



SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER



April 3, 2026



Dear Seycové Families,

Welcome back from Spring Break! I hope everyone had a chance to rest and recharge, and that you were able to enjoy the time away from the school routine. Now that we're back, we begin to welcome the onset of spring – and this final lap in the school year. It always happens so fast!!

Already, we are back in full swing at Seycové- with an exciting season of events, learning, and connection. Our school is buzzing with activity as spring sports get underway, art shows are being planned, musical performances held, and graduation planning well under way!

We are also looking ahead to some incredible experiential learning opportunities for our students. Amongst more local field studies adventures, our Grade 11 PLP students will be heading to Ireland next week, and later this month our music students will be travelling to Montreal. These are such exciting opportunities for students to learn, perform, and represent Seycové beyond our school community. We are so proud of the commitment and look forward to hearing all about the experiences of these groups.

As we continue our journey of school growth and development, we are looking ahead to our next School Planning Event on April 28. This is an important opportunity for our school planning team to reflect on our progress, share our progress this year, and continue shaping the work around our core values of being a Creative, Respectful, Inclusive, and Community-focused school. These values continue to guide our decisions, our learning, and how we show up for one another each day.

Thank you for your ongoing support in making Seycové such a vibrant, connected, and caring place to be. I look forward to all that the spring months will bring as we move together through this final stretch of the school year.

Warmly,

Meghan Downie
Principal
Seycové Secondary at sáyəmətən



SEYCOVE CALENDAR

Apr 3	Good Friday - Stat Holiday School Closed
Apr 5	Easter Sunday
Apr 6	Easter Monday - Stat Holiday School Closed
Apr 9	1:05pm Early Dismissal
Apr 9	Parent Teacher Conferences 2pm-4pm, 6pm-8pm
Apr 10	1:05pm Early Dismissal
Apr 21	PAC Meeting - 7pm Library
Apr 21	Grade 10 Numeracy A-Mon
Apr 22	Grade 10 Numeracy Mor-Z



CREATIVE RESPECTFUL
& INCLUSIVE Community



Updates & Reminders

Dates and Events of Significance in April

Below are dates our school community may recognize, observe or celebrate for the month of April.

- Autism Acceptance Month
- 1: Passover Begins
- 3: Good Friday
- 5: Easter Sunday
- 6: Easter Monday
- 8: International Day of Pink
- 10: Day of Silence
- 14: Vaisakhi
- 22: Earth Day
- 22: Administrative Professionals' Day
- 28: National Day of Mourning



[Visit the NVSD Calendar of Events HERE](#)

Adjusted Schedule Apr 9 & 10

	Thursday April 9	Friday April 10
08:30-09:10	Tutorial Time	
09:10-10:05	Period 2	Period 6
10:10-11:05	Period 3	Period 7
11:10-12:05	Period 1	Period 5
12:10-1:05	Period 4	Period 8
1:05pm	Student Dismissal	
2pm-4pm	Learning Conference	
6pm-8pm	Learning Conference	

Parent Teacher Conferences: April 9

Seycove's Parent Teacher Learning Conferences take place on Thursday, April 9, 2:00 - 4:00 pm and 6:00 - 8:00 pm. Conferences are 5 minutes each and take place in Seycove classrooms.

[Book your appointment online HERE.](#)

For more information on the booking process, please refer to the [letter sent home to families on March 13.](#)

Please note there will be **early dismissal on both Thursday, April 9 and Friday, April 10 at 1:05 pm** to accommodate Parent Teacher Conferences.



Grade 10 Numeracy Assessments - April 21 & 22

The Grade 10 Numeracy Assessment is a provincial graduation requirement that measures students' numeracy skills and is completed in Grade 10.

Last Name A-MON - April 21, 2026 - A-F in Library, G-Mon in Room 317

Last Name MOR-Z - April 22, 2026 -Mor-S in Library, T-Z in Room 317

STUDENTS: [Assessment samples and review](#)

PARENTS: [Download the Parent Brochure](#)

Students with questions should see Mr. Ruben or message him on teams.





Updates & Reminders

AP Psychology Plant Fundraiser - Order Now

Support Seycove's AP Psychology program while getting ready for spring! Our plant sale is now on, with orders open until April 17th.

All proceeds will go toward enriching student learning through guest speakers and workshop opportunities in the AP Psychology program.

- Plant Pick-Up: Friday, May 1st
- Location: Seycove Cafeteria

Thank you for supporting our students—happy planting!

[ORDER PLANTS HERE](#)



Seycove Green Club Annual Clothing Swap! April 16 & 17

Are you planning on doing some spring cleaning?

