



Thursday, February 20<sup>th</sup>, 2025

**CALENDAR UPCOMING**

February 26 <sup>th</sup>	Pink Shirt Day
February 27 <sup>th</sup>	Collaboration Day (9:30AM Start)
February 24 <sup>th</sup> – 28 <sup>th</sup>	Sentinel Stage Production at Kay Meek
March 6 <sup>th</sup>	PAC's Multi-Cultural Lunch
March 7 <sup>th</sup>	Learning Update #2 posted to MyEd
March 15 <sup>th</sup> – 30 <sup>th</sup>	Spring Break – School Closed
April 7 <sup>th</sup> – 11 <sup>th</sup>	Grad Assessments

1. Sentinel Stage presents “The Little Mermaid” *poster at bottom*
2. Pink Shirt Day
3. Student Learning Update # 2
4. Upcoming Math Contests
5. 2025 Student Learning Survey
6. School Fees Due
7. Grad 2025 - \*Updated Info
8. Sentinel PAC News - Multicultural lunch!
9. Sentinel Athletics - Golf Team sign-up
10. 2025/2026 District Program Information
11. Helpful Info & Contacts
  - Substance Use Prevention Sessions
  - Calendar & Block Rotation Schedule Jan 6<sup>th</sup> – Feb 28<sup>th</sup>
  - Counselling Staff
  - Sentinel Clubs 2024-2025
  - Change of Address etc.
  - In the Community Link
  - Contact Us

**1. The Little Mermaid Tickets on sale!**

Tickets for Sentinel Stage's production of The Little Mermaid are on sale NOW. The show runs from Feb 24<sup>th</sup>-28<sup>th</sup> at the Kay Meek Theatre on Mathers next to WVSS. Not to be missed!! Tickets are now on sale online at [www.sentinelstage.ca](http://www.sentinelstage.ca) or through any cast, crew, or orchestra member. \$15 in advance or \$20 at the door... That's 25% off if you buy tix in advance! See *bottom for poster.*

## **2. Pink Shirt Day is Wednesday, February 26th, 2025**

Don't forget ... Wed Feb 26th is PINK SHIRT DAY! Please wear PINK to show your support & pledge to BE KIND and stop bullying when they see it.

- We can all do our part in small ways that will make a BIG DIFFERENCE!
- #LetKindnessGrow
- Thanks everyone! Go Spartans Go!

If you ordered a shirt on SCO for Pink Shirt Day, it will be delivered to students by Friday Feb 22nd in their (1-1) class.

For more info see:

<https://www.pinkshirtday.ca/>

## **3. Student Learning Update #2 posted to MyEd – Friday, March 7th, 2025**

Parents will be able to access Student Learning Updates #2 on the MyEd family portal Friday, March 7th at the end of the school day. Family Portal Important Notes:

Log In Before March 7th, 2025 - Please be sure to logon to your MyEd Family Portal account so that you can access upcoming learning updates and other published reports. This will ensure you will be able to see your child's learning update when it is posted.

- **Family Portal Link:** <https://www.myeducation.gov.bc.ca/aspen/logon.do>
- [Logging-In Quick Guide](#)
- [MyED BC Parent Portal Tutorial](#) – video tutorial
- Username/Password/Recovery – Please record your username and password. Furthermore, confirm you have set up your 'password recovery' function to allow you to reset your own password.
  - [Password Recovery Guide](#)
  - **Video -\_Log In/Password Recovery How to Video**

If you need support with your family portal account, please email us at

[sentinelportalhelp@wvschools.ca](mailto:sentinelportalhelp@wvschools.ca)

## **4. Upcoming Math Contests**

The Math department is opening registration for the Fryer (grade 9), Galois (grade 10), Hypatia (grade 11), and Euclid (grade 12) Math contests. These are the final contests offered this school year for students from grade 9 to 12 and perspective University of Waterloo students are encouraged to participate. The cost for registration is \$10 for the Fryer, Galois, and Hypatia contests, and \$15 for the Euclid. **Registration closes Friday, February 28th.** Late registrations may not be accepted. Interested students can see Mr. Ma in room 257 to be registered.

