



**May 4<sup>th</sup>, 2023**

### **Calendar Upcoming**

May 1 <sup>st</sup> -12 <sup>th</sup>	AP Exams Week 1 and Week 2
May 4 <sup>th</sup> – 14 <sup>th</sup>	DOXA Documentary Film Festival 2023
May 8 <sup>th</sup> -16 <sup>th</sup>	Mental Health Awareness Week
May 10 <sup>th</sup>	PAC Meeting
May 17 <sup>th</sup>	Rainbow Day
May 17 <sup>th</sup>	Gr 9/10 Immunization Clinic at 9:00am

### **OUR SCHOOL**

1. Enrolment
2. School Fees
3. PAC News
4. Families of 2023 Grads
5. North Shore Model UN Conference
6. DOXA Documentary Film Festival 2023 – Rated Y for Youth
7. 2023 Advanced Placement Schedule
8. Music with Sentinel
9. Counselling Department
10. Mental Health Awareness Week
11. Rainbow Day
12. Spartan Athletics

### **IN THE COMMUNITY**

13. Summer Camp Volunteers
14. West Vancouver Basketball Club Summer Camps
15. Gleneagles Spring Fest West
16. Royal Soccer Club Volunteering
17. National Mental Health Week
18. Youth Week Celebrations
19. Vancouver Coastal Health

#### **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](mailto: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](mailto:acarruthers@wvschools.ca).

### 3. [PAC News](#)

Our next PAC AGM meeting is on Wednesday, May 10 at 9:00am at Sentinel Library Mezzanine. Please join us for coffee meet and greet at 8:30 - 9:00am. We have special guests, Ian Kennedy and Liz Hill (West Vancouver Directors of Instruction) giving us an update on NEW reporting order. Please see attached [Agenda](#).

### 4. [Families of 2023 Grads](#)

This is the last week to purchase grad lawn signs (Sentinel Grad 2023 sign & thin metal posts). They are \$15.50 and can be purchased through school cash online. Orders will be placed Monday May 8<sup>th</sup> for printing.

### 5. [Mental Health Awareness Week](#)

Going hairless for awareness: This is just one of the [events happening this year](#) to promote awareness on Mental Health and raise money for BC Children's Healthy Minds Center. Join the activities and buy your raffle tickets in the foyer at lunch for a chance to cut and shave our Spanish teacher's hair, Sra. Page-Newman.

### 6. [North Shore Model UN Conference](#)

Envisioned, organized and run by students from Sentinel, Rockridge and Argyle, this is the first of what we hope will be an annual Model UN Conference. The aim is to bring students together from high schools across the north shore in rigorous research, debate and collaboration to create solutions to some of the world's most pressing problems. This year, the conference features four different committees all connected in some way to coordinating global responses to the climate emergency.

No experience necessary, this is the perfect way for those who have thought about trying Model UN to experience a large multi school conference without a full weekend and hotel stay commitment.

Please [register here](#) for this exciting opportunity and see Mr. Chase for Field Trip forms. There is a \$10 registration fee payable through school cash online (NSMUN) to cover the conference costs. Any questions, please see Mr. Chase in room 156 or email [kchase@sd45.bc.ca](mailto:kchase@sd45.bc.ca)



[NSMUN 2023 | Instagram | Linktree](#)

Find all resources here about North Shore Model UN.

[linktr.ee](https://linktr.ee)

### 7. [DOXA Documentary Film Festival 2023 – Rated Y for Youth](#)

*Rated Y For Youth* is our youth-focused program that runs concurrently to the documentary film festival, **May 4-14**, to provide middle school and high school students with an accessible entry into watching documentary films. There will be in-person (downtown Vancouver) and virtual screenings. All in-person screenings this year will be on May 9 and May 11.

This year, there are five films ranging in themes from climate and environmental change, workers' rights, 2SLGBTQIA+ stories and familial relationships, and an intergenerational film about an Indigenous filmmaker's family! For more information go to <https://www.doxafestival.ca/>

## 8. 2023 Advanced Placement (AP) Schedule

Please see the attached [Advanced Placement Schedule](#) for May 2023.

## 9. Music with Sentinel

Congratulations to the members of the Sentinel Tour Band for earning Silver at the Whistler Con Brio Music Festival, and the Tour Jazz who, for the first time in Sentinel history, have earned Gold this year as well. Bravo, Spartans! You may view the plaques at the front entrance display case.

For all upcoming [Sentinel Music Events](#) please see the attached poster.

