



Sentinel Secondary E-Bulletin

Thursday October 9th, 2025

Calendar Upcoming

Date	Day	Event	Notes
October 13 th	Mon	Thanksgiving Day	No School
October 24 th	Fri	PRO-D day	No School
October 30 th	Thu	Collaboration Day	9:30am start / Dismissal 2:45pm



[2025–2026 SCHOOL CALENDAR](#)

New This Week



Inside Sentinel

- Grad of 2026 – Updates for Semi Formal Event – Get your tickets by Friday!!
- School Photos – Updates for students who missed both Photo Day and Retake Day
– Updates for Grad Photos



Inside West Vancouver Schools

- West Vancouver Schools Admissions Timelines – See updates
- DPAC parent evening update
- Scholarship Information Webinar



Clubs and Actives

- Math Contests updates
- Dominican Republic Service Trip updates



PAC News

- Grade 8 Parent Social updates
- Parent Education Event updates- Talk with the police!



In the Community

- Upcoming Anxiety Workshop
- In the Know Events
- Scholarship and Parents as Education & Career Coaches Information Sessions

Required 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. We will be contacting parents to request the form be completed right away.

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

Student Verification Form

Your child/children received their Student Verification Letter in September. 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>

Inside Sentinel

Grads of 2026 – Get your ticket by Friday!

Midnight in Paris-Grad Semi Formal Event

When: October 17th

Where: Pinnacle Hotel, North Vancouver

Time: 6:30pm-10:00pm

Dress code: semi formal

Included: DJ/Dancing, photobooth, taco and sundae buffet and drinks

Cost: \$100 per ticket (on sale now through school cash online)

Deadline to purchase: October 10th

****** If your student would like to bring a guest from another school, they must get permission and approval forms completed before a ticket is issued. All guests must currently be in high school, no graduates. Please see Ms. Ulinder for forms.

School Photos

***Miss both Photo Day and Photo Retake Day?**

Artona is hosting an In-Studio Retake Day for students who missed both photo day and retake day at their main studio in Vancouver on **November 15, 2025**. If you have any questions, please contact Artona directly <https://artona.com/contact-us>

***Grad Photo Appointments Now Open!**

Grads can now book their graduation photo appointments online. Click the link below to visit Artona's website, where you'll find all the details on how to sign up, what to wear, and other important information. Book Your Grad Photo Appointment [Here](#)

PSAT

Date: Friday October 24th 9am-Noon (Pro-D)

Place: Sentinel Room TBD

Who: Any grade 10-12 student wishing to write the PSAT (practice SAT) can sign up for 1 of 20 spots.

Registration: Sign up is through student's Grad Google Classroom-there is a form posted. Priority goes to grade 11 and 12 students.

Cost: \$25 and will be added to school cash online

Inside West Van Schools

West Vancouver Schools Admissions Timelines

Admissions for the 2026/2027 school year begins on Wednesday October 15th at 8:00 am for all Kindergarten students and all Grade 1 –12 In-catchment students.

Admissions for Out-of-Catchment and Out-of-District students opens on at 8:00am on Thursday, January 15th, 2025.

For more information about admissions processes, dates, guidelines, and information, please visit <https://westvancouver.schools.ca/admissions/> Please carefully read the information regarding documentation procedures before starting the application process.

DPAC Parent Evening

Equipping the Whole Child for Life: Helping kids build strong friendships, manage big feelings and bounce back from challenges— using brain science and mindfulness to support learning and growth. Join us for DPAC parent evening with Dr. Molly Lawlor. Please [Register Here](#).

Scholarship Information Webinar, Tuesday, October 28, 2025, 6:00 - 7:15PM

Don't miss this very informative [Key to Scholarships Session](#) offered virtually on Oct.28th at 6:00PM. Students in all grades and parents are welcome and encouraged to attend. It is never too early to get started. This comprehensive presentation covers topics ranging from building your scholarship foundation to crafting a strong personal statement. Contrary to popular belief, students do not need 95% averages or international achievements to win scholarships. Through this seminar, we will debunk common scholarship myths and break down the complex process into a manageable form. Please see details on how to join this session on the link provided above. This session will not be recorded.

Parent Guide to Discord

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

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 our principal, Mr. Mike Finch at MFinch@wvschools.ca or to 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.

