



SEYCOVE SECONDARY at sáyamətən

SCHOOL NEWSLETTER

March 8, 2024

Dear Parents and Guardians,

As we approach the much-anticipated spring break, I wanted to take a moment to express my gratitude for your continued support and partnership in your child's education. With just one more week to go until the break, I am thrilled to share with you this newsletter, which exhibits the remarkable dedication and commitment of our staff and students.

Our school community has been tirelessly working together to help our students thrive academically and personally. From the classrooms to the hallways, I have witnessed firsthand the collective effort and determination to uphold our standards of excellence. In addition, our PAC and parent volunteers have been working tirelessly to prepare for our Seycove Auction, also helping with the betterment of our school community.

As we embark on this final week before spring break, I encourage you to continue to help your child stay focused and engaged in their learning. By reinforcing good study habits and emphasizing the importance of regular attendance, we can empower our students to reach their fullest potential.

Spring break offers a well-deserved opportunity for rest and rejuvenation for both students and staff alike. I hope that each of you will take this time to unwind and spend quality moments with your loved ones.

Wishing you and your family a restful and relaxing spring break.

Warm regards,

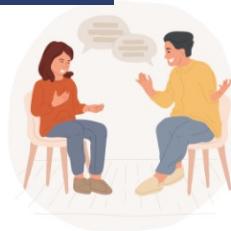
Sarah Best
Principal

Parent Teacher Learning Conferences—March 14

Seycove's Spring Parent Teacher Learning Conferences will take place on **March 14, 2024**. The two session times for the conferences are 2:00 - 4:00 pm and 6:00 - 8:00 pm. Conferences will take place in Seycove classrooms and will last 5 minutes each.

As outlined in the letter sent home on February 27, the online booking window closes tonight, March 8 at 11:55pm. [CLICK HERE to access the booking site](#). If you are unable to sign up in time and would still like to book an appointment, please contact teachers directly through [their e-mail](#).

Please note there will be **early dismissal on both Thursday and Friday at 1:15 pm** to accommodate the Parent Teacher interviews.



SEYCOVE CALENDAR

- Mar 8 International Women's Day
- Mar 9 Seycove Auction
- Mar 10 Daylight Savings begins
- Mar 10 Ramadan Begins
- Mar 12 PAC Meeting—7pm Library
- Mar 14 Hot Lunch PreOrder—Mexican
- Mar 14 Parent Teacher Learning Conferences. Early Dismiss 1:15
- Mar 15 Last Day before March Break
Early Dismiss 1:15pm
- Mar 17 St. Patrick's Day
- Mar 19 Nowruz
- Mar 29 Good Friday
- Mar 31 Easter
- Apr 2 School Returns from Break
- Apr 5 Grade 9 Immunizations
- April 6 Destination Imagination



Updates & Reminders

Overdue/Lost Library Books & Textbooks

Now that Semester 1 is behind us and we are well into Semester 2, our Library Reservation System shows us we have almost \$8,000 in school resources that have not been returned. As Seycove is a small high school, this represents a significant financial loss to the school if we have to replace these resources. We have many students with books still signed out under their names for Semester 1 and to date, we have spoken to each student individually but the resources remain outstanding. If the books remain outstanding, unfortunately the only way to recoup this loss is to add fines in SchoolCash Online to these students.

Over the course of the next few weeks, we will also be reaching out to parents/guardians of these students to provide an opportunity for the resources to be found at home and returned before a fine is added to online accounts. Please chat with your student, look around your homes, and if you see a school text or Library book that is not being used for this current Semester, have your student return it directly to the Library.

Thank you for your support and understanding.



Intimate Images Protection Act

People who have had their intimate images or videos shared without their consent have new supports to get them off the internet, stop their distribution, and seek monetary compensation.

With the new Intimate Images Protection Act in force, the Province, in partnership with the Civil Resolution Tribunal, is launching two new services. These services will help people who have had their intimate images shared without their consent quickly access self-help tools to diagnose their legal issues, get information about their rights and connect to supports.

