



Thursday, February 6<sup>th</sup>, 2025

### CALENDAR UPCOMING

February 14 <sup>th</sup>	District Reading Break – School Closed
February 17 <sup>th</sup>	BC Family Day – School Closed
February 27 <sup>th</sup>	Collaboration Day (9:30AM Start)

### Upcoming Events/Items

1. Upcoming Math Contests – register by February 7, 2025
2. Sentinel Stage presents “The Little Mermaid” & Requests for items
3. Canadian Computing Competition – Wednesday February 19, 2025
4. Early Childhood Education Assistant Certificate
5. 2025/2026 District Program Information
6. Substance Use Prevention

### Ongoing Helpful Info

1. School Fees Due
2. Calendar & NEW Block Rotation Schedule Jan 6<sup>th</sup> – Feb 28<sup>th</sup>
3. Sentinel PAC News (see Upcoming Workshop Series)
4. Sentinel Athletics
  - Golf Team Sign Up
5. Sentinel’s Counselling Department
6. Grad 2025 & Post Secondary Info
7. Sentinel Clubs 2024-2025
8. Personal Digital Device Expectations
9. 2024/2025 Yearbooks
10. Annual Student Parking Pass
11. Change of Address etc.
12. Winter Weather
13. In the Community Link [HERE](#)

## UPCOMING EVENTS/ITEMS

### 1. Upcoming Math Contests – Registration closes Feb 7th

The Math department is opening registration for the Pascal (grade 9), Cayley (grade 10), and Fermat (grade 11) Math contests. These contests offered by the University of Waterloo are follow up contests for the popular Gauss contest offered during grade 7 and 8, and perspective University of Waterloo students are encouraged to participate. The cost for registration is \$5 and closes Friday, February 7th. Late registrations may not be accepted. Interested students can see Mr. Ma in room 257 to be registered.

### 2. The Little Mermaid Tickets on Sale & Requests for items

The wait is finally over! You can now purchase tickets for Sentinel Stage's production of The Little Mermaid. 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 them in advance!

**Also, Set & Props items request. Our Theatre company is looking for the following items:**

- Foam – both memory and Styrofoam
- Lots of plastic bottles - 0.5 litre and bottle caps
- Lots of plastic cutlery - white
- Little bell (to ring for service or help)
- Silver serving dome and plates
- Green string or yarn (any shade of green)
- Cork (any shape or size)
- Small trinkets and antiques
- Salt & Pepper shakers (large)
- Recyclable materials – preferably washed out if needed (Eg. Egg cartons; toilet/paper towel rolls; milk jugs (4L);bottle caps (plastic)
- Fabric – blue (any shade)
- Spyglass
- Tuna & Salmon cans – empty & washed

If you have any of these treasures available to share with our production of The Little Mermaid please email Mrs. McGuinness-Gill directly at [mmcguinnessgill@wvschools.ca](mailto:mmcguinnessgill@wvschools.ca).

### 3. Canadian Computing Competition – Wednesday February 19<sup>th</sup>, 2025

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 19<sup>th</sup>** in the afternoon starting at 12 noon and in Periods 1 and 4 (and lunch). 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 7<sup>th</sup> (by paying \$10 to Ms. Winstone), and it is first come, first served so get registered!

For more info go to: <https://cemc.uwaterloo.ca/contests/ccc> . 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/1GT2SweqkG675SYD4NAfz0JyToIPFaVSS/view?usp=sharing>

If you have any questions about the CCC PDF above, please email Ms. Lara Winstone at [lwinstone@wvschools.ca](mailto:lwinstone@wvschools.ca)

#### **4. Early Childhood Education Assistant Certificate: Apply by March 7th**

Offered by North Vancouver School District in partnership with Langara College, and open to West Vancouver School District students entering grade 11 or 12. This program is perfect for students passionate about working with young children and provides the opportunity to learn about child development and apply this knowledge to practical work placements in daycare and/or primary school settings. Learn from a Langara faculty member and those who work in the field, earn 8 high school credits, an Emergency Child Care First Aid and CPR Certificate and have the credentials for paid summer employment. Applications are OPEN until March 7, 2025. Learn more and apply [here](#), or email [kinakin@sd44.ca](mailto:kinakin@sd44.ca). [Click here for the application package](#).

#### **5. 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). When we're not out on exciting trips, we stay local, honing our skills like knot tying, shelter building, teamwork, and compass reading, or playing games. This course is about learning how to recreate responsibly while having fun as you encounter new challenges and explore the natural world. And the best part? No experience is necessary—just bring your enthusiasm and a desire to be outside.

If you're ready to get outside, try new things, and make unforgettable memories, check out the program on the 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 are attending Rockridge, Sentinel or West Van Secondary. 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.

Students can also participate in international competitions such as [CyberPatriot](#), [Desmos Math Art Contest](#), and others. The course aims at helping students prepare a portfolio they can use for university applications.

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 or for more information.

### **Yoga Teacher Training Course:**

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 effectively and safely teach yoga 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](mailto:trandall@wvschools.ca)

### **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 West Vancouver Secondary School, 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. Throughout the program, students learn core concepts of lean entrepreneurship with topics covering design thinking, resiliency training, marketing, financial projections and more! A diverse selection of inspiring entrepreneurs and business leaders will join the class to share their stories and advice to our students. YELL emphasizes the importance of networking, teamwork and mentorship and students will form teams to come up with a business idea that they will need to validate. They will get matched with mentors from the community and work towards the year-end YELL Venture Challenge, where they will present their business idea and learnings. For more information on the YELL program and the advantages for students, please contact Jo-Anne McKee at [jmckee@wvschools.ca](mailto:jmckee@wvschools.ca) or visit [www.yellcanada.org/students](http://www.yellcanada.org/students)

## **6. 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.

## ONGOING HELPFUL INFO:

### 1. 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>

### 2. 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.)

### 3. Sentinel PAC News

\*AUCTION - Call for Donations!\*

The Sentinel PAC is thrilled to announce our upcoming ONLINE AUCTION, a legacy fundraiser for critical upgrades to our Sentinel gym that will compliment the new gym floor installation planned for this summer!

