

SEYCOVE at sáyəmətən NEWSLETTER

Welcome

We would like to thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Tseil-Waututh Nation, whose unceded traditional territory the North Vancouver School District resides on. We value the opportunity to learn, share and grow on this traditional territory.



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Social Justice 12

Dominican Republic Fundraiser

Pub Night at the Raven
February 11

Get your tickets [here](#) today!



Online Auction

Click [HERE](#) to view items and bid.

Seycove's Social Justice 12 program has offered a hands on volunteer trip experience to the Dominican Republic for the past 17 years. The impact of these trips is just awesome, where both impoverished families and the students themselves lives are changed forever.

Seycove has built over 21 homes in the Dominican Republic and has established strong bonds with the people there. The last trip in 2020 was cancelled due to Covid-19. After 5 years, this years' Social Justice 12 students will return April 27-May 8, 2023 to continue our efforts of making a difference.

"Never doubt that a small group of thoughtful, committed citizens can make a difference in the world; indeed it is the only thing that ever has." ~Margaret Mead.

Upcoming Important Dates

February 7	Semester 1 Report Cards Published
February 7	Youth & Vaping Event
February 11	Green Collar Futures Virtual Career Conference
February 11	Pub Night @ The Raven Fundraiser
February 15	Moja Coffee Pick up—Cafeteria
February 16	Course Programming Sheets Due
February 17	District Pro D (Students not in attendance)
February 17	NVSD Chess Championship
February 20	Family Day—Schools Closed
February 22	Pink Shirt Day
February 26	Purdy's Easter Chocolate Order Deadline



GREEN COLLAR FUTURES

VIRTUAL CAREER CONFERENCE

for students grades 9-12

WIN A \$500 SCHOLARSHIP!

The "green economy" is changing the workplace in B.C. Learn about exciting and endless career opportunities.



More than a career fair, this conference connects you with dynamic people thriving in a green collar career.



Many careers are represented like hydrologist, environmental lawyer, affordable housing developer, interior designer, landscape architect, sustainable fashion entrepreneur, robotics engineer, lighting physicist and sustainable financial advisor.



Saturday, February 11th, 2023: 9:00 am - 2:30 pm
Held virtually via Zoom.

Registration is limited, and a school limit may apply. Register at:



www.greenbricks.ca

YOUTH & VAPING

Information, Considerations, Impacts

Youth & Vaping: Information, Considerations, Impacts



Thursday
Feb 9, 2023
7-9 pm
Handsworth
Secondary

FREE
Parent
Community
Conversation

Key Note Speakers:

Dr. Milan Khara
Medical Lead: VGH Smoking
Cessation Clinic

Lindsay MacDonald
Tobacco & Vapour Reduction
Coordinator
VCH

Let's talk

- Products
- Stats
- Health
- BC Legislation
- Local Supports
- And More...

Register here

<https://youth-vaping.eventbrite.com>


North Vancouver
School District
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· FOUNDRY ·
NORTH SHORE


WEST
VANCOUVER
SCHOOLS



Please join Foundry North Shore on **February 9, 2023** at Handsworth Secondary as they welcome you to a Community Conversation on youth vaping rates, stats, products, industry influence, health impacts including addiction, legalization, BC legislation and local supports for youth. Please [RSVP](#) soon as this FREE event will fill up quickly.



Seycove Secondary's Easter Chocolate Fundraiser

Support your school community by ordering some tasty Easter treats! Proceeds go towards school-wide initiatives. Deadline to order is February 26th. Orders will be ready for pick up April 3rd - 6th from the main office. If you already have a Purdy's account, you can simply sign in and then place your order. Link below:

<https://fundraising.purdys.com/1515893-104453>

Boys Basketball Fundraiser

5 Different Types of Moja Coffee

Purchase Organic Swiss Water Decaf Espresso, Organic Imara Espresso, Organic Guatemala Dark Roast, Organic Nicaragua Medium Roast or Organic Colombia Medium Roast at a discount and support Sr Boys Basketball!

Each 400 gram bag of coffee is \$15.00. (You save, as Moja's online price is \$17.50/bag).

To purchase your Moja Coffee, please click on your coffee choice(s) from the list below. Please share with family and friends!

