



SEYCOVE SECONDARY
at séyəmətən

SCHOOL NEWSLETTER

May 29, 2026



Principal's Message

As we move into June and begin to feel the excitement of summer around the corner, I want to take a moment to celebrate the incredible work of our Grade 12 students, who presented their Capstone projects last Friday. It was truly a wonderful day of learning, reflection, and celebration. Our graduating students showcased not only the hard work they have invested over their years at Seycove, but also the growth, passion, creativity, and resilience they have developed along the way.

One of the most special parts of the day was seeing staff, peers, and younger students engaging with these presentations and learning from one another. The Capstone presentations were a powerful reminder of the thoughtful, capable, and community-minded young people we are so fortunate to work alongside every day. I want to thank all of our Grade 12 students and staff who helped make the day such a success.

We have an exciting June ahead, filled with graduation celebrations, showcases of learning, final concerts, exhibitions, art displays, recognition events, and athletics celebrations. There are so many wonderful moments still to come as we celebrate the final weeks of a fantastic year at Seycove and recognize the many accomplishments, talents, and contributions of our students and staff.

We are also very much looking forward to the annual Seycove Cabaret next Saturday, which is always a highlight for our community. This event is such a beautiful celebration of student talent, connection, and the vibrant arts culture at Seycove. We are deeply grateful to the many parents, volunteers, donors, and supporters whose time, generosity, and dedication help make opportunities like this possible for our students and music programs.

As we head into these final weeks of the school year, I also want to encourage all students to continue staying engaged in their learning and maintaining strong attendance. With the sunshine, warmer weather, and summer energy in the air, it can be easy to become distracted. However, meaningful and important learning continues right through June, and attendance remains an important part of both student success and our Seycove Code of Conduct. We appreciate families continuing to support routines, attendance, and engagement during this busy time of year.

Thank you, as always, for your continued support of our Seycove community. We look forward to celebrating these final weeks of the school year together and finishing the year with pride, care, and connection.

Wishing everyone a wonderful weekend ahead.

Meghan Downie

Principal
Seycove Secondary at séyəmətən



COMING UP @ seycove

Jun 6	Seycove Cabaret
Jun 10	PLP Spring Exhibition
Jun 11	2026 Grad Ceremony 7pm - Centennial Theatre
Jun 12	Year End Choir Concert 7pm - West Van United
Jun 15	Year End Band Concert 7pm - Cap U Theatre
Jun 16	PAC Meeting - 7pm Library
Jun 17	Student Recognition Assemblies & Lunch
Jun 17	Athletics BBQ - 4:30pm

[Seycove Calendar](#)
[NVSD Calendar](#)



Creative, Respectful
& Inclusive Community





Updates & Reminders

Dates and Events of Significance in June

Below are dates our community may recognize, observe or celebrate in June:

- Pride Month
- National Indigenous History Month
- Filipino Heritage Month
- Philippine Independence Day
- June 19: Juneteenth
- June 21: Summer Solstice
- June 21: National Indigenous Peoples Day
- June 21: Father's Day
- June 25: Last day of school for students
- June 27: Canadian Multiculturalism Day



2026		JUNE					
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

Seycove PAC AGM & PAC Elections

Calling all parents and guardians (aka voting members of the Seycove PAC)!

Please join us for the **SEYCOVE PAC AGM & 2026-2027 PAC ELECTIONS**

DATE: Tuesday, June 16
 TIME: 7:00pm
 LOCATION: School Library

PAC Executive positions include:

- President
- Vice-President
- Secretary
- Treasurer
- District Parent Advisory Council Representative
- Members at Large



All positions may be shared by two people – many hands make light work!!

For descriptions of the positions, and more information about the role and functions of the PAC, please check out the [Constitution & Bylaws](#).

We would love to have you join this team which helps to support our learners' education through communication with the administration, sharing parents' voices, and fundraising for equipment and supplies for the school, teacher wishlists, and sports teams, guest speakers, clubs, scholarships, and more!

