



February 22nd, 2024

Calendar Upcoming

February 28th – Pink Shirt Day

February 29th – Collab Day (9:30am start)

March 6th – Let's Talk Shop - Youth Culture (in person at Sentinel)

March 7th – PAC Multi-Cultural Lunch

March 8th – Learning Update #2 Posted

March 13th – Parents as Education and Career Coaches (online)

March 14th – 2nd Annual Spring Fling (Grade 8,9,10)

March 16th – March 26th – School Trip to Italy

MARCH 16TH – April 1ST SPRING BREAK

OUR SCHOOL

1. Let's Talk Shop event
2. Ministry of Education 2024 Learning Survey
3. 2024-2025 Course Selection
4. Pink Shirt Day
5. PAC News & Events
6. Grad 2024 Info
7. Sentinel's Counselling Department
8. Athletics

IN THE COMMUNITY

Upcoming Workshops and Presentations: (see bottom for details)

A. Sentinel PAC presents: PARENT WORKSHOP on TEENS & TECHNOLOGY – (online presentation) Tuesday, Feb 27th

B. DPAC Event (online event) Thurs., March 7th 7pm-8:30pm

C. Parent as Education & Career Coaches (online presentation) Weds, March 13th

D. Substance Use Prevention – (online presentation) Feb 20th, 22nd or 28th

Volunteer opportunities:

E. Volunteer with North Shore Highlands Challenger Baseball!

1. Let's Talk Shop - Unpacking Youth Culture This is an IN-PERSON event at Sentinel. March 6th 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](#).

[2. Ministry of Education 2024 Student Learning Survey - Gr 10 & 12](#)

Parents

The **Student Learning Survey 2024** is to be completed by May 3rd, 2024. The Provincial Student Learning Survey gathers information on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective. It will be administered to students in Grades 10 and 12, their parents/guardians/caregivers, and all school staff. The surveys contain standard questions for the province. It is simple, secure, and can be accessed by selecting the school district and school name where your child attends school.

Go to www.bced.gov.bc.ca/sat_survey/access.htm

Under the section *Direct Access – no logon number required* select:

- District: the name of your child's district - #45
- School: the name of your child's school – Ecole Sentinel Secondary
- Language: the language of your choice

Thank you for your time in completing this survey!

[3. 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 10s: (in Social Studies 10)-Feb. 12th/13th. Forms due Feb. 22nd (Last names A-LIT) 26th (Last names LIU-Z) during FIT.**
- **Grade 11s: (FIT) Feb. 15th. Forms due March 4th/5th in English 11 classes.**

[4. Pink Shirt Day is Wednesday Feb 28th:](#)

- Next Wednesday is **Pink Shirt Day!**
- Please have your child(ren) wear **PINK** on **Wednesday the 28th** to show that they pledge to help stop bullying and, in general, just to be kind
- A question to think about and discuss in your families:
How can kind words and small actions have meaningful impacts in our communities, all year long?

#LiftEachOtherUp

For more info see: <https://www.pinkshirtday.ca/>

Also, if you purchased a t-shirt(s) for your child or children – then it will be available from their 1-1 teacher on Tuesday February 27th!

[5. 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.

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 to volunteer to lead a table.

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

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

6. Grad 2024 Information

Scholarships 2024

The West Vancouver Foundation 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](#)



7. 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/>

8. Athletics

Sentinel Tennis Meeting

Any students from Grade 8-12 who are interested in playing for the school Tennis team this year, there will be a meeting on Monday, Feb 26 at lunch in the weight room.

Sentinel Girls Soccer

Any girls in Grade 8-12 who are interested in playing for the Sentinel Jr or Sr soccer teams, there will be a meeting on Wednesday Feb 28th at lunch in the weight room

Sentinel BADMINTON Extra-Curricular Teams:

For those who have children interested in playing on either the Sentinel JR or SR Badminton Teams this year, please be aware:

Sign up sheets will be posted March 1st outside Room 254 for each team

If you have questions – email Ms. Lara Winstone at lwinstone@wvschools.ca or your child(ren) can see her mornings in Rm 254

Badminton Tryouts will be:

- JR Tryouts – Mon March 11th – Main Gym, 3pm start
- SR Tryouts – Tues March 12th – Main Gym, 3pm start

GOLF TEAM Sign-up & Info LUNCH Meeting will be on Monday March 4th :

- If you have a child(ren) interested in being on the **Sentinel GOLF TEAM**, this Spring then you must come to this mandatory meeting at lunch!
- **Starts at 1 pm in Rm 254 on Monday March 4th**

If you have questions, prior to the meeting you can come see Coach Winstone in Rm 254 or send an email to lwinstone@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

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

B. West Vancouver Schools DPAC event. An evening with Diana Divecha PHD. We are all connected: How Families can Support Children's K-12 Peer Relationships. **See flyer [HERE](#).**

C. Parent as Education & Career Coaches (Online presentation) Weds, March 13th

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
Contact: LAlldred@wvschools.ca

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

Attendance related: sentinelattendance@wvschools.ca

MyEducation help: 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](#)