



Thursday, May 16th, 2024

Calendar Upcoming

May 17th – PD Day (no school)

May 20th – Victoria Day (no school)

May 23rd & 24th – Banquet Table Selection (12:55pm-1:40pm)

May 23rd – Conversation about ADHD (7pm Sentinel Library)

May 30th – Collab Day (9:30am start)

May 31st – Grad Carnival

June 15th – Grad 2024 Commencement (1pm-4pm)

June 22nd – Grad 2024 Banquet (5pm-10:30pm)

[*New Block Rotation Schedule May 13th – June 24th](#)

OUR SCHOOL

- 1. Grad 2024 Info – June events**
- 2. Sentinel's Counselling Department**
- 3. Conversation about ADHD**
- 4. Adult 101: Personal Finance for Students**
- 5. PAC News & Events – Use "YOUR Power" week**
- 6. 2025 Spring Break Trip Spain/Portugal**
- 7. 2025 Spring Break Trip Britain**
- 8. Athletics – 2024/2025 Coach Information Event**
- 9. Homestay Families Needed**
- 10. WVS 2024 Summer Learning**

In the Community – see bottom for more details

- **West Vancouver Basketball Club Summer Camps**
- **First Annual Forum on Physical, Mental, Spiritual Health - May 28th and June 1st and 2nd.** Events on Sunday, June 2nd will be hosted at Sentinel Secondary. All events are free, but pre-registration is required. Volunteer Info **[HERE](#)**
- **TRAFFIC UPDATES** - For all local traffic updates see the West Vancouver city website: **<https://westvancouver.ca/services/transportation/traffic-updates>**

1. Grad 2024 Information

June Graduation Events

Please find a detailed Grad 2024 Newsletter for the below Grad Events [HERE](#):

Grad 2024 Commencement

DATE: Saturday, June 15th

WHEN: 1pm-4pm (Grads to arrive at noon)

WHERE: The Centre/West Side Church, 777 Homer St.

COST: Tickets are 20\$ each, free seating.

Grad 2024 Banquet

DATE: Saturday, June 22nd

WHEN: 5pm-10:30pm

WHERE: The Vancouver Convention Centre, 1055 Canada Place.

COST: Ticket cost \$135 (2024 Sentinel Grads) \$155 (Guests)

Banquet dinner - 10 guests per table (pick up a Guest Form in Office). Purchase tickets in advance of Table selection. Table selection is in the Main Office Thursday May 23rd & Friday, May 24th from 12:55pm - 1:40pm.

Commencement and Banquet tickets are available for purchase on SCO

<https://www.schoolcashionline.com/>

Grad Carnival

Friday, May 31st - All Grads are invited for a BBQ lunch and activities from 12:55pm-3pm at Sentinel. Make sure to join in on the fun at this relaxed & casual event with your fellow Grads.

We are seeking Grad 12 parent volunteers to help with lunch. Please sign up here: [Volunteer Sign-up](#)

2. 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

3. Conversation about ADHD

Join Kate Drew, parent, former Sentinel Counsellor, and current counsellor in private practice, for a conversation about teens and ADHD. We will discuss:

- ADHD symptoms, diagnosis, treatment
- the concept of "neurodiversity"
- what it's like to have ADHD as a teen
- how to help your teen find greater success at school
- ways to reduce conflict at home
- ways to strengthen your relationship with your teen

May 23rd at 7pm in the Sentinel Library. Please sign up here: [ADHD Event at Sentinel](#)

See poster [HERE](#).

[4. Adult 101: Personal Finance for Students Preparing for College and University](#)

Gustavson School of Business at UVic. I trust your academic year is progressing smoothly. Dr. Michael King will facilitate this interactive session, aimed at bolstering students' financial readiness for university life. The workshop promises a glimpse into Gustavson's approach to finance, delivered in an enjoyable and engaging manner. Students in grades 9 to 12 and parents are encouraged to attend.

We are offering two sessions:

- Monday, May 27th from 6 pm to 7:30 pm (90 minutes)
- Tuesday, May 28th from 10 am to 11 am (60 minutes)

More information and registration for your preferred session [HERE](#).

[5. Parent Advisory Committee \(PAC\) News & Events](#)

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

[Use Your POWER](#)

Get ready for the "[Use YOUR Power](#)" initiative, starting from May 27th to June 7th! For two weeks, we're focusing on reducing traffic around our school by promoting biking, walking, and using alternative drop-off spots instead of the school grounds during the busy morning hours.

