



## Sentinel Secondary E-Bulletin

Thursday September 18th, 2025

### Calendar Upcoming

September 18th	Terry Fox Run
September 24th	Meet The Teacher Night
September 25th	Collaboration Day- Dismissal time @2:45pm

### Important Notice

#### Withdrawals and School Confirmation & Enrolment for 2025-2026!

If your child is NO longer planning to attend Sentinel for the 2025-2026 year, we ask that parents email the school to let us know as soon as possible. If you are withdrawing your child, please complete [THIS FORM](#) and email to [sentinel@wvschool.ca](mailto:sentinel@wvschool.ca).

### Forms

#### Policies and Procedures Form – Action Required ASAP!!

**Please be aware that a new P+P form MUST be completed for each student, every school year.** Without a completed form, students will not be permitted to access their Google classrooms, have their photos included in the yearbook etc. This form requires a Parent login and Password. If you have previously created an account to complete the form last year, the account is the same. If you have forgotten your password, please follow the instructions on the link to reset it. After you have logged in, you may either update the P+P form created last year or start new.

**Please find the link here:** <https://eforms.sd45.bc.ca/Form/PandP>.

#### STUDENT VERIFICATION FORM

Your child/children should have received their Student Verification Letter. Please review, make necessary changes, sign and return the form to the school office.

**Any changes to home address, parental responsibility, legal or medical alerts, or citizenship require supporting documentation. These must be uploaded. For supporting documents see:** <https://eforms.sd45.bc.ca/Form/StudentDocuments>

NOTE: Only **International students** who are living in a **private homestay** need to have their custodian sign the document. All other international students do NOT need to hand in the form.

If you have not received the form by now, please have your child visit the office for a new document.

## Inside Sentinel

### Meet the Teacher Night – Wednesday September 24<sup>th</sup> 2025

We look forward to seeing parents and guardians on **Wednesday September 24<sup>th</sup> at 5:30 pm.** There will be a Welcome reception from 5:30pm-6:30pm is brought to you by PAC.

Our “Meet the Teacher” Walk through your Student’s Timetable will take place from 6:15pm to 8:22pm. Please leave time for parking and be sure to bring your child’s timetable with you. This is an opportunity for you to meet your child’s teachers and to learn more about the courses they teach. On Tuesday, all students will receive a handout with their individual timetable and the Meet the teacher night schedule that they should share with parents. On Tuesday, **all students will receive a handout** with their individual timetable and the Meet the Teacher night schedule that they should share with parents. Please see our “Meet the Teacher Night” schedule [HERE](#). Any questions, please email [sentinel@wvschools.ca](mailto:sentinel@wvschools.ca).

### Grade 12 Parent Night- Thank you for joining us!

Our Grade 12 Parent Night on Tuesday was a great success! Thank you to everyone who joined us! If you missed it or would like to review the information, please click [HERE](#) for the presentation.

### Terry Fox Run/ Walk - Thursday September 18<sup>th</sup> – Donate today!

Sentinel had a fabulous turn out for our annual School Run for Terry Fox today! Mr. Finch lead our students (twice!) in a run to mark the **45<sup>th</sup> Anniversary** of Terry’s Marathon of Hope. Sentinel joined the movement to “[Finish It](#)”. [Terry Fox](#) started a marathon against cancer and together we can end it. Thank you, Sentinel, for doing your part to beat cancer.

**If you would like to donate to Sentinel’s fundraising page for the Terry Fox Foundation, please use link [Here](#).** We also hosted a BBQ lunch to raise money for the Terry Fox Foundation after the run. Thank you to the students and staff who showed up strong and for the many donations!

### CUE- Canadian University Event- Wednesday, September 24, 2025

West Vancouver Secondary will be hosting the Canadian Universities Event on Wednesday, September 24<sup>th</sup> from 6pm-8pm in their main gym, more information to come.

### School Photos

The retake date is **Thursday, October 2<sup>nd</sup>** Our photo provider is Artona. For all photo inquiries and to order photos please see their website: <https://artona.com/contact-us> More photo info coming soon.

### Grads of 2026

**Below is a list of our typical grad events and their estimated costs:**

- Theme days - one per month (minimal costs for costumes)
- Grad wear (optional) - purchased in the fall and includes t-shirts \$25, hoodies \$55 and sweats \$40
- Semi Formal (The Pinnacle, Nov. 1st) - historically costs \$110 - (**Grads and dates only**)
- Winter Formal (at Sentinel) - in January and costs ~\$50 (Grades 11s and 12s can attend)


- Grad photos (Artona)-in the fall \$60 sitting fee for all students, photo packages are \$200-\$250
- Grad Carnival-in the spring, PAC has historically helped fund this to keep cost to ~\$10-15
- Banquet (Vancouver Convention Centre) - in June and costs \$150-\$170 per grad/guest-grads/dates and parents can attend. Note: We will be surveying students and families in the next few weeks to determine anticipated numbers for Banquet,
- Commencement (at the Westside Church) - in June and \$25 per person-no limit (**free to grads**)

## Students Resources

### Calendar & Block Rotation

Please see Sentinel's 2025-26 first 4 weeks Calendar below. Each student received a copy of the complete School Calendar and Agenda in their welcome packages earlier this week.

