

# SEYCOVE at s'óyəmətən 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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# Upcoming Important Dates



June 16.....	National Indigenous Peoples Day Assembly
June 18.....	Fathers Day
June 20.....	Grad Ceremony Rehearsal 8:00 am
June 20.....	BC First Peoples Exhibition
June 21.....	National Indigenous Peoples Day
June 21.....	Homeroom 12:40 pm & Locker Clean-out
June 21.....	PLP Grade 12 Presentations 5:30 pm
June 21.....	Summer Solstice
June 22.....	Seycove Graduation Ceremony
June 23.....	Last Day of Classes
June 23.....	Year End BBQ at Lunch—hosted by Student Council
June 23.....	PLP Banquet 5:30 pm
June 26.....	Review & Completion
June 27.....	Review & Completion
June 27.....	Canadian Multiculturalism Day
June 27.....	Graduation Banquet, Pinnacle Hotel at the Pier
June 28.....	Final Report Cards Published
June 28—July 2 .....	Eid-al-Adha
June 29.....	Yearbook Distribution Day



## Outstanding Fees

***Any students (all grades) with outstanding fees or library books/resources signed out, including team uniforms will **not be able to pick up their yearbooks** until accounts have been reconciled and/or resources are turned in.***

Please log into [SchoolCashOnline](#) today to ensure that you have paid any outstanding fees.



**Graduation Ceremony Rehearsal:**

June 20  
 8:00 am in the gym  
 All students **MUST** attend. Students will receive their cap & gown, ceremony tickets, banquet tickets (if purchased) and a statement of outstanding fees (must be paid by June 23)

**Graduation Ceremony:**

June 22  
 6:00 pm - grads arrive in cap & gown to the library  
 6:30 pm— doors open for guests  
 7:00 pm—ceremony begins  
*Grads must arrive wearing their gowns one hour before the ceremony begins*

**Graduation Banquet, Pinnacle Hotel at the Pier:**

June 27  
 5:00 pm—Grad group photo on the pier. Meet outside Joey’s Restaurant  
 5:30 pm—doors open  
 6:30 pm—dinner served  
 11:00 pm—doors close



SEYCOVE  
 at sáyəmətən

LET'S CELEBRATE  
 CLASS OF 2023

GRADUATION EVENTS

Fathers Day  
 June 18



National Indigenous Peoples Day  
 June 21



June 21, is **National Indigenous Peoples Day**. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year. Learning about Indigenous Peoples, places and experiences is a step forward each Canadian can take on the path to reconciliation.

[Click here](#) to learn more.

# Give Back, Carry Forward Event Invitation

**You are invited!**

**B.C. First Peoples 12**

**What can I give back, even if only in a small way,  
to be part of Reconciliation?**

Please join Seycove's B.C. First Peoples 12 class as they present the culmination of their learning in a public exhibition.

**Tuesday June 20, 2023**

4:30 pm - 6:30 pm

**Seycove Secondary School**

Open House Format: Please drop in and visit any time between 4:30 pm and 6:30 pm.



Over the past four months, Grade 11 and 12 learners at Seycove have been studying the history, cultural traditions, and importance of B.C.'s Indigenous peoples to the fabric of British Columbia.

Throughout various classroom units and field learning at the Squamish Lil'Wat Cultural Centre in Whistler, learners have gained new understandings, knowledge, and awareness.

Informed by First Peoples Principles of Learning and the belief that learning is a reciprocal process, now that we have learned, we are ready to give back.

Please join us as B.C. First Peoples 12 students share personal reflections of their learning journey from the course. Each learner will share their answer to the project's driving question: What can I give back, even if only in a small way, to be a part of Reconciliation?

To learn more about B.C. First Peoples 12 at Seycove, please visit our [public course website](#) to see the topics we have explored and the investigations we have undertaken.

**We look forward to seeing you and sharing our learning!**

# Celebrating Learning



## French 10 - Ms. Herrera Dominguez

Four hundred students from Vancouver and surrounding areas participated in one of the three sold out *Bienvenue Chez Missy D* shows at the Vancouver International Children's Festival. The energy was electric. The kids showed an unexpected love and excitement towards an amazing female role model. The French 10 class also visited the restaurant *Café Salade de Fruits* for an authentic French culinary experience.