Seycove's Green Club is accepting clean and lightly used clothing donations until April 13th. Students can **drop off donations to Ms. Kadi's room** (310).

The swap takes place on **April 16 & 17 at lunch** in the Cafeteria. All students are welcome! For \$2 admission, students can take as many used clothes as they'd like. The purpose of the swap is to ensure clothes that would otherwise be discarded, are happily rehomed and reused! Any clothing not picked up by students will be donated by the Green Club.



Save the Date! Senior Drama Performance: *Shakespeare's Bachelorette* - April 27th

Save the Date...*pun intended!*

This is the Shakespeare Reality Dating show mash-up you've been waiting for!

Kate is looking for a date and her options are somewhat limited. Hamlet is pretty focused on his step-dad, Macbeth keeps trying to grab a dagger from above Kate's head, and why does Iago keep giving her a handkerchief?

Oberon seems to think he's going to win the show and it has nothing to do with that purple flower...

April 27th, 6pm in the Vortex Theatre

Ticket purchases available soon - check out the next School Newsletter, April 17th, for ticket information.






Celebrations of Learning

English 12 - TED Talks Night!

On March 9th, the Grade 12 students in Ms. Helen's class showcased the culmination of their unit on TED Talks, where they studied the genre and selected topics rooted in their own passions. Over several weeks, students wrote, edited, and revised their talks with care and intention. Twenty-five remarkable Grade 12 volunteers then stepped forward to present at Seycove's first-ever TED Talk Night, an evening event attended by families and supporters.



Their presentations explored a wide range of compelling ideas, including the importance of having a passion, protecting our oceans, the remarkable intelligence of birds, and the power of language to shape our world. The night celebrated student voice, curiosity, and the courage to share meaningful ideas with the community. - Helen Cranstoun



SEYCOVE PRESENTS...

MONDAY, MARCH 9TH
DOORS OPEN AT 5:40 PM
6 - 8 PM
REFRESHMENTS PROVIDED

LOCATION: THE VORTEX THEATRE
SEYCOVE SECONDARY

GRADE 12s

TICKETS - MAX 2 PER FAMILY
(SEATING IS LIMITED)
PLEASE PRESENT YOUR TICKET AT THE DOOR

COMMENTS AND QUESTIONS CAN BE EMAILED TO:
HCRANSTOUN@SD44.CA





Celebrations of Learning

Classroom to Cantina - Intro Spanish Gets Spicy!

As a culmination of our unit on Mexican culture and culinary traditions, Introductory Spanish students visited Tequila Cantina, a local Mexican restaurant. During the visit, students explored authentic flavours, sampled traditional dishes, and connected what they learned in class to real-world cultural experiences. This hands-on outing allowed them to deepen their understanding of Mexican cuisine while practicing vocabulary and engaging with the culture in a meaningful, memorable way.





Celebrations of Learning

UBC Physics Olympics

Seycove students recently competed in the [UBC Physics Olympics](#), taking on a full day of challenges including design builds, lab experiments, Fermi questions, and the fast-paced "Quizzics" game.

Our team showed just how smart, curious, and ambitious Seyhawks are - approaching every challenge with creativity, teamwork, and determination. They represented Seycove with pride and enthusiasm throughout the day.

Well done to an impressive group of students!



Seycove's 2026 Physics Olympics Team: Pasha, Christian, Louis, Lucas, Dylan, Jupiter, Tom, Daniel & Logan





Celebrations of Learning

Senior Artist Spotlight: Emma Pecoraro

Following a pre-Spring Break painting challenge focused on using only three colours plus white, students explored colour mixing, value, and shading with impressive results.

Emma's paintings immediately capture attention with their intriguing, story-like quality. Each piece invites viewers to pause and wonder, creating a strong sense of narrative and emotional depth.



She has worked incredibly hard to develop a unique artistic style, and her creativity shines through in every project. Emma thoughtfully incorporates elements of her heritage, adding layers of meaning and personal connection to her work.

Her dedication, originality, and artistic voice make her an exciting artist to watch! - Ms. Shoop





Celebrations of Learning

Shifting Perspectives, Strengthening Community at Seycove

By Izabelle R, Grade 11, Seycove PLP Humanities 11

At Seycove, we see ourselves as an open, accepting, and inclusive community. Our school is made up of a diverse group of students, and that diversity is something we take pride in. But sometimes, small off-sided comments or subtle acts of bias that don't reflect our beliefs slip through the cracks. That's why in our PLP 11 Humanities class, we've been exploring the hidden ways gender norms shape our everyday experiences. We were then challenged to help build a school culture that genuinely includes, represents, and celebrates everyone.