View the [2025-2026 Calendar "At-a-Glance" HERE](#)

September 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1 DAY 1 - 1 2 F 3 4  LABOUR DAY	2 DAY 2 - 1 2 3 4 SCHOOL OPENS	3 DAY 1 - 2 3 1 4	4 DAY 2 - 2 3 F 1 4 FIT: Grade 8 with PLs Lunch: Grade 8 BBQ 2-4: Grade 8 Team Build	5 DAY 1 - 3 1 2 4 Photo Day	6
7 Week 2	8 DAY 2 - 3 1 F 2 4 FIT: Grade 8 with PLs Academy classes start	9 DAY 1 - 1 2 3 4 6:00PM Grade 8 Parent Information Night	10 DAY 2 - 1 2 3 4	11 DAY 1 - 2 3 F 1 4 FIT: Careers 9 FIT: Careers 11 (ALL)	12 DAY 2 - 2 3 1 4	13
14 Week 1	15 DAY 1 - 1 2 F 3 4 FIT: Grade 8 with PLs CLC 12B-University Information	16 DAY 2 - 1 2 3 4 6:30 PM Grade 12 Parent Night Grad/Uni Information	17 DAY 1 - 2 3 1 4	18 DAY 2 - 2 3 F 1 4 FIT: Terry Fox Run	19 DAY 1 - 3 1 2 4	20
21 Week 2	22 DAY 2 - 3 1 F 2 4 FIT: Grade 8 with PLs Truth And Reconciliation Week	23 DAY 1 - 1 2 3 4 Truth And Reconciliation Week	24 DAY 2 - 1 2 3 4 Truth And Reconciliation Week Meet The Teacher Night	25 DAY 1 - 2 3 1 4 Collaboration Day Truth And Reconciliation Week	26 DAY 2 - 2 3 1 4 PROFESSIONAL DEVELOPMENT DAY	27
28 Week 1	29 DAY 2 - 2 3 F 1 4 DAY 1 / 2 SYNC DAY FIT: Grade 8 Core Competency Presentation CLC 12 B-Capstone presentation	30 DAY 2 - 1 2 3 4 TRUTH & RECONCILIATION DAY	October 2025			
			S	M	T	W
			T	F	S	
			1	2	3	4
			5	6	7	8
			9	10	11	12
			13	14	15	16
			17	18	19	20
			21	22	23	24
			25	26	27	28
			29	30	31	

**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)

Important information regarding **Course Change/Request procedures** can be found here:

[Counsellor Info](#)

For more information from our counselling team please visit

<https://westvancouver.schools.ca/counselling/>

## **Locks & Lockers**

### **Grade 8**

All grade 8s have been assigned a locker and will receive a lock and their assigned locker in their 1-1 class. Students **MUST** use the lock and locker assigned to them. Students may not use personal locks. Students are to keep their lock for their entire high school experience.

### **Grade 9-12**

Students in grades 9-12 have not been assigned a locker but may request a locker at the link below. Locker assignments will be assigned in the week of September 8th **ONLY** if the student has filled out the request form. The assigned locker number will be emailed to the student during the second week of school. Students **MAY NOT** use an unassigned locker. Any student who uses an unassigned locker will have their items removed. Students are to use the lock the school has given them in a previous year. If a student needs a lock, please go to the accounting office.

LINK FOR GRADES 9-12 FOR LOCKER REQUEST: <https://forms.gle/9mTNzFLzptq3EySZ8>

## **Annual Student Parking Pass**

For those students parking at the school, please purchase a student's parking pass using School Cash Online and bring the receipt to the Accounting Office beginning Monday, September 8<sup>th</sup> between 10:00am-3:00pm Monday to Friday. If you need assistance with [SchoolCash Online](#) please email our Accountant, Allison Carruthers at [acarruthers@wvschools.ca](mailto:acarruthers@wvschools.ca)

## **Clubs and Activities**

### **Math Contest**

We are pleased to offer a series of Math contests again this year. Interested students should join our Math contest Google classroom with the code **sjdrxr**

The first contest open for registration are the AMC 10, and AMC 12 Math contests, taking place on Wednesday, November 5th in the library. Students can register with Mr. Ma in room 257. The cost for registration is \$5 and space may be limited. The deadline for registration is Thursday, September 25th. Late entries will not be allowed.

