



Principal's Message

Dear Students, Parents, and Guardians,

I hope this letter finds you all in good health and high spirits. Our Seycove staff has been working diligently to plan for a successful year ahead. As we embark on this journey together, I wanted to share some insights and intentions for the year, which revolve around the central themes that will guide our educational mission.

Informed by our commitment to the incorporation of the BC First Peoples Principles of Learning, specifically "*Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors,*" this school year we are embracing a special focus on the interconnected themes of **Relationships**: Relationships with Ourselves and Each Other, Relationships with Technology, and Relationships with the Land and Environment.

Relationships with Ourselves and Each Other: Our journey begins with the understanding that in order to foster compassion and empathy for others, we must first develop a strong connection with ourselves. Self-awareness, self-acceptance, and self-compassion are the cornerstones of building meaningful relationships. Furthermore, our commitment to fostering compassion and empathy among students extends to each other. We believe that by encouraging open dialogue, active listening, and respectful communication, we can create an environment where empathy and understanding flourish.

...[Continued next page](#)

1204 Caledonia Ave
North Vancouver, BC V7G 2A6 604.903.3666 General
604.903.3673 Absence seycove@sd44.ca seycove.ca

Meet the Seycove Front Office Team

We are happy to have Angela and Donna in the Seycove Office this year. They help keep everything organized and ensure all our students are accounted for each day.



Angela & Donna showing their Team Spirit on Jersey Day this week.



SEYCOVE CALENDAR

- Oct 18 Photo Retakes
- Oct 20 Provincial Pro-D
No classes for students
- Oct 25 Staff Collaboration—Late Start
- Oct 25 Post Secondary Evening @7pm
- Oct 26 Alternate Schedule
Early Dismissal—1:15pm
Parent Teacher Meetings
2pm-8pm
- Oct 27 Alternate Schedule
Early Dismissal—1:15pm
- Oct 31 Halloween
- Nov 1 Take Your Kid to Work Day



Principal's Message

Continued from page 1—

Relationships with Technology: In today's digital age, our relationship with technology plays a significant role in our lives. This year, we will explore the ways in which technology impacts our well-being and our interactions with the world. Our goal is to encourage responsible and mindful technology use, helping our students become critical thinkers and compassionate users of digital resources. By emphasizing the importance of a healthy balance between the digital and physical worlds, we aim to build an understanding of how technology can be used as a force for good in our lives.

Relationships with the Land and Environment: Our connection with the land and environment is an essential aspect of who we are as stewards of the Earth. We will work to help our students develop a deep appreciation for the natural world and an understanding of their role in preserving it. We will aim to foster an ethos of respect for the land and a commitment to sustainable practices within our school and the broader community.

All of these themes will be approached through the lens of a "Compassionate Systems Framework." We believe that by understanding the interconnectedness of all living beings and systems, we can build a foundation of empathy and compassion. This approach encourages us to think holistically and act with kindness and care towards ourselves, each other, our environment, and the technology we use.

As we begin this school year, I encourage all students, parents, and guardians to actively participate in our educational journey. Together, we can create a nurturing, compassionate, and understanding environment that will empower our students to thrive and make positive contributions to the world.

I look forward to an exciting year of growth, learning, and deepening our relationships in these important areas. Thank you for your continued support, and I wish you all a successful and enriching academic year.

Sincerely,

Sarah Best
Principal



Seycove Staff sharing and learning at the recent Staff Collaboration Session



Updates & Reminders



Photo Retake Day - Tuesday October 18

Students who have not yet been photographed, must get their photos taken.

Students who want re-takes, must return their student ID card at the time of the retake



Parent Teacher Learning Conferences—Adjusted Schedules

THURSDAY, OCTOBER 26

Tutorial Time	8:31 am – 9:10 am
Period 1	9:10 am - 10:04 am
Period 2	10:10 am – 11:04 am
Break	11:04 am – 11:23 am
Period 3	11:23 am – 12:17 pm
Period 4	12:21 pm – 1:15 pm
Student Dismissal	1:15 pm
Learning Conference	2:00 pm – 4:00 pm
Learning Conference	6:00 pm – 8:00 pm

FRIDAY, OCTOBER 27

Tutorial Time	8:31 am – 9:10 am
Period 2	9:10 am - 10:04 am
Period 3	10:10 am – 11:04 am
Break	11:04 am – 11:23 am
Period 1	11:23 am – 12:17 pm
Period 4	12:21 pm – 1:15 pm
Student Dismissal	1:15 pm



Seycove families were sent a [letter on October 3rd](#) with information about upcoming **Parent Teacher Conferences** taking place on Thursday, October 26. The appointments booking system is open and appointments are first come-first served.