## Dr. Welch - Chemistry 11 & 12

At the end of each semester, Dr. Welch does a review class in both Chemistry 11 and Chemistry 12 to prepare students for their exams. She uses the *Tonight Show* format for Pup Quiz but uses Beanie Babies instead of puppies. Every time a student writes the correct answer, they get a Beanie Baby. Here's a picture of Jenny and Annie with their Beanie Baby results.

## Ms. Reid Foods / Textiles



**Textiles 12** student, Alisha, displays her quilt that she made. Alisha will be bringing her quilt to University next year to help keep her warm.



**Textiles 9** students, Hannah and Nyree show off their Cricut designs they created on their hand made tote bags.



Head chef from MILA restaurant teaches **Foods 11/12** how to make plant-based lox and cream cheese bagels

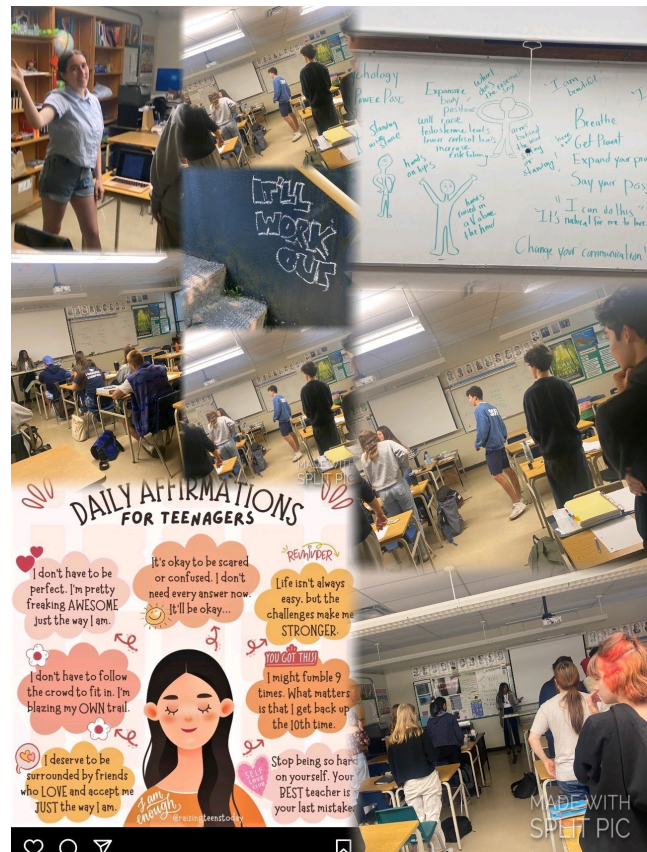
## Ms. Rajan

In an effort to build resilience and empathy and develop a stronger sense of self, Ms. Rajan's classes have been practicing various confidence-boosting exercises.

The power pose is a body posture that conveys confidence and power. When combined with affirmations, which are positive statements that reinforce a person's self-belief, it can lead to better performance in tasks that require assertiveness and assertive communication, as well as improved emotional well-being.

\*However, the effectiveness of power posing and affirmations on psychological outcomes is still a topic of debate within the scientific community, but it is working for us as we get through the final days of classes/ exams and projects !

*Note- thank you to Kiyaana (University Psychology Major) for coming into our class and sharing her ideas around self-concept.*





**Year end Band Concert**

*Year end Band Concert at Mt. Seymour United Church*



*Several members of "Jazz in the Box" accompanied by Mr. Najjar delighted office staff and Admin with an impromptu concert in the office.*



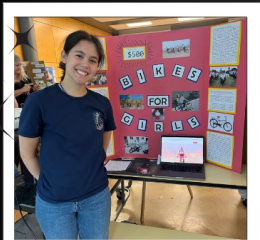
# social justice 11 / 12 awareness fair



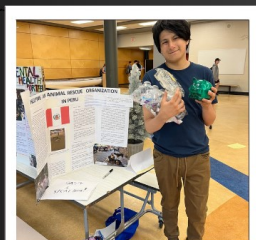
Veganism - A healthier choice for Body and Earth



The Power of Sport & Play



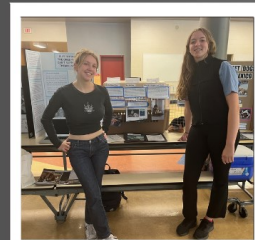
Bikes for Girls



Animal Rescue Peru



Poverty Alleviation



VHS Because They Matter



Fast Fashion



Poverty & Homelessness



Climate Change



Youth to Sea

Every year Social Justice 12 holds an exhibition at lunch to highlight all their amazing Action Plan final projects. Students choose a social justice cause they feel passionate about and create an "action" to make a difference.

