

ECOLE SENTINEL PARENT ADVISORY COUNCIL MEETING

Held on Thursday, January 16, 2025 9:00AM - 11:00AM
In-Person Meeting – Sentinel CAFETERIA

IN ATTENDANCE:

Nora Gambioli	Chair	sepac@wvschools	Joy Zhou	DPAC Rep
Tonia Liao	Vice-Chair		Diane Shoar	Parent Ed Team
Belinda Jia	Treasurer		Gem Chu	Grad Team
Yvonne Lau	Secretary		Amy Chen	Gr 9 Rep

AND: Dana Renaud, Sam Ridgeway, Jane Sun, Diane Shoar, Rong Zheng, Zohreh Sherkat, Dan Feng Tang, XiaoBin Li, Sharon Lee Flynn, Tenzin Khangsar, Principal Mike Finch

8:30am – Coffee; **Meeting was called to order at 9:20am.**

Motion to approve the January 15, 2025 Agenda by Yvonne Lau, second by Tonia Liao. CARRIED.

Motion to approve Minutes from December 12, 2024 by Tonia Liao, second by Zohra Sherkat. CARRIED.

PAC Updates / Reports:

1. Grad Team – Gem

- a. Upcoming Winter Formal is on February 6 at Sentinel Gym. Grade 11 & 12 Sentinel gym are invited to join. Food station and drinks will be set up there to foster connections amongst students. Unlike the other events, no parents will join this time. Thanks to the Grade 12 parents who have volunteer to help out with the set up / take down. The team will use some of the decorations leftover from the Volleyball tournament in Dec.

2. District PAC – Joy

- a. In the last DPAC liaison meeting on January 8, a workshop called “Innovation, AI, and Physical Literacy” was held.
 - i. On Innovation: WVSD is one of the two most innovative school districts in Canada (the other being Ottawa Catholic SD). DPAC participants shared generational differences in innovation, and discussed how technology innovation is progressing faster than ever. Examples include adoption of technology (LinkedIn 95 months vs ChatGPT 2 months to hit 100M users).
 - ii. On AI: Chris Kennedy did a presentation on AI and how WVSD’s stance on AI and how that is incorporated into learning. School is starting to use the AI, training teachers on what AI is and how to incorporate it into the curriculum. There are also guidelines and frameworks given to teachers and students on how AI may be used in their course work. As parents we are concerned about how AI is used with schoolwork, and it is important for us to understand how AI works and align on the approach and language the WVSD uses.
 - iii. Physical Literacy – this refers to connection with brain development and physical activity and lifestyle. WVSD has done a lot of physical literacy work at Elementary schools for the past 10 years. Based on provincial wide survey physical literacy, BC school and students are graded as D+, where PE is done very well but not much work is done in other areas. School Board is committed to pushing this beyond Elementary, and hope to integrate it into Secondary Schools beyond PE. Specifically, facilitators in the workshop encourage walk / bike to school as their 20 minute activity, and also shared materials on Physical Literacy, moving 20 minutes and its effects on the brain (rainbow brain). Note that Physical Literacy is related to PAC’s Mobility Team (walking to school) and PAC’s involvement in Gym Enhancements and upcoming fundraiser.

3. Events – Gem

- o **Decoration for Lunar New Year:** Dan and XiaoBin will lead the decoration team with students’ help on January 23 or 24, and will take down just prior to Valentine’s Day. Chinese Cultural Club will host a Lunar

New Year show on Jan 31, students and parents are invited and tickets will be sold on School Cash Online. WSPD will also join the event.

- **Valentine's Day:** PAC hopes to give out 100 gift boxes filled with goodies (desserts, chocolates, sweets) for the teachers. Call out to Grade 9 & Grade 11 parents to donate to this event.
- **MCL:** March 6, 2025. Last year we had 12 tables representing different countries and regions, and we hope to have two more tables this year for more diversity. We will have a call for table coordinators soon.

4. **Wishlist Team - Dana**

- **We have a deadline of end-Jan for the 2nd intake as there is still money left following the 1st intake.].**
- **Update on the first Wishlist intake:**
 - To date, \$6,000 is claimed to date through the Sentinel Accounting department. Another email reminder will be sent to Sentinel staff in making the purchase.
- Upon reflection, there is room for improvement on the process, e.g. giving a cut-off date of making the purchase / claim to the allocated amount.
- Dan Feng and Amy Chen have agreed to work with Dana on getting involved in the Wishlist Team. Thank you!

5. **Mobility & Parent Education – Empowering Parents, Enriching Futures – Diane Shoar**

- Parent Education Workshops
 - The in-person event in past December, "Supporting Our Boys," which received a great response, showed that parents are still eager to learn about their relationships with their children. As a result, a workshop series aimed at improving and restoring the parent-teenager relationship has been organized. This series is designed not only for parents but also for their teenage children, so both parents and students are encouraged to participate. The series consists of three workshops, and the topics and dates for each workshop are as follows:
 - Understanding & Supporting Teen Mental Health: February 4, 7 PM
 - Mindfulness & Burnout Prevention: April 29, 7PM
 - Healthy Relationships & Communication: May 27, 7PM
 - The workshop series is led by Kristy Ambrose, M.C., RCC, at Westcoast Family Centres. Following last year, this year, the Westcoast Family Centre continues to sponsor this series. Furthermore, they have promised to extend their sponsorship until 2027.
 - Promotions will take place on e-Bulletin and Sentinel Parent WhatsApp groups by Grade.
- Traffic Education:
 - Roadwork around the school is complete (for now). Please keep in mind on the alternative drop off locations and use of alternative transportations.
 - There had been parent-organized buses in the past, but after COVID, due to less availability of bus drivers, the cost skyrocketed.
 - Stop The Traffic, a student club, is hoping to host a bike report workshop by Our Community Bikes sometime in March, covering topics from bike tune ups to road safety. This workshop costs \$550+tax, which can be covered by the combination of municipal grant and PAC Mobility team.
 - On carpooling. In the past, there has been discussion about students building a ride-share app for school. After some consideration, PAC agrees that students may not be the best person to build it, as they may not have time to maintain it and once they graduate, the app can become obsolete. PAC can consider hiring a developer on a reliable platform to fund this with supervision by 1 PAC parent. Cypress just built a ride-share app which is currently being used. Diane, Belinda, Tenzin, Marina to form a task-force on this, with Tenzin being the point person with Cypress.

