



SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER

December 8, 2023



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seycove.ca

Principal's Message

As we approach the festive season, I extend my greetings to each of you. This time of the year is not only a season of celebration but also a time to reflect on the values that bind us as a diverse and close-knit community.

In the spirit of unity and understanding, I want to emphasize that our school embraces the rich tapestry of cultures, traditions, and celebrations that make up the mosaic of our community. Whether you celebrate Hanukkah, Christmas, Diwali, Kwanzaa, or any other cultural or religious observance, it is important to recognize and appreciate the diversity that makes us stronger and more vibrant.

This season is a reminder of the universal values that connect us all – love, kindness, and generosity. Let us take this opportunity to extend a helping hand to those in need, and to foster a spirit of giving within our community. Small acts of kindness and compassion have the power to make a significant impact, and together, we can create a positive ripple effect that extends far beyond the walls of our school.

As we celebrate the holidays, let us also take a moment to appreciate the hard work and dedication of our students, teachers, staff, and parents. It is through your collective efforts that our school continues to be a nurturing and inclusive environment where everyone feels valued and respected.

May this holiday season be filled with joy, love, and laughter for you and your loved ones. May it be a time of reflection, gratitude, and renewed hope for the future. Let us enter the new year with a commitment to fostering an even more inclusive and supportive community.

Wishing you and your families a wonderful holiday season.

Warm regards,

Sarah Best
Principal



SEYCOVE BANDS PRESENT
OUR 2023

WINTER SHOWCASE

TUESDAY, DECEMBER 12TH
MT SEYMOUR UNITED CHURCH

JAZZ BANDS @ 6:30PM
CONCERT BANDS @ 7:30 PM

TICKETS AT THE DOOR
GENERAL ADMISSION - \$10
STUDENT/SENIOR - \$5

NIGHTFALL
a winter evening with
Seycove choirs

December 18, 2024
\$10 admission
\$5 students/seniors

Highlands United Church
13255 Edgemont Blvd, North Vancouver

SEYCOVE MUSIC
2023-2024



SEYCOVE CALENDAR

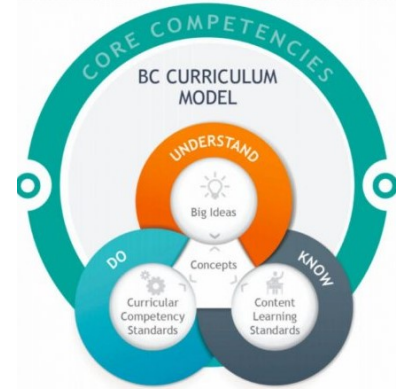
- Dec 12 Band Concert—7pm
Mt. Seymour United Church
- Dec 14 Well Fed Pre-Order:
Pasta Day
- Dec 18 Choir Concert—7pm
Highlands United Church
- Dec 21 PLP Winter Exhibition
- Dec 22 Santa's Breakfast— 7:30am
Alternate Schedule
- Jan 8 School Reopens



Updates & Reminders

New Reporting Policy—Communicating Student Learning

On November 21, Seycove held an information session outlining the new changes to communicating student learning. If you were unable to attend, you can view the session [linked here](#). Along with the video presentation you will find links to the NVSD policies and the BC Ministry of Education.



Breakfast With Santa—[Purchase Tickets HERE](#)



SANTA'S BREAKFAST

\$4 Join us for a fun morning of food, live music, fun and tons of prizes!
Friday, December 22

DECEMBER 22 ADJUSTED SCHEDULE	
Santa's Breakfast	7:30-8:30am
Period 2	8:30-9:30am
Period 3	9:35-10:35am
Period 1	10:40-11:40am
Break	11:40-12:00pm
Period 4	12:00-1:00pm

The last day of school before Winter Break is going to be FUN! Breakfast will be served between 7:30am and 8:30am. We have live bands, games, tons of prizes and of course, photos with Santa. **PURCHASE TICKETS online before Dec 20th.**

STUDENT OPPORTUNITY: NVSD Student Inclusive Education Sub-Committee

The Student Inclusive Education Committee is a sub-committee of the school district's Inclusion Committee and was created in 2022. The sub-committee will provide neurodivergent students and students with disabilities an opportunity to share their experiences and perspectives and provide advice to the NVSD on all matters pertaining to students with disabilities, autism and/or intellectual disabilities to ensure support for their education and school journey.