Please visit this link to register: <http://seycove.schoolappointments.com>

SCHOOL FEES

School Fees for Semester 1 have now been set up in School Cash Online accounts. In order for the courses with fees to run successfully, it is important fees are collected in a timely matter. Supplemental fees may be charged for goods and services associated with optional enrichment activities and take-home items that extend learning outcomes for students beyond their basic educational program. Supplemental fees are published on our Course Information and Description page on the Seycove School website [HERE](#)



Updates & Reminders

Seycove Merch is available to order!

Choose from a navy blue hoodie style sweatshirt or a grey crewneck sweatshirt. All orders can be made through your [SchoolCash Online Account](#).



\$32
crew

\$37
hoodie

Order by
October 20



Food Access / Feeding Futures



The North Vancouver School District supports students through several targeted and intensive programs. Food Access is a universal program that ensures the availability of nutritional food all day for every student.

Through the Food Access program, all schools make food available every day to all students in visible, high-traffic and accessible locations.

Visit the [Food Access](#) web page to find out more about this program and other programs like the Student Affordability Fund.

SOGI-Inclusive Education

Diversity is our strength in the North Vancouver School District. Our schools provide inclusive and welcoming environments for all.

The school district is committed to upholding and actively promoting the principles established by the [B.C. Human Rights Code](#). With respect to sexual orientation and gender identity (SOGI), we are committed to ensuring the safety and well-being of 2SLGBTQIA+ students, families and staff.

For more information [visit here](#).



Im/migrant or Newcomer Families: Assistance in Schools

Are you and im/migrant or newcomer family with students in elementary or secondary school on the North Shore? There are services to help you understand the BC education system, your child's school and community resources. For more information, please visit our school website [HERE](#).



Language Challenge Exam

Fluent in another language?

You could be eligible to write a Challenge Exam.

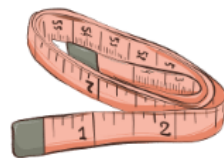
Students wishing to challenge a language course can complete the Challenge Exam. The deadline is coming up. Students should **contact their counsellor** ASAP to confirm if they will write the exam. For more information on Language Challenge Exam, please [visit here](#).

Sewing for Change—Donations Please



Seycove's newest Club, *Sewing for Change*, is looking for **cotton fabric, cotton bed sheets, thread, zippers and pins.**

The club will be sewing some items to donate before the holiday season. Please drop your donations at the front office. Contact [Ms. Reid](#) for more information.



MS Teams—Turn On Your Reminders



Don't miss out on important messages or opportunities.

To customize notifications:

tap your profile picture at the top left of the mobile app, then **select notifications.**



PAC Fundraisers

Munchalunch—Preorders

Seycove's Parent Advisory Council (PAC) is organizing pre-order lunches again this year. Help support PAC and give your student(s) a healthy meal (and a break from packing lunch). Money raised from the lunch program helps PAC purchase things like classroom needs, uniforms, sports equipment and more!

NEW parents need to register here: <https://munchalunch.com/schools/seycove>

RETURNING parents go directly to login: <https://munchalunch.com/login>

TruEarth Laundry & Cleaning Products

When you order a product, 20% of the total sales value will go to Seycove PAC. You can feel good knowing you are helping your school, and purchasing products that help save the environment.

[ORDER HERE](#)





Tech-Savvy Parenting

Parents' Ultimate Guide to Snapchat

From: www.common sense media.org

Is Snapchat safe for kids? How does it work?
And what's with Snapstreaks?

**Everything curious parents need to know about
this ultra-popular app...**

What is Snapchat?

Snapchat is a popular messaging app that lets users exchange pictures and videos, called snaps, that are meant to disappear after they're viewed. The essential function is to take a picture or video, add filters, lenses, or other effects, and share it with friends. The app is free to download, and also has a premium subscription plan called Snapchat+.

How does Snapchat work?

All you need to sign up is your name, an email address or a phone number, and your birth date. To add friends, you can upload your contacts or search for people you know. You can also automatically add someone by taking a picture of their "Snapcode," a special QR code unique to each user.

Article continued here:

<https://www.common sense media.org/articles/parents-ultimate-guide-to-snapchat>



The White Hatter Internet Safety and Digital Literacy Virtual Presentations:

Advance registration required. Details in NVPAC Newsletter.

