



WEST  
VANCOUVER  
SCHOOLS



SENTINEL  
SECONDARY

## ÉCOLE SENTINEL SECONDARY ■ E-BULLETIN

### Sentinel Secondary E-Bulletin

Thursday January 15<sup>th</sup>, 2026

#### Calendar Upcoming

Date	Day	Event	Notes
January 12 <sup>th</sup> -23 <sup>rd</sup>	All week	Grade 12 Literacy Assessments	Sentinel Library
January 15 <sup>th</sup>	Thu	Advanced Placement Info night	6:00pm
January 21 <sup>st</sup>	Wed	More Bookings for PT conferences	9:00am
January 21 <sup>st</sup>	Wed	Gr 8-11 Course Planning Evening	6:00pm G8/9; 7:00pm G10/11
January 28 <sup>th</sup>	Wed	Parents Teacher Conferences	1:00-3:00pm/ 3:30-5:00pm
January 28 <sup>th</sup>	Wed	Early Dismissal: all students at 12:00	Early Dismissal @12:00 pm
January 28 <sup>th</sup>	Wed	DPAC Parent event: Sarah Ward	6:30 pm – Kay Meek (need tix)
January 29 <sup>th</sup>	Thu	Collaboration Day	School starts 9:30am, early dismissal at 2:45pm
		Senior Casino & Dance Night	6:30pm – 10:00pm
January 30th	Friday	Pro-D Day	No School

#### 2025–2026 SCHOOL CALENDAR

#### New This Week

##### Inside Sentinel

- Grade 9 Immunization Consent form reminder
- Course Planning Info Night

##### Clubs and Actives

- Sentinel Table Tennis Team updates

## Inside Sentinel

### Graduation Assessments Updates!

All grade 12 students have been writing their Literacy 12 Grad Assessment(s) this week.

These assessments are required to graduate. Students - please check your emails for information on when you will write. Any student who missed their assessment should see or email Ms. Tanfara.

**Note:** Grade 10 students will write their Numeracy 10 Assessment in April and their Literacy 10 assessment in June. Please see or email Ms. C. Tanfara ([ctanfara@wvschools.ca](mailto:ctanfara@wvschools.ca)) with any questions.

### Graduation Assessments 2025-2026

DATES	ASSESSMENT	GRADE LEVEL
January 12-16, 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 22, 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	<b>Missed or re-writes:</b> Literacy 12 & Numeracy 10 Littératie 12 (June 8 or 9)	Gr. 10 and Gr.12 students

### Parent Teacher Virtual Conferences:

**Wednesday, January 28th 1:00PM – 3:00PM & 3:30PM – 5:00PM**

Please find instructions [HERE](#).

Bookings opened for 2 appointments on **Wednesday January 14th, 2026 @ 9:00AM**. More bookings may be made on **January 21st at 9:00am** if space is available.

Bookings will close **January 23rd at 3:00pm**. Reminder that ALL students will be released from classes at 12:00pm, Wednesday, January 28th to accommodate these conferences.

Parent Teacher Conferences will be “Virtual” this year using Google Meet. You must be signed into a Google account for virtual conferences. To register for conference times please go to School Appointments Online: <https://sentinel.schoolappointments.com/admin/> This can be done starting on January 14th.

NOTE: A new account must be registered every year with School Appointments. To find out your student’s teachers please ask your student or find Student Schedules under the Family tab on the MyEducation BC portal <https://myeducation.gov.bc.ca/aspen/logon.do>

### Course Planning Information Night (Parents Only)- January 21<sup>st</sup>, 2026

Course planning information will be presented by the counselling team, these will be the same presentations your child will receive in the upcoming month.

The presentations will also be posted on the Sentinel Website after January 21<sup>st</sup>.

Parent Sessions:

6:00pm-Grade 8 Course Planning (Cafeteria)  
6:00pm-Grade 9 Course Planning (Library)  
7pm-Grade 10 Course Planning (Cafeteria)  
7pm-Grade 11 Course Planning (Library)

**Grade 9 “Consent for School Immunization” Reminder**

Please return the “Consent for School Immunization” form to the office as soon as possible. All forms were mailed out by Vancouver Coastal Health (VCH). If you did not receive a form, please contact VCH directly at 604-983-6700.