## ***Corvin Welstead's soccer game against VSSL (Vancouver Street Soccer League)***



Corvin arranged for some soccer players from Seycove to play against VSSL. His goal was to breakdown barriers, reduce stigma and just have fun. A great time was had by all!

Established in 2008, the VSSL is a volunteer-run, non-profit organization which reaches out to individuals who have been homeless, are currently homeless, or are at risk of homelessness, as well as individuals who feel marginalized within their communities or are recovering from drug and alcohol addictions.





Luke Maledy's Social Justice Project is about struggling artists in south Africa as the topic is close to his family. Part of Luke's action plan is auctioning art and spending the proceeds on another art piece. The Artist is Ignatius Marx, Website: <https://ignatiusmarx.com/>

Contact Luke to place your bid via: [lukemaledy@gmail.com](mailto:lukemaledy@gmail.com)

Reserve Price: \$350.00 CAD



Social Justice 12 student Ryder Mari Riekert is selling three pottery pieces to the highest offer as part of his action plan project. Offers need to come in no later than June 19th so that he can donate the money to his charity of choice: "Nations Skate Youth".

[Click here](#) for more information on Nations Skate Youth.

Contact [andrianab@ecoammo.com](mailto:andrianab@ecoammo.com) / 778-867-2634 if interested in placing an offer on the bowl or pottery feather.

Bowl: Horse hair raku  
Feathers: Clay

The artisans employ a variety of techniques, including wheel-throwing, hand-building and glazing to bring their visions to life. The artist wishes to remain anonymous.

(lip balm for size reference only)



Hannah Russell's action plan on educating about Fast Fashion with her Clothing Swap was a big success!



# Planting Change 2023—SEYSA

Excerpts from ..... Ryder Oliver Green

*There are some choices in life that create ripples. The kind of exponential impact that continues to expand in waves, leading to other things, further disrupting calm water. It is a gentle disturbance to create a forever-moved surface, guiding a new way of looking at a previously disregarded canvas. For Seycove Secondary School, this canvas was a garden plot resting in the front of our campus.*

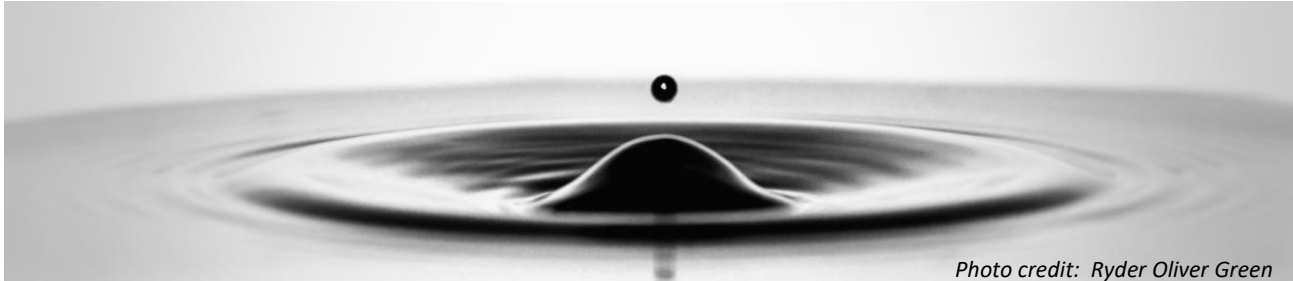


Photo credit: Ryder Oliver Green

Our school's Green Club (Seycove Sustainability Association aka. SEYSA) is in charge of running the Return-It Schools program. Although SEYSA has less than 20 members, the Return-it Schools recycling program has had a profound impact on our community. This process of sorting recycling has been part of our Friday SEYSA meetings for years, dividing roles between grade levels, and uniting the Seycove Community under a common care for the planet. A highlight from the Return-It Schools recycling program was the creation of a school-wide awareness video where SEYSA members came together, planned, scripted, and directed an information-packed yet entertaining short explaining the importance of school recycling.

[Watch our campaign video here!](#)

With the approximately 6500 bottles that we had collected and the approximately \$650 that we raised, we decided that we would focus all of our efforts on bringing this education forward through the creation of a pollinator garden. It seemed small at first; planting a few flowers to help the bees but through the weeks of planning, our project expanded and we began to understand the importance of our idea.

