



## February 15<sup>th</sup>, 2024

### Calendar Upcoming

- February 22<sup>nd</sup> – Jazz Band Performance (see below details)
- February 12<sup>th</sup>–16<sup>th</sup> – Sentinel Stage Production
- February 16<sup>th</sup>-19<sup>th</sup> – Reading Break (No school)
- February 28<sup>th</sup> – Pink Shirt Day
- February 29<sup>th</sup> – Collab Day (9:30am start)
- March 6<sup>th</sup> – Let's Talk Shop - Youth Culture (in person at Sentinel)
- March 7<sup>th</sup> – PAC Multi-Cultural Lunch
- March 8<sup>th</sup> – Learning Update #2 Posted
- March 13<sup>th</sup> – Parents as Education and Career Coaches (online)
- March 16<sup>th</sup> – March 26<sup>th</sup> – School Trip to Italy

### **MARCH 16<sup>TH</sup> – April 1<sup>st</sup> SPRING BREAK**

### **OUR SCHOOL**

1. 2024-2025 Course Selection
2. Jazz Band Performance
3. PAC News & Events
4. Grad 2024 Info (Artona photo update)
5. Sentinel's Counselling Department
6. Athletics

### **IN THE COMMUNITY**

#### Upcoming Workshops and Presentations:

- A. **Sentinel PAC presents: PARENT WORKSHOP on TEENS & TECHNOLOGY** – (Online presentation) Tuesday, Feb 27<sup>th</sup>
- B. **Unpacking Youth Culture – Let's Talk Shop** – (In person, at Sentinel) Weds, March 6<sup>th</sup>
- C. **Parent as Education & Career Coaches** (Online presentation) Weds, March 13<sup>th</sup>
- D. **Substance Use Prevention** – (Online presentation) Feb 20<sup>th</sup>, 22<sup>nd</sup> or 28<sup>th</sup>  
(See below for more details)

#### Volunteer opportunities:

- E. **Volunteer with North Shore Highlands Challenger Baseball!**

### 1. 2024-2025 Course Selection

Please find the 2024-2025 Course Selection Presentations for current Grade 8s, 9s, 10s, & 11s [HERE](#).

Students see below deadlines:

- **Grade 9s: (in English 9) - Feb 7<sup>th</sup>/8<sup>th</sup>. Forms due Feb 14<sup>th</sup>/15<sup>th</sup>**
- **Grade 10s: (in Socials 10)-Feb. 12<sup>th</sup>/13<sup>th</sup>. Forms due Feb. 22<sup>nd</sup> (Last names A-LIT) 26<sup>th</sup> (Last names LIU-Z) during FIT.**
- **Grade 11s: (FIT) Feb. 15<sup>th</sup>. Forms due March 4<sup>th</sup>/5<sup>th</sup> in English 11 classes.**

## 2. Jazz Band Performance

**Thursday, February 22nd** – Jazz Café, Vol. 2 featuring Jazz A Band, Jazz B Band, and RnB Band  
7:00 PM – Sentinel Library

*Admission is by Donation*

For further information please contact Mr. Zoltan Virag at [zvirag@wvschools.ca](mailto:zvirag@wvschools.ca)

## 3. 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, March 14th at 9am in the school Library Mezzanine level. Please find the agenda in our next bulletin.

**MULTICULTURAL LUNCH (MCL) 2024 – TABLE COORDINATORS NEEDED!** Our largest fundraiser of the year, the Multicultural Lunch, will be held on Thursday, March 7th! Persian, Norwegian, French, Korean, Chinese, Indian, Japanese, Ukrainian, are just some examples of foods from last year. For this event, we need parents to volunteer to lead each “CULTURAL” table. Contact Melanie Miao, [melaniemiao99@gmail.com](mailto:melaniemiao99@gmail.com) to volunteer to lead a table.

**VALENTINE’S DAY STAFF TREATS** – A big thank-you to the Grade 8 & 10 parents who baked and donated to this event. PAC did a great job of creating individual boxes with a variety of goodies for all the teachers & staff. See pic.

**Sentinel PAC presents: PARENT WORKSHOP on TEENS & TECHNOLOGY** – (Online presentation) Tuesday, Feb 27th at 7pm. See bottom **Upcoming Workshops & Presentations**.

