



March 9th, 2023

Calendar Upcoming

March 2023

March 13 th – March 24 th	Spring Break
March 28 th	Girls Soccer Tryouts
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. TEDxSentinel Secondary School
5. Indigenous Experience Presented to WV PACs
6. Summer Learning with West Vancouver Schools
7. Counselling Department
8. Spartan Athletics
9. Sustainable Commuting Initiative
10. 2023-2024 Carpentry: Youth Train In Trades Applications Open
11. Student Workers International Programs
12. Computer Info Systems 12: Cybersecurity and Artificial Intelligence

IN THE COMMUNITY

13. Sleep Week
14. CAP-University Summer Camp and Summer Intensive Series Opportunities
15. Talking to Youth about Decriminalization and Substance Use
16. Vancouver Coastal Health
17. Ambleside Park Run
18. Canadian Parents for French
19. Newcomer Programs
20. 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.schoolcashionline.com>

3. [PAC News](#)

Dear Sentinel Parents and Guardians,

Thank you for all your generous donation of time, food, and financial support that makes the 2023 Multicultural Lunch a HUGE SUCCESS! The students, staff, and guests all enjoyed this yearly event as it celebrates the beautiful diversity and inclusion that makes Sentinel Secondary a special place to learn. The MCL is our primary fundraiser for assisting with Sentinel's scholarship, staff wish lists items and other important school needs. It is also an excellent opportunity to meet other parents and communities while offering an unforgettable lunch for our children. We would also like to thank Mr. Finch, Mr. Anderson, Ms. Grant, and the entire Sentinel staff for their unmitigated support and enthusiasm. We are indeed fortunate to be a part of such a great community. Please see attached [photos](#) from our 2023 MCL.

Wishing every family, a Happy Relaxing and Safe Spring Break!

Our next PAC meeting is on Wednesday, May 10 AGM. If you are interested to join and be part of 2023-2024 Sentinel PAC, please send email to Cathy at cathysentinelpac@gmail.com. We have many PAC positions open as we have many parents graduating this year.

4. [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 for the vast majority of speakers to be youth. The event is scheduled for May 28th, 2023, at the Sentinel Theater. TedxSentinel would be a valuable educational opportunity for Sentinel students to share their ideas with diverse audiences 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 is reaching out to get support to help with the setup cost. If you have any questions, please email Andrew at andrewz888@edu.sd45.bc.ca or Grace at gracep614@edu.sd45.bc.ca.

Please e-transfer your donation to SentinelPAC@gmail.com or cash/cheque payable to Sentinel PAC and indicate on envelope TEDx and drop it off at the school office. Thank you for all of your support!

5. Indigenous Experience Presented to WV PAC

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. PLEASE BRING A BLANKET.

We still have a few spots left and if you are interested in participating, please email Cathy Yeung at cathysentinelpac@gmail.com by tonight, Thursday, March 9th. Deadline to submit a list of attendees is Friday, March 10.

6. Summer Learning with West Vancouver Schools

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

7. 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/>

8. Spartan Athletics

Girls Soccer

Tryouts for Junior and Senior Girls Soccer Team will be held:

- March 28th – 3:15pm, on the Main Field

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.

9. 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.

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 & Akina Weitzel: Aweitzel@wvschools.ca

11. 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, 2023 to 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.](#)

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

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

13. 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. <http://westvancouver.schools.ca/ecole-sentinel-secondary/wp-content/uploads/sites/8/2023/03/Sleep-Week-for-Families-March-2023.pdf>

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!)

14. 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.

15. 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.

16. 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](#)



17. 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.

18. 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](#).



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!



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](#)