**Grad Friendship Group Sessions (January 23<sup>rd</sup>)**

**Booking Information:**

Graduating students can book group photo appointments or find more details by visiting:

👉 <https://artona.com/bookings> (Select Grad Group Photos)

Photo Date: January 23, 2026

First Appointment: 4:30 p.m.

Location: School Cafeteria

**Sentinel – New Student Lunch Account Program!**

We’re introducing an optional Student Lunch Account Program designed to make cafeteria purchases easier for families and faster for students. Parents can load funds online, and students pay using a secure QR code. Please see more details [HERE](#)

Benefits for families:

- One-minute setup
- Easy reloads anytime
- Balance and purchase visibility
- No cash or cards needed
- Secure and privacy-protected

This program reduces lineups and keeps lunch payments simple and predictable.

Full instructions are in the PDF above. Should you have any questions, please feel free to email: [accounts@geminifoods.ca](mailto:accounts@geminifoods.ca). If you would like to stay connect with us, please email [Tony@geminifoods.ca](mailto:Tony@geminifoods.ca) and [Geoff@geminifoods.ca](mailto:Geoff@geminifoods.ca)

**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.

## Clubs and Activities

**Sentinel Table Tennis**

First Sentinel Team (20 players) will compete in BC Secondary Schools Table Tennis Championships on Friday & Saturday, February 27-28, 2026@ St. George's Senior School

## **Sentinel Tennis- Team Meeting: Friday Jan 16<sup>th</sup> – Lunch in Weight room!**

Anyone who is interested in trying out for the Sentinel Tennis team this year there will be a meeting on January 16th at lunchtime in the weight room.

## **Sentinel Stage's Annual Production**

Sentinel Stage's annual production, **The Dining Room**, is once again in search of several prop items. If you have any of the following items and would be willing to loan them to our show that would be awesome! Alternatively, if you are no longer in need of these items and you would like them to go to a good home - Sentinel Stage is that home! Please email Mrs. McGuinness-Gill directly @ [mmcguinnessgill@wvschools.ca](mailto:mmcguinnessgill@wvschools.ca)

- Candles (taper) x2 – LED
- Trivets or hot pads x2
- Silver salt spoon
- Linen placemats x2
- Bell (small) x1
- Book of matches
- Wooden tray – rectangular, with handles
- 8 (silver) cutlery settings with knife, fork (salad & dinner), spoon (big & little)
- Felt silver holder with individual spaces
- Grease pencil – black
- Large metal serving tray (vintage look)
- 6 x dinner plates – ideally a 90's pattern
- Soup tureen (silver)
- Wine holder (silver)
- Tablecloth (off-white linen for a large wooden table)

Please check out the [posters](#) of our Annual Production!

## **Inside West Van Schools**

### **West Vancouver Schools Admissions Information: January 15<sup>th</sup> Opened today at 8 am**

K-12 admission applications for both in-district and out-of-district students opened on **January 15<sup>th</sup>!** If you have students in your family or network who are looking to join our district, please help spread the word about this important date. West Vancouver Schools offer a wonderful opportunity to be part of a community that values excellence in education. Our schools take pride in creating meaningful learning experiences and providing opportunities that support the growth, well-being, and success of every student.

To learn more about registration expectations and processes, please visit our admissions page: <https://westvancouverschools.ca/admissions/> We look forward to welcoming new students and families to our vibrant and supportive school community!

### **Premier Academies and District Programs are open for registration!**



of The 2026-2027 **Premier Academies and District Programs** are open for registration! Please visit <https://westvancouverschools.ca/programs/> for further information.

**Premier Academies:** Badminton, Baseball, Basketball, Fencing, Field Hockey, Soccer, Tennis, Volleyball

**Premier Programs:** Carpentry, Cybersecurity (AI and Quantum Computing), Early Childhood Education, Fashion Industry, FAST, Illuminate Choral Ensembles, Outdoor Recreation, Professional Cook 1, Yoga Teacher Training, YELL Entrepreneurship 12

### **FAST (First Aid Swim Training) Program:**

#### **Applications for the 2026-2027 School Year Are Now Open!**

The First Aid Swim Training (FAST) Program is a unique opportunity for students to develop the essential skills and confidence to become successful lifeguards while also building leadership and resilience.

