



Sentinel Secondary E-Bulletin

Thursday, April 24th, 2025

CALENDAR UPCOMING

April 28 th	Bingo Bonanza Food Drive for Harvest Project
April 29 th	PAC Mindfulness & Burnout Prevention Workshop 7pm
May 2 nd	Scholarship applications DUE by 3pm
May 3 rd	Vancouver International University Fair
May 5 th – 16 th	AP Exams
May 16 th	Professional Development Day (no school)
May 19 th	Victoria Day (no school)
May 29 th	Collaboration Day (9:30am start)

1. School Fees Due
2. Harvest Project School Wide Bingo
3. 2025 Student Learning Survey
4. School Trips 2026
5. Upcoming Math Contest
6. Sept School Start/Not returning to Sentinel?
7. Grad 2025 Info ***Scholarship Applications DUE May 2nd**
8. Sentinel PAC Info – Mindful Connections Workshop
9. Sentinel Athletics
10. Sentinel Music Program *Upcoming Performances!
11. Helpful Info & Contacts
 - Vancouver International University Fair
 - 2025 Summer Learning at WVS
 - Calendar & Block Rotation Schedule NEW [March 1st – May 9th](#)
 - Counselling Dept.
 - Sentinel Clubs 2024-2025
 - Change of Address etc.
 - In the Community Link
 - Contact Us

1. School Fees Due

School fees are now due and must be paid online through School Cash Online. **Grade 12 parents please be aware that all the graduates outstanding fees must be paid before any member of their party may book a table at the Graduation Banquet on June 21st.**

If you have any questions regarding school cash online or school fee payments, please contact our Accountant, Ms. Allison Carruthers, at acarruthers@wvschools.ca.

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

2. Harvest Project Bingo Bonanza Food Drive

Sentinel is holding a school wide Bingo Bonanza/Food Drive on Monday, April

28th. Students are encouraged to bring in a non-perishable item(s) of food to support the Harvest Project. Drop off starts next week in their block 1-2 class. At 11am on Monday April 28th there will be a school wide game of BINGO. Two Pizza prizes available: The first person to get "BINGO" AND the student who brings in the most items for the food drive will win a pizza lunch for their class.

This initiative is to promote school spirit and positive action and supports the ongoing work students have done this year in their 1-2 classes on building community in our school.

3. 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 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. Please reach out to Ms. Tanfara if you have any questions ctanfara@wvschools.ca

4. School Trips 2026

Visit the Northwest Territories! Mr. Elliot is planning an exchange with a partner high school in Yellowknife, NWT next spring. The trip, if it goes ahead, would be open to a limited number of students in grades 10, 11, and 12. If you are interested, or would like more information please see Mr. Elliot in person, or email him at celliot@wvschools.ca An information session will be held for students and parents in the coming weeks.

London UK Trip

Are you interested in travelling to LONDON, ENGLAND next Spring Break? - That's Spring Break 2026. If so, please see Mrs. McGuinness-Gill in the theatre for more information. This trip is open to Performing Arts students in Grades 9-12 next year (currently 8-11) and students in Grades 11 & 12 who may not be in a performing arts course but are interested in the trip... If you're interested in touring in and around one of the world's great cities, come to the theatre and find out more information. Please email Mrs. McGuinness-Gill directly at mmcguinnessgill@wvschool.ca to be added to our Google Classroom & for more information. **REMINDER: Preliminary Interest forms are to be handed in to Mrs. McGuinness-Gill, Ms. Torrie, or Mr. Elliot on or before Friday, May 9th at 3:00pm.**

Dominican Republic May 2026

LEADERSHIP, CONNECTIONS and CULTURE in the Dominican Republic. A life-changing experience awaits your teen, if she/he wants to "change the world"! Sentinel is offering an opportunity for students to help build homes for families in need in the Dominican Republic through the **LiveDifferent** charity initiative. Students will receive (many) volunteer hours while having an unforgettable time and transforming lives. <https://livedifferent.com/programs/builds/parents/> Parent information meeting soon to be determined. Approximate dates are May 14 - 23, 2026. More information to follow.

5. Upcoming Math Contest

The Math department is opening registration for the Gauss Math contest for grade 8 students. This contest is excellent for those interested in getting their first experiences with a University of Waterloo Math competition. The cost for registration is \$5 and closes TOMORROW Friday, April 25th. Late registrations may not be accepted. Interested students can see Mr. Ma in room 257 to be registered.

6. September School Start for the 2025-2026 School Year

- **Tuesday, Sept 2nd** – This is the first day of school for all grades. Students will return in a staggered start and go to their Homeroom classes to meet teachers. We have a Grad 2026 BBQ planned in the courtyard. More details to come.
- **Wednesday, Sept 3rd** - First day of formal block rotation Day 1-2314
- **Friday, September 5th** – Artona Photo Day for ALL Students. These are important school photos for school ID Cards and photos for the 2026 yearbook

Not Returning to Sentinel Next Year?

