



WEST  
VANCOUVER  
SCHOOLS



SENTINEL  
SECONDARY

## ÉCOLE SENTINEL SECONDARY ■ E-BULLETIN

### Sentinel Secondary E-Bulletin

Thursday January 29<sup>th</sup>, 2026

Calendar Upcoming			
Date	Day	Event	Notes
January 29th	Thu	Senior Casino & Dance Night	6:30pm – 10:00pm
January 30 <sup>th</sup>	Fri	Pro-D Day	No School
February 3rd-7th		Sentinel Stage Presents- The Dinning Room	Kay Meek Theatre
February 10 <sup>th</sup>	Tue	Grade 9 Immunization Clinic	Library
February 12 <sup>th</sup>	Thu	PAC Meeting	Library
February 13 <sup>th</sup> -16 <sup>th</sup>		Reading Break and Family Day	No School
February 25 <sup>th</sup>	Wed	Pink Shirt Day	Sentinel

 [2025–2026 SCHOOL CALENDAR](#)

### New This Week

#### Inside Sentinel

- Course Planning – Grade 8 Important Deadline and G9-11 Parents info!
- AP Information Night – Follow up information
- 2025/2026 Yearbook – LAST week to buy!

#### Clubs and Actives

- Lunar New Year Celebration
- Sentinel Stage's The Dining Room at Kay Meek

## Inside Sentinel

### Course Planning Important Updates:

#### Grade 8s IMPORTANT DEADLINE....

All grade 8s received their course planning information sessions this week.

Signed course planning forms are due Monday February 2nd

Forms will be collected in the main foyer during FIT.

Course planning presentations were sent to all families via email on Friday January 23rd.

### Grade 9, 10, and 11 Parents Course Planning Info

Grade 9, 10, and 11 students will be inputting their own course requests into the computer (grade 9s in their English 9 classes with the counsellors, and grade 10s and 11s on their own time).

Please ensure that your child knows their MyEducationBC password and is able to log in.

If they have forgotten their username or password, they can click “Trouble Logging In?” on the MyEducationBC login page and follow the steps to recover their user ID or reset their password using their school email address.

If they are locked out of their account, they can email [sentinelportalhelp@wvschools.ca](mailto:sentinelportalhelp@wvschools.ca) for support.

Students will need to be able to log in to MyEducation BC by the following dates:

Grade 9: February 11

Grade 10: February 19

Grade 11: February 9

### **AP Information Night – Information**

We would like to thank everyone who attended the AP Information Evening on Thursday January 15<sup>th</sup>, 2026. It was such a great turnout and as promised here are the resources. As a reminder, we have a course planning night being offered on Wednesday January 21<sup>st</sup> (Grade 8/9 at 6:00PM; Grade 10/11 at 7:00PM). In addition, all students will be visited by our counselling team coming up to receive course planning information and to answer any questions.

[2026 AP Information Night Sides](#)

[Sentinel Website – Advanced Placement](#)

### **2025/2026 Yearbooks – LAST week to buy!**

The 2025/2026 Yearbooks will be delivered in June, and we cannot guarantee there will be any left over when they arrive. That is why it is important you buy yours this week before they sell out. Friday Jan 30<sup>th</sup> is the very last day to purchase. [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 18<sup>th</sup>**

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

- If your child is interested in writing the CCC they must come to the mandatory lunch time meeting on **Fri Jan 23<sup>rd</sup>** 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](mailto:lwinstone@wvschools.ca)

## Clubs and Activities

### Lunar New Year Celebration

Join us for a Lunar New Year celebration on **February 20th from 6:30–8:30 PM** in the Main Gym at Sentinel! Enjoy an evening of performances, interactive trivia, and gifts as we celebrate Lunar New Year together.

Tickets: \$15 per person (available on School Cash Online)

Questions: Please contact [Jessicaw043@edu.sd45.bc.ca](mailto:Jessicaw043@edu.sd45.bc.ca)

We look forward to celebrating with the Sentinel community!

### Sentinel Stage Presents - The Dining Room

Performances at the Kay Meek Theatre, February 3rd to 7th. Tickets are available from any of the 52 students involved in the production, or from [sentinelstage.ca](http://sentinelstage.ca)

**The Dining Room** is a witty and heartfelt portrait of family life centered around a single dining room table. The play jumps around multiple decades, capturing moments of everyday life from shared meals and conversations to celebrations, arguments, and farewells. Though the characters, traditions, and relationships continually change, the dining room itself remains constant, quietly witnessing the passage of time.

As new memories are formed, relationships are shaped, and the uniqueness of each decade is revealed, the dining room stands at the heart of every family story.

### 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.

## 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 perspective 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.

## 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 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!



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

### 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.

### 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.

## In the Community

### 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.

### 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.

## 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!

### **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)

### **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

## 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](#)**