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.

Clubs and Activities

Math Contests

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 **sjdrx zr**.

AMC8 The Math department is pleased to offer registration for the AMC 8 contest for grade 8s. This contest provides an excellent opportunity for grade 8s to test their Mathematical ability against challenging problems. The cost for registration is \$5 and can be paid to Mr. Ma in room 257. **The deadline for registration is Friday, October 24th. Late registrations may not be accepted.**

CIMC CIMC contest for grade 8s-10s, and the CSMC contest for grade 11s-12s are open for registration. These contests offered by the University of Waterloo are challenging and could benefit students interested in admissions towards the school. The cost for registration is \$10 and can be paid to Mr. Ma in room 257. Deadline for registration is Friday, October 10th. Late registrations may not be accepted.

COMC We are also offering registration for the COMC contest for grade 8s-12s. Success on the COMC contest may grant the student a opportunity to represent Canada at the International Math Olympiad. The cost for registration is \$35 and can be paid to Mr. Ma in room 257. Spots for this contest are extremely limited and will be prioritized towards senior (grade 11/12) students. The deadline for registration is Friday, October 10th. Late registrations may not be accepted.

Dominican Republic Service Trip

October 15th at lunch a representative will be at Sentinel in room 208 to answer any questions you may have. This is for students in grades 10-12. Don't miss your opportunity to learn more about the trip! Check out this [video](#) to understand the depth of the experience. See you there.

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 to be added to our Google Classroom.

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. We are always in need of help on the coaching front. Go Spartans!

PAC News

CALLING ALL GRADE 8 PARENTS

GRADE 8 PARENT SOCIAL - October 23rd!

We are excited to announce that the Grade 8 Parent Social will take place on October 23 from 6:00–8:00pm in the school library! To create a warm and enjoyable atmosphere, we'll have some activities and light snacks, but we also invite you to join in a simple potluck if you would like to share some favorite cultural "finger food" or drinks. This way we can keep costs very low and admission free! If you have not signed up yet through the WhatsApp poll, then contact Chen Tan 778-317-9617 or ctan1015@gmail.com to RSVP!

Let's come together and make some special memories!

Parent Education Event: An Evening with the West Vancouver Police



Sentinel PAC invites all Sentinel families to an engaging session with the WVPD Community Services Team!

- ✓ Learn safety tips for families and students
- ✓ Discover community resources and support
- ✓ Hear how WVPD partners with our school
- ✓ Ask your questions directly to our officers

Time: Thursday, November 6 at 7 PM

Location: Sentinel Library

Don't miss a chance to connect and learn! For questions, please contact Diane Shoar at frauen@naver.com

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

EVENTS TEAM – organise and host events such as staff luncheons and multicultural lunch; contact Gem Chu: gemchuchu@gmail.com

LEGACY FUNDRAISING TEAM – plan school legacy projects and do fundraising; contact Tenzin Khangsar: tenzinkhangsar@gmail.com

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

GRAD TEAM – plan and implement activities for Grade 12 students and parents; contact Kerry Soha: kfarhadi@yahoo.com or Dana Renaud: 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>

Student Resources

Calendar & Block Rotation

Our **2025–2026 School Calendar** on the website is back up and running!

Please click [HERE](#) to subscribe. It includes all major school events and holidays.

- **Block Rotation Schedule** [HERE](#) (Posted by office and on our webpage)
- **Flexible Instruction Time** on Mondays and Thursdays from 11:00 am - 11:50 am.
- **Staff Collaboration** is the last Thursday of the month from 8:30am - 9:25am.
 - Classes start at 9:30am. Dismissal time will be 2:45pm on Collaboration Day.

Sentinel's Counselling Department

Counsellors are here to assist students with academic planning as well as mental health support and so much more! Counsellors are assigned by student's last name.

Lisa Ulinder (last names A-F) lulinder@wvschools.ca

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

Stefan Huskilson (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/>

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. Students **MAY NOT** use an unassigned locker. If a student needs a lock, please go to the accounting office. Link for Locker Request: <https://forms.gle/9mTNzFLzptq3EySZ8>

Locker Assistance, please email Allison Carruthers at acarruthers@wvschools.ca

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. If you need assistance with [SchoolCash Online](#) please email our Accountant, Allison Carruthers at acarruthers@wvschools.ca

Absent or Excused?