[Organic Swiss Water Decaf Espresso](#)

[Organic Columbia Medium Roast](#)

[Organic Nicaragua Medium Roast](#)

[Organic Guatemala Dark Roast](#)

[Organic Imara Espresso](#)

If you are a Seycove family, you can also order through your [SchoolCashOnline](#) account.

This is the final campaign with sales from now until **February 12**. All coffee pickup will be on February 15 in the Cafeteria.

Moja Coffee - North Vancouver is a local premium coffee roaster.



Chess Club and Tournament Information

Thank you to all the students who participated in Chess Club this semester! Students had fun meeting new players and learning new skills. Although the club is done for the school year, students can still drop by room 263 to play an informal game of chess at lunch throughout the rest of semester 2. Also, there is an upcoming Chess Tournament for all those interested. The Tournament is on Friday, **February 17th**, 2023 on the 5th floor of the ESC. The tournament will start at 9 am and should be done by 3 pm if students advance to the finals. There is no cost for students to participate and the tournament is open to all SD44 students K-12. All skill levels are welcome.



PINK SHIRT DAY—February 22, 2023

Now a movement celebrated across the globe, **Pink Shirt Day** has humble beginnings. Inspired by an act of kindness in small-town Nova Scotia, CKNW Kids' Fund, working with partners Boys & Girls Clubs and 980 CKNW, was inspired to raise funds to support anti-bullying programs. Here is a snippet of an article detailing the original incident:

"David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. 'I learned that two people can come up with an idea, run with it, and it can do wonders,' says Mr. Price, 17, who organized the pink protest. 'Finally, someone stood up for a weaker kid.' So Mr. Shepherd and some other headed off to a discount store and bought 50 pink tank tops. They sent out message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. 'It looked like a huge weight was lifted off his shoulders,' Mr. Price recalled. The bullies were never heard from again."

Careers Programs - Upcoming Events

- January & February (various dates) – **Firefighter Recruit Training**
NVSD has partnered with North Shore Tri-Municipal Fire Recruitment offering spots for grade 11 and 12 students interested in firefighting careers to train alongside the new recruit class. **Limited spots available.** Please e-mail jknapp@sd44.ca for more information or have your student visit Mrs. Knapp in the Work Experience Facilitator office.
- February 9 – **RCMP Officer for the Day**
Students in grade 10-12 interested in a career in **law enforcement, forensics or criminology** will have the chance to participate in a full-day interactive experience. The day will involve students getting the chance to investigate a crime from start to finish along with presentations from various police units. Please contact Janice Knapp, Work Experience Facilitator, to get more information: jknapp@sd44.ca
- February 15 – **Trades Info Night**
Students and parents are invited to this evening where various trades and trade schools will be presenting and providing information on how to get started in a career in trades. The event will be at the NVSD School Board Office -5th Floor, 2121 Lonsdale Avenue, 6:30pm – 8:00pm. No sign up required. For more information, e-mail: jknapp@sd44.ca

**UPCOMING
CAREER
EDUCATION**

OPPORTUNITIES:

- **NVSD TRADES NIGHT - FEB 15, 6:30-8PM**
- **BCIT OPEN HOUSE - FEB 15, 4-7PM**
- **NVSD: CAREERS IN HEALTH - MAR 7**

**MORE INFO ON
CAREER EDUCATION EVENTS**
www.seycove.ca/students/career centre

Save the dates! Be sure to keep checking the Career Centre page for updated information on Career Education Events : [Career Centre - Seycove Secondary \(sd44.ca\)](http://Career Centre - Seycove Secondary (sd44.ca))

Celebrating Learning



PLP 12 Self Improvement Book Exhibition

The PLP 12 cohort finished off semester one in their Personal Growth Plan course individually reading 21 different self-improvement books! Last Tuesday in Block 4, learners presented an artifact to represent their learning from the books and pitch their ideas to their grade 12 peers in the library. It was a great afternoon of music, cookies, reflection, and “book bingo”! Check out any of the 21 books in the library now!



Textiles 9

In Semester 1, Textiles 9 ended the course with the theme of sustainability in the clothing industry. All students upcycled an item of clothing and created something new out of it.

