



February 1st, 2024

Calendar Upcoming

February 3rd & 22nd – Jazz Band Performance (see below details)
February 6th – AP Information Night (7pm newly scheduled date)
February 15th – PAC Meeting (9:00am start)
February 12th–16th – Sentinel Stage Production
February 14th – PAC Valentine’s Treats (for teachers & staff)
February 16th-19th – Reading Break (No school)
February 28th – Pink Shirt Day
February 29th – Collab Day (9:30am start)
March 7th – PAC Multi-Cultural Lunch
March 8th – Learning Update #2 Posted

MARCH 16TH – April 1st SPRING BREAK

OUR SCHOOL

1. Course Selection Presentations
2. Jazz Band Performances
3. AP Info Night
4. PAC News & Events
5. Sentinel Stage Presents
6. Canadian Computing Competition
7. 2023-2024 Yearbooks
8. Student Truth & Reconciliation Council Fundraiser
9. Grad 2024 Info
10. Sentinel’s Counselling Department
11. Athletics
12. Premier Academies Registration
13. Outdoor Recreation Program

IN THE COMMUNITY

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

1. 2024-2025 Course Selection Presentations

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

2. Jazz Band Performances

Saturday, February 3rd – Jazz A Band participates in the North Vancouver School District Jazz Festival. 8:15 AM to 4:00 PM at Carson Graham Secondary.

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

3. 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.

4. 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 15th 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 Gem Chu gemchuchu@gmail.com with any questions.

MULTICULTURAL LUNCH (MCL) – TABLE COORDINATORS NEEDED! Our popular

Multicultural Lunch 2024 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 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

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:

- wooden toy sword
- wooden stools
- 'Olden days' jug - preferably ceramic

Costume's Department piece – Requesting Scottish Tartan items (no clan in particular, it could even be Canadian provincial tartan like Nova Scotia) - ideally, sashes, tams, ties etc.

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. 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

7. 2023-2024 Yearbooks

We have extended the deadline to buy 2023/2024 yearbooks!

Yearbooks are once again available on [SCHOOL CASH ONLINE](#). They will remain up until **Friday February 9th**, so don't miss your chance!

8. Student Truth & Reconciliation Council

The Student Truth & Reconciliation council is excited to announce their fundraiser dedicated to raising awareness and support for Indigenous mental health initiatives. They are supporting the Urban Native Youth Association (UNYA), empowering Indigenous youth since 1988 by offering a safe space for discovery & connection within the urban setting. To directly support UNYA (<https://unya.bc.ca/>), donate through your SchoolCashOnline account. Your generosity will make a significant impact, fostering resilience and inspiring the next generation of leaders. For any inquiries, please contact oliviam595@edu.sd45.bc.ca. Thank you for your contributions to this cause!

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

If you have any questions regarding Athletics, please reach out to Todd McGowan 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.

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. Outdoor Recreation Program



If you enjoy camping, kayaking, sailing, skiing, and playing outside, the Outdoor Recreation Program is an exciting way for you to earn your PHE 9-12 credit! For more information, please visit:

[Outdoor Recreation Program](#) or contact dlambie@wvschools.ca or bhammett@wvschools.ca

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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