Attendance Notifications – Parent Guide

We kindly ask parents and guardians to notify the school of any absences, late arrivals, or early dismissals. Please email all attendance-related matters to: sentinelattendance@wvschools.ca

When emailing, please include:

- Student's **full legal name and grade**
- **Time** of absence, late arrival, or early dismissal
- **Reason** for the absence

IMPORTANT REMINDER:

Please send emails **by 2:30pm on the day of the absence**.

If an email is not received by this time, an automatic attendance mark may be applied, and a phone call may be made to the parent/guardian by the end of the day.

Steps to Follow to Be Excused from Attendance

1. Absence / Illness

- Notify school via email

2. Late Arrival

- Students arriving late should go directly to class
- Parents/Guardians email school to notify

3. Early Dismissal

- Email school with dismissal the time
- Coaches will notify us for school spots early dismissal but feel free to reach out if you have questions.

4. Long-Term Absence (more than 5 school days)

Please complete the [fillable Long Term Absence Form](#) and return it to the office.

In the Community

4-Week Upcoming Anxiety Workshop

Our 4-Week Upcoming Anxiety Workshop, beginning on October 14th, 2025, from 6:00 pm-7:30 pm at John Braithwaite Community Centre.

We recognize that many high school students, particularly those in grades 11 and 12, face significant stress and anxiety related to academic pressures, friendships, family relationships, and preparing for life after graduating. Led by Dr. May-Stewart and Kaelin Toth (Doctoral Intern), this workshop has been designed to provide participants with tools to calm stress & worry, time management and organization strategies, tips for better sleep, and a supportive space to connect and share.

The workshop fee is \$100 for 4 sessions and can be claimed under extended health as psychological services.

Please refer to our flyer [HERE](#) for details and feel free to contact us if you'd like any more details.

In the Know

our upcoming In the Know (ItK) events for October. This month, we are covering two important topics:

- ADHD - The Real Deal
- Obsessive Compulsive Disorder: It's More Than Over washing Your Hands

These events are offered online across five different days to provide flexibility for families to join at a time that works best for them. This is the link for registration: [October ItK Events](#)

Scholarship and Parents as Education & Career Coaches Information Sessions

Parents as Education and Career Coaches Webinar, Wednesday, October 15, 2025, from 6:30 – 7:45 p.m. (Hosted Online)

Did you know there are 25 public post-secondary institutions with over 4,000 programs across the province? Come explore all your opportunities at EducationPlannerBC. We'll show you how to use EducationPlannerBC's website to search thousands of programs, get to know trades, and discover career paths. Find helpful resources, including financial aid options, admission requirements, FAQs, and the Glossary. Learn how to create an account, save programs, paths, and careers to My List, and apply to post-secondary in B.C.

Have a student that attends a Burnaby, North Shore, or Sea to Sky Region school? Register [HERE](#)

Our Leadership Team & Contact Details



ADMINISTRATION

- **MR. MIKE FINCH – PRINCIPAL (GRADE 12)**
 MFINCH@WVSCHOOLS.CA
- **MS. CRYSTAL TANFARA – VICE PRINCIPAL (GRADES 8 & 10)**
 CTANFARA@WVSCHOOLS.CA
- **MR. SHAWN ANDERSON – VICE PRINCIPAL (GRADES 9 & 11)**
 SHAWNANDERSON@WVSCHOOLS.CA



STAY CONNECTED

-  INSTAGRAM: [@SENTINEL_SD45](https://www.instagram.com/SENTINEL_SD45)
-  X (TWITTER): [@SENTINEL_SD45](https://twitter.com/SENTINEL_SD45)
-  WEBSITE: [SENTINEL SECONDARY SCHOOL](https://www.sentinelsecondaryschool.ca)



2025–2026 SCHOOL CALENDAR

- [VIEW CALENDAR](#)



CONTACT US

-  GENERAL INQUIRIES: SENTINEL@WVSCHOOLS.CA
-  ATTENDANCE: SENTINELATTENDANCE@WVSCHOOLS.CA
-  MYEDUCATION HELP: SENTINELPORTALHELP@WVSCHOOLS.CA
-  TEACHERS & STAFF: [STAFF DIRECTORY](#)