

Sentinel Secondary E-Bulletin



ÉCOLE SENTINEL SECONDARY E-BULLETIN

Thursday February 26th, 2026

Calendar Upcoming

Date	Day	Event	Notes
March 5 th	Thu	Multi-Cultural Lunch	Sentinel Gym
March 6 th	Fri	Learning Update #2 Posted after 3pm	My Education Online
March 9 th	Mon	Grad Chat	During FIT
March 12 th	Thu	PAC Meeting	Library
March 16 th -27 th		Spring Break	No School

[2025–2026 SCHOOL CALENDAR](#)

New This Week

Inside Sentinel

- Course Planning Complete- Thank you.

Clubs and Actives

- Sentinel Athlete Updates- Junior Ultimate Frisbee coach NEEDED!

PAC News

- Multi Cultural Lunch is in 7 days- Check the menu.
- Sentinel PAC Legacy Fund – Donations are still accepted!

Inside West Vancouver Schools

- 2026-2027 Yoga Teacher Training Course

In the Community

- Youth Wellness Conference- Registration Now Open
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Student Resources

- Block Rotation Schedule has been updated (March 2nd – May 8th ,2026)

Inside Sentinel

Course Planning of all Grades are now Complete!

Thank you for helping your child get their forms back to us so promptly!

If you have any outstanding or overdue forms, please ensure they are returned to your child's counsellor as soon as possible.



Clubs and Activities

Sentinel Athlete- Junior Ultimate Frisbee coach NEEDED!



We are currently in need of a **Junior Ultimate Frisbee coach**. Without one, we may not be able to field a junior team this year.

If you, or anyone you know, is able to volunteer time to coach the **Sentinel Junior Ultimate Team**, please reach out to:

Todd McGowan: TMcGowan@wvschools.ca

Brooks McNiven: BMcNiven@wvschools.ca

Your support will help keep this exciting opportunity alive for our students!

Math Contests

The Math department is opening registration for the **Fryer (grade 9)**, **Galois (grade 10)**, **Hypatia (grade 11)**, and **Euclid (grade 12)** Math contests. These are the final contests offered this school year for students from grade 9 to 12 and perspective University of Waterloo students are encouraged to participate. The cost for registration is \$10 for the Fryer, Galois, and Hypatia contests, and \$15 for the Euclid. Registration closes Friday, February 27th. Late registrations may not be accepted. Interested students can see Mr. Ma in room 257 to be registered.

PAC News

Multi-Cultural Lunch in only 7 days – March 5th!

To avoid long lines to pay on the day, please support your teen to buy [Tickets](#) in advance in the Sentinel foyer and outside Library at lunch hour:

- ❖ Monday March 2nd, Tuesday March 3rd or Wednesday March 4th; Cash, debit or credit.



Click the following links for food options : [Chinese](#), [Korean/Persian/SE Asian](#), [Russian/Drinks/Dessert](#), [Japanese/Hong Kong](#), [Colombian/Mexican/Bengali/Indian/Italian/French](#)

Let's also work together to reduce waste by encouraging students to bring their own containers and help make our event more environmentally friendly.

Please note the lunch is for Sentinel Students & Staff only.

Sentinel PAC Legacy Fund

Our Sentinel PAC Legacy Fund is taking off! We have received over **\$13,000** in donations from families - more than halfway to our goal for this year!

THANK YOU to those who have donated for school priorities that government funding doesn't cover — better classroom equipment, student social spaces, and creative programs that our teens use every day.

Donations are still being accepted. 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

Connect with PAC

PAC Monthly Meetings

PAC meeting dates for the rest of this school year:

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!



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!

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!

Carpool Opportunities

We are always trying to reduce traffic at the school, so here is a CARPOOL opportunity:

 Looking to share school rides with Sentinel families near you? Click the* [Sentinel Carpool Program](#)* to find your zone, join a WhatsApp group, and hopefully share the driving! 😊

*This is a parent-led, self-organized initiative.

<https://westvancouver.schools.ca/ecole-sentinel-secondary/wp-content/uploads/sites/8/2025/03/Sentinel-Secondary-School-Map-December-3.pdf>

Inside West Van Schools

2026-2027 Yoga Teacher Training Course

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://westvancouver.schools.ca/200-hour-yoga-teacher-training> or email Mariam Pirbhai mpirbhai@wvschools.ca

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://westvancouver.schools.ca/admissions/> We look forward to welcoming new students and families to our vibrant and supportive school community!

- Hear stories, advice, and experiences from our panel of university students and young professionals.
- Connect with other youth, share experiences, and build networks.
- Explore mental wellness, coping strategies, and resources for planning for the future.
- Gain strategies for managing stress, anxiety, and uncertainty effectively.

- Lunch and snacks included, plus an opportunity to win prizes!

Registration link:

https://anc.ca.apm.activecommunities.com/westvanrec/activity/search/detail/212837?onlineSiteId=0&form_original_cui=true

Premier Academies and District Programs are open for registration!



The 2026-2027 **Premier Academies and District Programs** are open for registration! Please visit <https://westvancouver.schools.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

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:

- *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

Literacy for Parents of Secondary Students with the WVML

Please share the [handout](#) and the following message for parents in your e-bulletin. The poster can be [downloaded from here](#) to share as you see best!

Reading, Writing, and Thinking for Secondary Academic Success

Parents of students in Grades 8–12 are invited to join us for an engaging and practical session focused on how literacy skills support academic success across all subject areas in secondary school.

This workshop will provide strategies to help families support reading comprehension, academic writing, vocabulary development, study skills, organization, and independent learning at home. Parents will also gain clarity around expectations, assessment, and student progress in secondary school.

 Tuesday, March 3

 5:30–6:45 PM

 Welsh Hall, West Vancouver Memorial Library

Presenters include Tucker McLean (District Enhancement & English Teacher), Michelle LaBounty (District Principal of Teaching & Learning), Mary Parackal (Vice Principal of Early Learning), and Shannon Ozirny (Head of Youth Services, West Vancouver Memorial Library)

Register [here](#).

We look forward to seeing you there!

Capilano University Access programs information session — March 5th

Capilano University is hosting a [virtual information session](#) on Thursday, March 5 at 4 p.m. for students and their families to learn more two Access programs designed to support students with learning differences: [Discover Employability](#) and [Education and Employment Access](#). Both programs are full-time at the Capilano University North Vancouver main campus and start in September 2026.

While this information session is primarily designed for secondary age students and their families, Grade 6-7 families who are interested are also welcome to attend to learn more about future pathways, growth opportunities, and transition-to-adult life planning.

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](#) (March 2nd -May 8th 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://westvancouver.schools.ca/counselling/>

Clubs Day – Discover the New Club list!

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

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.sentinelsecondaryschool.ca)

2025–2026 SCHOOL CALENDAR

- [VIEW CALENDAR](#)

CONTACT US

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