



SEYCOVE at sáyəmətən NEWSLETTER

Welcome

We would like to thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Tsleil-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

March 6	End of Gr. 8 Rotation 1
March 7	Start of Gr. 8 Rotation 2
March 7	Jazz Concert 7:00 pm
March 7	PAC Meeting 7:00 pm
March 8.....	International Women’s Day
March 9	Parent Teacher Interviews
March 9 & 10	Early Dismissal 1:15 pm
March 12.....	Daylight Savings
March 13—24	Spring Break
March 17.....	St. Patrick’s Day 🍀
March 20.....	Spring Equinox & Nowruz
March 22—April 20	Ramadan
March 25.....	Earth Hour 🌍 8:30—9:30 pm
March 31.....	International Transgender Day of Visibility



“May you have all the happiness and luck that life can hold—and at the end of your rainbow may you find a pot of gold” —Irish Blessing



International Women’s Day (March 8th) is a global day celebrating the social, economic, cultural and political achievements of women. The Government of Canada’s theme for International Women’s Day 2023 is **Every Woman Counts**. It’s a reminder that all women, from all ages and walks of life, have a place in every aspect of Canadian society, including in the economic, social and democratic spheres. [Click here](#) for more information.

Parent Teacher Interviews

Seycove's Spring Parent Teacher Conferences will take place on **March 9, 2023**. 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.

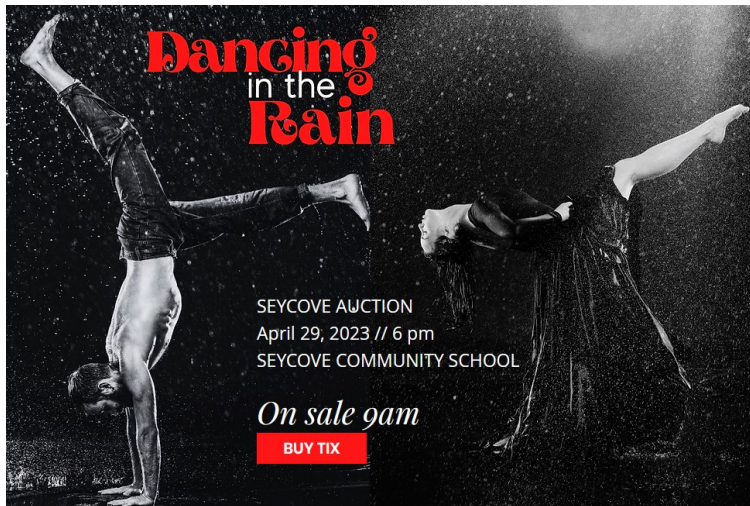
The online booking window has closed. If parents were unable to sign up in time and would still like to book an appointment, please contact teachers directly.

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



On March 25 at 8:30 pm, spend 60 minutes doing something positive for our planet.

Amidst the hustle and bustle of our daily lives, Earth Hour aims to be an unmissable global reminder of the importance of our planet and the need to protect it. [Click here](#) for more information. #BiggestHourForEarth



Seycove Family of Schools Auction

The **39th** annual Seycove Family of Schools Auction is on **Saturday, April 29!** The theme is *Dancing in the Rain*; get dressed up in your best black and white and get ready to dance the night away!

The auction has been a successful community event for the Seycove Family of Schools and has raised a significant amount of money that supports enhanced opportunities for our kids/schools. With your support, we are looking forward to bringing our Seycove Community back together to re-connect and have tons of fun! Whether you join us for the dinner and dancing, or want to volunteer on the night of the auction, we hope our entire Family of Schools Community can join us.

Purchase Tickets online and sign up to volunteer via the Auction Website www.seycoveauction.com

Black Umbrellas and Bottle Wall donations appreciated. Donations dropped off at the Seycove Main Office. If you'd like your umbrella back at the end of the auction, please label it so we can get it back to you. We are looking for donations of wine, hard liquor, liqueur and beer growlers with an attached gift card. This is for an interactive, guaranteed prize winning and fund generating game.