Participation is open to students in Grades 6-12 with disabilities and autistic students. All students have the option to attend meetings with the support of a parent/guardian, sibling, peer or support person.

The sub-committee will meeting locations and schedule will be determined with the participants.

If your child would like to participate on this sub-committee for the 2023-2024 year, please request an Expression of Interest form from InclusiveEducation@sd44.ca. The number of sub-committee participants will depend on the number of applicants.



Celebrations of Learning

Reflections on Student Well-Being—by Student Ryder Oliver-Green

In a time where the future often seems uncertain and where our past has been occupied by existential catastrophes, where we have to face the detrimental impacts of social media and a pandemic, the importance of critically examining how schools can support students' mental health is paramount.

Representing the student voice on the most recent Standing Committee Meeting on Mental Health & Well-Being in schools was an unforgettable experience. In the meeting, I felt an immediate sense of belonging and comfort in sharing my perspective. And share we did.

In our rotating table discussions, students, community partners, and NVSD staff were able to discuss and reflect on meaningful questions around the theme of mental health and well-being in school. At each table, we engaged in a thorough conversation about topics such as stigma mitigation, building an environment conducive to the stresses and anxiety of school, and how NVSD schools can approach students' well-being with a more holistic lens.

At my table, we discussed strategies such as space setting, mindfulness, and the addition of support staff to allow a further de-stigmatization of getting help. As the meeting progressed, we discussed bringing nature-based learning into senior grades, rethinking the construct of scholastic success, and how we can put social emotional learning (SEL) before all else to uphold NVSD's commitments to our strategic goals.

As I left the meeting, I felt grateful for the effort put forward to address student mental health in schools by the North Vancouver School District, as this issue is much too prevalent in schools today.

As I drove home that night, I realized our mental well-being should be the number one priority of schools as it is irrational to think we can learn when we are not at peace within.

Students deserve to be able to approach life with confidence in themselves; luckily, school is the best place to start.



Sense of Belonging – an intentional focus on strategies and structures that ensure each and every student feels a sense of belonging and connection with their classmates, teachers, and school

Social Emotional Learning – using the CASEL Framework, intentionally teaching students the key social emotional skills to be successful

Mental Health Literacy – through the use of Dr. Stan Kutcher's curriculum, improving mental health literacy for all grade 9 students district-wide and providing teachers a shared language in promoting positive mental health

Integrated Mental Health Supports – developing strategic partnerships with inter-ministerial partners to create seamless supports for children and youth with mental health needs

Seycove's New Entrepreneurial Club—Ennovate

Seycove's Ennovate team, in partnership with UBC's Enactus, is a new entrepreneurship club focused on fostering innovation and sustainability. Ennovate is an immersive, four-month entrepreneurial program that aims to provide comprehensive learning experiences through interactive workshops. With the guidance and support of the Ennovate team, students have the opportunity to create their own mini businesses that address social or environmental issues. At the end of the program, students present their product to industry professionals. In collaboration with Enactus UBC, our team has created the "inkless metal pen," a product centered around community support and environmental consciousness.

Enactus is a global organization led by students, dedicated to driving positive social change through entrepreneurial action. With a focus on community improvement, Enactus serves as a facilitator of impactful initiatives.

Help the Ennovate students understand customers by filling out this form:
<https://forms.gle/bJ28DJFbDUN9K8yc6>

Watch for your opportunity to buy a pen and support the entrepreneurship effort of these students. Buying options will be posted on SchoolCash Online in the coming weeks.

For more information—contact club sponsor, [Ms. Rajan](#)





Celebrations of Learning

Social Studies 8— Celebrating Cultures & Traditions

Ms. Rajan’s Social Studies 8 class recently came together for a special event celebrating diversity, equity, and inclusion. The students showcased the richness of their cultural backgrounds by bringing in a delightful array of traditional and favourite foods. They not only savoured the flavors but also shared personal stories, highlighting the significance of these dishes

to their families. This vibrant celebration fostered a sense of unity and appreciation for the diverse heritages represented within the classroom, promoting a welcoming and inclusive environment for all.

