



Thursday, May 9th, 2024

Calendar Upcoming

May 6th – May 17th – AP Exams

May 17th – PD Day (no school)

May 20th – Victoria Day (no school)

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

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. **Course Request Verification Grades 8 thru 11**
3. **Sentinel’s Counselling Department**
4. **Conversation about ADHD**
5. **Adult 101: Personal Finance for Students**
6. **PAC News & Events**
7. **Athletics**
8. **Vaping Information**
9. **Homestay Families Needed**
10. **WVS 2024 Summer Learning**

In the Community

- Please join us for a discussion with author, educator, **Olympian**, and advocate **Valerie Jerome**. Wednesday, May 22nd at 7:30 pm Kay Meek Theatre. Your complimentary tickets can be reserved here <https://kaymeek.com/events/valerie-0522>
- **“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](#).
- **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.schoolcashonline.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](#)

Scholarships 2024

All completed scholarship applications have now been submitted. Once the applications are reviewed and recipients are chosen, the scholarships, bursaries & awards will be presented to the selected students at Commencement on June 15th.

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 10s to 12s to add it to their google calendar. [Post-Secondary Events Calendar](#)

2. Course Request Verification Process – Grade 8 thru 11

Students can meet with their counsellors to review their course requests. A Google form is available on the Grad Google classrooms to make any changes. The deadline for submission has been extended to Friday, May 9th.

3. 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

4. Conversation about ADHD

Join Kate Drew, parent, former Sentinel Counsellor, and current counsellor in private practice, for a conversation about teens and ADHD. **May 23rd at 7pm in the Sentinel Library.** See poster [HERE](#).

5. 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](#).

6. Parent Advisory Committee (PAC) News & Events

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

Upcoming Workshops on Parenting Teens FLYER: Last in the series: “Developing Resilience in Teens”. Dealing with challenges and setbacks; developing grit and tenacity; and developing an optimistic mindset.

Sentinel Traffic!! Help us improve traffic around the school:

It's springtime, please encourage your teenager(s) to walk, ride, roll or take the bus to school! If you must drive, *don't drop off at the front of the school*; use one of the safe locations indicated on this [MAP](#)

Use **YOUR Power - May 27-June 7** - students and PAC will work to increase the number of students who get to school using their own "power"!

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

7. Athletics

Congratulations to both the **Junior and Senior BADMINTON Teams** who each won the North Shore Championships. This is quite a feat to have double winners in the same school year, although Sentinel's Badminton program is strong – so it is not surprising!

Congratulations to all players and longtime community coach Andrew Lee; we are very proud. AND ... come cheer on our Senior Badminton Team – as they host the Vancouver Sea to Sky ZONES next Wed May 15th from 4 pm to 9 pm in Sentinel's main gym!

Also, good luck to **Sentinel's GOLF TEAM** who will compete in the North Shore Championship next Monday May 13th at Blue Ocean at Sechelt.

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.

8. Vaping Information

Vaping has continued to decline in our schools, and we are committed to ensuring school environments are tobacco and vape free. However, we know that vaping still occurs. In addition to ongoing student education, our schools regularly monitor and supervise all school spaces and post visuals in our schools, reminding students that our facilities are vape free.

One of the ways we would like to support our families and youth in learning more about vaping is partnering with Foundry for an upcoming series entitled “Youth & Vaping – Information, Considerations & Impacts” on June 12th at Rockridge Secondary.

This evening event will be led by keynote speakers: Lindsay MacDonald and Lauren Wilkinson, both of whom have extensive knowledge surrounding the world of youth and vaping. Topics to be discussed will include:

- Youth vaping rates
- Stats
- Products
- Industry influence
- Health impacts including addiction
- local supports for youth.

Registration for this event will come out in mid May.

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](#).

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](#)