International Trans Day of Visibility

The International Trans Day of Visibility is an annual event occurring on **March 31** dedicated to celebrating trans people and raising awareness of discrimination faced by transgender people worldwide.

[Click here for information and resources.](#)



Information · Updates · Reminders

SUPPORTING STUDENTS AND FAMILIES IN THE COMMUNITY

Through the Student and Family Affordability Fund (SFAF), the school district is supporting students and their families who are feeling financially challenged due to the rising costs of living.

To request financial support at any time throughout the 2022-2023 school year, please complete the form(s) available on the [Student and Family Affordability Fund](#) web page and submit the form(s) in confidence to either your child's teacher, principal, school counsellor or front office staff. A listing of eligible expenses, and answers to common questions can be found on our [Frequently Asked Questions](#) web page.

“Proactive and productive parent-school relationships positively impact student success and well-being.”

Collaborative communications North Vancouver School District

Proactive and productive parent-school relationships positively impact student success and well-being. The purpose of communication between parents/guardians and school employees is to create, maintain and enhance positive relationships in support of the student's educational plan.

STEP 1 Employee
Communication should remain as close to the source as possible. Communicate with the employee directly involved. By starting with the source, communication is more efficient and effective.

There are many resources available at the school-level.

- School Based Resource Team
- Extended School Based Resource Team
- EA support
- Family of Schools Behaviour Support Worker
- Indigenous Support Workers
- Learning Services Teacher
- Social Emotional Learning team
- School psychologists
- Inclusive Education department
- Speech-language pathologists
- Teacher Leaders
- School counsellors

STEP 2 Principal*
If actionable next steps are not determined in collaboration with the employee, communicate with the school principal. Principals work hard to provide a safe and welcoming learning environment for all students and staff.

*At secondary schools, communicate with the grade level administrator first, then with the principal.

STEP 3 Director of Instruction

STEP 4 Assistant Superintendent

STEP 5 Superintendent

Guide for collaborative communication:

1. Speak to the appropriate person.
2. Be simple, clear, concise.
3. Be prepared.
4. Establish next steps.
5. Follow through and follow-up.

Moving to steps 3, 4 & 5 means entering the Policy 406 process. If solutions are not determined through the collaborative communication process, please refer to: Policy 406: Resolving Concerns Regarding Personnel, Programs or Procedures.

Collaborative communications North Vancouver School District

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Levels of communication

Parents often need to communicate with various staff members – teachers, support staff, administrators, and/or school district-level staff. As a general guideline for determining who to communicate with, communication should remain as close to the 'source' as possible. For example, if the topic pertains to something within the classroom, speak to the classroom teacher. Even at times when conversations may be uncomfortable, it is most productive to speak with the staff member directly involved and responsible. By starting with the source, communication is more efficient and effective.

Guide for collaborative communication

1. **Speak to the appropriate person.** Teacher or Principal – person closest to the source.
2. **Be simple, clear, concise.** As a general rule of thumb, keep digital communication short and to the point. If more in-depth communication is required, set-up a meeting.
3. **Be prepared.** Determine the purpose and objectives of the meeting, and the questions the meeting needs to address.
4. **Establish next steps.** Collaboratively determine what actions are required from all those involved. Determine what the communication timeline and process will be moving forward.
5. **Follow through and follow-up.** Complete action steps and communicate progress back to all those involved according to the communications timeline and process that was established.

Guiding questions

Here are some example guiding questions that can be used to prepare for and during meetings. These questions are designed to ensure communication meets the objective of supporting student success and well-being:

- What is the topic/issue that needs to be addressed?
- Given the student's needs, what is our overarching purpose or goal?
- What is the overall plan for the student's education?
- How would we like the student to be involved in the process of creating their educational and future goals? Does the student need to join the conversation?
- What is the role of an Individualized Education Plan (IEP)?
- What is our communication plan (timeline and process) moving forward?
- What are the choices or options of support we ought to consider?
- What actions do we need to take next?

Communication is most effective at the school level

There are many resources available at the school-level, making schools the most effective level for communication.