[Read more about these services HERE.](#)

Civic Youth Awards—Apply by March 13

Do you know an exceptional young person who is working hard to make life better for themselves, their peers, or the community?

Maybe they've overcome personal challenges or obstacles... or maybe they've made a significant achievement in academics, sports, or music... or maybe they're doing volunteer work to help make the District a better place to live, work, or play.

Let's celebrate them with a Civic Youth Award! Read more on the [District of North Vancouver](#) website.



Slow Down - Driving to Seycove

Parents, students, staff and community members are reminded to **please watch your speed and obey traffic signs** in our neighbourhood. On Seycove property, there is a **STOP SIGN** at the top of the hill before the crosswalk. The sign is often ignored, resulting in near misses between cars and pedestrians. Please also remind your new drivers to obey traffic rules and their licence restrictions. Parking at Seycove is a privilege and students who do not follow the rules will be restricted from operating a vehicle on campus.



'N' Driver Restrictions:

- Display 'N' Sign
- No Electronic Devices
- Limit One Passenger (not including family)

[FULL RULES HERE](#)



SCHOOL PROPERTY

STRATHCONA ROAD





Celebrations of Learning

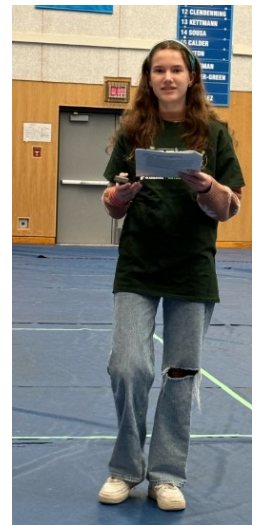
Destination Imagination Regional Tournament at Seycove



On March 2, 2024, the Performance Learning Program (PLP) learners were excited to return to the Destination Imagination's Lower Mainland Regional Tournament. Destination Imagination is an educational non-profit, project-based learning experience that applies the creative process across seven different Challenge types from ages K to university. Having participated for six years, after a break last year, PLP was proud to host the event again at Seycove. With twenty teams from PLP across grades 8 through 10, and other local teams from other public and private schools competing, the PLP learners and teaching team were pretty busy! Luckily, we had amazing PLP 11 and 12 volunteers, as well as many other students from across the school to help out. Without these volunteers and the full school's support, the day would not be the success it was.

And what a success! Destination Imagination's vision is to inspire and equip participants to achieve anything they can imagine by building confidence, creativity, critical thinking, communication, and teamwork skills. All of these skills and more were necessary as many of PLP teams placed in the top three across the challenges. Six PLP teams even placed first in their team challenges! A special congratulations to teams Take McFlight, Blizzard Wizards, and the Discovery Channel who not only placed first in their team challenges, but also their instant challenges (an especially challenging feat!).

All the PLP teams will be heading to Provincials on April 6, where competition will be fierce! Watch our PLP Instagram [@plpseycove](https://www.instagram.com/plpseycove) for tournament details and the schedule!





Celebrations of Learning

Drama Class Arts Club Field Trip—Every Brilliant Thing

Block 5 Drama enjoyed a fantastic trip to see *Every Brilliant Thing* at the Arts Club Newmont Theatre; an unusually funny show about depression & love.

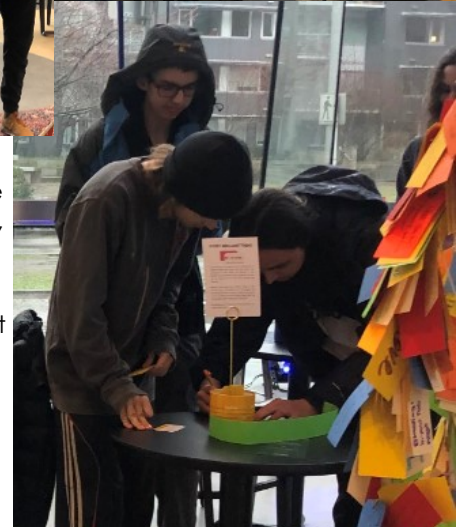
The play tells the story of a woman who, from a young age, strives to cope with her mother's depression and suicide attempts by creating a list of everything that makes life worth living...