Any questions, please reach out to the PAC at seycovepac@gmail.com. As always, we warmly welcome all Seycove parents/guardians to attend. This will be our final PAC meeting of the school year and we hope to see many of you there!

Thank you for your continued support and involvement in the Seycove community.



Updates & Reminders

PLP Spring Exhibition: Past, Present, Possible!

Join us for the PLP Spring Exhibition, Past, Present, Possible, on Wednesday, June 10 from 5:30–7:30pm.

Throughout the evening, visitors will move through immersive exhibitions and interactive presentations created by PLP learners in Grades 8–12. From reimagined Shakespeare tableaux and circular economy redesigns to reconciliACTION projects and personal exhibitions of purpose, learners will share how their understanding of the past and present can help shape what is possible next. This exhibition is designed as a public celebration of learning, creativity, and student voice, with experiences taking place both indoors and outdoors across the school grounds.

We hope you will join us for an evening of conversation, reflection, and powerful student work.

PLP SPRING EXHIBITION
PAST, PRESENT, POSSIBLE

STORIES WE INHERIT. CHOICES WE MAKE. FUTURES WE BUILD.

GRADE 8
Our Past
Through *The Tempest*

GRADE 10
Reimagining
Romeo and Juliet

GRADE 9
Redesigning for a
Circular Future

GRADE 11
Reconciliation
in Action

GRADE 12
Finding Meaning,
Taking Action.

JUNE 10, 2026 | 5:30–7:30PM



Updates & Reminders

CABARET IN THE COVE! JUNE 6TH



Power Up for

ARCADE FRENZY

Seycove Music's ultimate video game-themed Cabaret

June 6th | Seycove Cafeteria

Press start on a night packed with live musical performances, high-score entertainment, finger foods, drinks, and a silent auction.

Whether you're a retro gaming fan or just ready for a fun night out, this is one event you won't want to rage quit.

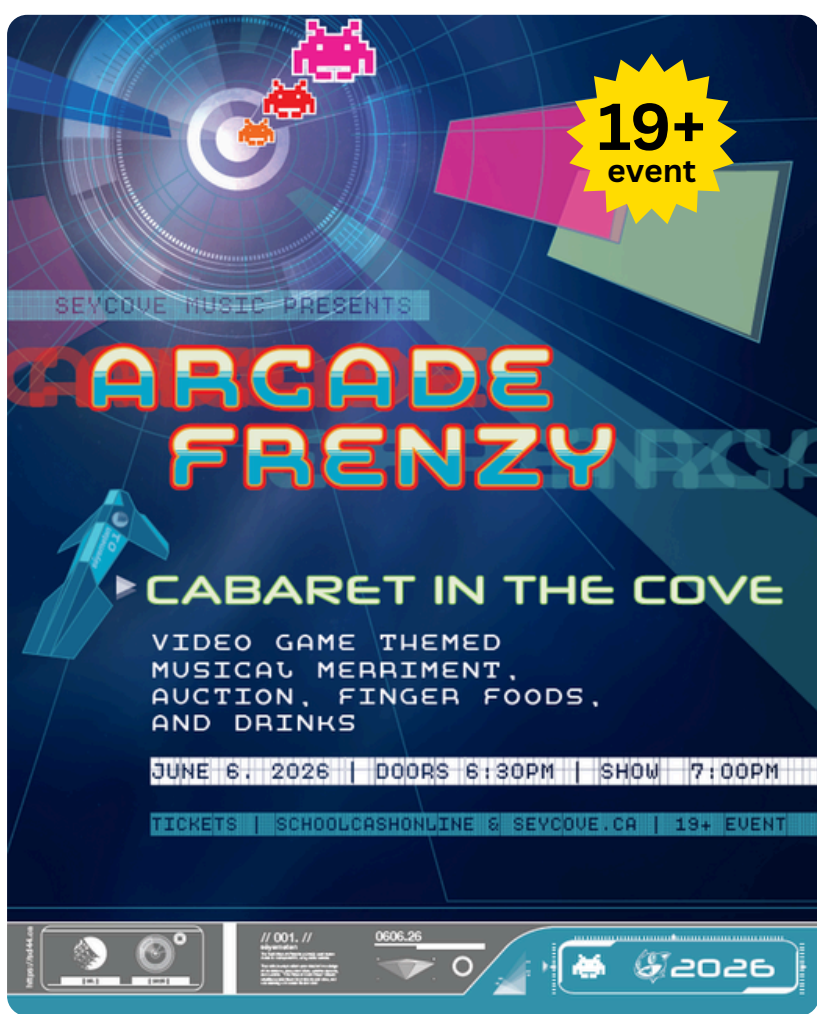
Doors open at 6:30 PM
Show begins at 7:00 PM