Resources include:

- School counsellors
- School Based Resource Team
- Extended School Based Resource Team
- Family of Schools Behaviour Support Worker
- Learning Services Teacher
- EA support
- Indigenous Support Workers
- Social Emotional Learning team
- Inclusive Education department
- Teacher Leaders
- School psychologists
- Speech-language pathologists

SCHOOL FEES

Semester 2 fees are now online and available for payment through [SchoolCashOnline](#).

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 website [HERE](#).

Hot Lunch Program

The Hot Lunch program has been continued for the 2nd and 4th Thursdays for the rest of this year. This program not only provides healthy food options, prepared from scratch, it also helps raise money for the PAC to fund teacher wish lists, school uniforms, sports equipment and computers, etc.

New parents register here:

<https://munchalunch.com/schools/seycove>

Returning parents go directly to the login page:

<https://munchalunch.com/login>

Feb 9 / 23: Pasta Day
Feb 23 / 23: Mexican Food Day
March 9 / 23: International Day
April 13 / 23: Salad, Wrap & Sandwich Day
April 27 / 23: Pasta Day
May 11 / 23: Mexican Food Day
May 25 / 23: International Day
Jun 8 / 23: Salad, Wrap & Sandwich Day



Mental Health Support Study

Are you interested in participating in a research study about the mental health support at Seycove for your child?

Alexandra Ruddy, a PhD student at UBC, is doing a research study with Seycove about how the school supports student mental health, particularly students with an identified mental health concern. Your participation is very important to help us better understand how your child's school is meeting the mental health needs of its students, as well as creating a safe and positive environment that promotes and supports student mental health. The research study involves taking part in a one-on-one interview with the researcher.

If you have a child attending Seycove (with or without an identified mental health concern) and if you and/or your child would like to participate or learn more about the study, please contact Alexandra at aruddy24@student.ubc.ca.

Celebrating Learning



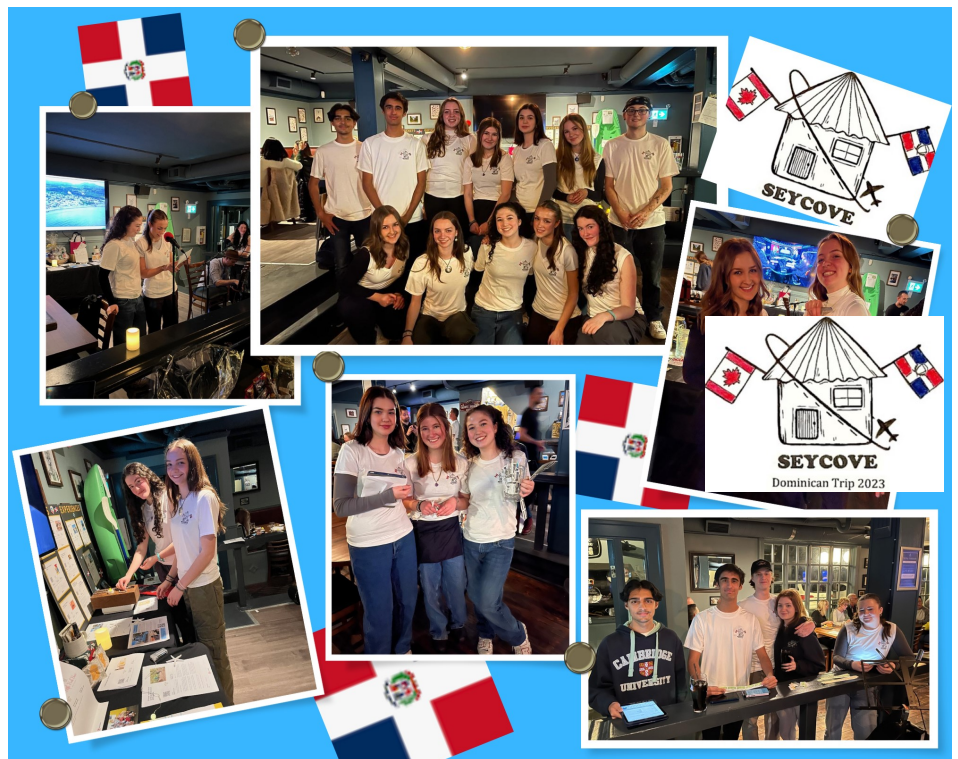
Food Studies 8

Food Studies 8 completed their first design lab of the course! They designed their own cookie for a cookie competition that was judged by Mr. Russell. The students worked well under pressure and enjoyed Mr. Russell's critiques!