Soon the plan of the simple pollinator garden to make our outside lunch area more beautiful expanded into a native plant pollinator garden further opening avenues to education, acknowledging indigenous ways of knowing and how Canadian history affects our learning of the area we reside. It also allowed for opportunities to support the Tsleil-Waututh Nation and the Wild Bird Sanctuary through the purchasing of the native plants.

Before our eyes, our idea of beautifying a small garden plot transformed into a community-changing space of incredible social, educational, and ecological value, creating seismic ripples throughout the community and beyond. Seysa decided to open this initiative to the entire school. We made a school announcement inviting everyone to take part in the planting. We started with 11 varieties of plants and organized them into the ecosystem in which they would naturally occur. Everyone was fully engaged and even people who had no experience gardening were ecstatic to get their hands dirty and to help in every little way they could. The planting was filled with giggles and questions, further reminding us of the opportunity that this plot of dirt could offer. The following day SEYSA lead a pollinator trivia in the garden for the preschool next door and planted peas to get them involved in the project. The space has not only united our school community, but all ages, becoming the seed for new community connections.



*Continued.....*

## Planting Change 2023 *continued*

Although the plants are now resting in their place, with further funding, there is so much more we want to do with this project. Incorporating every asset of the community, we plan to integrate it into every class, giving students an opportunity to get outside the classroom and extend their learning. Through our engineering program, we plan to create an automatic irrigation and rain catchment system that can water the plants throughout our hot summers. Incorporating our Art program, we plan to make the space expressive of what nature means to Seycove through artwork on the rain collector and on the retaining planter wall that surrounds the garden. Bringing in our incredible woodworking program, we plan to create bee houses, insect homes, and a bear-safe worm compost bin that can be utilized by our Food Studies class.

There is no limit to the impact that this project will have in the sciences, maths, and humanities. This garden reveals the interconnection and more importantly, the inter-reliance of subjects, allowing students to express their strengths in every class.

These opportunities with the right attention and funding can change the hearts and minds of our school community for years to come, generating endless ripples in a changed world. What has come to be true is that this small garden can make not only more caring citizens of society, but engaged, passionate, and educated people that can take the awe of the natural world wherever life may take them.

[Click here to watch our planting day!](#)



# ATHLETICS



## Track and Field

A number of Seycove athletes earned the opportunity to compete at the BC High School Championships on June 8, 9 & 10th. **Kennedy Lee** and **Quin Caplan** both competed in the sprint hurdles. Both Kennedy and Quin had their best performances of the year at the BC's. **Keegan McIntosh** finished 22nd in Grade 8 boys Javelin and rebounded for a good 10th place finish the Shot Put. **Jonah Louie** had Seycove's top performance at the BC's. He threw a personal best of 35.23 in the Grade 8 boys Javelin to finish 4th. **Alexandria Veitch** was the last qualifier for the Senior Girls 400m final. She started in lane 8 which is a big disadvantage. She ran a great, really tough race and finished 5th overall. Also of note: **Charlie Mortimer** competed in the Junior Boys 1500m Racewalk. Charlie walked to an 8th place finish and a personal best by 1 minute 30 seconds. This was a great performance. Unfortunately, Charlie was disqualified for improper technique. The way the disqualifications worked, we didn't actually find out until a couple of hours after the race which was very disappointing.



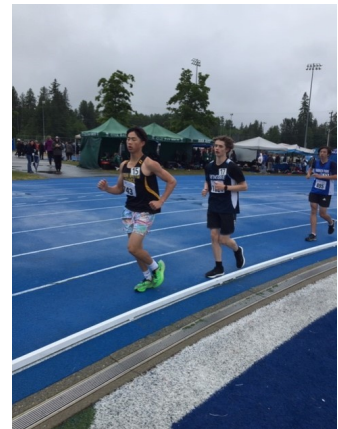
*Alexandria Veitch (right)*



*Keegan McIntosh*



*Jonah Louie*



*Charlie Mortimer*

## Deep Cove Charity B-Ball

A big **congratulations** to Cam Bahrami and Fernando Calderon for organizing a very successful **Deep Cove Charity Basketball** game last week. There were over 350 spectators and they raised \$3000! 10% of the donations will go towards [Colorectal Cancer Canada](#) and the remainder to the [Alzheimer Society of BC](#).