Tickets available through SchoolCash Online

(Age 19+ Event)



GAME ON!



Grade 10s - Blanket Exercise June 4

Reminder to all Grade 10 students: please remember to bring a blanket to school for the Blanket Exercise on Thursday, June 4th.

The Blanket Exercise is an interactive learning experience that uses blankets to represent the land of Indigenous peoples before and after colonization. Through storytelling and participation, students will explore the impacts of colonization, including displacement, loss of land, and resilience, while building understanding around Indigenous histories and reconciliation.

Please bring a blanket or large towel to use as part of the activity.





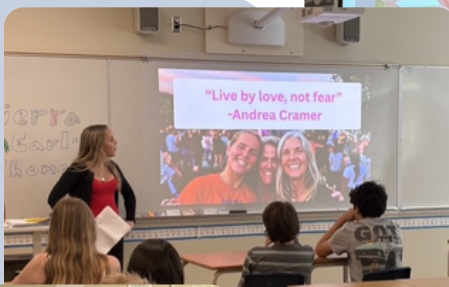
Celebrations of Learning

Capstones, Community & Celebrations

It was a big day for the Grade 12s last Friday — Capstone Day! Capstone projects are a key part of the graduation program, giving students the opportunity to showcase their learning, passions, skills, and personal growth through projects that reflect their interests and future goals. The presentations allow students to share their experiences, reflect on their learning journey, and demonstrate the competencies they have developed throughout high school.

The day began with a special Grade 12 assembly featuring student showcases, Capstone presentations, and performances by the Senior Chamber Choir and Combo Band. Following the assembly, Grade 12 students presented their projects in classrooms throughout the school, sharing their work and experiences with younger students.

To wrap up the day, the Grade 12s enjoyed a special "Last Recess" celebration complete with a barbecue and games hosted by the Grad Council. It was a well-earned chance to celebrate together as the school year winds down.

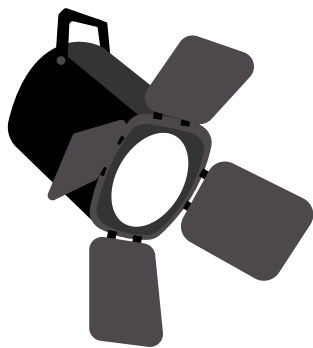




Celebrations of Learning

French Fashion Week - Très Chic!

Our French 9 students recently showcased their creativity and language skills in a lively Fashion Show as part of their unit on shopping and clothing. Students confidently modeled their outfits while describing what they were wearing in French, including where they bought their clothes and how much they cost. This fun and interactive activity allowed students to apply their vocabulary in a real-world context, building both confidence and communication skills. Bravo to all participants for their enthusiasm and effort!