- Ms. Rajan



Mochi ice cream



Mochi ice cream in green tea, vanilla, and strawberry flavors

One Day To Make a Difference—Student Volunteers Distributing Food on the DTES



Parent organizer, Tree Cleland, invited students to her home to help prepare food and care bags as part of the One Day to Make a Difference (OD2MAD) last weekend. The group made over 800 sandwiches and distributed them on the Downtown Eastside along with soup, granola bars, fruit, warm drinks and care bags. “There’s a lot of need out there,” says Tree, “but I feel like we made a difference and the kids really learned a lot”.





Student Spotlight - Junior Makers

Adam Gismondi - A Closer Look: Nature Photography by Adam



Adam's passion for photography began at the tender age of seven, fueled by the inspiration of his grandfather, who had a knack for capturing moments through the lens. Now, in grade nine, Adam has already amassed a remarkable collection of photos mostly taken at his family cabin on Puntzi Lake in the Chilcotin.

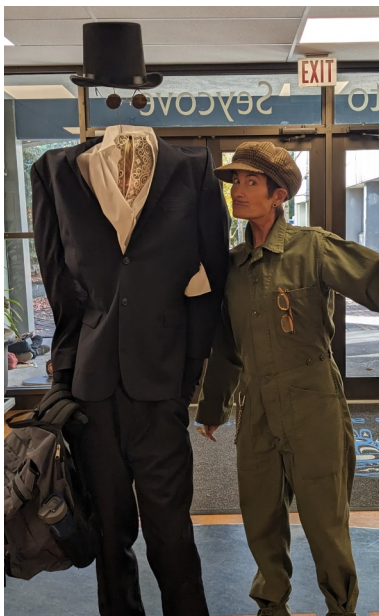


Starting with plants and fungi, Adam's lens gradually shifted towards the animal kingdom. Although capturing animals presented more challenges, the rewards were equally greater. His most prized capture is of rare white pelicans, a breed not commonly found on the coast.

Adam's most recent memorable experience was during a trip with his PLP class to Moraine Lake in Banff National Park. It was there that he snapped a beautiful shot of a gray jay, also known as a Canada jay, perched on a branch. The trip to Alberta was exciting for the young photographer as there was so much nature to capture.



While Adam loves photographing bears, deer, squirrels, chipmunks, and various wildlife, birds remain his primary focus. Armed with his camera, he enjoys exploring the outdoors during family walks, patiently waiting for the perfect moment.



His entrepreneurial spirit emerged early when, at the age of eight, Adam began selling cards featuring his photography at a Tinypreneurs fair for autistic children. It was a testament to his talent and determination, and the positive response from the community only fueled his passion further. Adam has been enjoying attending craft fairs, meeting people and sharing his work. His goal is to use the earnings from his photography sales to invest in a new and improved camera.

In the digital realm, Adam showcases his portfolio on [Fine Art America](#), providing a platform for admirers to purchase prints of his work. You can also follow Adam on Instagram, under the handle [@a closer look photography](#).

****Note:** Adam also shared his creativity with his fellow classmates when, on Halloween, he came to school as the 'Invisible Man'. His imaginative and well-executed costume was a huge hit and Adam won the category of "Best Original Costume" at the annual Halloween Walk Off.

(Left: photo of Adam in his costume with Youth Engagement Worker, Yvette Narlock)



Student Spotlight - Junior Makers

Siena Jagpal - Jewellery Designer - DC Glow

Grade Eight student, Siena Jagpal, has turned her love of jewellery into a growing business. Growing up in Deep Cove, Siena's creative inspiration comes from the unique shapes and sights of her surroundings.



Her journey into the world of jewellery making began when her younger sister started creating pieces for her elementary school entrepreneurial fair. Intrigued by the process and the idea of turning her ideas into wearable art for others, Siena began her own creative venture.

Siena's collection came to life and she set up [@deepcoveglow](https://www.instagram.com/deepcoveglow) on Instagram where customers can view and purchase her hand crafted creations. Siena also approached local businesses to carry her DC Glow jewellery; she was excited when local gift shop, [Deep Cove Collective](https://www.instagram.com/deepcovecollective), agreed to carry it.