## Seycove FOS Grade 4-7 Basketball Camp

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Thank you to Geoff Russell for putting on the Grade 4-7 Basketball camp for the Seycove Family of Schools.



Mr. Russell would like to relay a special thanks to Coach Matthew Fielding and the following high school players for their hours of support: These students represent what it means to play basketball at Seycove. Without them we would not be able to run these camps.

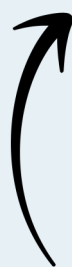
*Holly Latta, Hannah Sturm, Chloe Kanaoya, Sara Jang, Scarlett Wood, Julie Tattrie, Parker Cheung, Sunny Townsend, Annie McCarron, Kaia Wagner, Keaton Morrow, Claire Kan and Izzy Rosenberg.*

Most importantly, Mr. Russell would like to thank the players themselves! It was a joy to work with such enthusiastic, energetic, hard-working kids that really wanted to learn. We look forward to seeing them at Seycove down the road!

# Info. Updates. Reminders



Seycove  
**CHOIR and VOCAL JAZZ**  
INTEREST FORM



*Scan me*

**CLEAN UP OUR OCEANS  
THROUGH ART CONTEST**

SUBMIT ARTWORK TO: [ben.crawford@learn.ocean.org](mailto:ben.crawford@learn.ocean.org)

PRIZES FOR WINNERS!  
DEADLINE: 07/07/23

The banner features a background of several clear plastic bottles and a green recycling symbol. The text is overlaid on a green, jagged-edged shape.

## CLEAN UP OUR OCEANS THROUGH ART CONTEST - submit work by July 7

Seycove Behaviour Support Worker, Ben Crawford, is currently undertaking an ocean sustainability volunteer project with Oceanwise. His aim is to educate and inspire change in the way we use single use plastics with the goal to reduce our impact on our oceans and water systems. He truly believes that large scale change starts at a local level and our younger generation are key to make these important steps.

Ben has created a project which involves tasking students to create an art piece that relates to plastic pollution through an art competition that he would love to run throughout the district. Ben's aim is to then get some of these art pieces into local galleries around Vancouver to help spread this important message and to showcase youth's perspective on the topic.

[Click here](#) for more information.

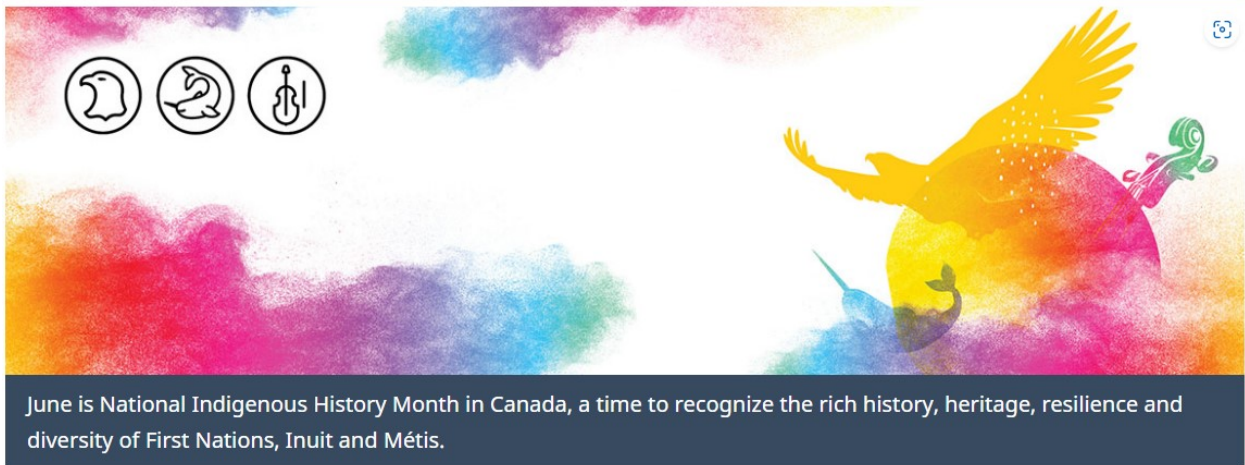
### STEP 1:

- CREATE AN ART PIECE THAT CONVEYS A MESSAGE OF PLASTIC POLLUTION IN OUR OCEANS AND WATERWAYS
- PROVIDE A SHORT DESCRIPTION ABOUT YOUR ART AND HOW IT RELATES TO PLASTIC POLLUTION

### STEP 2:

- SUBMIT A HIGH QUALITY IMAGE OF YOUR ART AND THE DESCRIPTION TO THE EMAIL ABOVE
- KEEP THE ORIGINAL ARTWORK. WINNERS WILL BE CONTACTED FOLLOWING CONTEST DEADLINE

# National Indigenous History Month



Click [here](#) to learn more about National Indigenous History Month and how you can participate.