## 10. 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](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/>

## 11. Rainbow Day

On Wednesday May 17 please show your support of diversity by wearing **Rainbow** colours! Wednesday, May 17 is International Day against Homophobia, Biphobia and Transphobia. This year's theme is **"Together always: united in diversity"**.

Show your support for diversity by wearing **Rainbow** colours! Go Spartans Go!

## 12. Spartan Athletics

Athletic Awards will be held on Thursday, June 22<sup>nd</sup> during x-block starting at 1:30 to 3pm.

Registration information and Gym schedule can be found on the [Sentinel Athletics website](#).

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.

## 13. Summer Camp Volunteers

Saplings Outdoor Programs are inviting Secondary School Volunteers who would love to spend their summer adventuring through their local parks & beaches. They would be working alongside our Forest Educators to engage preschool or elementary school-aged children in various fun activities. Please see the attached [poster](#) for more information.

## 14. West Vancouver Basketball Club Summer Camps

May is here which means that the WVBC Summer camps are just around the corner. This summer, the WVBC will be offering 4 weeks of camps beginning July 10 for players in Grades 2-10. All camps will be held at West Van Secondary School. To view the full schedule of camps and to register, please go to <http://www.wvbc.ca>

## 15. Gleneagles Spring Fest West

Celebrate Spring with the western community! All ages welcome. Presented by the Gleneagles Community Centre Advisory Committee on Saturday, May 6 from 10:00am – 2:00pm. For details visit [westvancouver.ca/eventsandtrips](http://westvancouver.ca/eventsandtrips) closer to the event date.

## 16. Royal Soccer Club Volunteering


Royal Soccer Club, a registered non-profit organization, is excited to host our 31<sup>st</sup> annual grassroots summer day camps to children aged 5 to 13 in your community. We have an amazing opportunity for students to volunteer at our camps this summer. Site details available by clicking here or visiting the *Find a Location* page on our website at [royalsoccerclub.com](http://royalsoccerclub.com). To register or for more information, visit [royalsoccerclub.com](http://royalsoccerclub.com) or call 1-800-427-0536.

## 17. National Mental Health Week

Next Week is National Mental Health Week. Family Smart is offering a free online workshops for families with Dr. Ross Greene. Please see the attached flyer.


## 18. Youth Week Celebrations

**The 2023 Youth Week Events, all happening next week, from May 1 - 6, 2023.** The week is full of activities and will culminate in a fantastic and free Youth Recreation Day on Saturday May 6th. This day has several activities planned from fitness classes to a drum “jam” workshop and even Karaoke! We would love to see your students participate in as many activities as they wish and recommend pre-registration to avoid disappointment.

WEST VANCOUVER YOUTH SERVICES 

**FREE YOUTH RECREATION DAY | SAT, MAY 6, 2023**  
 Calling all youth, ages 13-18! Bring your friends and have a great time as we celebrate YOU!  
 Click on the links below to register or call us at 604-925-7270 to register over the phone.

ACTIVITY	LOCATION	TIME	CODE
Fitness Class: Super Circuit	<a href="#">GECC</a>	8 - 9 a.m.	<a href="#">146193</a>
Fitness Class: Interval Step	<a href="#">WVCC</a>	8 - 9 a.m.	<a href="#">146246</a>
Yoga Class: Flow Yoga	WVCC	9 - 10:15 a.m.	<a href="#">146247</a>
Weight Room <i>Arrive at this time for free access!</i>	GECC	10 a.m. - 2 p.m.	No pre-registration required!
Youth Lounge <i>Visit for free snacks &amp; to enter the prize draw!</i>	WVCC	11 a.m. - 9:30 p.m.	No pre-registration required!
Intergenerational Billiards	<a href="#">SAC</a>	11 a.m. - 1 p.m.	<a href="#">144456</a>
Fitness Class: HIIT (High Intensity Interval Training)	WVCC	12 - 12:45 p.m.	<a href="#">146245</a>
Public Swim <i>Arrive in this time for free access!</i>	<a href="#">AC</a>	12:30 - 2:30 p.m.	No pre-registration required!
Drum Jam Special	WVCC	4:30 - 5 p.m.	<a href="#">145810</a>
		5 - 5:30 p.m.	<a href="#">145811</a>
Gymnastics Drop-In	WVCC	5 - 6 p.m.	<a href="#">146192</a>
Karaoke Good Times <i>20 minute sessions for you and up to 5 friends!</i>	WVCC	5 - 7 p.m.	<a href="#">146248 to 146254</a>
Weight Room <i>Arrive at this time for free access!</i>	WVCC	7 - 9 p.m.	No pre-registration required!
Sports Gym Drop-In	WVCC	7:30 - 9:30 p.m.	No pre-registration required!