Celebrations of Learning

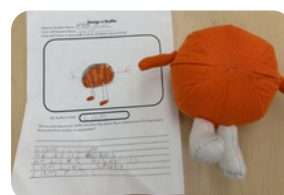
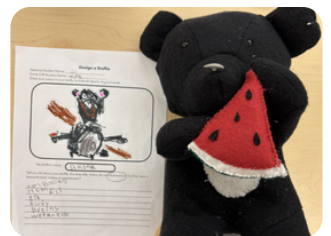
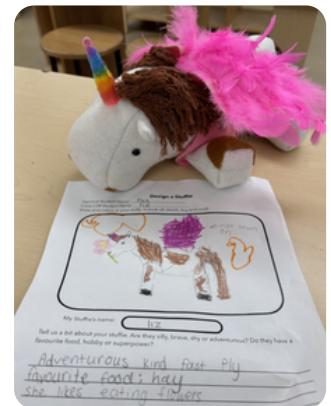
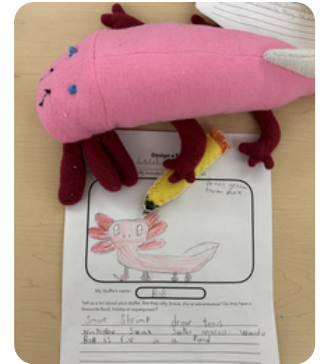
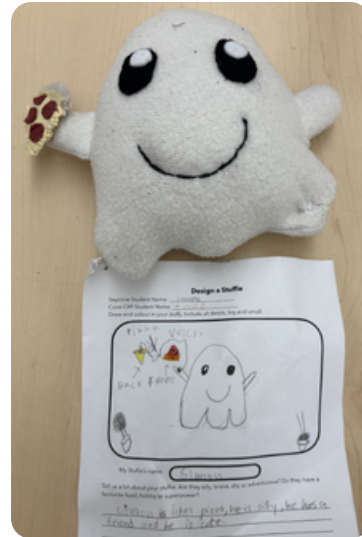
Textiles Classes: Creativity, Craftsmanship and Community Connection

Seycove Textiles 10–12 students recently partnered with the Grade 1 and Grade 1/2 classes at Cove Cliff Elementary for a creative cross-grade collaboration.

The younger students designed their own imaginary stuffies by drawing pictures and writing stories about their unique characters.

The challenge for the Seycove students was to bring these one-of-a-kind creations to life through sewing and textile design. From unusual shapes and colourful details to creative accessories, the project pushed students to problem-solve and turn imaginative ideas into real, handmade stuffies.

Last week, the Seycove students returned to Cove Cliff to deliver the finished creations. It was a special moment as the Grade 1 and 2 students got to meet their stuffies "in real life" for the first time. The project was a meaningful experience for students at both schools, combining creativity, craftsmanship, and community connection. - Ms. Reid





Celebrations of Learning

First Peoples 12: Learning Through Land Stewardship

On May 11, BC First Peoples 12 students took part in an ivy pull, removing invasive English Ivy from the forest adjacent to our school grounds. Once they knew what to look for, students began to see ivy everywhere; they pulled an impressive amount! In doing this, students are helping to prevent local trees and plants from being choked out and creating more space for those native species to flourish. - Ms. Nicholson





Celebrations of Learning

Experiential Learning in AP Psychology

AP Psychology students have been taking their learning beyond the classroom through a variety of experiential learning activities, including gratitude journaling on Seycove Field and a hike to Quarry Rock. Through these experiences, students are exploring concepts connected to cognitive behavioural therapy, mindfulness, deep listening, and the mental health benefits of spending time in nature. Ms. Yeo

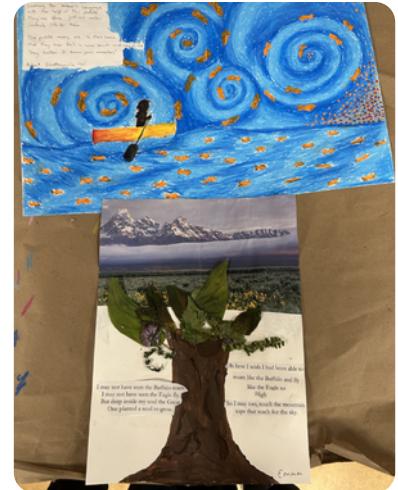




Celebrations of Learning

Indigenous Poetry and Nature Mixed Media Project

In Period 4 and 7, Art students responded to poems by Indigenous poets from the *Tea and Bannock* series through mixed media artwork. Rather than directly illustrating the poem, students focused on the larger ideas, feelings, and connections they noticed in the writing; then explored how those ideas could be interpreted through art.



