



January 11th, 2024

Calendar Upcoming

- January 18 – PAC Meeting (9am)
- January 18 – AP Info Night (7pm)
- January 23 – Sentinel Iron Chef
- January 25 – Collab Day (9:30am start)
- January 25 – Winter Formal
- January 22-26 – Grad Assessments
- January 29 – PD Day (No School)
- January 30 – Course Planning Night (6:30pm)

OUR SCHOOL

1. Course Planning
2. AP Info Night
3. PAC News & Events
4. Grad Assessments
5. Pink T-Shirt Order
6. 2023-2024 Yearbooks
7. Grad 2024 Info Winter Formal & Scholarships
8. Sentinel's Counselling Department
9. Athletics
10. Premier Academies Registration

IN THE COMMUNITY

- A. Cyber Safe Presentation
- B. FAST Swim Training

Block Rotation Schedule Jan 8th - Mar 1st

IMPORTANT NOTICE: [Upcoming Hydro Project & Construction Info HERE](#)

1. Course Planning Information Presentations for Parents:

Tuesday, January 30th @ 6:30pm

Current **Grade 8 and Grade 9 parents** – presentation on Cafeteria

Current **Grade 10 and Grade 11 parents** – presentation in Library

During this hour, counsellors will present the same course planning material that students will be receiving over the month of February in preparation for the 2024/25 school year.

2. Advanced Placement (AP) Info Night

Interested in knowing more about Sentinel's Advanced Placement (AP) Program? You are invited to attend a presentation on Sentinel's AP Program on Thursday, January 18 at 7:00 pm in Sentinel's library. Universities worldwide recognize AP when making admission decisions. In fact, AP can be used in admissions in more than 60 countries as success on AP Exams shows readiness for university-level coursework.

3. Parent Advisory Committee (PAC) News & Events

"Growing our diverse school community through fun activities that support student needs."

- **PAC MEETING** – Join us for the first PAC Meeting of 2024 next Thursday Jan 18th at 9am in the school Library Mezzanine level, see draft [AGENDA](#).

- **Upcoming Workshops on Parenting Teens:**

Sentinel PAC invites you to **four virtual parent education workshops, "Parenting Teens"**. See Flyer [HERE](#)

1. Communicating with Teens; JANUARY 23rd, 7pm

Teens and parents often need to redefine their relationship as well as rules and boundaries to accommodate the social, emotional, physical, and life changes that take place during this often-turbulent time of life. Explore positive communication strategies to support your relationship with your teen as they navigate this stage of their development.

Virtual Teams link will be provided in next week's E-Bulletin

2. Teens and Technology; FEBRUARY 27th at 7pm: how to support your teens to use devices positively.

3. Teens and Anxiety; APRIL 23rd at 7pm: how to: support your teens to experience less anxiety and increase their coping skills.

4. Developing Resilience in Teens; MAY 28th at 7pm: practical strategies to support your teens to develop resilience

For further information, please contact Diane Shoar at frauen@naver.com

PAC COMMUNITY LIAISONS:

PAC have "specialised" parents who represent our parent communities. Please contact:

Korean Community: Diane Shoar frauen@naver.com

Chinese Community: Melanie Miao melaniemiao99@gmail.com

Persian Community: Farzaneh Bamani farzaneh.bm@gmail.com

If you have any questions or would like to volunteer for PAC, please contact Nora Gambioli at sepac@wvschools.ca

4. Grade 12 Graduation Literacy and Evaluation de literatie de la 12 anee Assessments.

All Grade 12 Sentinel students will be writing the Grade 12 Literacy Assessment this school year - this assessment is required for graduation. Your first opportunity to complete this assessment is January 15th – 26th, 2024. All Grade 12 students will be registered to complete the assessment during this period. The Ministry of Education allows students three opportunities to complete the assessment if desired. French Immersion Grade 12 students will also be completing the Evaluation de literatie de la 12 anee Assessments in January as well. The oral component of the assessment will take place on January 16th during their FRAL class. The written component is scheduled for January 25th, 2024. Students will be provided with their exam date and time mid December 2023.