1. Ice cream
2. Water fights
3. Staying up past your bedtime and being allowed to watch TV
4. The colour yellow...

Over time, she continues to add to the list of those "brilliant things," which she ends up sharing with those people she meets throughout life. The play's universal message has the power to resonate with everyone, and one line that particularly stands out is, "Things get better. They might not always get brilliant. But they get better."

In addition to our show experience, friends in the theatre's Education Department gave us a wonderful opportunity to have a behind-the-scenes tour of their non-profit organization, which is currently celebrating its 60th anniversary.

We enjoyed visiting their Marketing, Sponsorship, Box Office and Costuming departments, as well as sitting in on a read-through rehearsal of the upcoming production *Red Velvet*. It was eye opening for the students to see all the different career opportunities there are in the world of theatre! - Ms. Shoop



Senior Chamber Choir at the NVSD Choral Fest

Students prepared for months so we could bring high-level repertoire for performance at the Gordon Smith Art Gallery in front of several other high school choirs and a panel of directors, including Kellie Walsh (esteemed director of Shalloway

Choirs from Newfoundland!). They then worked alongside Kellie in a private, on-stage clinic full of sound experimentation and musical adaptation, finally culminating in a massive group song with 3 other high school choirs! - Mr. Najjar





Celebrations of Learning

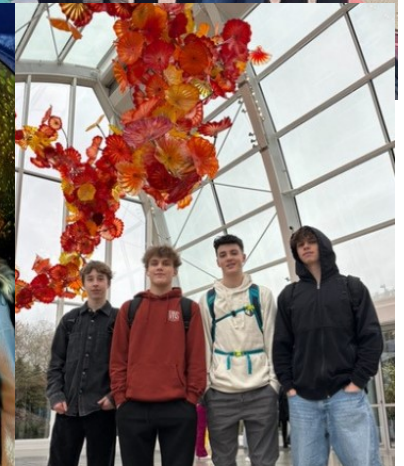
Seycove Jazz Bands and Choirs Celebrate with March Blues Together

Worlds collide as Seycove VOCAL JAZZ and JAZZ BANDs set aside their differences for their annual BLUES show! Highlights include Zoey Moore headlining the Senior Jazz Band on "Feeling Good" (photo below) and an improvisatory duet with Neko Hardy and Cameron Lewis. Thank you to everyone who came to celebrate students' hard work and congratulations to music students for such an incredible night showcasing your talents and progress.—Mr. Najjar



PLP10 – Exploring Seattle

The PLP 10 Cohort travelled to the bustling city of Seattle! The cohort is currently studying change and innovation, through the driving question, "Why does it take a 'crazy' person to change the world?". From the Museum of Pop Culture and the Space Needle to Dale Chihuly's Glass Garden, Climate Pledge Arena, and the Museum of Flight, the PLP 10 cohort came home inspired, seeing how the biggest changes in the world, have been born out of originally 'crazy' ideas. Join us on the evening of **Thursday, March 14 from 6-8PM** to hear the PLP 10 learners answer their driving question PechaKucha style at the school!