Students were also encouraged to include a real element from nature, such as a leaf, flower, stick, stone, or other natural material. This could be done by tracing it, using it as a tool, or incorporating it directly into their mixed media pieces. Ms. Gruys





Shelf Life



Asian-Canadian Heritage Month at Seycove Library

This month's library display celebrates Asian-Canadian Heritage Month through stories, histories, and voices that have helped shape Canada past and present. Alongside fiction and memoirs, the display also highlights moments from Asian-Canadian history and recognizes influential artists, athletes, activists, and authors from across the country.

From historical fiction and fantasy to memoirs and family stories, these books invite readers to explore identity, belonging, resilience, and culture through many different perspectives.

Stop by the Seycove Library this month to browse the collection, explore the timeline of Asian-Canadian contributions, and discover stories that continue to shape Canadian culture and community.



FROM THE SHELF PICKS: STORIES & VOICES

Ghost Boys by Jewell Parker Rhodes

A powerful and accessible novel about racism, injustice, and empathy, *Ghost Boys* asks readers to think deeply about whose stories get heard—and whose do not.

One Hundred Secret Senses by Amy Tan

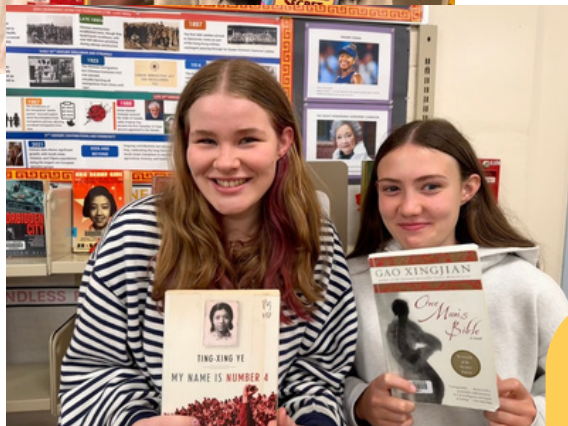
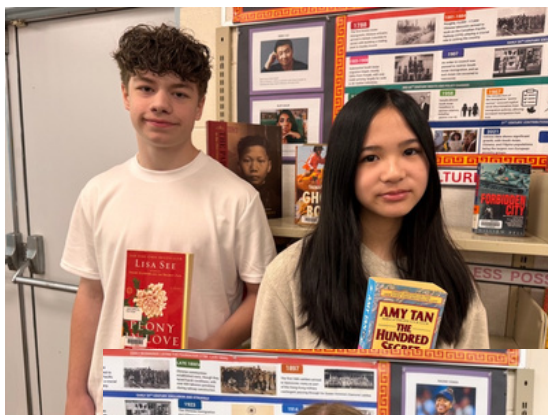
Amy Tan blends humour, family history, memory, and mystery into stories that explore relationships across generations and cultures.

Red Scarf Girl by Ji-li Jiang

This memoir offers a firsthand look at growing up during China's Cultural Revolution and the difficult choices people face during times of political pressure and fear.

Secret Daughter by Shilpi Somaya Gowda

A moving story connecting India and Canada, *Secret Daughter* explores adoption, family, and the unexpected ways lives can become connected across the world.



Don't forget: if you have a favourite book you think belongs in the Seycove Library collection, we're always happy to help new stories find new readers.