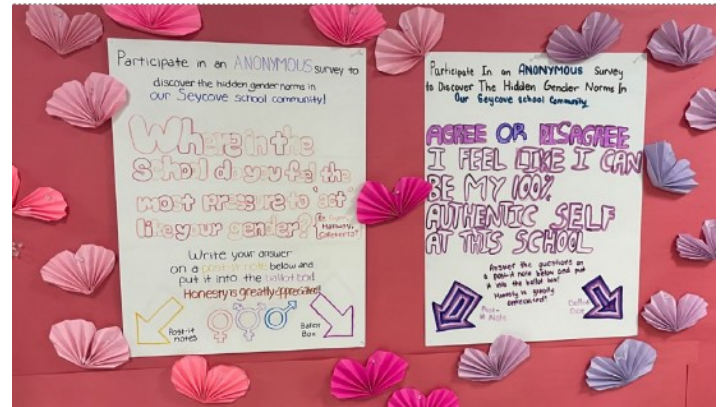
For this learning, our cohort of 47 students was divided into three groups to examine the most visible gender identities in our school community: femininity, masculinity, and transgender/non-binary experiences. We looked at the history behind the expectations placed on each group, the stereotypes and limitations that have shaped them, and the impact those "boxes" continue to have today. Instead of stopping at awareness, we focused on how to challenge those narratives and move toward healthier, more affirming representations.

After completing our research, we came together with our different perspectives as a class to drive deeper discussions about how gender norms affect all of us. Those conversations were honest, sometimes uncomfortable, and incredibly eye-opening. For me, these conversations were the most meaningful part of the entire project.

From there, we were ready to meet the challenge of the project, and address the driving question; "How might communities reduce the harm caused by rigid gender expectations and increase belonging and well-being for everyone?" Groups embarked on a variety of initiatives, all focused on making our community more welcoming and respectful of gender and norms. From surveys, to videos, to presentations, our class was dedicated to sharing our learning with as many people who wanted to listen.

We talked to Grade 8, 9 and 10 classes at Seycove, teachers, and neighbouring elementary schools, and put informational pamphlets all around Deep Cove and Parkgate. Through each conversation, poster, and presentation, we weren't just completing an assignment, we were actively working to reshape our community into one where everyone feels seen, respected, and free to exist beyond limiting expectations.

This project showed that learning driven by care and empathy can reach far beyond the classroom. By presenting our findings, creating interactive materials, and engaging others in discussion, we encouraged students, teachers, and community members to question outdated ideas about gender. These experiences highlighted that thoughtful, compassionate communication is the most powerful way to make people reconsider assumptions and connect with new perspectives. What began as a class project became an opportunity to inspire understanding and foster a community where everyone is seen, respected, and able to thrive.



Izabelle's story was featured in the North Vancouver School District's [2026 Community Report](#)



Celebrations of Learning

When Ideas Challenge Power: A Renaissance Faire of Learning from PLP 8

PLP Humanities 8 learners recently brought history to life through their Renaissance project, guided by the driving question: How do new ideas challenge power and lead to change? Throughout the project, students explored how systems like religion, politics, and social structures shaped Renaissance life and how new ideas challenged and transformed them. Along the way, they engaged with their learning in creative ways, including designing Renaissance-inspired memes that connected historical ideas to modern contexts and demonstrated their understanding of power and disruption. Their learning culminated in the creation of interactive window panels, combining research, symbolism, and creative design, including fabric elements, to represent a system of power, a disruptive idea, and its lasting consequences.

This work was showcased at a Renaissance Faire, where students presented their panels to families and community members, explaining their thinking and engaging in meaningful conversations about history and change. The exhibition highlighted not only their understanding of the past, but their ability to communicate complex ideas to a real audience. We would also like to thank the Seycove PAC for supporting this project through the purchase of new cutting equipment for the school (the Textiles courses will have their works displayed soon!), which made the fabric design elements in the Renaissance displays possible. Altogether, the project was a powerful demonstration of how learners can think critically, create meaningfully, and bring history into the present.





Shelf Life

Beyond the Story: Why Non-Fiction Matters

Fiction invites us to imagine, but non-fiction asks us to understand.

Our non-fiction collection offers something uniquely powerful: the chance to engage directly with real ideas, real people, and real-world experiences. These are the books that deepen our awareness, expand our perspectives, and help us make sense of the complex world we're living in. Whether through history, art, travel, or cultural exploration, non-fiction gives us tools: not just to learn, but to question, reflect, and grow.