Gwenyth Rae used a pair of jeans and part of a men's shirt to create her own apron! Gwenyth designed her own logo and used the Cricut to cut her logo on iron on vinyl.



Thank you to the PAC for the donation of money for the Cricut and to Petra Willemse for her expertise in printing logos!

Woodworking 10-12



Grade 11 & 12 students, Vinnie, Ryan and Caitlin with the fine guitars they completed in Woodworking.

B.C. First Peoples 12 Exhibition

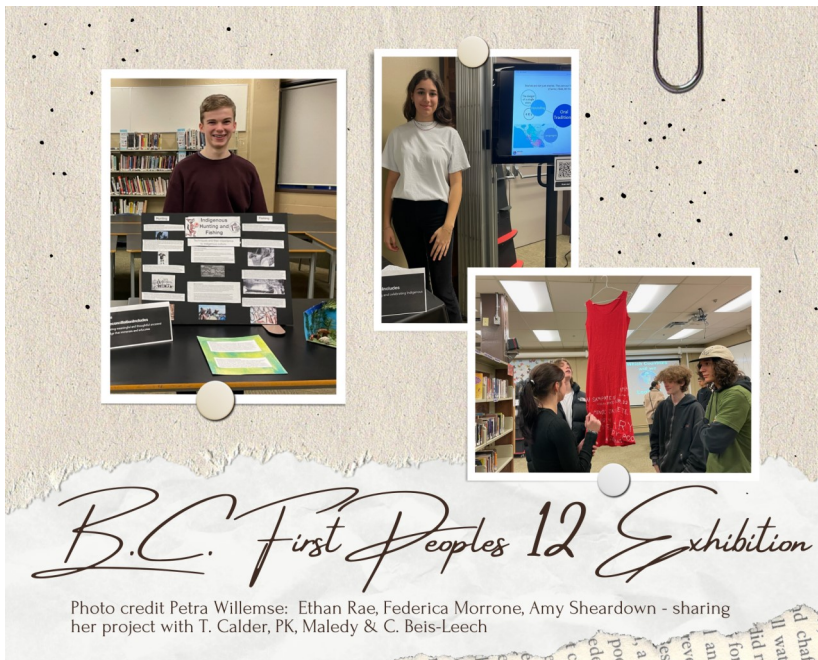


Photo credit Petra Willems: Ethan Rae, Federica Morrone, Amy Sheardown - sharing her project with T. Calder, PK, Maledy & C. Beis-Leech

On Tuesday, January 24th Seycove was able to host our inaugural B.C. First Peoples 12 Exhibition! The focus of the exhibition was for learners to share their answer to the courses Driving Question “What can I do, even if only in a small way, to be a part of reconciliation?”. Through a process of project based learning, learners were able to proudly present their individual inquiry projects on themes and topics explored in the B.C. First Peoples 12 course. Mr. Hughes and Ms. Maxwell are so proud of all the learners and their culminating projects.

Economics 12

Ms. Rajan’s Economics 12 class researched several topics as part of their final assessment in Economics 12. Student were given several choices to demonstrate their understanding of the curricular competencies in [Economics 12](#).

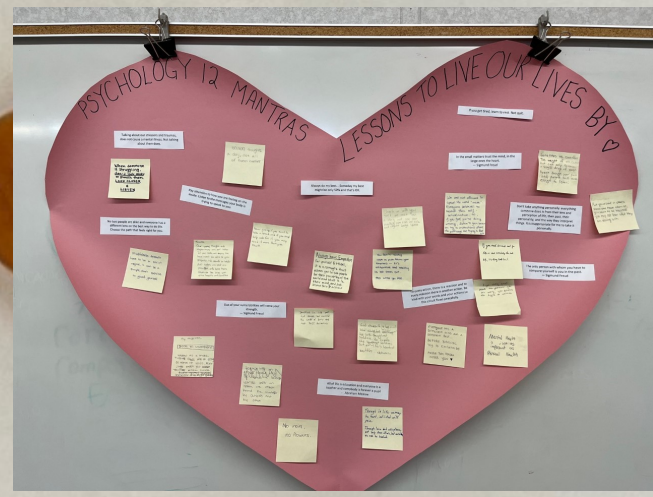
The class analyzed the sources of long economic growth. Student presentations discussed why standards of living across countries vary so widely, causes of unemployment and how it is measured. Students considered the costs of inflation and the relationship between unemployment and inflation in the short run. Some students demonstrated their learning by drawing supply and demand graphs to Econhelp to explain why the cost of labour tends to be low in less-developed countries. In addition, students researched economic models examined over the term to help us understand how the economy works as well as the role of government policy in promoting economic stability and growth. The role of non-governmental organizations and the United Nations were covered in the globalization unit and referenced in most student presentations.

