



SEYCOVE SECONDARY at sáyəmətən

SCHOOL NEWSLETTER

December 12, 2025

Dear Seycove Community,

As we wrap up December, Seycove is buzzing with the kind of energy that reminds us why school communities matter so much. Our basketball season is now in full swing, and it has been exciting to watch our athletes compete, support one another, and represent Seycove with pride. At the same time, our classrooms, studios, and stages have been filled with student projects, artwork, drama performances, and so much visible growth. It has been a joy to see students taking creative risks, building new skills, and showing what authentic learning looks like in so many different forms.

On our recent Curriculum Implementation Day, staff across the whole North Vancouver School District spent time focused on Literacy – and high school staff got to look at Literacy through a secondary lens. We explored practical ways to support literacy across all subject areas, and learned strategies for teaching precision words, which are the kinds of words students encounter in many disciplines yet may find tricky to read or understand at first. The learning was rich, relevant, and a reminder that literacy really is a shared responsibility for us all. I am grateful for the thoughtful engagement of our staff throughout the day.

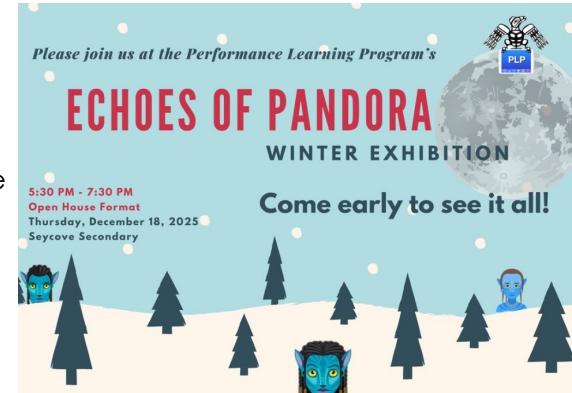
Next Friday we will celebrate one of our favourite Seycove traditions: the Pancake Breakfast. Our Student Council has been hard at work preparing for this event, and we are so appreciative of all they have done this year to bring our community together. From spirit days to school wide activities, they continue to create opportunities for students and staff to connect, celebrate, and enjoy one another. Please make note of the adjusted schedule for next Friday – with an early start of 7:30am for breakfast, students are dismissed at 1:00pm.

As we head into the winter break, I want to wish all of our families a warm and joyful holiday season, in all the ways you may celebrate at this time of year. Most importantly, I hope the days ahead offer rest, connection, and the chance to cozy up during these colder nights. We hope everyone stays warm and dry and enjoys the time off before we return together in 2026.

Wishing you all a gentle, restorative break.



Meghan Downie
Principal
Seycove Secondary at sáyəmətən



SEYCOVE CALENDAR

Dec 15	Winter Choir Concert Highlands United @7pm
Dec 16	PAC Meeting - Library @7pm
Dec 18	PLP Winter Exhibition 5:30-7:30
Dec 19	Santa's Breakfast 7:30-9am Alt Schedule. 1pm Dismissal
Dec 20 - Jan 4	Winter Break - School Closed
Jan 5	School Reopens after Break
Jan 7	Grade 9 Immunizations





Updates & Reminders

Foundry Support Services on Site at Seycove

Welcome to Seycove, Paige from Foundry North Shore!

Seycove is excited to welcome Paige, a registered clinical counsellor from Foundry North Shore. Foundry is expanding its reach within schools as it has come to their attention there are some areas of North Vancouver and West Vancouver that are being underserved.

Due to the distance of West Vancouver and Deep Cove to Foundry's office, youth and parents are finding it difficult to get to our services within office hours to connect and receive services as needed. So - we are piloting this project to have more support services available at the school - as a means to reduce barriers for students and families.

Starting after we return from our winter break, Paige will plan to be available once a week in the afternoon at Seycove to provide drop-in counselling services to help youth with their mental health and/or substance use struggles - and will also be the bridge to connect students with other Foundry or community services they might find helpful. We will send out more detailed information in a school community memo about when, where, and how students can self-refer to see Paige.

For more information on Foundry North Shore, check out the website: <https://foundrybc.ca/>

FOUNDRY
WHERE WELLNESS TAKES SHAPE





Updates & Reminders

Breakfast with Santa - [Tickets Available HERE](#)



ADJUSTED SCHEDULE FRIDAY, DECEMBER 19

7:30-9am
Santa's Breakfast
9:10-10am - Period 6
10:05-10:55 - Period 7
11:00-11:50 - Period 5
11:50-12:10 - Break
12:10-1pm - Period 8
1pm - Dismissal

Students can purchase tickets at school with cash, Debit or Credit or parents can purchase through [SchoolCash Online](#). Ticket includes: hot breakfast, hot chocolate, entry to door prizes, dreidel game, treats and entertainment. Tickets are limited!