6. **Legacy Team – Sam Ridgeway**

- **Indoor Social Space:** New furniture (tables and stools) is expected to arrive Jan 27. Legacy team is wrapping up the fundraising part of this project.
- **New project - Gym Enhancements.** Target to raise \$23,000.
 - a. **Silent Online Auction:** It will be an online/in person auction. The Team is looking for items for the auction. Engaged PAC members who are already involved in PAC were asked at the meeting to recommend businesses they know personally so they can invite these businesses to contribute to the online auction. The school administrators will be asked to donate experiences or time to the auction. To generate more excitement, we will also extend the auction to Family Sports Night so parents have a chance to see the bids in person and will bid as well.

- b. **Family Sports Night:** The Athletic Directors of the Sentinel Athletics department have agreed to co-host the event. We will be branding this event as the “Spartan Games”, and the goal is to increase participation by offering competitions such as (obstacle courses, laser tags, relays) and for participants to experience the use of different facilities. Target date of event is mid or end April.
- c. **Corporate Donations:** In discussion with Mr. Finch on how to get this started.

7. Grade Reps

- a. We will add this to the agenda going forward so grade reps have input on anything that concerns their grade that PAC may be able to address.
- b. WhatsApp Groups:
 - o While there have been some irrelevant messages shared in some groups, PAC agreed it is a good idea for all the groups to operate with a set of guidelines on the appropriate use of the WhatsApp Groups, and to have it posted as part of the group description. Diane knows that West Bay has a by-law pertaining to this; Nora will draft an outline and share this with Grade reps.

8. School Update – Principal Mike Finch

- Big thank you for the support prior to Holidays (Treats, Band Concerts, PJ Drive) makes staff feel appreciated.
- **Big Sports Events / Tournaments ahead. To name a few:**
 - o Skiing (Whistler), Wrestling (on the Island), Sr Girls Basketball (North Shore tournament at Sentinel)
- **Highlights (what happened since Dec 2024 PAC meeting):**
 - o **PJ Drive:** In total, we raised over \$5,000. Over 40 students visited the school to spend time with Seymour students (GK to G7). Parents whose students went shared positive feedback.
 - o **4th inclusion conversation with students:** Topic – Respect, with discussions on how we treat ourselves, parents, each other, school. Next conversation will take place after Spring Break – “Decision Making”
 - o **Grade 7 info night:** 500 people joined. Shawn and Crystal did an amazing job setting up. Crystal put out a call out for students on the day of the event, and over 140 students signed up which shows amazing engagement to the Sentinel Community. Three French Immersion students presented on behalf of Mme Pla and parents were very impressed. Parents’ feedback is that the student volunteers were great ambassadors and were very engaging to the grade 7 students, making them feel welcome.
 - o **DPAC meeting:** Artificial Intelligence and how we are trying to integrate that into the school. Mike will address / present this in next PAC, together with PII (personal information).
- **Coming up**
 - o **Grad Assessment** happening now!
 - o **AP Info Night tonight: Most of AP classes at for grade 12 course level.** Suitable for parent of current grade 10-11 students. Internally, a question to the staff is on Pre-AP courses, which is more like an enrichment course than a AP course. More to update later.
 - o **Course Planning Info Night:** Tailored to parents of grade 8-11 students, but students are welcome too.
 - o **Parent-Teacher virtual conference (5-minute session).** Will review post-event whether virtual format works. A reminder to parents: parents can be in touch with their kids’ teachers anytime the parents wish to speak to them, and not need to wait till the conference.
 - o **Parent Ed session.** (Coming up, see above)
 - o **Winter Formal – Feb 6.** Guests from outside are not welcome, as we try to foster community between the grade 11 & 12 students. Expect 300-350 students to come.
 - o **Theatre Performance - Little Mermaid at Kay Meek (holds 500 participate).** Tickets are available on School Cash online. End of February. There is no reserved / marked seating.
 - o **Dominican Trip will be postponed to 2026.** The new costing provided has become too expensive. With the new timeline, hopefully this provides enough timing for student fundraising.
 - o **Social Spaces:** More benches from Woodwork shop are coming up. Stools and tables will be put out end January / early February 2025.
 - o **Gym Floor:** Facilities and vendors are invited to come in for quotation. Chris Kennedy is committed to do this beyond the Gym Floor but looking at the entire space (removal of stage, walls, repaints) with input from the Athletic department. Start of work may begin in Spring Break with demolition starts middle of June, due to complete by Sept 1.

Meeting adjourned at 11:00am

Next PAC meeting – Thu February 13, 2025 9am-11am.