We need parent and student volunteers every morning to help distribute raffle tickets at the alternative drop-off spots. Each ticket gives our students a chance to win a \$15 gift card daily. Student volunteers will receive one volunteer hour for each volunteer session, and parent volunteers will receive a chance to put their child's name in the raffle.

Let's Use OUR Power for good!

[Sign up for Volunteering](#)

<https://chouseisan.com/s?h=fdfe66870a2f4b0ca5ec80e36ba24ef9>

MAP for Volunteers [HERE](#)

DO NOT miss our final workshop: **Developing Resilient Teens on Tue May 28th at 7pm. See Poster [HERE](#).** Research shows that the key factors that determine success in school and in life are grit, persistence, growth mindset, and resilience. In this workshop we will learn how to help our teens bounce back from setbacks, adapt to change, better handle stress, and overcome obstacles. To join the workshop, please click the following link:

Microsoft Teams

[Join the meeting now](#)

Meeting ID: [217 502 303 89](#)

Passcode: TXvEya

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

Volunteer for PAC!

We always need new PAC volunteers, and we need parents who will help next year too! Please contact Nora Gambioli at sepac@wvschools.ca

[6. 2025 Spring Break Trip in Spain & Portugal!](#)

Sentinel is planning an amazing trip to one of the most beautiful and historic places in the world. Tour gorgeous villages, eat amazing food, see stunning architecture, and relax on some of the finest beaches on earth! Space is limited on this trip to one of the world's most desirable holiday destinations. Priority goes to the Class of 2025. Pay attention to updates and see Mr. Griffiths or Mr. Obeck to express your interest!

[7. 2025 Spring Break Trip: Keep Calm & Come to Britain!](#)

The Performing Arts Department is planning a trip to Britain for Spring Break 2025! Spend time with Harry Potter, at Downton Abbey, and, of course, see a few of London's spectacular West End shows! Please email Mrs. McGuinness-Gill at mmcguinnessgill@wvschools.ca to be added to the Google Classroom. *NB. Priority will be given to current & returning performing arts students in next year's Grades 9-12 classes.*

[8. Athletics – Coaching Information Event](#)

Calling out all potential coaches (and Assistant coaches)! We are seeking coaches for our 2024/2025 Sentinel Teams. Interested in finding out more? **Please come to our coaching information evening on Thursday, June 6th at 7pm in the Sentinel Library.** We will provide light snacks and beverages at this event. More details here: [Coach Information Event](#)
If you have any questions regarding Athletics, please reach out to Todd McGowan or Brooks McNiven, our Sentinel Athletic Directors sentinelathletics@wvschools.ca
Follow [@sentinelathletics](#) on Instagram for up-to-date information and other exciting Athletics content.

[9. Homestay Families Needed](#)

Every year, the West Vancouver School District welcomes students from around the world to live and study in our vibrant community. We strive to place secondary school international students with families who live in West Vancouver to support each student's integration into the school and wider community.

Share your home and your heart.

1. Full-service homestay team support
2. \$28,000* in reimbursements
3. Single placements and 5-month students available

*Based on two international student both hosted from September to June.

If you are interested in hosting an international student, please reach out to our Homestay Coordinators at homestay@wvschools.ca. More information about the homestay program is available on our website at <https://westvancouver.schools.ca/international/>.

[10. 2024 Summer Learning with West Vancouver Schools](#)

Summer Learning registration is now open. For more information, please refer to the Summer Learning information flyers ([secondary](#)) or the [Summer Learning Website](#).

[In the Community](#)

- A. **West Vancouver Basketball Club Summer Camps:** WVBC will be offering 4 weeks of camps beginning July 8 for players in Grades 2-10. All camps will be held at WVSS and will be led by former Canadian Men's National Team player and WVS Teacher/ Basketball Academy Head Coach Greg Meldrum. Many camps sold out

last summer so don't wait too long to sign up. To view the full schedule of camps and to register, please go to www.wvbc.ca

B. First Annual Forum on Physical, Mental, Spiritual Health - May 28th and June 1st and 2nd.

- **“Walk with your Doc”** at Park Royal June 1st - for info and registration click [HERE](#)
- **“Getting Youth Active in a Digital World”** at Sentinel June 2nd – for info and registration click [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.

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