



ÉCOLE SENTINEL SECONDARY E-BULLETIN

Sentinel Secondary E-Bulletin

Thursday December 4th, 2025

Calendar Upcoming

Date	Day	Event	Notes
December 11 th	Thu	PAC Meeting	9-11am at Library
December 17 th	Wed	Winter Concert-Juniors	Day 2-3, Evening Concert@7pm
December 18 th	Thu	Winter Concert-Seniors	Day1-2
December 19 th	Fri	Last day of Term1	Early Dismissal@12pm
December 22 nd -January 2 nd		Winter Break – School is closed	



[2025–2026 SCHOOL CALENDAR](#)



New This Week



Inside Sentinel

- Grade 10 Students: Safe Teen Workshop



Clubs and Actives

- Sentinel Athletes- Basketball Teams Media Day
- Dominican Republic -Crispy Cream Donuts Sale
- The 15th Annual Pajama Drive



In the Community

- Chinese Parent Support Group

Traffic Reminder

Please drive safely and carefully when arriving at and leaving the school.

We kindly ask all parents and students to follow our pick-up and drop-off protocols to help keep everyone safe and ensure traffic flows smoothly. Thank you!



Inside Sentinel

Grade 10 Students: Safe Teen Workshop – December 11th, 2025

On Thursday December 11th, 2025, all Grade 9 students will be participating in a dynamic workshop called SafeTeen (Level 1). The workshop will begin at 8:30am and continue to 11:00am.

The SafeTeen program is designed to address adolescents on their own level, working with issues that are relevant to their everyday lives. The program gives youth the skills to deal with verbal violence, emotional violence, assault and threats of physical violence.

<http://www.safeteen.ca/why-safeteen/>

Please see the link above for further information pertaining to the program and how it is delivered. Should you have any further questions or concerns then please contact Mr. Anderson at sanderson@wvschools.ca

Learning Update #1 is live now!

Student Learning Updates #1 is posted on the MyEducation family portal.

Family Portal Important Notes:

Important! Make sure to download and save the Learning Updates for future reference. The portal will close by July 2026, and you will not be able to access the reports after that period.

- ✓ My Education Family Portal Link: www.myeducation.gov.bc.ca/aspen
- ✓ Login Guide: [Logging-In-Quick-Guide-Family.pdf](#)
- ✓ Username/Password/Recovery: – Please record your username and password. Furthermore, confirm you have set up your 'password recovery' function to allow you to reset your own password. [Log In/Password Recovery How to Video](#)
- ✓ MyEducation BC Family Portal Instructions: [Family Portal instructions webpage](#)
- ✓ If you need support with your family portal account, please email us at sentinelportalhelp@wvschools.ca

Incoming Grade 8 Open House

Save the date! Our annual Information Night for Incoming Grade 8 students and Families is coming! Please click [HERE](#) to check out for more information.

2025/2026 Yearbooks

The 2025/2026 Yearbooks are now available for purchase through School Cash Online. Don't miss out on capturing this year's memories - [click here](#) to secure your copy! Please note, parents must complete the online Policy and Procedure forms above at Required Forms section so your child photos can be included in the yearbooks.

Graduation Assessments Updates

The November 2025 Graduation Assessment Session was cancelled for all Grad assessments. We will reschedule the Literacy 10 Assessments in June 2026.

Graduation Assessments 2025-2026

DATES	ASSESSMENT	GRADE LEVEL
January 12-20, 2026	Literacy 12 (LTE12)	All Gr. 12 students
January 12 -13, 2026	Évaluation de littératie de la 12e année (LTF12)**Written	All French immersion Gr.12 students
January 12-20, 2026	Évaluation de littératie de la 12e année (LTF12)**Oral	All French immersion Gr.12 students
April 20-24, 2026	Numeracy 10	All Gr. 10 students
June 8-19, 2026	Literacy 10 (LTE10)	All Gr. 10 students
June 8-19, 2026	Missed or re-writes: Literacy 12 & Numeracy 10 Littératie 12 (June 8 or 9)	Gr. 10 and Gr.12 students