Social Justice 12

Thank you Seycove Community for your generous support at the Social Justice 12 Auction event.

\$8,288.62 was raised towards building supplies for the upcoming humanitarian house-build trip in April to the Dominican Republic.



Career Life Education 10

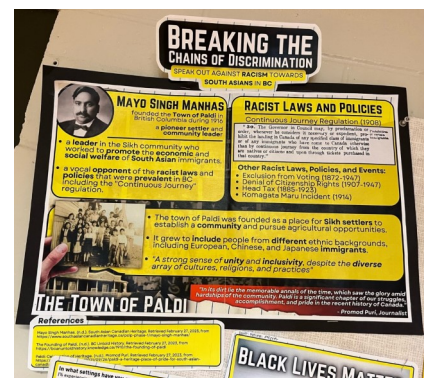
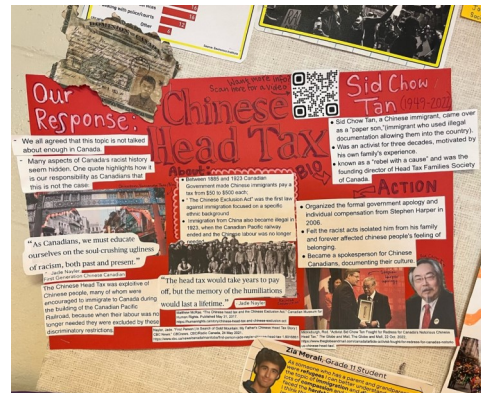
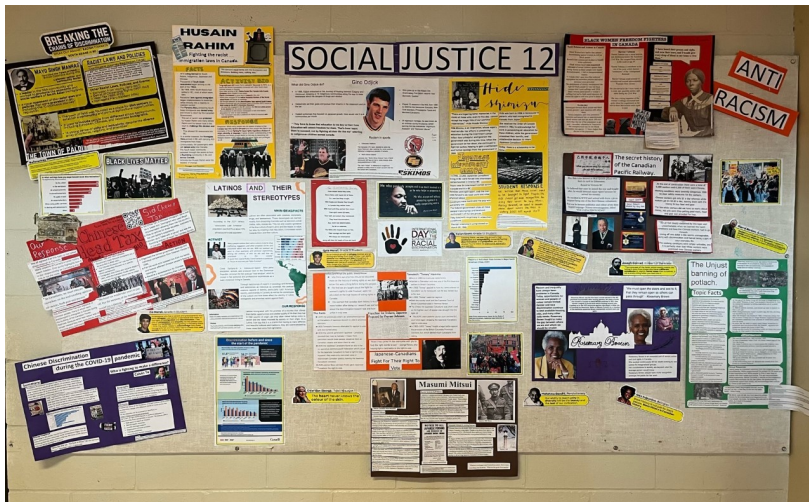
Emotional intelligence is defined as the ability to understand and manage your own emotions, as well as recognize and influence the emotions of those around you.

Over the years, emotional intelligence—also known as EQ—has evolved into a must-have skill. Research shows that emotional intelligence is the strongest predictor of performance. Students with high emotional intelligence are more likely to stay calm under pressure, resolve conflict effectively, and respond to others with empathy. Emotional intelligence is typically broken down into four core competencies: Self-awareness, Self-management, Social-awareness and Relationship management.

Ms. Rajan’s Career Life Education class has taken the initiative to promote emotional intelligence literacy by designing unique posters to help their peers manage emotions in healthy ways. Nice work Career Life Students.