More information about the contest can be found here: <https://maa.org/student-programs/amc/>

### **The Theatre Company**

**ATTENTION ALL GRADE 8'S INTERESTED IN THE THEATRE COMPANY: APPRENTICESHIP 8 PROGRAM** - Our next class is Tuesday, September 23rd @ 3:30pm in the theatre.

If you have any questions, please see Mrs. McGuinness-Gill in the Theatre (Room 249) or email her at [mmcguinnessgill@wvschools.ca](mailto:mmcguinnessgill@wvschools.ca)

### London UK Trip

Are you interested in travelling to LONDON, ENGLAND this 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 and students in Grades 11 & 12 who may not be in a performing arts course but are interested in the trip... Please email Mrs. McGuinness-Gill directly at [mmcguinnessgill@wvschool.ca](mailto:mmcguinnessgill@wvschool.ca) to be added to our Google Classroom.

### Dominican Republic

#### LEADERSHIP, CONNECTIONS and CULTURE in the DOMINICAN REPUBLIC May 2026

A life-changing experience awaits your teen, if s/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 at 6:00 on October 1st in the Sentinel library, or contact Ms. Page-Newman at: [NPage-Newman@wvschools.ca](mailto:NPage-Newman@wvschools.ca)

Approximate dates are May 14 - 23, 2026. The estimated cost is \$5600.00 and there is a tax-deductible portion.

### APPLES, APPLES, APPLES



Buy apples for 30% less than you would in the grocery store, and get delicious award winning quality! The Dominican Republic trip is fundraising with Sun-Oka Fruit Farms from Summerland, BC. Honeycrisp and Ambrosia apples with flavour that will have you wanting more. Click on the link to order your boxes of 18 - 20 apples and you'll be able to pick them up at Sentinel in the third week of October. Go to the link below to order.

[https://fundraising.sunokafruit.com/seller\\_1/0916113921/org-campaign/sentinel-secondary-school-harvest-2025](https://fundraising.sunokafruit.com/seller_1/0916113921/org-campaign/sentinel-secondary-school-harvest-2025)

### Sentinel Athletics

Welcome back everyone! We are looking forward to another great year of Sports at Sentinel. If you are considering coaching this year, please send an email to [sentinelathletics@wvschools.ca](mailto:sentinelathletics@wvschools.ca). We are always in need of help on the coaching front. Go Spartans!

## Absent or Excused?

### Absent Student Notification & Excused Absences

Please email ALL Attendance related matters to: [sentinelattendance@wvschools.ca](mailto:sentinelattendance@wvschools.ca)

If a student is away/ill or will be late for school, parents are requested to inform our office by sending an email to [sentinelattendance@wvschools.ca](mailto:sentinelattendance@wvschools.ca) by **2:30pm**. Please include your student's full legal name and grade, time of absence and reason for absence. Students arriving 'late' for class should proceed directly to their class and check in with the teacher who will modify their attendance to indicate a late vs an absence. If your student is going to miss more than 5 school days, please complete this fillable [Long Term Absence Form](#) and return back to us.

## PAC News

### PAC MEETING

Our first PAC meeting of the year was a roaring success with 51 attendees and lots of connections made! If you cannot join us in the future, join a Team and WhatsApp Grade Group for the latest updates and opportunities to get involved! Next meeting is Oct 9th; be there at 8:30 for "coffee and connecting" = mezzanine level in the school library.

### TEAMS

If you cannot join our PAC meeting, but want to volunteer for a Team, contact the Team Lead:

**WISHLIST TEAM** – decide priorities in how to distribute the \$24,000 we will receive from annual provincial gaming grant; contact Tonia Liao: [tonia.liao@gmail.com](mailto:tonia.liao@gmail.com)

**EVENTS TEAM** – organise and host events such as staff luncheons and multicultural lunch; contact Gem Chu: [gemchuchu@gmail.com](mailto:gemchuchu@gmail.com)

**LEGACY FUNDRAISING TEAM** – plan school legacy projects and do fundraising; contact Tenzin Khangsar: [tenzinkhangsar@gmail.com](mailto:tenzinkhangsar@gmail.com)

**PARENT EDUCATION TEAM** – decide topics, speakers & events for parents to learn about emerging issues; contact Diane Shoar: [frauen@naver.com](mailto:frauen@naver.com)

**GRAD TEAM** – plan and implement activities for Grade 12 students and parents; contact Kerry Soha: [kfarhadi@yahoo.com](mailto:kfarhadi@yahoo.com) or Dana Renaud: [danamfr16@gmail.com](mailto:danamfr16@gmail.com)

### JOIN WHATSAPP PARENT GROUP

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

Grade 8 parents = Chen Tan - 778-317-9617

Grade 9 parents = Amy Chen - 604-880-6986

Grade 10 parents = Farzaneh Bamani - 604-340-9995

Grade 11 parents = Soroush Loghamani - 604-364-6818

Grade 12 parents = Echo Wu - 604-363-6889

### DROP-OFF MAP

Parents, 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 car, use one of the 26 drop-off spots near the school - see map - so that your teen can walk a few steps; it's safer and healthier for everyone!