Siena's business is steady and she is thankful for all the people who stopped by her table at the recent Deep Cove Winter Market. "I love making jewellery and sharing it with others," says Jagpal.

Next up? The busy student is looking forward to growing her business, "I want to get DC Glow into even more stores," she says, "my life is school, sports and making jewellery and I'm having fun doing it all."

Siena's jewellery can be found at Deep Cove Collective – 4390 Gallant Avenue or on her Instagram page - [@deepcoveglow](https://www.instagram.com/deepcoveglow)





Tech Savvy Parenting

2023 Screenagers Tech-Free Gift Guide

Ideas from Article: [Screenagers Blog](#) | [2023 Screenagers Tech-Free Gift Guide](#)

DINNER PARTY DELIGHT
Pick a theme where kids make the meal. Gift them gadgets needed to make it.

SPRING ROLL FEAST
Start them with rice paper and a julienne peeler and enjoy their creativity

SUSHI ROLLS
find a sushi making kit and gather the ingredients.
Think beyond raw fish if that's not their thing

FUN FONDUE
Gift them a fondue set, get some cheese, broth or chocolate and all the items to dip

DUMPLING MAKING
get some steamer baskets and dumpling wrappers and let them create fillings

PAPER FUN
Gift some fun stationery and pens.
Add a book on origami or hand lettering and let them create
Gift a dated journal so they can have a fresh book for a new year of journaling and planning

COMMUNITY BUILDING
Find a local shelter or charity organization to donate time.
Packing food boxes, organizing donations or cleaning up the neighbourhood

PICKLEBALL PARTY
Head down to the local pickleball court or set up a net and invite another family to join. Use a bracket generator to make it a tournament

KARAOKE MACHINE
Get together with another family or friends and make a fun night entertaining each other. Add in costumes and a theme for extra fun

Social Media Brings Benefits and Risks to Teens: How Psychology can help identify a path forward



New psychological research exposes the harms and positive outcomes of social media. APA's recommendations aim to add science-backed balance to the discussion.

[FULL ARTICLE: American Psychological Association](#)



Post Secondary & Careers

Squamish Nation Training & Trades Centre—Student Visit



Students Max and Mason recently visited the Squamish Nation Training and Trades Centre with Careers Teacher, Ms. Yeo.

Both students are curious about learning more about becoming a carpenter or electrician. The visit to the SNTTC was helpful in sharing education and training options for these trades.

Indigenous students interested in career options in the trades can reach out to Indigenous Support Teacher [Ms. Yeo](#) in portable 25.

squamishnationttc.ca

Career in Trades Lunch & Learn Presentation

Students were invited to Ms. Yeo's classroom to hear about careers in trades and how high school students can get a jump start while in school. There are opportunities for students to 'learn and earn' as early as in grade 10 or 11. District Careers Coordinator, Jennifer Kinakin, shared the information in a helpful **presentation found [HERE](#)**.



If your student knows they want to get started or if they want to try a trade, please reach out to Careers Teacher Andrea [Yeo](#) or Work Experience Facilitator, [Janice Knapp](#).



Gustavson
School of Business
University of Victoria

Free Session
December 12 or 13
[REGISTER HERE](#)

Adulting 101: Personal Finances for students preparing for University

The Gustavson School of Business at UVic invites all grade 10 to 12 students to join a **free financial literacy workshop**. Dr. Michael King leads this interactive session for students to strengthen and prepare their financial footing to enter university life. This workshop will give you a taste of Gustavson and finance through a fun and engaging session.



GRAD 2024



PARENT REQUEST—Photos of Grads Needed

1. We are looking for **group photos of Seycove Grads** over the years. We will be adding these to a slide show at the grad ceremony. If you have photos of 2 or more grads, please send them to us [HERE](#)



2. We need a **baby photo** of each grad for the ceremony. Please send your photo [HERE](#). If you would like this photo published in the yearbook, please write: "*Dedication Included*" in the subject. Write up to 100 words for the dedication. Please note: there is a \$20 fee to publish the photo and dedication (fee covers the extra pages in the book). *These dedications are optional.