Furthermore, students looked at the “World Happiness Report” to see how different countries transform into impacts which influence well-being (real GDP per capita, healthy life expectancy, social support, freedom of choice, absence of corruption and generosity). Some students created a collection of photos on what defines happiness using technology.

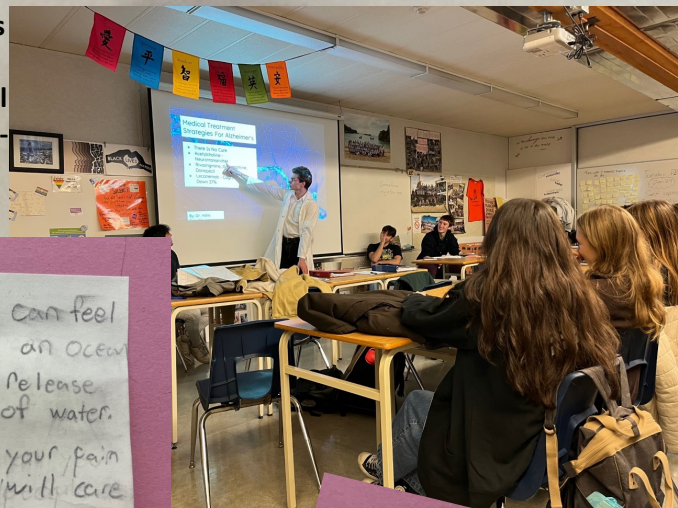
Overall , students displayed a deeper understanding of various topics in Economics through their engaging and informative presentations and participated in a Q and A with their classmates and teacher.

Students improved their critical thinking skills and gained clarity and perspective on current event topics in economics. Well done Economics 12 class of 2022-23!

You don't always have to push down your emotions — It's acceptable and healthy to let them out. Feel what you feel.



For the last week in the Psychology 12 class, students had the opportunity to combine all of their learning over the past four months into a final presentation on psychological disorders, their etiologies, signs and symptoms, diagnosing, treatments and daily maintenance strategies. The students did a fabulous job of demonstrating their deep learning of the course curriculum. We even had River Codack, grade 12, give a special presentation, utilizing his acting abilities and having four guest presenters for his one part. The last class was understanding the impact of adverse early childhood experiences on mental health. Students shared their final Psychology mantras to live their lives by and shared them on a heart poster. Well done Psychology 12!



Sometimes we can feel the weight of an ocean but can only release a single drop of water. Speak through your pain and people will care enough to listen.

Always have Empathy
For yourself & others, it is a strength that allows you to see people for their perception of the world and what is in their mind, and look beyond their actions.

Fernando,
Our young thoughts and experiences are roots. If our roots are toxic, the tree won't be able to grow properly. We need to treat our roots as best as possible and keep them clean so the tree can grow happily and healthily.



SUBSTANCE USE DISORDERS

DEFINITION: Substance use disorder (SUD) is the persistent use of drugs (including alcohol) despite substantial harm and adverse consequence as a result of their use.

HISTORICAL BACKGROUND

- Today, the Diagnostic and Statistical Manual of Mental Disorders (DSM) is regarded as the defining standard for mental health diagnoses (including substance use disorders (SUDs)) in America and increasingly abroad.
- It is noteworthy that SUDs were, prior to the third publication of the DSM (1980), largely conceptualized as manifestations of underlying primary psychopathology.
- Although psychoactive substances (including alcohol) have been around for nearly as long as recorded history, the scientific classification of SUDs only began in the early 19th century (from the use of 10 separate classes of drugs).