<https://westvancouver.schools.ca/ecole-sentinel-secondary/wp-content/uploads/sites/8/2025/03/Sentinel-Secondary-School-Map-December-3.pdf>

## In the Community

### Kay Meek Arts Centre Open House

[Backstage Pass: Kay Meek Arts Centre Open House](#)

🎫 We're giving you a Backstage Pass to the Kay Meek! It's time to go behind the scenes at our @bcculturedays Open House on Sunday, September 21 🏠

Experience the Kay Meek as you've never seen it before, as we open up our backstage areas for you to explore and give you the opportunity to take to the stage.

- 👁️ Take a look around our theatres
- 🎤 Sing your favourite karaoke songs on stage
- 🎵 Live jazz music from the @pressley.murillo.music Trio
- 🎫 Enter our Ticket Giveaway
- 🎭 Find out more about the Kay Meek
- 👥 Meet the team
- 🥤 Refreshments in our sunny atrium

Join us for a lively afternoon of music, conversation, and family-friendly activities in your local community!

Make a note of all the details below:

- 📅 Sunday, September 21
- 🕒 2:00 PM – 5:00 PM
- 📍 1700 Mathers Avenue, West Vancouver
- ✅ Free Entry!



### Chinese Parent Support Group

The new cycle of the ***Chinese Parent Support Group*** will begin this **September 2025** and continue through **June 2026**, with a total of **19 sessions** held online. This free group is designed to support Mandarin-speaking parents of children and youth (ages 6–19), offering a space for learning, sharing, and mutual support.

#### Group Details & Online Registration

- **Time:** 2nd or 4th Wednesday of each month | 10:00–11:30 AM (PST)
- **Platform:** Zoom
- **Language:** Mandarin



- **Fee:** Free of charge

**Registration:** <https://forms.office.com/r/7Gpq04sEKk>

(Please note that pre-registration is required, even for those who have participated in previous rounds)

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親愛的工作 / 社區合作夥伴，您好：

很高興與您分享一個好消息——新一季的「風雨同路華語家長互助小組」即將於2025年9月啟動，並將持續至2026年6月，共舉辦19次線上聚會。本小組為免費參加，旨在為家有6-19歲孩童與青少年的華語家長提供一個彼此支持、學習與分享的安全空間。

【聚會資訊與報名方式】（詳情請參見附件海報與時間表）

- **時間：**每月第2或第4個星期三，上午10:00-11:30（太平洋時間）
- **平台：**Zoom 線上會議
- **語言：**普通話
- **費用：**全免
- **報名：**<https://forms.office.com/r/7Gpq04sEKk>（無論是否曾參與過往聚會，皆需重新報名參加）

### **Food Security Plan**

As part of the Ministry of Education and Childcare Feeding Futures initiative, the West Vancouver School District has established a food security structure to confidentially assist students and families. The West Vancouver School District Food Security Plan will help students and families by providing confidential financial support for families facing food insecurity. Families are encouraged to reach out directly to their school principal or to [feedingfutures@wvschools.ca](mailto:feedingfutures@wvschools.ca) if they need support with food-related costs. Please be assured that all requests will be addressed with sensitivity, respect, and confidentiality.

### **Parent Guide to Discord**

Please review the most updated Parent Guide to Discord [Here](#). If you have any questions, please feel free to contact us.

### **Optional Accident Insurance for Families**

Each year the school district reminds families that they have the option to purchase insurance coverage against accidental injury, unexpected medical expenses, and critical illness. There are many different voluntary plans that provide coverage for students and their families against accidental injury, unexpected medical expenses and critical illness. Families are encouraged to do their due diligence when choosing a provider.



## Our Leadership Team & Administrator by Grade

Mr. Mike Finch – Principal (Grade 12) [mfinch@wvschools.ca](mailto:mfinch@wvschools.ca)

Ms. Crystal Tanfara – Vice Principal (Grade 8 &10) [ctanfara@wvschools.ca](mailto:ctanfara@wvschools.ca)

Mr. Shawn Anderson – Vice Principal (Grades 9 &11) [shawnanderson@wvschools.ca](mailto:shawnanderson@wvschools.ca)

### ***FOLLOW US ON INSTAGRAM & X.***

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

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

### **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](#)