Winter Boat Cruise

The Class of 2024 partied it up on their semi-formal Winter Boat Cruise this week. Everyone enjoyed a delicious buffet dinner, games and a beautiful night cruise in Vancouver Harbour. The group danced the night away showcasing hidden dance and acrobatic talents. Thank you to the 2024 Grad Council, Admin and Council sponsors Ms. Eyton & Ms. Yeo for putting together such a fun and memorable experience.





Seycove Snapshots



Students are enjoying the new modular furniture set up around the school. The groupings of upholstered stools and tables are becoming great meeting spots for lunch or for group work during class. "I love the new furniture!" raves grade eleven student, Fraser, "it's so awesome to have more options for seating in the school."



Nyree and Sofia were part of the Student Council team who helped dress up the school for the holidays



Fallon and Aleia showing off the festive window display they helped create for the Hawks Nest



Seycove Seyhawks

Junior & Senior Volleyball Tournaments

Another successful round of junior and senior boys volleyball wrap-up tournaments at Seycove. Both events were full of great displays of athletic accomplishments and sportsmanship. The Seycove players were welcoming and hospitable, building community with players from other schools. Throughout both tournaments, players from all teams looked forward to making future plans to start a club team or play some pick-up games. Big thanks to administration for their leadership and support and to Coach Cardle and the custodians for helping keep the facility looking great. Also thank you to Coach Harris for his remarkable leadership, dedication and connection with the athletes and to Coach Smilgis for his guidance, encouragement and generous time. Great season Seyhawks!





Seycove PAC

Gifts that Give Back—Seycove PAC Fundraisers

FündScrip™



Get your holiday shopping done. Buy your groceries and gas. Send a gift across Canada. Get cards for staff and or clients, to meet your business needs. Order plastic gift cards / E Gift Cards / Reloadable gift cards. Pay and receive full value of gift card and **Seycove will make up to 10% back!**

Place your order as soon as possible to ensure your gift cards arrive in time for the holiday season. You may also wish to send out our Invitation link to friends and family. Then, they can also get some contactless holiday shopping done, while donating back to Seycove.

Here is our Invitation: <https://www.fundscrip.com/support-a-group/KMW3EK>

CLICK HERE 

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Support Seycove and get your gift giving ready to go. Tru Earth is perfect for housewarming gifts and shower gifts, teacher gifts, stocking stuffers and gift exchanges. Each laundry strip packs ultra-concentrated, hypoallergenic, cleaning power into a tiny, pre-measured strip of liquidless laundry detergent that you just toss in the wash. Its low sudsing formula works in all types of washing machines, including high-efficiency (HE).

Tru Earth®, based in Vancouver, is a leading eco-friendly household product company committed to eliminating plastic from landfills and oceans.

Seycove will get 20% of TruEarth sales through our link:

CLICK HERE 



In Our Community

Tonight! Friday, December 8



Live & Local Concert and Bonfire in Deep Cove

Don't miss our annual concert and bonfire featuring R&B Conspiracy on the stage, Steamworks Food Truck, and Santa Ships on the water. This is an event you will not want to miss! Please note that the ships are estimated to arrive around 7:30 pm.

Date: Friday December 8

Time: 6 – 8 pm

Location: Panorama Park, Deep Cove

[Live & Local holiday events | North Vancouver Recreation and Culture Commission \(nvrc.ca\)](http://www.nvrc.ca)

Santa's Christmas Ships Schedule

- Dec 8—Deep Cove. Santa in Park. Music. Bonfire
- Dec 9—Bedwell Bay, Farrier Cove, Fireworks. Camp Howdy
- Dec 15—Woodlands, Brighton Beach
- Dec 16—Belcarra Bay, Santa at Wharf. Belcarra Light Show.
- Dec 22—Flex Cruise—destination not set
- Dec 23—Deep Cove, Belcarra Bay, Dollarton



The Santa Ships depart Reed Point Marina at 7pm and work their way to the destinations at 5 knot speed. Arrival times depends on travel distance from marina. In most cases 7:30 to 8pm is arrival time.