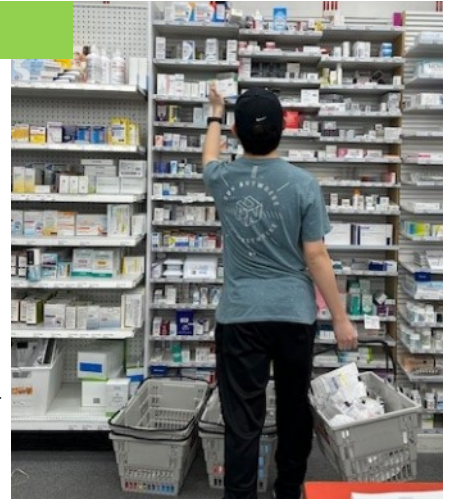




Post Secondary & Careers

Work Experience-Pharmacy Assistants at Shopper's Drug Mart

Each year, students interested in careers in healthcare register for the Work Experience course in hopes of getting some hands-on experience to help them better understand a career in medicine or health sciences. One of the highly sought after placements is working at the nearby Shopper's Drug Mart at Parkgate. Pharmacy owner, Nayan Darji, has been a big supporter of hosting our work experience students and his staff have helped many students confirm their desire to pursue a career in healthcare or pharmacy studies.



Currently, Seycove has two students working at the pharmacy. Both Jayden and Catherine are enjoying their placements and learning more about different drugs, insurance coverage, common ailments as well as customer service. As pharmacy assistants, the students start off with organizational tasks that challenge their attention to detail and accuracy skills. They have to sort drug cards and pull drugs. They help with inventory and even customer service where they call customers to advise them their prescriptions are ready.

"It's always so busy!", exclaims Jayden, who is constantly surprised at the amount of work the pharmacists have to do, "they are always rushing around and trying to ensure the customers get the correct items quickly, it's very hectic most of the time".

Catherine has also been surprised and inspired by some of the things she sees in the pharmacy, "the most inspiring part is seeing all the positivity and willingness by my coworkers to help customers. I also really appreciate the opportunity to learn through real interactions and real experiences. This placement has made me realize the importance of efficiency and accuracy in healthcare logistics and has motivated me to explore more about the medical field".

If you have a student entering grade 10-12 next year who is interested in a work placement to help them better understand a future career, please reach out to the [Work Experience office](#) or your student's counsellor. Registration for the Work Experience course is still open and can be added to students' 2024/2025 course schedule.



UBC Sauder School of Business—Info Session

Interested in learning more about the UBC Sauder Bachelor of Commerce (BCom) program? Join us for an in-person information session.

This information session is a great opportunity for future students and families to get a first look at student life in the program, hear from UBC Sauder advisors, and connect with current UBC Sauder students.

This event is open to any high school student hoping to learn more about the program.

Date: Thursday, March 14, 2024

Time: 4:30pm - 6:00pm

Location: Room TBA, Henry Angus building, 2053 Main Mall at UBC Vancouver ([map](#))

Registration is required. [REGISTER HERE](#)





Post Secondary & Careers

WorkBC Find Your Fit Career Exploration Event



This week, students in all grades participated in WorkBC's Find your Fit, an interactive event that helps students explore and discover a range of high-opportunity occupations in BC, from nursing to software engineer or early childhood education. Students participated in hands-on experiences at several different career stations. These activities help students uncover their strengths and interests, giving them the knowledge they need to get started with their career planning. They also learned about the labour market where they could dig deeper into a career of their choice.





Seycove Snapshots



Pink Shirt Day—Kindness Day @Seycove



Seycove staff and students donned their pink last week for Pink Shirt Day to help spread the message that 'Kindness is Cool'. Student Council celebrated the day by encouraging random acts of kindness, spreading kind messages and of course, sharing pink treats. It was a great reminder of what a supportive school we have and how we have the choice to spread kindness every day, not just Pink Shirt Day.



from the 'gram

Seycove vs THE WORLD
Sr Chamber Choir represented at the NVSD Choral Fest!

BOXANDBALL
#DESTINATIONIMAGINATION

TONIGHT!
GIRLS SENIORS
VS
GRADE 11 VS
MARCH 5 6:30PM
NIGHT

The 2024 Seycove girls soccer season is finally here!!!
We're thrilled to have tons of players committed to the teams this year... stay tuned for further updates on the announcements and this account
Great first practice today!!!
Game/practice dates coming soon
LET'S GO!

closeycove
Vanouver International Airport



Seycove Seyhawks



Seycove Ski & Snowboard Team Provincials at Sun Peaks

Seycove sent all four teams to the Alpine Provincials in Sun Peaks. The racers all represented Seycove well with their skill and class.