If your student is NOT returning to Sentinel for the 2025-2026 school year commencing September 2025, please let us know at your earliest. Please complete this [WITHDRAWAL FORM](#) save it and send it back to us at sentinel@wvschools.ca

7. Grad 2025 Current Info

***SCHOLARSHIP APPLICATIONS DUE MAY 2ND**

Open to Grade 12 students only – Grads are encouraged to review and complete application forms this month. Don't wait until the last minute! Forms can ONLY be submitted by paper to the office (not emailed). You can pick up forms in the office or find them [HERE](#) on the Sentinel website. The link is also in the Grade 12 Google Classroom. If you have any questions, see Ms. Janda kjanda@wvschools.ca

Completed applications must be submitted no later than Friday, May 2nd at 3 pm
LATE APPLICATIONS WILL NOT BE ACCEPTED.

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 Soon! More Grad event details in our 2025 Grad Event Newsletter.

8. Sentinel PAC News

LEARNING: Mindfulness & Burnout Prevention: Tuesday, April 29th at 7pm
Virtual Workshop: Feeling Stressed? You are Not Alone.

As we approach AP exams, it's normal to feel the pressure mounting. We invite BOTH students and parents to join us for an important virtual event on **Burnout Prevention & Mindfulness**, designed to help you manage stress and stay balanced.

Click the poster to join the workshop: [Mindful Connections Online Workshops](#)

Upcoming Workshops:

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 To join the workshops, please click [HERE](#)

A huge THANK-YOU to all the volunteers and Parent attendees of the **Spartan Games Social Event** last night. It was an enormous success, and we appreciate everyone's hard work and enthusiasm to make this such a successful event. We particularly want to thank our parent community for participating in the online auction which ended up raising over \$20,000!! Well done Spartans! See a few photos from the event [HERE](#)

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

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:** [UPDATED School Drop Off Map](#) Let's create a safe, sustainable, and pollution-free school!

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.

10. Sentinel Music Program – *Upcoming Performances!

May 8th – Sentinel Zone Band Night @ 6:00PM

Featuring Concert Band, Grade 8 Band and Sentinel feeder elementary school bands

Kay Meek Theatre – free admission

May 9th – Jazz B Band Elementary School Tours all day

Visiting feeder elementary schools and sharing our music

Trip to Pauline Johnson, Westcot and Cedardale elementary schools

May 20th – Orchestra Night @ 7:00PM

Collaboration with Handsworth Strings, WVSS Orchestra and Sentinel for an evening of symphonic music. Featuring guest soloists.

Kay Meek Theatre – free admission

June 11th – Year End Concert @ 7:00PM

Celebration of a year of music with Band 8, Concert Band, Jazz B Band, Jazz A Band, RnB Band, Orchestra

Sentinel Gymnasium – admission by donation

June 19th – Jazz Café, Vol. 3 @ 7:00PM

Final café-style concert with Jazz B Band, Jazz A Band and RnB Band with refreshments and dancing!

Sentinel Library – admission by donation

Follow us on  **Instagram: @sentinelmusicprogram**

Support the Sentinel Music Program

Help us maintain our instruments and equipment! We urgently need funding to repair amplifiers, restore brass instruments, and replace worn-out equipment. Your generous donations last year helped us purchase several new instruments through events like Jazz Cafe and seasonal concerts. Support us today by donating through [SchoolCashOnline.com: Fee Details](https://SchoolCashOnline.com), attending our next Jazz Cafe in June, or following [@sentinelmusicprogram on Instagram](https://www.instagram.com/sentinelmusicprogram) for updates! Every contribution keeps music alive at our school!

11. Helpful info & Contacts

Vancouver International University Fair

Don't miss the NACAC International University Fair at the **Vancouver Convention Centre on May 3rd from 1pm-4:00pm**. See below links to the registration page, list of information sessions happening concurrently and institutions participating. This is a great opportunity for grade 10 and 11 students.

- [Student Registration Link](#)
- [NACAC VIUF 2025](#)
- [Information Sessions](#)
- [Institutions Participating](#)

2025 Summer Learning with West Vancouver Schools

Summer Learning registration is NOW open. Be on the lookout for a google form to be released by the Counselling team where you can let them know you have registered. This will give you the opportunity to update your course requests for the 2025-26 school year! For more information about Summer Learning see flyer ([secondary](#)) or the [Summer Learning Website](#).

Calendar & Block Rotation

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

For the Day 1 & Day 2 rotations - **NEW Block Rotation Calendar March 1st – May 9th [HERE](#)**

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

Rebecca Britten (last names G-LIT) rbritten@wvschools.ca

Stefan Huskison (last names LIU-SAM) shuskilson@wvschools.ca

Alex Thureau (last names SAN-Z) 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

Attendance related: sentinelattendance@wvschools.ca

MyEducation help: 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](#)