### **PAC COMMUNITY LIAISONS:**

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

**Korean Community:** Diane Shoar  
[frauen@naver.com](mailto:frauen@naver.com)

**Chinese Community:** Melanie Miao  
[melaniemiao99@gmail.com](mailto:melaniemiao99@gmail.com)

**Persian Community:** Farzaneh Bamani  
[farzaneh.bm@gmail.com](mailto:farzaneh.bm@gmail.com)



If you have any questions or would like to volunteer for PAC, please contact Nora Gambioli at [sepac@wvschools.ca](mailto:sepac@wvschools.ca)

## **4. Grad 2024 Information**

### **Grad Photo's**

**Artona, our school photographer, will be here Wednesday, Feb 21<sup>st</sup> between 1:00pm-3pm in room 323. This is for Grads who have NOT had a Grad photo taken. There is NO CHARGE for this sitting** - these photos are just to ensure ALL Grads will be pictured in our yearbook and on the Grad composite which is inserted into the Grad Diploma. **New international students are welcome to have their photo taken at this time too!**

ANY Grads who want to ORDER Grad photos will have to book at the Artona Vancouver Studio (604-872-7272) and pay the \$60 sitting fee which goes toward the purchase of photos.

### **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](#)

## **5. 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](mailto:lulinder@wvschools.ca)

**Jennifer Murray (last names G-LIT)** [jmurray@wvschools.ca](mailto:jmurray@wvschools.ca)

**Stefan Huskison (last names LIU-SAM)** [shuskilson@wvschools.ca](mailto:shuskilson@wvschools.ca)

**Alex Thureau (last names SAN-Z)** [athureau@wvschools.ca](mailto:athureau@wvschools.ca)

For more information from our counselling team please visit:

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

## **6. Athletics**

Spring is quickly approaching, and we are on the hunt for tennis coaches. If you are interested in coaching tennis this year, or know a parent or other who might be interested in coaching this year or happen to have Serena Williams or Novak Djokovic in your phone contacts please reach out to [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca)

If you have any questions regarding Athletics, please reach out to Todd McGowan or Brooks McNiven, our Sentinel Athletic Directors [sentinelathletics@wvschools.ca](mailto: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.

## **IN THE COMMUNITY: Upcoming Workshops & Presentations:**

**A. Sentinel PAC presents: PARENT WORKSHOP on TEENS & TECHNOLOGY – (Online presentation) Tuesday, Feb 27th at 7pm**

This workshop is designed to help parents better understand how their teens use devices and give parents tips and tools they can use to minimize negative experiences for their teens and maximize the positive opportunities that technology offers. Screen media overuse and screen addiction will also be discussed. The workshop series is generously sponsored by Westcoast Family Centres.

**For contractual reasons, slides or recordings will NOT be available, so don't miss this opportunity! Pre-registration is not required.**

**Join on your computer, mobile app or room device:**

To join the event, please click the link below:

**Microsoft Teams Meeting**

<https://www.microsoft.com/en-ca/microsoft-teams/join-a-meeting?rtc=1>

Meeting ID: 263 947 068 976

Passcode: oJTrDj

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#) | [Download Teams](#)

For further information, please contact Diane Shoar at [frauen@naver.com](mailto:frauen@naver.com)

**B. Unpacking Youth Culture – Let's Talk Shop – (In person, at Sentinel) Weds, March 6<sup>th</sup>**

From 6pm-8:30pm. Join us for this FREE workshop and hear North Shore Youth share their experiences with peer pressure, mental health, drugs & more. Sign up through Eventbrite

<https://sentinel-LTS2024.eventbrite.com> Flyer [HERE](#).

**C. Parent as Education & Career Coaches (Online presentation) Weds, March 13<sup>th</sup>**

**EducationPlannerBC** and **SD 45 West Vancouver** invite parents, families, and student supporters to join our virtual workshop: **Parents as Education and Career Coaches (PECC) on Wednesday March 13, 2024**, from **6:30pm to 8pm**. See Flyer [HERE](#).

Learn how you can support your student in planning for their future. The information will be especially helpful for families with students in Grades 10-12.

The session is engaging and informative, and includes a website tour followed by a Q&A.

Topics include:

- B.C.'s post-secondary education landscape, including institutions and credentials
- Program and admission requirements, and application dates
- Costs of post-secondary and options for financial aid
- Career exploration resources, including **Find Your Path**
- Using new tools such as **My List** to save and compare programs
- Applying for admission through EducationPlannerBC.ca

Hosted on MS Teams webinar. Registration is required.

Register using [the link here](#).

For more information: [support@educationplannerbc.ca](mailto:support@educationplannerbc.ca)

Contact: [LAlldred@wvschools.ca](mailto:LAlldred@wvschools.ca)

**D. Substance Use Prevention – (Online presentation for parents) Feb 20<sup>th</sup>, 22<sup>nd</sup> or 28<sup>th</sup>**

See poster [HERE](#).

## **Volunteer Opportunities**

**E. Volunteer with North Shore Highlands Challenger Baseball!**

The Highlands Little League Challenger Baseball Division is seeking volunteers > 13 years of age to help fill the role of "Buddy" for our upcoming 2024 season. This is a fantastic opportunity for anyone seeking a fun, rewarding experience working with youth and adults with disabilities, in an outdoor sports setting! More info [HERE](#).

**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 & X.***

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

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