 **\*\*PRIZES AND GIVEAWAYS AT ALL EVENTS\*\***

[westvancouver.ca/youth](http://westvancouver.ca/youth) 

ARE YOU READY? BC YOUTH WEEK MAY 1-7 

West Van Youth Services  
**ALL YOUTH REC DAY!** 

**Saturday, May 6 | 11 a.m. start | FREE**  
 Gleneagles Community Centre (GECC)  
 West Vancouver Community Centre (WVCC)  
 Aquatic Centre (AC)  
 Seniors' Activity Centre (SAC)

West Vancouver Youth Services, in partnership with a number of West Vancouver Community Services departments, will host a number of free recreation opportunities for youth all day long! Activities offered will include learning billiards with local experts at the SAC, swimming at the AC, gymnastics, arts, group games, and more at the Community Centre, free fitness centre admission at GECC, as well as pizza and socializing in the Youth Lounge.

 For further details, email [mclark@westvancouver.ca](mailto:mclark@westvancouver.ca) [bcyouthweek.com](http://bcyouthweek.com)

[westvancouver.ca/youth](http://westvancouver.ca/youth) 

**Are you ready?**  
 For Self-Care Night, contact Shakila at [samiri@westvancouver.ca](mailto:samiri@westvancouver.ca).  
 For all other events, contact Melanie at [mclark@westvancouver.ca](mailto:mclark@westvancouver.ca).

<b>Youth Employment &amp; Volunteer Fair</b> Sat, April 22   11 a.m. to 2 p.m.   FREE West Vancouver Community Centre 2121 Marine Drive	<b>Youth Council Meeting</b> Monday, May 1   6 to 7 p.m.   FREE Municipal Hall 750 17th Street, West Vancouver	<b>Youth Appreciation Awards Reception</b> Monday, May 1   7 to 8:30 p.m.   FREE Municipal Hall 750 17th Street, West Vancouver
<b>Self-Care Night!</b> Tuesday, May 2   6 to 9 p.m.   FREE Youth Hub 706 Main Street Park Royal South	<b>Grades 6/7 Dance</b> Friday, May 5   7 to 9 p.m.   \$16 Gleneagles Community Centre 6262 Marine Drive	<b>All Youth Rec Day!</b> Saturday, May 6   11 a.m. start   FREE Gleneagles Community Centre West Vancouver Community Centre Aquatic Centre Seniors' Activity Centre

 Register here

[westvancouver.ca/youth](http://westvancouver.ca/youth) 

## 19. Vancouver Coast Health

### **Vancouver Coastal Health- Grade 9/10 Immunization Clinic: May 17 at 9:00am**

Dear parents/guardians, the next Sentinel immunization clinic will be on May 17. Vaccines are given over several doses, as a series, to stimulate an effective immune response and protect against disease. School immunization consent is valid for the series up to a period of 2 years. If we have an active consent form for your child, we will complete the vaccine doses your child is due for.

#### **Please contact us prior to the day of clinic if:**

- A. Your child has received any vaccinations outside of school, Public Health, or COVID/Flu Clinics since you provided consent - for example, at your family doctor's office or a travel clinic.
- B. You no longer consent to your child to receiving vaccines at school this year.
- C. You have questions

In order to have a positive immunization experience, please ensure your child wears a short-sleeved shirt and review the following resources:

Preparing for Immunizations: <https://immunizebc.ca/preparing-positive-experience-0>

CARD system: [https://immunizebc.ca/sites/default/files/graphics/may26\\_card\\_handout\\_1.pdf](https://immunizebc.ca/sites/default/files/graphics/may26_card_handout_1.pdf)



**If you have any questions please call VCH on call nurse line at: 604-983-6811**

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](#)

### **Daily Health Check & What to do When Sick**

**Please contact us via email:**

**General inquiries:** [sentinel@wvschools.ca](mailto:sentinel@wvschools.ca)

**Attendance related:** [sentinelattendance@wvschools.ca](mailto:sentinelattendance@wvschools.ca)

**MyEducation help:** [sentinelportalhelp@wvschools.ca](mailto:sentinelportalhelp@wvschools.ca)

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

***FOLLOW US ON INSTAGRAM & TWITTER.***

**Instagram:** [@sentinel\\_SD45](#) / **Twitter:** [@sentinel\\_SD45](#)

[DISTRICT WEBSITE](#) / [SENTINEL WEBSITE](#)