Top performers in each category were:

Mary Moore girls GS ski

Ethan Young boys GS ski

Hannah Russell girls GS snowboard

Theryn Strobl boys GS snowboard

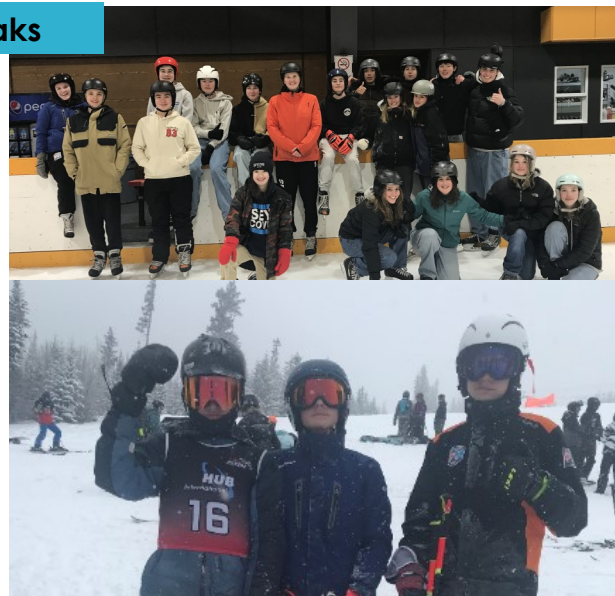
Sierra Earl-Thomas Girls TGS ski

Connor Eyton boys TGS ski

Joycelyn Cavicuiti girls TGS snowboard

Theryn Strobl boys TGS snowboard

Great season Team! - Mr. Earl



Seycove Gymnastics Team Provincials in Prince George



Coaches Morgan & Holly ready to get the team to PG

The Seycove Gymnastics team traveled to Prince George for provincials on February 24-27. We had an amazing time and did lots of team building activities. We also did lots of fun group activities with all the other teams, such as a banquet and roller blading party. Our team did very well in competition and some of us received ribbons for different events. Overall we had an amazing time with this great group of people! I can't wait for next year's season! I also want to give a big shout out and thank you to our wonderful coaches for making this season possible!

- Nyree S—Gymnastics Team

Our trip to Prince George made us bond so much more as a team. Inside and outside of gymnastics, we are supportive towards each other no matter what. We flew in and out of Prince George and walked together to get breakfast every morning. We spent so much time together even outside of gymnastics, through activities like swimming, bowling, roller skating, and more. While competing we cheered each other on the whole time, even through falls and stumbles. I couldn't have picked a better group for this trip!

- Gemma C—Gymnastics Team





Seycove Seyhawks



Seniors Night—Senior Girls Basketball + Co-Ed Senior v. Juniors



CONGRATULATIONS
TO OUR SENIOR GIRLS
ON THEIR
FINAL SEASON:
LILY
SIANNA
YUAN YUAN
ELLA
KEIRA



Seycove PAC

www.seycovepac.ca

Dear Seycove Families,

Our Seycove Family of Schools 40th Auction and Dance is this Saturday March 9th, and we are in **need of more parent and student volunteers**.

Volunteers are needed for the Silent Auction (Cashier & Hand Out) as well as a Clean-up crew for Sunday March 10th.

If you are interested in volunteering or know someone who may be interested in volunteering please use the link below to sign-up.

STUDENTS: <https://signup.com/go/TKuyyaT>

PARENTS: [40th Seycove Auction and Dance — Signup Sheet | SignUp.com](#)

Thank you for Supporting the Seycove Auction!



HAPPY
weekend