Spending time in non-fiction builds more than knowledge. It builds empathy, curiosity, and the ability to see connections across time, place, and perspective. These are the texts that stay with us, not because they tell a story, but because they help us better understand our own place within it.

This month, we're highlighting a few new additions to the collection—each offering a different window into the world.

From the Shelf Picks: New Non-Fiction

The Story of the Titanic - Illustrated by Steve Noon
Step aboard one of history's most well-known voyages. Through detailed illustrations and carefully researched moments, this book brings the story of the Titanic to life—from its grandeur to its tragic end—offering readers a vivid, visual way to understand a defining historical event.

Destinations of a Lifetime – National Geographic
Where could the world take you? This collection of breathtaking locations invites readers to explore some of the most remarkable places on Earth. More than a travel book, it sparks curiosity about geography, culture, and the diversity of experiences that shape our global community.

Echoes of the Supernatural: The Graphic Art of Robert Davidson
This powerful collection showcases the work of Robert Davidson, one of Canada's most influential contemporary Indigenous artists. Through bold imagery and deep cultural connections, the book explores themes of identity, spirituality, and storytelling: offering readers an opportunity to engage with Haida art and the enduring significance of Indigenous perspectives.





Post Secondary & Careers

Upcoming Career Planning Events and Opportunities

UBC MD Outreach Youth Mentorship Program

Thinking about becoming a doctor someday? Registration is now open for the MD Outreach Youth Mentorship Program through the University of British Columbia Faculty of Medicine. This program connects high school students from **equity-deserving and underrepresented communities** with current UBC medical students.

Through **one-to-one mentorship**, students can learn about university life, self-care, and the medical school application process while gaining insight into the journey toward a career in medicine. Visit the [Mentorship Program website](#) to register.



Finance 101: Personal Finance for Students

Thursday, April 9 | 6pm | Virtual Workshop | [REGISTRATION](#)

Want to feel more confident about managing money after graduation? Students are invited to join **“Finance 101: Personal Finance for Students Preparing for College and University,”** a free, engaging online workshop hosted by the Peter B. Gustavson School of Business at the University of Victoria.

Led by Michael King, this interactive session will help students build essential financial skills for post-secondary life, including **budgeting, saving, building credit, and managing money as a student.**



Women in Orthopaedics Virtual Workshop

April 25 | 10-11:30am | Virtual Workshop | [REGISTRATION](#)

Interested in medicine, healthcare, or engineering? The University of British Columbia Department of Orthopaedics and BC Children’s Hospital invite **students in Grades 10–12** to a virtual workshop on **April 25 (10:00–11:30 a.m.)**.

Students will **“unpack Olympic injuries”**, learning how medical teams diagnose and treat injuries experienced by elite athletes.



Visit the [Women in Orthopaedics program website](#) for details and registration.

Youth Legal Conference at UBC

April 26 | 9am-5pm | UBC - Allard School of Law | [REGISTRATION](#)

Interested in learning more about law or how the legal system works in B.C.? The Peter A. Allard School of Law at the University of British Columbia and Youth Justice Link are hosting a **free Youth Legal Conference on April 26 from 9:00 a.m. to 5:00 p.m.** Students will hear from lawyers and law students, take part in interactive case study activities, and attend Q&A sessions about applying to law school. Community organizations will also be there to share volunteer opportunities and legal resources for youth.

The event is open to students **Grades 7–12**, and **free lunch and snacks are provided.**

Visit the [Youth Justice Link website](#) for more information and to register.



PETER A. ALLARD
SCHOOL OF LAW
THE UNIVERSITY OF BRITISH COLUMBIA





Post Secondary & Careers

RCMP Summer Youth Academy - Applications Open

WANTED



**CALLING ALL NORTH AND WEST
VANCOUVER STUDENTS IN GRADE
10-12**

North Vancouver RCMP
& West Vancouver Police
are offering an exciting opportunity
this summer for students
entering grades 10-12 who are
interested in a career in
law enforcement.

Students wanting to apply for the
North Shore Youth Academy
this summer should e-mail

cs@wvpc.ca

Or message Mrs. Knapp on Teams.

Applications Due April 10

BCIT Campus Welcome Open House - April 8

Wednesday, April 8 | 2pm-6pm | Burnaby Campus | [Register HERE](#)

Discover what's possible at BCIT! The **Burnaby Campus Welcome** is an open house-style event where **select** classrooms, labs, and learning spaces across campus will be open for you to explore.

[Register Here](#) to reserve your spot and start your BCIT journey.



CapU Engineering Open House - April 10

Friday, April 10 | 5:30pm-7:30pm | CapU Fir Building, FR206 | [RSVP HERE](#)

Explore CapU's Engineering Department.