SOURCES: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5039518/>
Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Association. 2013

PERSONALITY DISORDERS

Etiology/Historian Coordinator

CLUSTER A	CLUSTER B	CLUSTER C
<p>characterized by unusual, eccentric thinking or behavior.</p> <ol style="list-style-type: none"> 1. PARANOID Pervasive distrust and suspicion of others and their motive. 2. SCHIZOID Lack of interest in social or personal relationships, preferring to be alone. 3. SCHIZOTYPAL Strange appearance, thinking, beliefs, speech or behavior. 	<p>characterized by dramatic, emotional or unpredictable thinking or behavior.</p> <ol style="list-style-type: none"> 1. ANTISOCIAL Disregard for other people's needs and feelings; violent and aggressive behavior. 2. BORDERLINE Unstable and fragile self-image and relationships; impulsive and risky behavior. 3. HISTORIC Excessively emotional, dramatic or sexually provocative to gain attention. 4. NARCISSISTIC A grandiose sense of their own importance. Belief that they're more special and important than others. 	<p>characterized by severe anxious, fearful thinking or behavior.</p> <ol style="list-style-type: none"> 1. AVOIDANT Inhibited, timid and isolated in social situations as they are afraid of rejections and criticisms. 2. DEPENDENT Excessively dependent, submissive, and clingy to others. 3. OBSESSIVE COMPULSIVE Extreme perfectionism with details, orderliness, and rules.

Borderline personality disorder (BPD) and antisocial personality disorder (ASPD) are the most frequently diagnosed personality disorders.

Source: Mayo Clinic

ATHLETICS



BLACKCOMB
SKI & SNOWBOARD
ALPINE SKI AND SNOWBOARD RACE

Seycove competed in the Alpine Ski and snowboard Race on Feb 2nd Blackcomb mountain. The results are still being processed at press time, but the students competed well!
Photos: Thomas B., Jessamy T., Breenie J., Alex C. and Sierra E.

Noah Louie is currently a member of the U21 Jr. Men’s National Team for Field Hockey. Noah has recently been selected to an 18 man team which will compete in the U21 Jr. Pan American Games this April in Barbados.

Congratulations Noah!



VOLLEYBALL DROP-IN PARKGATE

Attention all Volleyball Players! It's been a while since the season ended, but there's a great opportunity for you to go play some volleyball close by and have fun with your friends! Parkgate Community Centre has Open Gym Volleyball on Thursdays from 5-6 pm, and it's happening until March 9. Bring your own volleyball, there are 3 nets set up for you to use, and it's drop-in so you just pay \$3.15 (includes the tax) at the front desk. So grab some friends and a volleyball and go check it out!

VOLLEYBALL DROP-IN (with coach) PARKGATE

It's currently available to book for Feb 2nd and 9th, with the 16th opening up for booking soon, info below. This one has an instructor and kids are not requested to bring their own volleyball. [Click here](#) to register.

Volleyball All Levels 12-17yrs Parkgate Thursday 6:00-7:15pm

Participants must register in advance. Players will be divided by age, skill and/or experience based on the Instructor's discretion
Volleyball drop-in for youth between the ages of 12-17yrs. Supervisor on site to help direct, coach and actively play.

Program ID: 00188674

Date: Feb 16

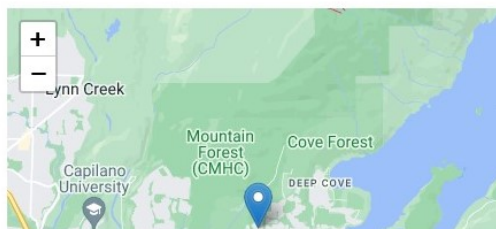
Time: 6:00 - 7:15pm

Fees: \$3.09

Age Range: 12 to 17

Meets: Gymnasium

Location: **Parkgate Community Centre**



Information · Updates · Reminders

Save the Date April 29

After a 3 year hiatus, Seycove is pleased to announce that we will once again be hosting the **Seycove Family of Schools Auction**. Funds raised are distributed to benefit ALL students at Cove Cliff Elementary, Dorothy Lynas Elementary, Sherwood Park Elementary, and Seycove Secondary. Save the date! More information to come!