#### **Program Information Night**

Thursday, January 29th, 6:00 PM - Rockridge Secondary School, Room W211

By the end of the program, students will earn **key certifications** that are prerequisites for the **National Lifeguard Course**, which they can take independently at age 15 or older. Completing the National Lifeguard Course qualifies students to work as lifeguards.

#### **Certifications earned in FAST include:**

- **Bronze Medallion**
- **Bronze Cross**
- **Standard First Aid & CPR-C**

In addition to earning certifications, the FAST Program provides a practical foundation in:

- First Aid Training: Building strong emergency response skills
- Swimming and Stroke Development: Improving confidence and technique in the water
- Cardiovascular and Resistance Training: Developing fitness and endurance
- Leadership Development: Encouraging teamwork, communication, and responsibility

This program is ideal for students interested in aquatics, leadership, and gaining valuable job-ready skills. [CLICK HERE TO LEARN MORE AND APPLY NOW!](#)

### **Cyber Security E-Bulletin – Applications now open!**



[Cybersecurity, Artificial Intelligence and Quantum Computing](#) is a hands-on, project based course offered to students in Grades 10-12 who are attending Rockridge, Sentinel or West Van Secondary. Students learn the theory and apply it to practical projects in the fields of Cybersecurity, Artificial Intelligence and Quantum Computing. They have an opportunity to prepare for external certifications in Cybersecurity, Networking, Internet

of Things, Programming, CompTIA, and Data Science. Students also participate in international competitions such as [CyberPatriot](#) and others. The course aims at helping students prepare material they can use for university applications. and others. The course aims at helping students prepare material they can use for university applications.

## **Yoga Teacher Training Course Information Session – Wednesday January 21, 6 p.m., West Vancouver Secondary School Library**

The district's 200-hour Yoga Teacher Training course is an 8-credit course (4 PE credits and 4 Yoga credits) that will provide students in grades 9 to 12 with the skills needed to effectively and safely teach yoga to all levels of students. The total cost for the program is \$100 for the year. The course follows the guidelines set out by Yoga Alliance and students receive certification as Yoga Alliance 200-hour Yoga Teachers. Registration is now open. For more information or to register visit <https://westvancouverschools.ca/200-hour-yoga-teacher-training> or email Mariam Pirbhai [mpirbhai@wvschools.ca](mailto:mpirbhai@wvschools.ca)

### **West Van Run! March 7th and 8th – WVS discount!**

We invite students and families to take part in this fun, community run and enjoy special discounted registration. Parents and students can register for \$45 using the code **WVSCHOOLS**, and children can join the Kids 1K for \$15 using the code **WVKIDS**. These codes can also be used by other family members who would like to participate.

Whether you prefer walking, jogging, or running, this event welcomes all ages and abilities. It's a great way for families to be active together and supports our shared commitment to health and well-being across West Vancouver Schools.

Register here - <https://www.westvanrun.com/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 Updates:**

Over the first term, students and staff have worked hard to follow the West Vancouver Schools Personal Digital Device (PDD) expectations. Classrooms are more focused, transitions are smoother, and students tell us they can concentrate better without the pull of their phones. Thank you to families for reinforcing these habits at home.

As we return to school after the winter break, please help us keep this momentum going by reminding your children of the digital device expectations while at school.

### **What's expected at school:**

- **Elementary (K-7):** Cell phones are not used during the school day, including before and after school and at recess and lunch times. Laptops may be used to support learning during instructional time, only with explicit staff permission.

- **Secondary (8-12):** Cell phones and other digital devices should only be used during instructional time with explicit staff permission. Device use should be intentional, supervised, and tied to learning.

**How families can help:** Parents and guardians are encouraged to support schools by demonstrating these expectations whenever possible. This includes limiting adult cell phone use in and around school and refraining from contacting your child during school hours. For a one page overview of expectations, [see our Parent & Guardian Infographic](#).

### **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 27<sup>th</sup> - Parents of Grades 4 – 7 students*
- *March 3<sup>rd</sup> – 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.

### **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](mailto:MFinch@wvschools.ca) 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.