5. Pink T-Shirt Order



Pink Shirt Day is Feb 28th, 2024. If you would like to order a PINK T-SHIRT for your child(ren), you can order through SchoolCashOnline until **3pm, Friday, January 12, 2024.** Shirts are available in all sizes and cost \$11.68 each.

- <https://westvancouver.schoolcashionline.com/>
- For more info go to: <https://www.pinkshirtday.ca/>

Wearing a Pink Shirt on Feb 28th shows support for being kind and helping others to stop bullying. Let's #LiftEachOtherUp!!!

6. 2023-2024 Yearbooks

Now is the time to buy your yearbook through [SCHOOL CASH ONLINE](#) This school designed annual captures all the special moments from the entire year, from warming friendships to events and accomplishments. Don't pass up the opportunity to carry these priceless memories in your hands forever!

7. Grad 2024 Information

Winter Formal

On the eve of January 25th, 2024, from 6:45pm-9:45pm the Winter Formal will be held at Sentinel for Grade 11 and Grade 12 students. Come and enjoy Dancing, Casino, Snacks and more.... Tickets are on sale NOW through SCO.

Scholarships 2024

The West Vancouver Foundations offers a wide variety of scholarships available to Sentinel Students. Please see scholarship list and deadlines here:

<https://westvanfoundation.ca/grants-scholarships/scholarships>



Post Secondary Events Calendar

This calendar is a district resource that contains links to many different post-secondary events both in person and virtually. We encourage families of grade 10 to 12s to add it to their google calendar.

[Post-Secondary Events Calendar](#)

8. Sentinel's Counselling Department

Counsellors are here to assist students with academic planning as well as mental health support. They are a wealth of information and assist students based on each student's last name.

Lisa Ulinder (last names A-F) lulinder@wvschools.ca

Jennifer Murray (last names G-LIT) jmurray@wvschools.ca

Stefan Huskilson (last names LIU-SAM) shuskilson@wvschools.ca

Alex Thureau (last names SAN-Z) athureau@wvschools.ca

For more information from our counselling team please visit:

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

9. Athletics

If you have any questions regarding Athletics, please reach out to Mark Fenn or Brooks McNiven, our Sentinel Athletic Directors sentinelathletics@wvschools.ca

Please follow Sentinel Athletics [@sentinelathletics](#) on Instagram for up-to-date information and other exciting Athletics content.

10. Premier Academies Open for Registration!

The 2024-2025 Premier Academies and District Programs are open for registration! Please visit <https://westvancouver.schools.ca/programs/> for further information.

Premier Academies: Badminton, Baseball, Basketball, Fencing, Field Hockey, Robotics, Rugby, Soccer, Tennis, Volleyball

Premier Programs: Carpentry, Cybersecurity and AI, Fashion Industry, FAST, Honour Choir, Outdoor Recreation, 200 Hour Yoga, YELL Entrepreneurship 12

IN THE COMMUNITY

A. “Cybersafe from Exploitation”

January 23rd at the Kay Meek Arts Centre. See flyer [HERE](#).

B. FAST (FIRST AID SWIM TRAINING)

Applications for the 2024-2025 school year are NOW OPEN

FAST is a young lifeguard education program that allows students to develop the essential skills to be successful and confident lifeguards. At the completion of the FAST program students will have obtained all the required certification prerequisites necessary to enroll in the National Lifeguard Course, which students can take independently when they are 15 years of age or older.

Completion of the National Lifeguard Course is the final credential necessary to qualify an individual to work as a lifeguard. In addition to developing strong first aid skills, the FAST program also focuses on providing students with a practical foundation in resistance and cardiovascular training, swimming, stroke-development, and leadership.

Please [click this link](#) to learn more and to apply to the program.

FAST PROGRAM INFORMATION SESSION

Date: Tuesday January 30th, 2024

Time: 5:30 pm

Location: Room W211 - Rockridge Secondary School

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](#)

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