Inside West Van Schools

AI Literacy Lessons

This school year, our district is introducing a series of AI literacy lessons to help students build essential knowledge and understanding of artificial intelligence. Approximately once a month, students will participate in short, age-appropriate lessons that explore key concepts and responsible use of AI. This month, primary students learned about what Artificial Intelligence is, intermediate students explored bias and effective prompting, and secondary students examined prompting, bias, and hallucinations. As AI becomes increasingly present in our everyday lives, these lessons are designed to provide our students with an understanding of the technology, as well as the skills to use it safely, ethically and responsibly.

Parents Guide to Social Media and Digital Devices

Please find the latest West Vancouver District Parents Guide to Social Media and Digital Devices [HERE](#).

Parent Literacy Workshops

Join us for an engaging session on supporting your child's literacy and language development. Presented by West Vancouver Schools in partnership with the West Vancouver Memorial Library, these workshops will explore practical strategies to foster a love of reading, build foundational skills, and create strong home-school connections. Sessions will include insights from district educators and library staff, highlighting local resources that help every child thrive academically. Check more information on the poster [HERE](#)!

All sessions will take place in Welsh Hall at the West Vancouver Memorial Library. Session dates are as follows:

- *January 27th - Parents of Grades 4 – 7 students*
- *March 3rd – Parents of Grades 8 – 12 students*

Physical Activity and Physical Literacy

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life. Children and youth become physically literate through physical activity, which develops **movement skills** that **enable**

participation in activities as they age. Getting active early increases the likelihood that participation and its benefits will continue into adulthood. West Vancouver School District aims to provide safe and varied opportunities for movement. Please click [HERE](#) to find out more resources.

West Vancouver Schools Admissions Timelines

Admissions for the 2026/2027 school year began 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 at 8:00am on Thursday, January 15th, 2026.

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.

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

Sentinel Athletes

Media Day – Friday, December 5th

All Sentinel basketball teams are invited to attend. Please refer to [HERE](#) for your scheduled time.

Crispy Cream donuts



There will be a sale at Park Royal (by Whole Foods) this Saturday the 6th of December from 10:30 -4:30. The Dominican Republic team will be working hard to raise funds for the trip. See you there and please spread the word!

Math Contest

CNML 8 We are also pleased to open registration for the CNML 8 Math contest taking place on Tuesday, February 24th during period 2-3. The CNML 8 is a short contest that's great for students looking to get entry level experience with Math contests. The cost for registration is \$2. Please see Mr. Ma in room 257 to register. The last day for registration is Friday, December 12th. Late registrations may not be accepted.

15th Annual Pajama Drive

Dec. 1 - Dec. 12

12 Days

138 Pairs of Pajamas

The 15th Annual Pajama Drive for Admiral Seymour fundraiser continues until Friday, Dec. 12th. We are raising money to provide a new pair of PJ's for each of the 138 students at Sir Admiral Seymour Elementary, an inner city school on the edge of Vancouver's Downtown Eastside. Too many of these vulnerable kids are living in poverty. Please help us provide a warm pair of pajamas for each of them to wear this winter. Let's show them we care.

Donations can be made in participating classes or with School Cash Online using this [link](#). Thank you to all who have already donated!! For more information, please contact Ms. Takahashi at jtakahashi@wvschools.ca

PAC News

Staff Holiday Luncheon

We're kicking off the holiday season - it's time to start preparing for our Holiday Teacher & Staff Appreciation Luncheon!

This year we'll be hosting all events *school-wide*, which means *every parent is welcome* to take part in every event (we won't be dividing responsibilities by grade anymore) -- we'll work together as one community.

You're welcome to contribute homemade/delicious food or monetary donations (for Holiday gift cards & Valentine's Day "Sweet Boxes") or your helping hands for set-up or clean-up on the special day - December 16th.