GRAD 2026



Important Dates & Reminders for Grads & Families

Grad Calendar:

- June 8 - Superintendent's Lunch (By Invite)
- June 9 - Grad Ceremony Rehearsal - Gym @8:20am
ALL GRADS MUST ATTEND
- June 11 - Grad 2026 Ceremony - Centennial Theatre 7pm
STUDENTS ARRIVE at 6pm
- June 23 - Grad Banquet - Dinner & Dance - Pinnacle at the Pier

Information on all Grad related dates and events can be found [on our website](#)



Capstone Celebration BBQ - One Last Recess!





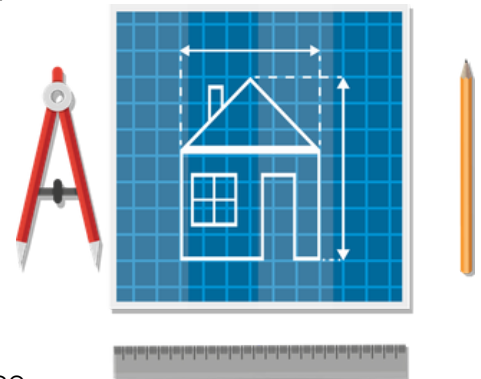
Post Secondary & Careers

BCIT ACE Program - Applications Open for Summer Intensive

Calling all Grade 11 & 12 students interested in architecture, construction, engineering, design, or trades — this could be your next step!

The ACE (Architecture, Construction & Engineering) Program at BCIT gives students the chance to:

- Explore exciting career pathways
- Gain hands-on technical and design experience
- Learn from industry professionals
- Participate in real-world projects and site visits
- Build valuable workplace skills and connections



Even better?

- ✓ The program is FREE
- ✓ Includes opportunities for paid internships/work experience
- ✓ Great for students who want to explore careers before committing to a post-secondary pathway

If you're curious about careers in the design-build world, this is an amazing opportunity to learn, explore, and get ahead.

Message Mrs. Knapp for the application package.

Lions Gate Hospital Youth Committee - Meet & Greet

Interested in leadership, volunteering, and making a difference in your community? Students in Grades 8–12 are invited to attend the Lions Gate Hospital Foundation Youth Committee Meet & Greet on Friday, May 29 at 5:30pm in the Multi-Use Hall at the Paul Myers Tower (240 East 13th Street, North Vancouver).

Come meet current Youth Committee members, learn about upcoming opportunities for the 2026/27 school year, and find out how you can get involved in supporting your community through leadership and service. Everyone is welcome!



Langara College Info Week

Thinking about university, a new career path, or exploring your options? Join us for Summer Info Week at Langara from June 1-4, 2026.

Throughout the week, you can attend a mix of Information Session and Trial Classes designed to help you explore programs, meet instructors, experience college-level learning, and learn more about student life at Langara.

Each day will feature a different academic area. [REGISTER HERE](#)





Seycove Seyhawks



A Strong Season for Seyhawk Track & Field

The Seycove Track and Field team competed in two big meets in the last month. The North Shore Championships and the Vancouver Sea to Sky Championships all at Swangard Stadium. There were lots of highlights.

Olive Lauer set a Vancouver Sea to Sky record for Grade 8 Girls in the 400 metres. Jonah Louie won the Vancouver Sea to Sky Javelin on the last throw. Keegan McIntosh placed 2nd in Hammer, 5th in discus, and 7th in shot put. Navi Saeedi-Mepham finished 3rd in the Senior Boys 1500m race walk. Sylas Anderson finished 6th in the Senior Boys Javelin and Hammer. Laura McDonald finished 16th in the Senior Girls 100, Susan Ewankiw finished 14th in the Senior Girls Shot Put.

Also, a really big highlight was the two relay teams that competed in the Vancouver Sea to Sky Championship. The Junior Girls 4 x 100 finished 14th in a season's best time, as did the Senior Boys 4 x 400 who finished in 14th place.





Seycove Seyhawks



Congratulations to our Seycove Hockey Team on a great season!