The Sentinel Math department will be offering a **workshop for the Pascal, Cayley, and Fermat contest during lunch on Tuesday, February 25<sup>th</sup>, in room 257.** This workshop is intended for students looking to learn about the format and rules for the contest, and to learn some tips for success from some of our experienced contest writers. We hope to see you there!

## **5. 2025 Student Learning Survey (SLS)**

**Attention Parents of Grade 10s, 11s, & 12s: The 2025 Student Learning Survey is now available to complete online** - Go to [www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm) to complete. No logon information is needed. For District, select "45 West Vancouver" and for School - select "Sentinel" The survey will take approximately 30 minutes to complete. This survey provides feedback on the implementation of the curriculum changes, learning environment, student wellness and satisfaction, student belonging and engagement, and career preparation. Your responses are voluntary and anonymous, and your child will not be identified. Any personal or identifying

information will be deleted before results are saved. Our grade 10,11 12 students will complete the survey in their English classes before March break. Please reach out to Ms. Tanfara if you have any questions [ctanfara@wvschools.ca](mailto:ctanfara@wvschools.ca)

## **6. School Fees Due**

School fees are now due and must be paid online through School Cash Online. If you have any questions regarding school cash online or school fee payments, please contact our Accountant, Ms. Allison Carruthers, at [acarruthers@wvschools.ca](mailto:acarruthers@wvschools.ca).

The School Cash Online link is: <https://westvancouver.schoolcashionline.com>

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## **7. Grad 2025 Updated Info**

**Please check here for upcoming “To Do’s” and the latest information for the Grad Class of 2025!**

**GRAD GOWNS must be ordered.** Grad Gowns must be ordered ASAP. The Cap & Gown will be yours to keep and are required for Graduation ceremonies. Complete your order here: [FORM](#)  
Please use your legal First and Last name. Questions? Email Ms. Tanfara [ctanfara@wvschools.ca](mailto:ctanfara@wvschools.ca)

**LEGAL NAMES FOR CERTIFICATES:** Please be advised that we will be using your Legal First & Last Name as it appears in MyEd for any Grad Certificates, Bilingual Diplomas etc. which you will receive at Commencement. This will match your name on your Diploma and Final BC Ministry Transcript. IF you want your Given Name used instead, please reach out to Ms. Janda [kjanda@wvschools.ca](mailto:kjanda@wvschools.ca)

### **2025 GRAD EVENT DATES:**

**Commencement Ceremony**  
Saturday, June 14th, 2025  
1pm - 4pm (approx. 3 hours)  
The Centre/Westside Church  
777 Homer Street, Vancouver

**Graduation Banquet & Dance**  
Saturday, June 21st, 2025  
5pm – 10:30pm  
Vancouver Convention Centre  
West Ballroom C & D  
1055 Canada Place, Vancouver

Coming in April! More detailed info regarding the above events in our **2025 June Grad Event Newsletter**.

Family Services Northshore present “**The Grad Shop**” open in April at Capilano Mall. Please see details [HERE](#).

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## **8. Sentinel PAC News**

### **MULTI-CULTURAL LUNCH - March 6th!**

Our famous PAC event of the year will showcase food from around the world, and we need parents from every culture to volunteer! In past years we have had Persian, Chinese, Korean, Indian,

French, Japanese and more! If you can be a Table Coordinator, create a new culture/food table or join an existing table team, contact Gem Chu to volunteer [gemchuchu@gmail.com](mailto:gemchuchu@gmail.com)

**To sign up to be part of the MCL please select the Perfect Potluck below.**

[2025 Sentinel MCL-Event Helpers & Tickets Sales - Thurs, March 6](#)

[2025 Sentinel MCL-Baked Goods \(Desserts\) Table Donations - Thurs, March 6](#)

[2025 Sentinel MCL - Drinks Table Donations - Thurs, March 6](#)

### **Join a WhatsApp parent group**

If you are not already on it, contact "your" grade Rep parent to join your Grade Group Chat:

Grade 8 parents = Amy Chen - 604-880-6986

Grade 9 parents = Farzaneh Bamani - 604-340-9995

Grade 10 parents = Chen Tan - 778-317-9617

Grade 11 parents = Echo Wu - 604-363-6889

Grade 12 parents = Gem Chu - 778-251-9139

**LEARNING:** Mindfulness & Burnout Prevention: April 29th, 7pm; Healthy Relationships & Communication: May 27th, 7pm. The workshop series is led by Kristy Ambrose, M.C., RCC, at Westcoast Family Centers. For any inquiries, please reach out to Diane Shoar at

[frauen@naver.com](mailto:frauen@naver.com) To join the workshops, please click [HERE](#)

### **A Note on TRAFFIC**

Please support your teen to walk, cycle, scooter or use public transit to get to and from school each day. If you must drive a vehicle, please park at one of the **26 safe GREEN drop-off spots** in the neighborhood, so that your teen can **walk onto the school grounds**: [School Drop Off Map](#)  
Let's create a safe, sustainable, and pollution-free school!

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## **9. Sentinel Athletics**

**Player Registration Page on the website:** To ensure your student's participation in their chosen sport, a parent/guardian must complete the Registration Form and submit the required sport fees via School Cash Online. Please note that only registered athletes will be eligible to join a team.

Please find the Website registration page here: [REGISTRATION PAGE](#)

If you have any questions regarding Athletics, please email: [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca).

### **Coaches Needed! TRACK & FIELD COACH and ULTIMATE FRISBEE COACHES!**

Sentinel is in need parent volunteers to coach our Track & Field Team and Ultimate Frisbee Teams. Ideally, practices would start before spring break and continue in April & May, possibly into early June. Please contact Mr. McNiven if you are interested at [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca)

### **GOLF TEAM Sign-up & Info LUNCH Meeting will be on Thursday Feb 27<sup>th</sup>!**

- Students interested in being on the Sentinel GOLF TEAM this Spring (2025) must attend this mandatory meeting at lunch!
- Starts at 1:00 pm in Rm 254 on Thursday Feb 27<sup>th</sup>, 2025
- If tryouts are necessary, there will be two opportunities:
  - Thurs March 6<sup>th</sup> – tee time will be arranged at Gleneagles by Ms. W (if necessary)
  - OR Wed March 12<sup>th</sup> – tee time will be arranged at Gleneagles by Ms. W
- Students who play on the Sentinel Golf Team must have their own clubs and will be expected to arrange their own rides to and from the courses (unless a ferry is involved)

If you have questions, prior to the meeting you can come see Coach Winstone in Rm 254 or send her an email to [lwinstone@wvschools.ca](mailto:lwinstone@wvschools.ca)

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## **10. 2025/2026 District Program Information**

- **2025-2026 CARPENTRY: YOUTH TRAIN IN TRADES PROGRAM INFORMATION. Applications OPEN - due Friday March 14th, 2025**

Offered by West Vancouver Schools, this hands-on program is perfect for students passionate about learning practical skills in carpentry and construction. Whether you're exploring a future career or simply gaining a skill that lasts a lifetime, this program delivers. Learn from a Red Seal-certified instructor, earn 16 high school credits, achieve Level 1 Carpentry Training certification, and master essentials like blueprint reading and advanced tool use. Applications are OPEN until March 14, 2025. Learn more [here](#) and apply [here](#), or email [pkashani@wvschools.ca](mailto:pkashani@wvschools.ca)!

- **2025-2026 Outdoor Recreation Program**

Ready to take your Physical and Health Education experience to the next level? The district is offering a PHE Outdoor Recreation program for grades 10-12, with grade 9 students eligible by PHE teacher recommendations. Students in the program will experience many outdoor adventures such as kayaking, sailing, snowshoeing, and skiing, and will participate in multi-day backpacking and kayaking trips. Throughout the year, students will work towards certifications such as Avalanche Safety, Remote First Aid, Belaying, and Paddle Canada (Kayaking). Go to West Vancouver Schools website for more details and application information: West Vancouver Schools Outdoor Recreation Program.