Learn about the Certificate (1 year) and Diploma (2 year) Programs.

Learn about direct paths to UBC Engineering.

Observe experiments in the Engineering Lab

Pizza & Pop provided



School of Science,
Technology, Engineering
& Mathematics



Seycove Snapshots



Tropical Tuesday brought the vacation vibes to Seycove! It may have looked like winter outdoors, but it felt like a beach party inside with music, games, contests, cool treats and plenty of prizes!





Seycove Seyhawks



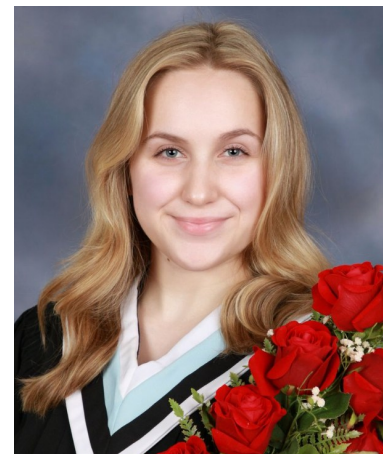
Seyhawk Alumni Spotlight - Maddy Coffin

We love celebrating Seyhawk success stories! **2021 Seycove graduate Maddy Coffin** is making headlines after becoming the **all-time leading scorer** for the Capilano Blues.

From her days as a Seyhawk to her record-breaking post-secondary career, Maddy has built a legacy defined by perseverance, growth, and hard work. After beginning as a redshirt, she pushed herself to become a standout athlete and All-Canadian, ultimately rewriting the record books with over 1,100 career points.

Maddy's journey is an inspiring example for current Seyhawks—proof that dedication and resilience can take you far, both on and off the court.

Be sure to check out the [full story in the North Shore News](#) to learn more about her incredible rise!



Seyhawks Hit the Ice In Style!

Seycove's ice hockey team hit the ice Monday afternoon to kick off their season, bringing energy, grit, and some sharp new jerseys to match.

The Seyhawks battled hard through the first two periods, holding their own against a strong Handsworth squad and showing plenty of determination and teamwork. While the final score landed at 12-3, their effort and intensity never dropped.

Goals for Seycove came from **Ryley M**, **Mikhail M**, and **Nathan W**, getting the team on the board and setting the tone for the upcoming season.

With a solid start, great attitude, and standout style, the Seyhawks are ready for an exciting season ahead.

- ▶ **Next game:** 2pm - Thursday, April 9 @Ice Sports
Come out and support!





Seycove Seyhawks



Senior Girls Soccer Kick Off the Season With a Win!



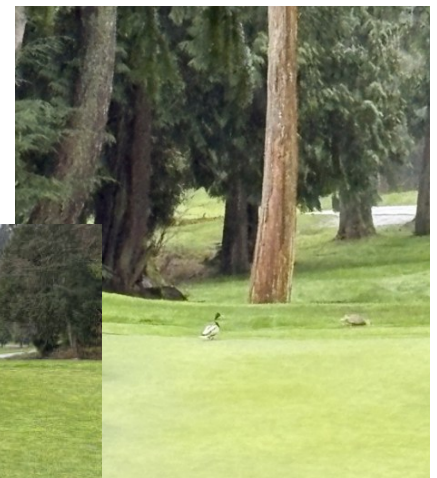
Game Report by Gwenyth: "We won 2-1 in our first game of the season, an exhibition game against Whistler Secondary! Goals were scored by Caoimhe and Maddy, with Julie in net doing some awesome goal keeping! Great start to the season for the Seyhawks! And it was a beautiful day!"



Seycove Golf Team Start off the Season: Putting in the Puddles

Game Report by Assistant Coach Ben: "We played Rockridge in our season opener at Northlands. The rain came in and didn't stop for our first 9 holes. Both teams made the decision to retire after 9 holes due to waterlogged greens.

Although the greens weren't good for putting the ducks thought they were great (see photo)."





Community News

JOIN US!

**FROM THEN TO NOW:
MOUNTAIN BIKING ON
THE NORTH SHORE**

APRIL 14TH | 7:00 - 8:30PM

SEYCOVE SECONDARY

FREE! ALL AGES!

SPONSORED BY:

DEEP COVE HERITAGE SOCIETY

**NORTH SHORE MOUNTAIN BIKE
ASSOCIATION**

SEYCOVE SECONDARY

COME HEAR
ABOUT MOUNTAIN
BIKING ON THE
NORTH SHORE.
SEE TRAIL MAPS,
SHARE
EXPERIENCES AND
CONNECT WITH
FELLOW
MOUNTAIN BIKERS!

