu.sd45.bc.ca. Thank you for all your support!

7. 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. 2023-2024 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

9. Student Workers International Programs

Student Leaders are mature, senior students (currently in Grade 10 and 11) at our secondary schools who provide leadership to our international students to be successful. They help the international students become familiar with our local schools, community, and culture. Successful candidates should be available from August 22 - August 31, 2023. There may be additional opportunities to work with International Programs during the school year.

We are looking for a team of outgoing and enthusiastic young adults with leadership ability and experience. Student Leaders enjoy working with students from around the world and take part in all field trips and activities. Special skills, such as second and third languages, and experience in the arts and athletics are also assets. [Please see the attached link for more information.](#)

10. Spartan Athletics

Junior Tennis Team

First practice/tryout will be April 4, after school at 3:15pm

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.

11. [Counselling Department](#)

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 1st, 2023 to April 30th, 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/>

COURSE REQUEST VERIFICATION

Families and students can now log into their MyEd account to verify their course requests.

To find the requests:

- Go to MyEd <https://www.myeducation.gov.bc.ca/aspn/logon.do>
- Login
- Select FAMILY top tab
- Select the student from list of your possible students
- Click "Schedule" from side tab
- Click "Requests" from side tab
- Requests will be listed (if they do not all show you may need to click on "exit entry mode")
- Check the requests carefully for accuracy. If no corrections are required, take no action.
- If students wish to change a request they must see their counsellor in person.

Deadline: April 14, 2023

*Please note that these courses are requests only and we cannot guarantee all requested courses will work in a student's timetable come September. Students have provided alternate options in case there are conflicts. Alternates are on students course forms with their counsellor.

*Grades 8-11 must have 8 courses (not including careers).

*Grade 12's must have 7 courses (not including careers).

*Academies/Premier Programs/Pursuit will be added at a later date.

Forgot your login: please email sentinelportalhelp@wvschools.ca

Not Returning to Sentinel? Please ensure main office has been notified.

12. Computer Info Systems 12: Cybersecurity and Artificial Intelligence

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 11's may also apply. Please see the attached [poster](#) for more information.

To apply: <https://westvancouver.schools.ca/programs/cybersecurity-ai>

13. DPAC Parent Night Presents Dr. Hayley Watson – Open Parachute

On Monday, April 24, we will be hosting an in-person event focusing on building mental health resilience in children at the Kay Meek. Our incredible guest speaker is Dr. Hayley Watson, a clinical psychologist and the founder of Open Parachute, a mental health platform created by Clinical Psychologists & Educators supporting the wellbeing of students.

[Tickets are on sale now!](#)

To learn about Open Parachute <https://www.openparachute.ca/about-dr-hayley-watson/>

14. Sleep Week

Are you waking up tired or staying up too late? Research is showing that many of us are not getting enough sleep. To bring awareness to our need for sleep and promote healthy sleep habits, [West Vancouver Schools is celebrating Sleep Week](#) from April 3-6.

Each day of Sleep Week will focus on a different theme:

Monday, April 3: Why Sleep Matters

Tuesday, April 4: Sleep Routines

Wednesday, April 5: Meditation and Mindfulness

Thursday, April 6: Sleep Log (*Thursday will also be a district wide pajama day!)

15. CAP-U Summer Camp and Summer Intensive Series Opportunities

We are excited to announce that Capilano University will be offering some amazing Summer Camp and Summer Intensive Series opportunities for Youth ages 7-17 years.

We are hoping that this information can be distributed to the parents/guardians of the students.

The Goal of our camps and Summer Intensive Series is to provide physical activity opportunities for youth and to promote lifelong participation in sport through curriculum developed to encompass the Bio-Psycho-Social Wellness Model. Participants will be introduced and Discuss Mental Health Continuum and learn positive coping skills to assist with positive mental health.

Attached are some posters that can be forwarded.

We appreciate your help with distributing the information to the public. If you have any questions, please feel free to email me at janelleisler@capilanou.ca.

16. Talking to Youth about Decriminalization and Substance Use

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

17. Vancouver Coast 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](#)



18. 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 marshals, 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.

19. 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.

20. Host Families Wanted

Host Families Needed – Exciting 2024 Fee Increase. Apply now and welcome a student for the upcoming 2023/2024 school year.

Did you know? Hosting fees of \$1,100 per student per month. Many families will host two students which can provide up to \$22,000 per year income subsidy.

Effective February 1, 2024 the fees increase to **\$1,400 per student per month!**

Don't miss out, placing students starts now. See below message from an actual student letter joining our program this fall. Open your home for this amazing opportunity for all family members.

Call Homestay Manager Martina Brazeau for more information at 604-341-0515 or visit our webpages.

Learn more!



Apply to host!



21. 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](#).



DAILY HEALTH CHECK & WHAT TO DO WHEN SICK

Please find the latest info on our website here: [Daily Health Check & What to do When Sick](#)

Please contact us via email:

General inquiries: sentinel@wvschools.ca

Attendance related: sentinelattendance@wvschools.ca

MyEducation help: sentinelportalhelp@wvschools.ca

Teachers & Staff: please see our website for a complete staff list: [Staff Emails](#)

FOLLOW US ON INSTAGRAM & TWITTER

Sentinel has an official Instagram page. Follow us for a look inside the building to see the amazing things Sentinel Secondary School students and staff are up to.

Instagram: [@sentinel SD45](#) / **Twitter:** [@sentinel SD45](#)

[DISTRICT WEBSITE / SENTINEL WEBSITE](#)