We need your help to make this auction a success! Do you have a community connection to a local business, access to a special experience, or unique skills or services you can donate?

Personal connections are the best way to secure high-value donations, so we’re counting on our Sentinel community.

Here’s how you can help:

- Donate a service, gift card, or product.
- Leverage personal or professional connections to secure big-ticket items, like event tickets, vacation stays, or exclusive experiences.

Reach out to someone in your network—a local business, a friend, or a colleague—who can contribute to our auction. Every connection counts and gets us one step closer to our goal! All it takes is one call or one email.

Send your donations or ideas today to: [yvonnecylau@gmail.com](mailto:yvonnecylau@gmail.com)

Thank you for supporting Sentinel PAC and helping us create a thriving environment for all our students!

### LEARNING:

- **Understanding & Supporting Teen Mental Health: February 4, 7pm**
- **Mindfulness & Burnout Prevention: April 29, 7pm**
- **Healthy Relationships & Communication: May 27, 7pm**

Online Workshops designed for learning and connecting with your teen - you can both participate! Explore powerful strategies to improve connection, manage stress, and create a positive, supportive environment at home.

Each session is packed with practical tools, engaging activities, and real-life skills you can apply right away. Don't miss out—mark your calendar!

The workshop series is led by Kristy Ambrose, M.C., RCC, at Westcoast Family Centres. For any inquiries, please reach out to Diane Shoar at [frauen@naver.com](mailto:frauen@naver.com) To join the workshops, please click [HERE](#)

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

Our most famous PAC event of the year will showcase food from around the world, so we need parents from every culture to volunteer!

In past years we have had Persian, Chinese, Korean, Indian, French, Japanese and more!

If you want to be a Table Coordinator, create a new Culture/food table or join a table, contact Anna Chin at [qinyancn@hotmail.com](mailto:qinyancn@hotmail.com)

### **Grade 9 & 11 Parents/Guardians - Valentines Day Treats!**

As Valentine's Day approaches, we would love to show our amazing teachers/staff just how much we appreciate their dedication and care for our children by giving all 100 of them small dessert gift boxes to make their day extra sweet. (This year we plan to buy the ready-made desserts so that parents involved in Multicultural Lunch don't get too worn out with cooking!)

To help make this possible, we kindly invite families to contribute if they are able. Any amount—big or small—will go a long way in expressing our gratitude. Contributions are entirely voluntary, and this is the last year for Gr. 11 parents to contribute in this sweet way.

If you'd like to donate, please e-transfer to [sentinelPAC@gmail.com](mailto:sentinelPAC@gmail.com) or cash/cheque at the office payable to "Sentinel PAC" (please seal in an envelope and mark "Valentine Day gift box).

Thank you for your support in making this Valentine's Day extra special for our wonderful teachers and school staff!

### **Join WhatsApp parent Chat**

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

### **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!

We acknowledge that morning traffic is a challenge. We would also like to remind you that the end of the day can be difficult to navigate as people wait to pick up their child. Please be kind and courteous as you navigate the parking lot at the end of the day. Please ensure you available to

move your car if needed. We have many staff that participate in after school activities such as coaching and district meetings that need to be able to exit the parking lot.

Thank you for your consideration!

#### **4. 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 below:

[REGISTRATION PAGE](#)

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

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

- If your child(ren) are interested in being on the Sentinel GOLF TEAM this Spring (2025) then they (the students) must come to 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)

#### **5. 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/>

#### **6. Grad 2025 & Post Secondary Info**

We will be keeping you informed of the latest updates here in the Bulletin...please click on link to see Grad 2025 info: [Sentinel Grad 2025 September Bulletin](#)

**A. Post Secondary Google Calendar:**

[PSI Events Calendar](#)

**B. BC Post Secondary**

[BC Post Secondary Calendar](#)

**C. Grade 12 Parent Night Presentation:**

[G12 Parent Info Session](#)

**D. UBC Information Session**

[pre-recorded](#)

## **7. 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](#)

## **8. Personal Digital Device Expectations**

West Vancouver Schools and Personal Digital Device (PDD) expectations. Thanks to the collective efforts of our students, families, and staff on implementing these expectations. We've seen a significant improvement in how digital devices are used in our schools. Please see [HERE](#) for more information.

## **9. 2024/2025 Yearbooks**

Don't miss out—**this is your last chance to [order](#) the 2024/2025 YEARBOOK!** Sales close at the end of January, so secure your copy today. Yearbooks will be distributed in June, ensuring your child can take home a keepsake filled with cherished memories from the year, before heading into summer.

[Order your copy of the 2025 YEARBOOK here through School Cash Online.](#)

## **10. Annual Student Parking Pass**

For those students parking at the school, please purchase a student's parking pass (\$25, *for extra car registered* +\$10) using School Cash Online and bring the receipt to the Main Office. If you need assistance with [SchoolCash Online](#) please email our Accountant, Allison Carruthers at [acarruthers@wvschools.ca](mailto:acarruthers@wvschools.ca)

## **11. 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.

## **12. Winter Weather**

With the temps dropping and possible winter conditions upon us - Please check the [school district website](#) for the most current information on school closures.

## **13. 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](#)



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**Instagram:** [@sentinel\\_SD45](https://www.instagram.com/sentinel_SD45) / **X:** [@sentinel\\_SD45](https://twitter.com/sentinel_SD45)

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