WEDNESDAY NOVEMBER 22 (virtual) 6:30 pm - 7:30 pm

[Sharenting](#) - 75 min live presentation, includes Q&A portion

[REGISTER HERE](#) - REGISTRATION DEADLINE is November 20th at 9pm

MONDAY, JANUARY 22 (virtual) 6:30 pm - 7:30 pm

[The Good of Social Media, Technology, and Teens](#) - 30 min live presentation, includes Q&A portion. REGISTRATION LINK AVAILABLE SOON

THURSDAY FEBRUARY 22 (virtual) 6:30 pm - 7:30 pm

[Monitoring, Filtering, and Tools for Parents & Caregivers](#) - 75 min live presentation, includes Q&A portion. REGISTRATION LINK AVAILABLE SOON



THE
WHITE HATTER



Celebrations in Learning



READER'S THEATRE

The Directing & Script Development 11/12 students adapted well-known stories, Icarus and Pandora's Box and directed the Drama 9/10 students in their first performance of the year, Reader's Theatre. The concept of RT is actors have scripts, no memorization, and are focussed on vocal emotion, projection and public speaking.



PLP Science 9 - Laundry and Microplastics



PLP Science 9 students recently investigated the impact that our laundry has on micro plastic pollution in the ocean. To do so, students simulated a cycle of laundry using plastic bottles, marbles, scrap fabric, water, and detergent. The students then filtered out the waste water from the laundry, and had the chance to observe the micro plastics that shed from our clothing. The students then investigated how this micro plastic pollution impacts our local ocean ecosystem by collecting ocean samples from Strathcona beach. After filtering the samples, the students were saddened to see that in every one of the samples collected, there were micro plastics present.

Luckily, there are a few easy steps we can take to reduce our micro plastic pollution that comes from our laundry. One is to use cold water instead of hot, use less detergent in our loads, and to wash our clothes less often. We all play a part in taking care of our local ecosystems!





Post Secondary & Careers



The North Vancouver School District has just launched a new website—Career Pathways 44—for students to get information about upcoming career and educational opportunities. Visit the site regularly for updated events. Talk to Mrs. Knapp in the Work Experience office for more details on any of the opportunities listed. Visit the new site [HERE](#).



Mt. Seymour is hosting its **annual Job Fair**—this Sunday, October 15 10am-3pm at Parkgate Community Centre. [CLICK HERE for more information.](#)

CAREERS IN HEALTH

Vancouver Coastal Health is offering a Health Care Career Open House. Students can learn more about careers in health and some of the programs offered by local school. Students will also get the chance to check out the simulation lab to see where students and staff practice their skills.

No registration required

Friday, October 20 (Pro-D Day) 11am—2pm

Paetzold Health Education Centre VGH, Jim Pattison Pavilion



Vancouver Coastal Health presents:

Health Care Career Open House

Are you driven by a desire to help? Get a career in health care!

- ✓ Hear from passionate health care professionals.
- ✓ Take a tour of the simulation lab.
- ✓ Meet representatives from health care programs.

Event Details
 Date: Friday, October 20, 2023
 Times: 11:00 a.m. – 2:00 p.m.
 Place: Paetzold Health Education Center, Vancouver General Hospital, Jim Pattison Pavilion, 899 West 12th Avenue

Questions? Email careerpathways@vch.ca

Our partners:

Vancouver Coastal Health



WEST VANCOUVER YOUTH SERVICES

YOUTH FOR YOUTH LEADERSHIP TRAINING

RESILIENCE, CONNECTION & MENTAL WELLNESS FOR TEENS

FRIDAY, OCTOBER 20, 6 TO 9PM & SATURDAY, OCTOBER 21, 10AM TO 4PM AT THE GREAT HALL, GLENEAGLES GOLF COURSE

Join us for this special two-day opportunity for youth to connect and have fun, plus learn about and strengthen their own skills for mental wellness and resilience through dedicated training sessions and conversation.

INTERESTED? CALL (604) 925 7270 OR VISIT US AT ACTIVESTVANREC.CA TO REGISTER!

