



ÉCOLE SENTINEL SECONDARY ■ E-BULLETIN

Sentinel Secondary E-Bulletin

Thursday February 5th, 2026

| Calendar Upcoming | | | |
|---|-----|---|------------------|
| Date | Day | Event | Notes |
| February 3rd-7th | | Sentinel Stage Presents- The Dinning Room | Kay Meek Theatre |
| February 10 th | Tue | Grade 9 Immunization Clinic | Field House |
| | | Iron Chef Competition 3:10-6:00pm | Foods Room |
| February 12 th | Thu | PAC Meeting | Library |
| February 13 th -16 th | | Reading Break and Family Day | No School |
| February 20 | Fri | Lunar New Year Celebration 6:30-8:30pm | Main Gym |
| February 24 th | Tue | New Students Photo Catch Up | Sentinel |
| February 25 th | Wed | Pink Shirt Day | Sentinel |

[2025-2026 SCHOOL CALENDAR](#)

[New This Week](#)

[Inside Sentinel](#)

- Grade 9 Immunization Clinic- February 10th

[Clubs and Actives](#)

- Lunar New Year Celebration- Tickets on Sale Now

[PAC News](#)

- Multi-Culture Lunch – Volunteers are needed!
- Sentinel Legacy Fund – Support our school!

[Inside West Vancouver Schools](#)

- Yoga Teacher Training Course Information Session

[In the Community](#)

- Student Video Contest – Safe Routes, Healthy Commutes



Inside Sentinel

Course Planning Important Updates:

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 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

Grade 9 Immunizations – February 10th

A reminder that next week, on Tuesday February 10th, our public nurses will be conducting immunizations for the grade 9s students. Consent forms were mailed home by Vancouver Coastal Health. Students should bring forms to our main office, if not already done so. Any questions, or if you didn't receive a form, please feel free to contact Sandra McLean RN (c), BScN, Public Health Nurse, Child & Youth Team

sandra.mclean@vch.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, please click [HERE](#) to purchase)

Questions: Please contact 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

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 – 6:00 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 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.

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: Many Volunteers are needed!

Sentinel PAC's most famous annual event is coming up March 5th! We need many parent volunteers - to cook and serve food and desserts for 12 different cultures, and to donate drinks and pizzas! To sign up for cooking and/or serving at a table, contact the Lead by email:

Singaporean/Malaysian = Dan Feng Tan tandandeng@yahoo.com

Russian = Marina Kosheleva mdkosheleva@gmail.com

Persian = Maryam Morshedi Maryam.m5606@gmail.com

Mexican = Mariel Diaz mariel85@hotmail.com

Korean = MinJi Jeon sarangeeasy@gmail.com

Japanese = Yueling daisylu1224@gmail.com

Italian = Tony Hryncuk tonyhryncuk@gmail.com

Indian/Bengali = Madhubanti Das madhubanti.das@gmail.com

Hong Kong = Yvonne Lau Yvonnecylau@gmail.com
French = Alma Lizarraga Alma.cpfwv@gmail.com
Colombian = Angela Corredor gelaco20@hotmail.com
Chinese = Rong Zheng 1637567920@qq.com
DESSERTS TABLE: <https://perfectpotluck.com/meals.php?t=TOJU7807>
DRINKS TABLE: <https://perfectpotluck.com/meals.php?t=TNIF5797>
CULTURE TABLES: <https://perfectpotluck.com/meals.php?t=SYKX2890>

SENTINEL PAC LEGACY FUND

We have just launched the **Sentinel PAC Legacy Fund** to support school priorities that government funding doesn't cover — better classroom equipment, student social spaces, and creative programs that our teens use every day.

A suggested donation is \$100 per family, but this is purely optional, and any amount is a wonderful contribution!

Plus, any donation amount over \$25 is TAX DEDUCTIBLE. It takes less than one minute to donate:



<https://westvancouver.schoolcashonline.com/Fee/Details/207/105/false/true?fundDestination=Sentinel%20PAC%20-%20Leaving%20a%20Legacy%202026>

THANK YOU for considering our new **PAC Legacy Fund!**

If you wish to make a larger donation, volunteer, or explore sponsorships or corporate matching - please contact Legacy Team Lead, Tenzin Khangsar at tenzinkhangsar@gmail.com or +16046524251

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/ecoole-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

Yoga Teacher Training Course Information Session

Thursday February 19th at 5:45 p.m. West Vancouver Secondary School Library

The district's 200-hour Yoga Teacher Training course is an 8-credit course (4 PE course credits and 4 Yoga course 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

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 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.

In the Community

Student Video Contest – Safe Routes, Healthy Commutes

The Student Video Contest is an annual contest that challenges West Vancouver students to make and submit short videos on various themes related to sustainability for a chance to win prize money. More info is linked [here](#) and shareable poster is linked [here](#).

Who: All students from kindergarten to grade 12 who live or go to school in West Vancouver

What: Create and submit a short (60 to 90 second) video

When: Contest is open January 30 and closes April 19, 2026

Prizes: Cash prizes for the top 10 video entries

How: Visit westvancouver.ca/studentvideos for more information and how to enter

The Student Video Contest is back! West Vancouver students in kindergarten to grade 12 are invited to create an original video for a chance to win prize money!

Students are challenged to create a 60 to 90 second video based on the theme of this year's contest – Safe and Active Transportation to School. All types of videos including live action, animation, claymation, stop-motion, music videos, etc. are accepted.

We want students and the broader community to think about traffic safety and active transportation. Fewer cars around schools reduce congestion and traffic conflicts, while choosing to walk or cycle to school is good for students' health and reduces pollution.

Students are encouraged to get creative! Make a stop-motion about why traffic safety matters, a TikTok-style promotion of your active commute, or a music-video about why our community would benefit from less school congestion.

The deadline for submissions is Sunday, April 19, 2026.

More information at westvancouver.ca/studentvideos

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) julinder@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 – Parents 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](#)**