A reminder to all students that Seycove is a scent-free school. That means: Please do not wear perfume, cologne, after-shave, etc. with a scent as many people have adverse reactions to scent.

**SEYCOVE IS
SCENT FREE**

**SCENT
FREE
ZONE**

Help us keep the air we share healthy and fragrance-free

The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions.

PLEASE
DO NOT wear perfume, cologne, aftershave and other fragrances.
USE unscented personal care products.

**Safety
First**

Parking and Road Safety at Seycove

At the start and end of the school day the Seycove driveway and roads bordering our school are busy. Students are encouraged to walk, bike, or roll to school. If you are dropping off or picking up your child, **please only do so in the designated drop off area in front of the cafeteria on the side of the school**. Please do not stop elsewhere in the driveway.

Please do **NOT** drop your students at the crosswalk and do **NOT** remove the cones to drive through the front parking lot. The cones are there for student safety. U-turns in the driveway are strictly prohibited. Please proceed to the drop off zone in front of the cafeteria.

License plates may be recorded in the future if these situations continue to occur.

Collaborative communications

Proactive and productive parent-school relationships positively impact student success and well-being. The purpose of communication between parents/guardians and school employees is to create, maintain and enhance positive relationships in support of the student's educational plan.

North Vancouver School District
the natural place to learn

Please [click here](#) for the NVSD guide for Collaborative Communications.

Supporting students and families in the community

Through the Student and Family Affordability Fund (SFAF), the school district is supporting students and their families who are feeling financially challenged due to the rising costs of living.

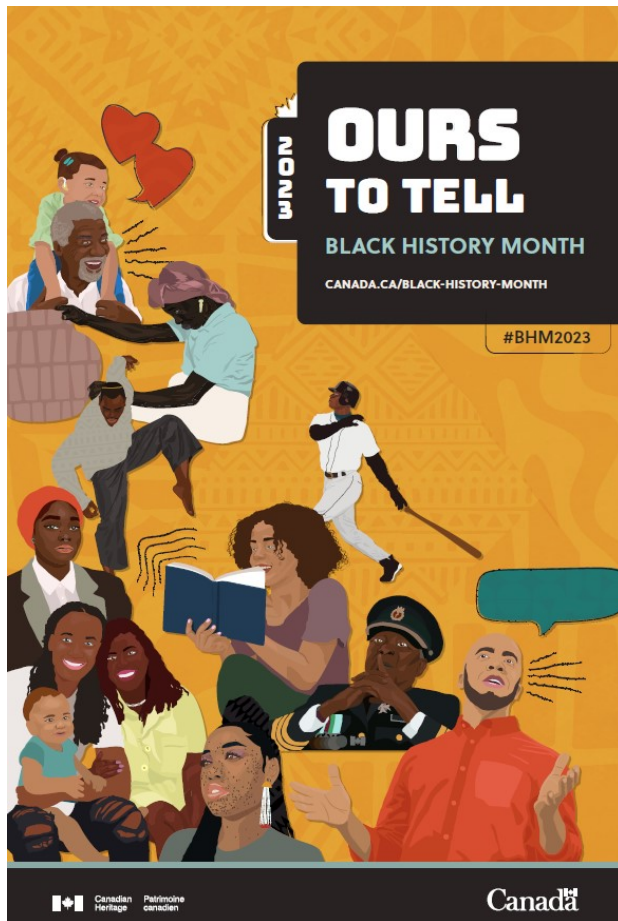
To request financial support at any time throughout the 2022-2023 school year, please complete the form (s) available on the [Student and Family Affordability Fund](#) web page and submit the form(s) in confidence to either your child's teacher, principal, school counsellor or front office staff. A listing of eligible expenses, and answers to common questions can be found on our [Frequently Asked Questions](#) web page.

School and Athletic Fees

Have you paid your school and athletic team fees on your [SchoolCashOnline](#) accounts?

All school fees from Semester 1 courses and Athletic Team fees on your school cash online accounts should now be paid up to date. Semester 2 course fees will be added to your accounts by mid-February.

In order for the athletic teams and courses with fees to run successfully, it is important fees are paid in a timely manner.



Black History Month

February is Black History Month, a month when people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate and prosperous country. Please [click here](#) for more information.

Have a wonderful weekend!