Together, we can show our amazing teachers and staff how much we appreciate everything they do — in the classroom and beyond. ♥

Sign up [HERE](#) for your food/drink donation or e-transfer your monetary donation to sentinelpac@gmail.com

Questions? Please contact Gem Chu: gemchuchu@gmail.com

Connect with PAC

Join our PAC meeting, volunteer with a [Team](#), or connect with your Grade Parents' [WhatsApp group](#) to stay involved in our school community.

School Traffic

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](#) (Oct 27th -Dec 19th ,2025)
- ❖ **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 Huskison (last names LIU-SAM) shuskison@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/>

Clubs Day – Discover the New Club list!

Check out the new and updated club list [HERE](#) from our Clubs Day! Whether you're looking to explore a hobby, try something different, or meet new friends, there's a club for everyone. Don't miss your chance to get involved, have fun, and make the most of your school year!

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

Absence / Illness

- Notify school via email

Late Arrival

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

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.

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

Chinese Parent Support Group

Our upcoming Chinese Parent Support Group session is taking place on Wednesday, Dec 10. Please see the poster [HERE](#) for form details.

- Date: Wednesday, December 10
- Time: 10:00 – 11:30 AM
- Language: Mandarin
- Speaker: Carol Siu (Registered Clinical Counsellor, RCC)
- Registration link: <https://forms.office.com/r/7Gpq04sEKk>

(If you have already registered for this parent group previously, there is no need to register again. You will receive the Zoom link a few days before the session.)

Topic: Child and Adolescent Mental Health – Understanding Social Anxiety Disorder (A Parent's Guide to Support)

Many adolescents experience fear and anxiety in social situations, avoiding peer interactions or even refusing to attend school. These can be early signs of social anxiety disorder. Research shows that social anxiety disorder is one of the most common anxiety conditions among teenagers. Without timely recognition and support, it can significantly impact their academic performance, friendships, and long-term life trajectory.

In this session, we'll explore together:

- Understanding social anxiety disorder
- Learning about Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP) techniques you can practice at home to support your child
- Q&A time
- Discovering BC community resources

Whether your child is currently experiencing social anxiety or you simply care about their mental health and social development, this workshop is for you. We warmly invite you to join other parents in sharing experiences, learning practical support strategies, and working together to help your child navigate the challenges of adolescence with confidence and build a healthy social life.

由中僑舉辦的「風雨同路華語家長互助小組」將於下週舉辦下一場線上聚會：

日期：12月10日（週三）

時間：上午10:00 – 11:30

語言：普通話

講者：Carol（註冊臨床輔導員RCC）

線上報名：<https://forms.office.com/r/7Gpq04sEKk>

如您早前已經報名參與此小組，不用再報名，您將在聚會前幾天收到ZOOM連結）

本次家長互助小組的主題是：《孩童及青少年心理健康：認識社交焦慮症（家長支援指南）》

許多青少年在社交場合中感到害怕、不安，甚至逃避與同儕互動、拒絕上學，這些可能是社交焦慮症的徵兆。研究指出，社交焦慮症是青少年中最常見的焦慮疾病之一，若未及時識別和支持，可能影響他們的學業、友誼發展，甚至未來的人生軌跡。因此，我們希望為家長創造一個安全、溫暖、充滿實用工具的分享空間。

這次聚會，我將陪伴您一起了解：

- 認識什麼是社交焦慮症？
- 認識認知行為治療（CBT）和暴露反應預防（ERP）以其中技巧在家實踐以支援孩子
- 現場Q&A時間
- BC省社區支援

無論您的孩子現在是否正在經歷社交焦慮，只要您關心孩子的心理健康和社交發展，這個工作坊都非常適合您參加。我們誠意邀請您參與，與其他家長交流經驗、學習實用的支持方法，攜手幫助孩子走過青春期的挑戰，建立自信和健康的社交生活。

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](#)