



January 25th, 2024

Calendar Upcoming

- January 29th – PD Day (No school)
- January 30th – Course Planning Night (6:30pm)
- February 1st – Parent Teacher Conferences
- February 6th – AP Information Night (7pm newly scheduled date)
- February 8th – PAC Meeting (9:00am start)
- February 12th–16th – Sentinel Stage Production
- February 16th-19th – Reading Break (No school)
- February 28th – Pink Shirt Day
- February 29th – Collab Day (9:30am start)

OUR SCHOOL

1. Course Planning info for parents
2. Grade 8 Course Planning
3. Parent Teacher Virtual Conferences
4. AP Info Night
5. Sentinel Stage Presents
6. PAC News & Events
7. Canadian Computing Competition
8. 2023-2024 Yearbooks
9. Grad 2024 Info
10. Sentinel's Counselling Department
11. Athletics
12. Premier Academies Registration
13. WVS District Course
14. Sentinel Iron Chef

IN THE COMMUNITY

- A. Yoga Teacher Training Course
- B. Hyte Registration Open

[Block Rotation Schedule Jan 8th - Mar 1st](#)

[IMPORTANT NOTICE: Upcoming Hydro Project & Construction Info HERE](#)
[Chartwell Drive & Cross Creek roundabout Closed INFO HERE](#)

1. Course Planning Information Presentations for Parents:

Will be held on Tuesday, January 30th – see below times & locations:

- Current **Grade 8** parent course information presentation - 6:30pm in the cafeteria
- Current **Grade 9** parent course information presentation – 6:30pm in the library
- Current **Grade 10** parent course information presentation – 7:15pm in the cafeteria
- Current **Grade 11** parent course information presentation - 7:15pm in the 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. Attention ALL Grade 8s - Student Course Planning

Grade 8s – In-class course planning session will be in your Socials 8 or Science Humaines 8 class next Tuesday January 30th & Wednesday January 31st.

Your course planning forms will be due with a parent signature on Monday, February 5th.

3. Parent Teacher Virtual Conferences

PT Conferences will be held Thursday, February 1st 1:30am – 4:00pm - Please find Instructions [HERE](#) More bookings may be made on January 29th at 9:00am if space is available. Bookings will close January 31st at 3:00pm. **Reminder that ALL students will be released at 12:30pm, Thursday, February 1st 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. To register for conference times please go to School Appointments Online:

<https://sentinel.schoolappointments.com/admin/> A new account must be registered every year with School Appointments. 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>

4. Advanced Placement (AP) Info Night – **Newly scheduled date**

Due to School Snow Closures last Thursday our in-person AP Info Night has been **rescheduled to Tuesday Feb 6th 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. This is an in-person event, and no pre-registration is required.

5. Sentinel Stage Presents - MACBETH

SENTINEL STAGE PRESENTS... MACBETH

Get ready for murder & mayhem in Medieval Scotland! This year Sentinel Stage presents MACBETH in our very own theatre here at Sentinel. Opening Night is Monday, February 12th @ 7:30pm. Join us for our evening performances @ 7:30pm on February 12, 13, 14, & 16. Doors open at 7pm for general seating. We also have a matinee performance for the general public on Thursday, February 15 @ 11am.

Tickets are available through all Theatre Company students and www.sentinelstage.ca. It pays to book early! Advance tickets are only \$12.00 (\$15.00 at the door) See you at the theatre! 🎭

Prop requests: Sentinel Stage is looking for some set & prop items for its upcoming production of MACBETH:

- 2 Sawhorses (wooden)
- wooden toy sword
- wooden stools
- 'Olden days' jug - preferably ceramic

Please email Mrs. Meghan McGuinness-Gill at mmcguinnessgill@wvschools.ca if you have any of the above items to loan us. All loaned items will be returned the week of February 20.

6. Parent Advisory Committee (PAC) News & Events

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

PAC MEETING – The next PAC meeting will be Thursday, February 8th at 9am in the school Library Mezzanine level.

VALENTINE’S DAY STAFF TREATS - Grade 8 & 10 parents - get baking!

It is a tradition to show teachers and staff our love and appreciation through "Valentine's Treats" on February 14th. This year we will put together more than 100 boxes of a variety of the desserts donated by parents. Sign up here to donate baked goods and/or funds:

<https://www.perfectpotluck.com/meals.php?t=EZMR1150>

Contact gemchuchu@gmail.com with any questions.

MULTICULTURAL LUNCH (MCL) - our famous and fun Multicultural Lunch 2024 will be

Thursday, March 7th! Persian, Norwegian, French, Korean, Chinese, Indian, Japanese, Ukrainian, are some examples of foods from last year.

For this event, we need parents to volunteer to "lead" each of those tables.

Contact Melanie Miao, melaniemiao99@gmail.com to volunteer to lead a table.