Social Justice 12



Social Justice 12 students have been learning about Racism in Canada for the past few weeks. With black history month being February and the international day to fight racism on March 21st, it is timely for students to be able to learn about the variety of discriminatory practices and policies in Canada, as well as the activists who fought to make a difference. Check out the Social Justice wall for more details.

ATHLETICS



Provincial Championship at Sun Peaks



Ski and Snow-board Race Teams



Seycove sent all four alpine race teams to the provincial championship at Sun Peaks. All 21 racers represented the school extremely well both on and off the hill.

- Thomas Britton 2nd in TGS race
- Hannah Russell 14th in TGS race
- Kristina Scheffer 34th in GS race
- Ethan Young 24th in GS race

Mr. Earl would like to thank Catriona Morrison and Kent Jefferson for their help making the trip a success.

Career Education Spotlight

Law Enforcement CAREER FAIR

March 20, 11am-2pm
JIBC New West Campus



Learn what it takes to be a successful law enforcement recruit. Ask questions about the various careers in the field and about the education and training required.

See Mrs. Knapp in the Work Experience Office for more information

Law Enforcement Studies Career Fair - March 20th

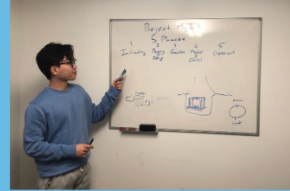
JIBC is hosting a law enforcement career fair on Monday, March 20th from 11am to 2pm - during spring break. The JIBC Campus is in New Westminster and there will be representatives from the RCMP, Canada Border Services Agency, Vancouver, Surrey, Delta, New West Police, BC Corrections & Probation, BC Sheriff Service, Surrey Crime Prevention Society, E-Comm 911, private security companies and more. Parking is free at their New West campus, space is limited.

Follow this link to reserve a spot: <https://www.eventbrite.com/e/law-enforcement-studies-career-fair-tickets-560725704677>

WORK EXPERIENCE Stories



James' Shadow at DNV



James signed up for the Work Experience course in the hopes of learning more about a career in engineering. Mrs. Knapp and the staff at the District of North Vancouver were happy to help facilitate a job shadow experience for James so he could see some of the ways professional engineers spend their days.

The first day started with James joining the Planning Department where he learned about urban design and policy. The next days were filled with meeting staff from some of the many departments in the District, travelling to project sites and visiting the Operations Centre.

James loved the experience and took away a new appreciation for the ins and outs of engineering, *"I realized that engineering is a broad yet complex discipline that requires not only the calculations, formulas, and graphs, but also requires interpersonal skills, collaboration, and dedication"*.

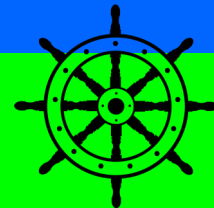


A big thank you to the District of North Vancouver and all the staff involved in providing James this hands-on experience. Experiences like this are invaluable for students and their career exploration and planning

Career Education & Planning

Upcoming Events & Opportunities

BCIT Marine Programs Information Session - March 8 6:30-8:30pm, Marine Campus, North Van
Learn more about Marine Programs at BCIT including Nautical Sciences, Marine Engineering and Bridge Watch. Sign up here: **Marine Programs – BCIT**

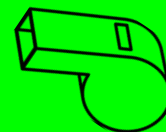


BCIT's ACE Microcredential – Summer 2023 (Pilot)

Are you interested in **Architecture, Construction or Engineering**? BCIT's ACE Program introduces high school students to the design and technical skills that are highly sought after by today's top employers in these fields. Program runs from July 10 to August 4, 2023 (4 weeks, full-time) at BCIT's Burnaby campus. Students who successfully complete the ACE Microcredential can then start a paid work internship in September 2023! An Information Session will be scheduled for late February. For more information contact: **Ann Martineau (amartineau@bcit.ca)**

SPORTS Leadership Program - Jump Gymnastics - 35 Volunteer Hours

Students interested in a career in sports management, recreation or children's education please consider applying for the Sports Leadership and Education Program (SLED). Applications are open now until March 25: Apply here: **Jump Gymnastics**