<https://westvancouver.schools.ca/programs/outdoor-recreation>

- **Cybersecurity and Artificial Intelligence**

Cybersecurity and Artificial Intelligence is a hands-on project-based course offered to students in Grades 11 and 12 who attend Rockridge, Sentinel or WVSS. Students learn the theory and apply it to practical projects in the fields of Cybersecurity and Artificial Intelligence. Students have an opportunity to prepare for external certifications in Cybersecurity, Networking, Internet of Things, Programming, CompTIA, and Data Science from Cisco Networking Academy. More details about the course are at

<https://cybersecurityand.ai/> and students can sign up at

<https://westvancouver.schools.ca/programs/cybersecurity-ai/>.

Please email Dr. Mahesh Chugani ([mchugani@wvschools.ca](mailto:mchugani@wvschools.ca)) with any questions.

- **YELL APPLICATIONS OPEN NOW!**

YELL brings engaging entrepreneurs, community shapers and innovative companies together through unforgettable learning experiences that will inspire students and prepare them for the real world. Hosted at WVSS, the YELL program is offered to students entering Grades 11 and 12 from all three high schools in the district. The course is taught by WVSS teacher, Jo-Anne McKee and runs outside the regular timetable with weekly 2.5-hour classes. For more information please contact Jo-Anne McKee at [jmckee@wvschools.ca](mailto:jmckee@wvschools.ca) or visit [www.yellcanada.org/students](http://www.yellcanada.org/students)

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## **11. Helpful info & Contacts**

### **Substance Use Prevention, Part 2: Mental Health & Decision-Making Information Sessions**

In partnership with adolescent clinical psychologist Dr. Hayley Watson from [Open Parachute](#), the ministry will host three, [free virtual sessions](#) for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health challenges. These sessions will build on a [previous presentation](#), which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The previous session is not a pre-requisite for this one.

### **Calendar & Block Rotation**

View the **2024-2025 Calendar “At-a-Glance”** [HERE](#)

For the Day 1 & Day 2 rotations - **See the NEW Block Rotation Calendar Jan 6<sup>th</sup> – Feb 28<sup>th</sup>** (The latest version will always be posted outside the office and on the homepage of our website.)

### **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)

**Rebecca Britten (last names G-LIT)** [rbritten@wvschools.ca](mailto:rbritten@wvschools.ca)

**Stefan Huskilson (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://westvancouver.schools.ca/counselling/>

### **Sentinel Clubs 2024-2025**

Sentinel has over 75 clubs from Aerial Photography to Yarn & Stitch Club. For a look at all the clubs, their meeting days & locations plus their Google Classroom Code to join please see the complete list [HERE](#)

### **Change of Address?**

If there are any changes to address, legal custody, or citizenship status, please upload documentation to support the changes using [this link](#). The changes will not be reflected until the documentation is submitted.

### **In the Community**

**Community Connections & Events** [HERE](#)

### **Our Contacts**

**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](#)

[Sentinel Website & Calendar](#)

**FOLLOW US ON INSTAGRAM & X.**

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

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



**Sentinel Stage Presents**  
A Production of Disney's  
February 24-28, 2025  
Kay Meek Arts Centre  
\$15 presale | \$20 at door  
Purchase tickets at  
[sentinelstage.ca](#) or  
scan QR code below!



**THE  
LITTLE  
MERMAID**

Music by  
**Alan Menken**  
Lyrics by  
**Howard Ashman  
& Glenn Slater**  
Book by  
**Doug Wright**  
Originally Produced By  
**Disney Theatrical  
Productions**

DISNEY'S THE LITTLE MERMAID  
is licensed through special arrangement  
with Music Theatre International (MTI).  
All authorized performance materials are  
also supplied by MTI. [www.mtishows.com](#)  
Based on the Hans Christian  
Andersen story and the Disney film  
produced by Howard Ashman & John  
Musker and written & directed by  
John Musker & Ron Clements.  
Orchestrations by Danny Troob  
Incidental Music & Vocal  
Arrangements by Michael Kosari  
Dance Arrangements by David Case