



ÉCOLE SENTINEL SECONDARY ■ E-BULLETIN

Sentinel Secondary E-Bulletin

Thursday January 22nd, 2026

Calendar Upcoming

Date	Day	Event	Notes
January 23 rd	Fri	Grad Group Photo	Sentinel Cafeteria
January 28 th	Wed	Parents Teacher Conferences & Early Dismissal at 12 pm	1:00-3:00pm/ 3:30-5:00pm. Early Dismissal at 12pm.
		DPAC Parent event: Sarah Ward	6:30 pm – Kay Meek (need tix)
January 29 th	Thu	Collaboration Day	School starts 9:30am. dismissal at 2:45pm
		Senior Casino & Dance Night	6:30pm – 10:00pm
January 30 th	Fri	Pro-D Day	No School
February 10 th	Tue	Grade 9 Immunization Clinic	Library
February 12 th	Thu	PAC Meeting	Library
February 13 th -16 th		Reading Break and Family Day	No School
February 25 th	Wed	Pink Shirt Day	Sentinel

[2025-2026 SCHOOL CALENDAR](#)

[New This Week](#)

Inside Sentinel

- Order of Yearbook is closing- Hurry!
- Canadian Computing Competition (CCC)- Mandatory Meeting on Jan 23rd

Clubs and Actives

- Sentinel Iron Chef Cooking Competition
- Dominican Republic - Bake Sale
- Math Contests Update
- Sentinel Stage's Annual Production- We need your help!

PAC News

- Multi-Culture Lunch Sign up starts

Inside West Vancouver Schools

- Parent Literacy Workshops – January 27th
- FAST Program Information Night- January 29th

Inside Sentinel

Parent Teacher Virtual Conferences:

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

Please find instructions [HERE](#).

Bookings will close Friday **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>

Grad Friendship Group Sessions (January 23rd)

Booking Information:

Graduating students can book you 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

2025/2026 Yearbooks – Hurry! Before the order is closed.

The 2025/2026 Yearbooks are closing for purchase through School Cash Online soon. 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.

Canadian Computing Competition (CCC) – is running at Sentinel on Wed Feb 18th

Good news! The Canadian Computing Competition (CCC) will run at Sentinel this year on Wednesday, Feb 18th:

- If your child is interested in writing the CCC they must come to the mandatory lunch time meeting on **Fri Jan 23rd** in Rm 254, starting at 1:00 pm
- Even if your child has written the CCC in previous school years – **everyone** must come to the meeting as there are new “integrity” requirements which will include all participants screen recording their session of the CCC – this is what Friday’s meeting is about!
- [2026 CCC Parent Information Letter](#)
- If your child can’t make the meeting on Fri – please ask them to speak to Ms. Winstone prior to the meeting on Friday (she’s in Rm 254) – to make an arrangement to get this info at a different time early next week
- For more info about the changes happening re: the CCC – scroll down to read “Contest supervision” at: <https://cemc.uwaterloo.ca/contests/ccc> or email Ms. Winstone at lwinstone@wvschools.ca

Course Planning Night- Thank you!

We would like to thank all parents and guardians who attended the Course Planning Night yesterday. The evening was very successful, and we appreciated your participation. For those who were unable to attend, the presentation PowerPoint will be posted on the main page of Sentinel website shortly.

Clubs and Activities

Sentinel Iron Chef Competition

Sentinel Iron Chef Cooking Competition is happening Tuesday, February 10, 2026 from 3:10 pm – 6 pm, for students in Grades 9-12. Each group will have 1 hour and 15 minutes to make a main dish and dessert for the judges. The secret ingredient will be revealed at the start of the competition. Only 6 teams can participate in our Foods Room, 2 people per team must have taken Food Studies Class during their time at Sentinel. Sign up is first come first served. Application Forms are in Room 255.

Dominican Republic- Bake Sale

Bake sale on Tuesday the 27th at lunch in the foyer. We are fundraising for the Dominican Republic.

Math Contests

The Math department is opening registration for the **Pascal (grade 9)**, **Cayley (grade 10)**, and **Fermat (grade 11)** Math contests. These contests offered by the University of Waterloo are follow up contests for the popular Gauss contest offered during grade 7 and 8, and prospective University of Waterloo students are encouraged to participate. The cost of registration is \$5 and it closes on Friday, February 6th. Late registrations may not be accepted. Interested students can see Mr. Ma in room 257 to be registered.

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 Stage's Annual Production-**TIME SENSITIVE*** as we open in less than 2 weeks!

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

- Candles (taper) x2 – LED
- Trivets or hot pads x2
- Silver salt spoon
- Linen placemats x2
- Grease pencil – black
- Soup tureen (silver)
- Tablecloth (off-white linen for a large wooden table)

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

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: Sign Up Today!

Sentinel PAC's most famous annual event is coming up!

We need many parent volunteers - to cook foods and desserts from your culture, serve food, donate drinks and sell tickets - Please sign up here:

12 FOOD TABLES + TICKET SALES:

<https://perfectpotluck.com/meals.php?t=SYKX2890>

DESSERTS TABLE:

<https://perfectpotluck.com/meals.php?t=TOJU7807>

DRINKS TABLE:

<https://perfectpotluck.com/meals.php?t=TNIF5797>

PAC MONTHLY MEETINGS

PAC meeting dates for the rest of this school year:

Feb 12, Mar 12, Apr 9, May 14, June 11

Meetings start at 9am and are preceded by coffee and conversation if you can come earlier - meet us in the library, mezzanine level!

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>

Inside West Van Schools

West Vancouver Schools Admissions Information:

K-12 admission applications for both in-district and out-of-district students opened on **January 15th**! 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!



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.

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 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.

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.

DPAC News

DPAC Parent Night: Sarah Ward on Executive Functioning – Wed Jan 28th!

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](#).**

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/>

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 5th - Feb 27th ,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

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://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!

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. If you would like to stay connect with us, please email Tony@geminifoods.ca and Geoff@geminifoods.ca

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

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