



Sentinel Secondary E-Bulletin

Thursday October 2nd, 2025

Calendar Upcoming

Date	Day	Event	Notes
October 9 th	Thu	PAC Meeting	8:30am - Library
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](#)

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

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

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, October 17th, 2025) - 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**)

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.

For the Day 1 & Day 2 rotations - See the current **Block Rotation Schedule** [HERE](#) (The latest version will always be posted outside the office and on the homepage of our website.) There will be 50 mins of [Flexible Instruction Time](#) on **Mondays and Thursdays from 11:00 am - 11:50 am**. Lunch and Period 4 will begin at the same time each day. Staff collaboration will take place seven (7) times next year. Collaboration days take place on the last Thursday of the month from 8:30am - 9:25am. Classes start at 9:30am. Four classes will follow with lunch and period 4 beginning at the usual time. **Dismissal time will be 2:45pm on Collaboration Day.**

Sentinel's Counselling Department

Welcome Back! Counsellors are here to assist students with academic planning as well as mental health support and so much more! 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 Huskilson (last names LIU-SAM) shuskilson@wvschools.ca
Alex Thureau (last names SAN-Z) 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 8th 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

Clubs and Activities

Clubs Day

Clubs Day was today, October 2! At FIT, students had the opportunity to explore and sign up for all of the 81 clubs Sentinel has to offer this year. An official Clubs List with google classroom codes and teacher sponsors listed will be available soon.

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 **sjdrxrzr**.

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.

The Theatre Company

ATTENTION ALL GRADE 8'S INTERESTED IN THE THEATRE COMPANY: APPRENTICESHIP 8 PROGRAM - Please see Mrs. McGuinness-Gill in the Theatre (Room 249) or email her at 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 to be added to our Google Classroom.

GET YOUR APPLES NOW!!

Sale ends Oct. 6th!



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 on Thursday, Oct. 23rd. Go to the link below to order.

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

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**.

- Email all attendance-related matters to: sentinelattendance@wvschools.ca
- When emailing, please include:
 - o Student's **full legal name and grade**
 - o **Time** of absence, late arrival, or early dismissal
 - o **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 for Specific Situations

1. Absence / Illness

- Notify us via email so your student can be marked Absent–Excused

2. Late Arrival

- Students arriving late should go directly to class
- Notify us via email so your student can be marked Late–Excused

3. Early Dismissal

- Notify us via email with dismissal the time so your student can be marked Dismissed–Excused
- 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.

PAC News

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>

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](#)

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 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 & 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](#)
-  X (TWITTER): [@SENTINEL_SD45](#)
-  WEBSITE: [SENTINEL SECONDARY SCHOOL](#)

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](#)