FREE: Girls Fly Too Event

JOIN US! April 29-30 at the Abbotsford International Airport for an incredible event of a lifetime: The Sky's No Limit - Girls Fly Too! World's Largest Aviation, Aerospace Marine & Defence Diversity Outreach Event! For more information and how to apply, visit : **girlsfly2.ca**



For Up To Date Events and Job, Volunteer and Career Opportunities
- visit the [Work Experience Blog](#) or the [Careers Calendar](#)

JOIN THE WORK EXPERIENCE COURSE

It's not too late to add Work Experience for the 2023/2024 school year.

If your child has an idea for a placement or if they are planning to **work or volunteer this summer**, please e-mail Janice Knapp jknappp@sd44.ca. Students can complete their WEX hours over the summer.

For more information about the course, [visit the WEX Site](#).

To add the course, please contact your child's counsellor: rwillems@sd44.ca or jprepchuk@sd44.ca.

School Activities



With Esports on the rise, Seycove is having its own friendly Esport competition. We have started a **FIFA League** with 8 teams challenging each other to become the FIFA champion of Seycove. The teams consist of 2 dedicated players arriving early in the morning to play against another team with aims of getting the win, they then earn points for a chance to finish top of the league.

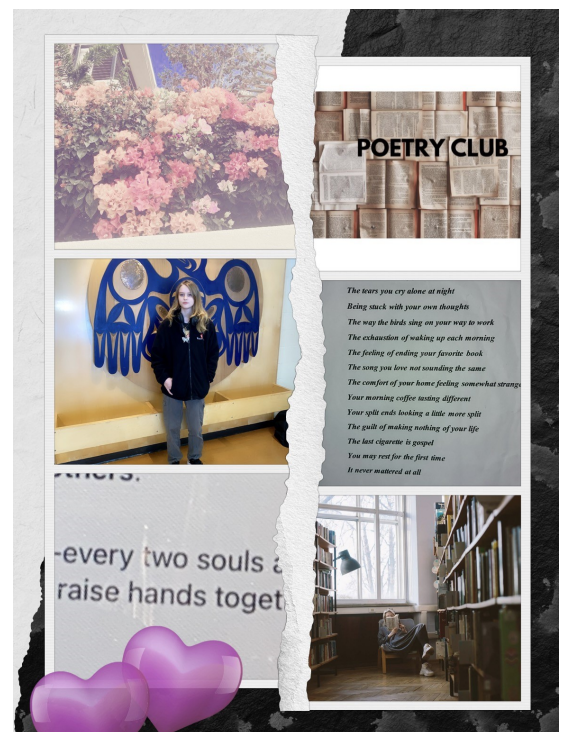


Poetry Club meets weekly for the purpose of reading poetry together and then participating in a discussion on the themes, symbolism and messages found in the poems.

Ms.Rajan's poetry club selects work from classical poets like Byron, Percy Bysshe Shelley, Walt Whitman and contemporary poets like Ada Limon, Langston Hughes, Carl Sandburg, Robert Frost and Maya Angelou. Poetry plays an important role in our community at Seycove. Students come together and share their work, write poetry and become involved in promoting literacy. Poetry helps us improve language skills, build vocabulary, spark creativity, expands our world views, encourages self-reflection, improves memory and brightens the brain by providing diversity in ways of thinking.

Congratulations to Lily Maxwell- Poetry Club Student Leader.