## Lost and Found



*All lost and found items are on display in the main hallway. Any remaining items will be donated on the last day of school.*



## Poetry Club

In our latest poetry club meeting, we reviewed the work of Maya Angelou. Her powerful and thought provoking poetry left a lasting impression on all of us. We delved into her themes of identity, race, and womanhood, and were captivated by her use of imagery. Students inspired each other in sharing their own work. Additionally, we discussed plans for a summer book club and brainstormed potential titles and themes. We are excited to meet next week to continue our exploration of literature and poetry and make plans to stay connected over the Summer. The club members look forward to sharing more thoughts and insights and we welcome new individuals to join. Thank you - Ms Rajan and the poetry team.



# SEYCOVE SNAPSHOTS



*Peyton W. on his way to woodwork class!*



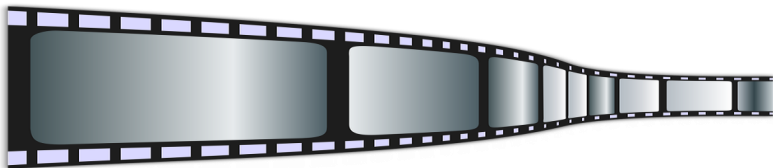
*Sylas A. Art 9*



*Library Grad Display*



*Pride Month Display in main hallway*





# Careers Corner

**SUMMER OPPORTUNITIES**

**ARTISAN FARMERS MARKETS**

**the edible garden project** | **NORTH SHORE NEIGHBOURHOOD HOUSE**

**Parkgate Society**  
Community Services

**NORTH VAN ARTS** | **CAMP CREATIVE AT MARLEWOOD HOUSE**

**BURNS BOG CONSERVATION SOCIETY**

**Vancouver Coastal Health** | **THE VANCOUVER CHINATOWN FESTIVAL**

**NORTH VANCOUVER Recreation & Culture**

**CLICK HERE**

VISIT THE WORK EXPERIENCE OFFICE OR WEBSITE FOR MORE INFORMATION

## Future Outdoor School Counsellors

STUDENTS IN CURRENT GRADES 9/10/11 WILL HAVE THE OPPORTUNITY TO TRAIN TO BE OUTDOOR SCHOOL COUNSELLORS AT CHEAKAMUS CENTRE NEXT SCHOOL YEAR

Confidence and leadership skills are built through training weekends and on-site mentoring by staff, alumni and experienced peers. Counsellors strengthen their communication and team-building skills as they help create a fun, inclusive environment for everyone.

Along with a new counsellor name, many gain a sense of community, purpose, and deep connection to the natural world they are immersed in. Some counsellors even gain work experience hours (for more information on this, please contact Mrs. Knapp in the Work Experience office).

For many who visit Outdoor School, their counsellors are what they remember most, along with the baby goats. This legacy of youth leadership, from visiting students to counsellors to alumni, is a foundation of Outdoor School.

**DETAILS ON INFORMATION AND TRAINING SESSIONS WILL BE SENT OUT IN SEPTEMBER**

**Maisie Fulton-Stevenson  
Lydia Harrington**

**Kai Smilgis**

**Asha Calaminus**

***Kai Smilgis***

Kai's club Volleyball team won regions, provincials and then went on to win nationals!!! A huge feat for the little BC team! Volleyball is huge in other parts of Canada and so are the boys- they were playing against prairie teams that had players who were over 6 feet tall on average, so rarely does BC take the title. Even if they hadn't exceeded their goals as they did, it was an amazing experience for Kai to train and compete at that level and we all really appreciate the support from the school community.



***Maisie Fulton-Stevenson & Lydia Harrington***

Out of 100's of girls in BC, Lydia and Maisie are part of 15 girls selected onto Team BC Blue and are going to be playing in the Field Hockey Nationals this summer in Brampton!

***Asha Calaminus***

Asha was celebrated as last week's NVSD Young Artist of the Week! To know more about Asha's art practice, read here: [Asha - Artists for Kids \(sd44.ca\)](https://sd44.ca)