EARLY BIRD RATE: \$20 | ACTIVITY CODE: 156944

SHUTTLE SERVICE AVAILABLE FROM ALL WV HIGH SCHOOLS - PLEASE CONTACT SAMIRI@WESTVANCOUVER.CA FOR INFORMATION

The District of West Vancouver, in partnership with our Youth Advisory Committee, has heard loud and clear from **youth across the North Shore** that they are looking for:

- Training and tips to strengthen resilience and mental health to deal with challenges of school and life, and to help their friends do the same;
- Meaningful opportunities to impact the development of services and programs for themselves and their peers in their own communities;
- The chance to better understand the various wellness, recreation, volunteer, employment and other resources available to them in their own backyards; and
- Social opportunities to connect with other youth, make friends, have fun, etc. ...

So we've taken action to bring folks together for some fun and learning in a safe environment – with food, prizes and games included! For more information or to register—visit the link below:

[Youth For Youth Leadership Training: Resilience & Wellness](#)



GRAD 2024



TIGHT & Bright



The school was a little brighter last week! The Class of 2024 had their Tight & Bright dress-up day and celebrated with their brightest.

Save the Date—October 25 @Seycove Post Secondary Institutions Evening Event

Learn more about post secondary institutions and programs. Learn about the admissions process and more. More information to come.

Mrs. Yeo's CLC 12— Upcoming Friday Career Series:

October 20th – no workshops due to Professional Development Day

October 27th – JABC World of Choices workshop on Firefighting, RCMP, Armed Forces careers—[MORE INFO](#)



SIMON FRASER
UNIVERSITY

DEPARTMENT OF PHYSICS

Discover Physics at SFU—Pro-D Event

The Department of Physics at SFU is running a free event for high school students in grades 10-12 interested in learning more about what's involved in studying Physics at university.

The event takes place on the provincial Pro-D day, Friday October 20.

The day includes lab tours to learn about research and learning opportunities in Physics, discussions of job opportunities for Physicists, meeting with current students to learn about their experiences, and a FREE pizza lunch!

Registration is required.

Please see <https://www.sfu.ca/physics/outreach/discover-physics-at-sfu.html> for more information.



Seycove Seyhawks

The 11th Annual Seycove Seyhawks BOTTLE DRIVE



Save those bottles and returnables! The Seycove Girls Basketball program is planning for our 11th annual Seycove Seyhawks neighbourhood bottle drive, and ongoing season fundraiser. We will announce the date soon, but it will be in November so please hold on to your returnables.

Our players can pick up directly from your home or you can drop your refundable bottles at Seycove on Bottle Drive day. If you have any questions, email Jennifer Deane at www.jenniferdeane.ca

- Seycove Girls Basketball Parent Group



Seyhawks Junior Boys Cross Country team post (above)



Seyhawks Bantam Girls ready to start their race (right)



In the Community



The Dining Room

The dining room is more than a place to eat; it's where friends and families come together and fall apart, celebrate and seduce, meet and mourn. This witty, fast-paced tribute to this special haven features a cast of nine portraying 50 characters over the course of a century. Funny, warm and touching, The Dining Room is a joyous tribute to how much people have changed over the years – and how much we remain the same.

October 12th – 27th, 2023 (Th, Fri, Sat @ 7:30 pm)
Matinees October 22nd and 28th, 2023 (@ 2:00 pm)

Ocean Film Festival Canada

Experience the world's most breathtaking ocean films from above and below the surface.

Thursday, November 9 @ Centennial Theatre. [Watch the Trailer](#)

Tickets: oceanfilmfestivalcanada.ca



DEEP COVE WINTER MARKET

NOV 18 2023
Seycove Community School
Indoor venue
10 - 4pm

Deep Cove Winter Market

The Deep Cove Winter Market is the perfect place to shop local for the season, treat yourself or check off your holiday list.

Come visit our food trucks for lunch or coffee and browse all the local artists and makers //

November 18 10- 4pm at Seycove Secondary School.

Are you a Junior Maker? [Applications](#) open now.

More information about the Market [HERE](#)

| Eats + Treats | Supporting local school PACS
Local Artisans & Makers | Grassroots | Community Building



Seycove Snapshots

Truth & Reconciliation Day | Orange Shirt Day



Terry Fox Run



Grade 8 Cheakamus Retreat





Seycove Snapshots

Jersey Day— All School Dress Up Day



Holly & Keaton (above) 'reppin' their teams! The Student Council members handed out treats to everyone dressed up for jersey day.





SEYCOVE CLUB FAIR

GET INVOLVED!



Hundreds of students took the time to check out the Club Fair last week. Students had the chance to learn about all the fun, creative and helpful ways to get involved at Seycove.

For more information on Seycove Clubs, [CLICK HERE](#)