Upcoming Workshops on Parenting Teens:

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

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

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

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

Thank-you to the many parents who attended the parent workshop, "**Communicating with Teens.**" We want to hear your thoughts about it - please send your feedback to 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

7. Canadian Computing Competition (CCC) – Wed., February 21st 8am:

Do you know a **current Sentinel student** who is interested in programming in a text-based language like C, C++, Python or Java? Are they looking for a challenge?

If so, they should consider writing the Canadian Computer Competition (CCC) on **Wednesday February 21st** in the morning starting at 8 am and in Periods 3 and 1 (and FIT block). The cost of the CCC is **\$10**; exact cash or a cheque for \$10 payable to “Sentinel Secondary” can be brought to Ms. Winstone in Room 254 any morning before 12:55 pm. Deadline for registration for the CCC is Friday February 9th (by paying \$10 to Ms. Winstone), and it is first come, first served so get registered! For more info go to: <https://www.cemc.uwaterloo.ca/contests/ccc-cco.html>

As well, if interested, students should follow the steps in the attached PDF or go online for more info, to get a CCC online grader account:

https://drive.google.com/file/d/1rZAxDi6E0z_BK5I0ZsVwHiG2mlGpTWOQ/view?usp=sharing

If you have any questions about the CCC, please email Ms. Lara Winstone at lwinstone@wvschools.ca

8. 2023-2024 Yearbooks

This is the LAST WEEK to buy your yearbook through [SCHOOL CASH ONLINE](#) Don't pass up the opportunity to carry these priceless memories in your hands forever. You have until **January 31st** (next Wednesday) to buy your copy before it's removed as an item you can purchase through SCO.

9. Grad 2024 Information

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](#)



10. 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/>

11. Athletics

Hey Spartans! The Grade 8 girls basketball team had a stellar weekend participating in the West Vancouver Invitational basketball tournament. A huge overtime win against RC Palmer was the highlight of the weekend and the players impressed everyone with their determination and

coolness under pressure. Annika Brunke, Mimi Oberti, and Ellie Widmer were nominated as tournament All-Stars. We also had amazing leadership from Lara Aykut.

The grade 8 boys defeated Don Ross school in Squamish last week and won a hard-fought battle against Collingwood on Monday with a 47 – 43 win. Scoring was led by Aiden Kim with an impressive 24-point night and Tiger Li dropping 3's in the 4th quarter to send a strong message and end the game with a win. The entire team plays their hearts out every game and the coaches are so proud of the way the players have come together as a team. GO SPARTANS!!!!

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](https://www.instagram.com/sentinelathletics) on Instagram for up-to-date information and other exciting Athletics content.

12. 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

13. WVS District Course: Cybersecurity and Artificial Intelligence. This is a hands-on project-based course offered to students in Grades 11 and 12 who are attending Rockridge, Sentinel or West Van Secondary. Students learn the theory and apply it to practical projects in the fields of Cybersecurity and A.I. Students have an opportunity to prepare for external certifications in Cybersecurity, Networking, Internet of Things, Programming, CompTIA, and Data Science and participate in international competitions such as [CyberPatriot](#), [Desmos Math Art Contest](#), and others. The course aims at helping students prepare material they can use for university applications.



14. Sentinel Iron Chef: follow-up

This year's Iron Chef competition was tough, the teamwork was intense, the laughter was contagious! Congratulations to all teams who competed in the 2024 Sentinel Iron Chef Competition in the foods room. The 2024 Iron chef winners were team "No Rice No life". Congratulations to Ella Peet, August Lam, Sunny He and Jolin Raun for their winning Korean dish of Bipimpap and hotteok for dessert. They incorporated the secret ingredient well. Thanks to the Sentinel PAC for sponsoring the prizes for this event. We will do it all again next January and hope to see you there!



IN THE COMMUNITY

A. Yoga Teacher Training Course Information Session – Monday February 12th 6:30 p.m. West Vancouver Secondary School Library

The district's 200-hour Yoga Teacher Training course is an 8-credit course (4 PE credits and 4 Yoga credits) that will provide students in grades 9 to 12 with the skills needed to teach yoga effectively and safely to all levels of students. The total cost for the program is \$100 for the year. The course follows the guidelines set out by Yoga Alliance and students receive certification as Yoga Alliance 200-hour Yoga Teachers. For more information or to register visit <https://westvancouver.schools.ca/200-hour-yoga-teacher-training> or email Todd Randall trandall@wvschools.ca

B. HYTE Registration is Now Open!

The Spring Set of the HYTE Program is starting this February 2024!

HYTE is a tech entrepreneurship program, funded by the BC Scholarship Society, where students will learn the pillars of initiating their own start-up, and compete for a \$1000 scholarship.

This program is for Grade 9-12s, who are interested in tech, entrepreneurship, or both, and want to strengthen their university personal portfolios, to stand out against other applicants.

HYTE sessions are on Saturdays, 10-11:30AM at the Lions Gate Community Centre from February 3rd, 2024, to June 8th, 2024.

All program and registration details can be found [here](#).

Consent form can be found [here](#).

For more details, please email dibai.yasmin@gmail.com.

[LinkedIn](#) | [Instagram](#) (@hyte.program)

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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