### **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.

## PAC News

### 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. Scan the QR Code today!

### MULTI-CULTURAL LUNCH: March 5<sup>th</sup>!

Our most famous school-wide event of the year, Multicultural Lunch, is coming up in only 8 weeks - on March 5<sup>th</sup>! We will showcase foods from around the world, and we need parents from every culture to help make it amazing.

In past years, we've had Persian food, Chinese food, Korean food, French food, Japanese food, Hong Kong Street food, Mexican food, Russian food, Colombian food, Indian food, Southeast-Asian food, Italian food, and more!

If you'd like to be a **Table Coordinator**, **create a new culture/food table**, or **join an existing table**, please contact **Gem Chu**, [gemchuchu@gmail.com](mailto:gemchuchu@gmail.com).

We'd love to have you involved and share your culture with 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://westvancouverschools.ca/cole-sentinel-secondary/wp-content/uploads/sites/8/2025/03/Sentinel-Secondary-School-Map-December-3.pdf>

## DPAC News

### DPAC Parent Night: Sarah Ward on Executive Functioning – Wed Jan 28<sup>th</sup>!

Sentinel Parents: Please join Sarah Ward, internationally recognized expert in executive function on Wednesday, January 28, 2026, at Kay Meek, 6:30 – 8:30pm. More information can be found [HERE](#). An event not to be missed! Ticket: \$20. **Please register [here](#).**

## 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](#)** (Jan 5<sup>th</sup> - Feb 27<sup>th</sup> ,2026)
- ❖ **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.

## **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](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)

For more information from our counselling team please visit

<https://westvancouverschools.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](mailto: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](mailto: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](mailto: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**

### **Orange Shirt Day 2026 Official Design Contest**

T-shirt design Contest! Sentinel students - you can raise awareness about the lasting impacts of residential schools and support the healing journey of survivors and their families by submitting a design for the [\*\*2026 Orange Shirt Every Child Matters T-shirt contest\*\*](#)Entries will be accepted until January 31 at 9:00 pm PST.

### **WVML Digital Resources: West Van Library Resources!**

The WVML January/February e-newsletter for kids, families and educators is here. We have lots going on, including a brand-new digital resource for French language practice for kids ages 4-11, Lunar New Year and Lantern Festival celebrations and programming on School's Out days. As always: everything is free, open to all and no library card is required.

[Kids & Families Newsletter: January/February 2026](#)

### **ANNOUNCEMENT — BIG&LIT DESIGN AWARD**

"InnoHub proudly presents the Big&Lit Award, a nationwide design competition inviting students ages 8 to 25 to design a new urban landscape bridge connecting two parts of the city across Highway1 in North Vancouver.

Entries will be judged in three categories: Elementary School, High School, and University. Projects will be evaluated on creativity, clarity of concept, and how effectively the design connects the two sides of the city.

In addition to being a strong portfolio piece, winners will receive scholarships, mentorship, and up to \$1,500 in prizes and art pieces. Submission guidelines, jury information, and award descriptions are available at [bigandlit.com](#).

Submission Opens: December 15, 2025

Submission Deadline: February 28, 2026

Award Ceremony: May 8, 2026, at Polygon Gallery, where the Mayor of the City of North Vancouver will present the awards.

The Big&Lit Design Award is supported by the City of North Vancouver, UBC, and Polygon Gallery. Winning projects will also be published in Canadian Architect, ArchDaily, and Domus Magazine. You may also subscribe to our mailing list on the website to receive all competition updates." website: <https://www.bigandlit.com/>

## Our Leadership Team & Contact Details

### ADMINISTRATION

- **MR. MIKE FINCH – PRINCIPAL (GRADE 12)**  
 [MFINCH@WVSCHOOLS.CA](mailto:MFINCH@WVSCHOOLS.CA)
- **MS. CRYSTAL TANFARA – VICE PRINCIPAL (GRADES 8 & 10)**  
 [CTANFARA@WVSCHOOLS.CA](mailto:CTANFARA@WVSCHOOLS.CA)
- **MR. SHAWN ANDERSON – VICE PRINCIPAL (GRADES 9 & 11)**  
 [SANDERSON@WVSCHOOLS.CA](mailto:SANDERSON@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.sentinelsecondary.ca)**



### 2025–2026 SCHOOL CALENDAR

- [VIEW CALENDAR](#)

### CONTACT US

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