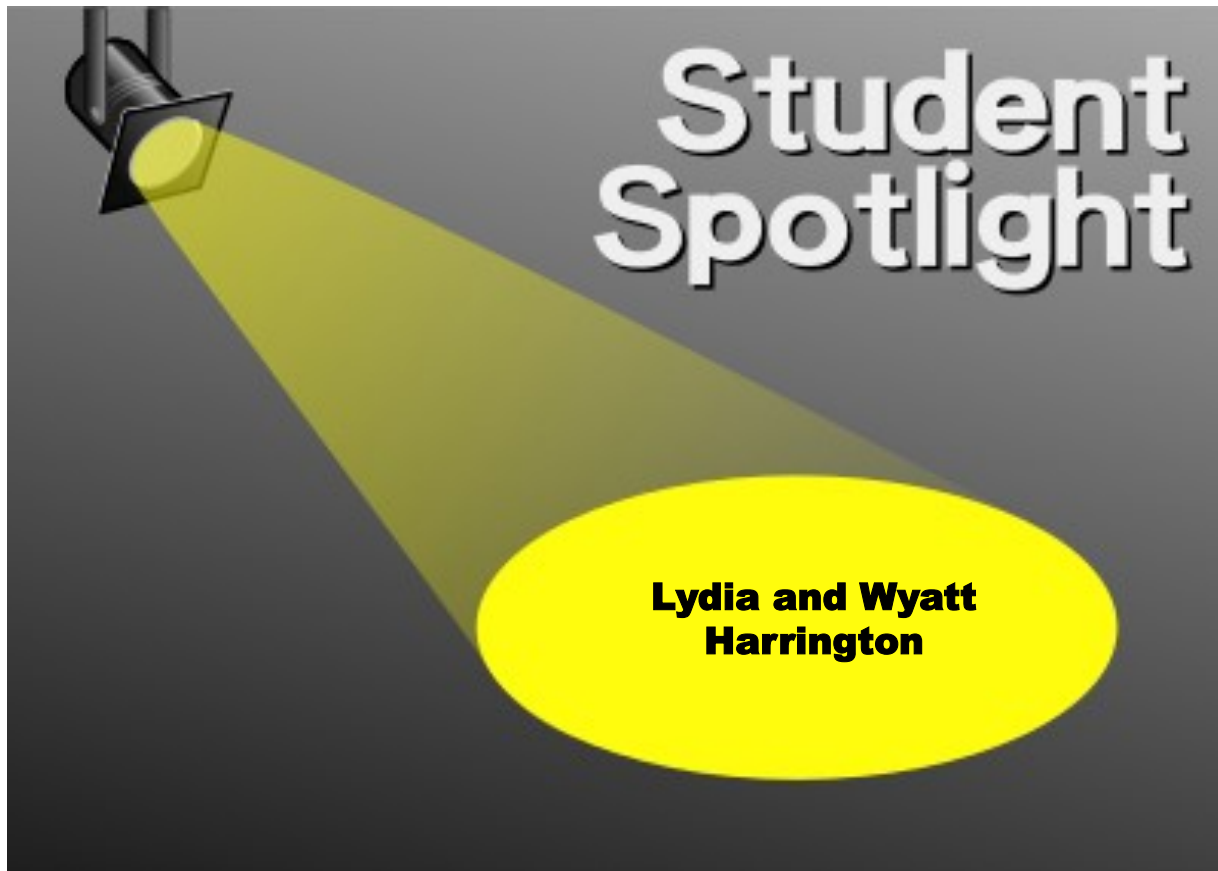
We look forward to welcoming new members.



POETRY CLUB

*The tears you cry alone at night
Being stuck with your own thoughts
The way the birds sing on your way to work
The exhaustion of waking up each morning
The feeling of ending your favorite book
The song you love but sounding the same
The comfort of your home feeling somewhat strange
Your spilled coffee tasting different
Your split ends looking a little more split
The guilt of making nothing of your life
The last cigarette in a pack
You may rest for the first time
It never materialized at all*

every two souls &
raise hands together



Student Spotlight

Lydia and Wyatt Harrington

Congratulations to Lydia and Wyatt Harrington!

Lydia recently made the Canadian National Field Hockey Team and will be going to the Netherlands to participate in an International Tournament in May.

Wyatt had an amazing Mountain bike race season in 2022, winning the BC Downhill Provincial Championship, Canada Cup Championship, and the BC Cup Championship for the U17 category! In 2023 Wyatt will be competing in the UCI Junior (17-18) World Cup races across Europe and North America with the best in the world.