Open Invitation: PLP Learner's Winter Exhibition Open House - December 18



You're Invited!
On Thursday, December 18th, PLP is hosting their yearly **Winter Exhibition**.

Come down any time from 5:30-7:30 to support the learners and see what they've been preparing for you.

See you there!



Celebrations of Learning

Language Studies - Cultural Adventures!

Our Spanish 11/12 class took their learning out of the classroom and straight into the heart of Spanish culture with a field trip to Bodega on Main. Students got to experience authentic Spanish tapas, from patatas bravas to paella. They had the chance to practice their Spanish skills with the friendly, Spanish-speaking waitresses, turning the restaurant into a real-life language lab.



Our French 9 class stepped out into the city for a day of culture, adventure, and language practice! Our first stop was the Centre Culturel francophone, where students discovered all the exciting activities the centre organizes around Vancouver. From concerts to community events, they got a taste of how French culture thrives locally. Next, they followed written directions in French to arrive to Granville Island Market. They explored the market, enjoyed delicious French crêpes and took part in a scavenger hunt practicing their French by giving and following directions to find their way around the market.





Celebrations of Learning

PLP 10 Builds Leadership Through Trust, Teamwork, and Shared Purpose

This fall, the PLP 10 learning team stepped away from the classroom for a field study designed to deepen community, strengthen teamwork, and support the thoughtful decision-making. Across the week of hands-on challenges and reflection, learners explored how their choices, relationships, and strengths shape the future paths they're beginning to chart.



A highlight was the high-energy workshops with Jono Willcox of [Pinnacle Pursuits](#), who helped learners see leadership as something built through communication, trust, and shared responsibility. Through group challenges and discussion, PLP 10 learners experienced how strong teams bring out the best in each individual.



Trust-building activities—yes, including trust falls—and other collaborative tasks asked learners to rely on one another and step outside their comfort zones. Those shared moments, full of laughter and a little vulnerability, sparked connection, confidence, and renewed commitment to the learning team.

Alongside the action, learners reflected on the factors shaping their choices and futures, articulating goals, values, and next steps in their personal and career pathways. The experience gave them the space—and the encouragement—to take ownership of those steps with growing independence and confidence.

The result was a more connected, purposeful PLP 10 community. The Grade 10 team returned not just as individuals who had pushed themselves, but as a connected community ready to support one another, setting the tone for collaborative leadership and shared growth in the year ahead.





Celebrations of Learning

PLP 8 at Loon Lake: A Powerful Start to the Year

Our Grade 8 learners kicked off their PLP journey with an immersive week long field study at Loon Lake, a peaceful, distraction-free setting: perfect for building the mindset and habits of successful learners.

Grounded in the Big Idea that achieving learning goals requires effort, perseverance, and reflection, this experience helped students explore what it means to develop a performance mindset and practice the self-management skills essential for thriving in PLP.

At Loon Lake, PLP 8 learners:

- Pushed their limits through outdoor challenges and indoor sharing (even a talent show!) that built resilience and confidence
- Strengthened their learning team by collaborating, communicating, and supporting one another
- Got outside and got active, engaging in hands-on adventures in a beautiful natural setting
- Discovered their strengths and reflected on the habits that will guide them this year
- Shared laughs, meals, and memorable moments that forged new friendships
- Unplugged from distractions and focused on who they want to become as learners

The result? A stronger, more connected learning team—and a cohort ready to take on the year with purpose and momentum.

We're grateful to everyone who made this experience possible and proud of our PLP 8 learners for embracing the challenge. Here's to the year ahead!





Celebrations of Learning

Adaptation in Action: Senior Drama Students Learn Through Live Theatre

Our Senior Drama class has been exploring the differences between faithful, interpretive, and transformative adaptations—what adaptations are, why they're created, and how stories evolve across time, culture, and medium—through the lens of Louisa May Alcott's *Little Women*. Students have watched clips from various film adaptations, analyzed a modernized script, and discussed how artistic choices can shift meaning while still preserving core themes.

This week, we extended our learning beyond the classroom by attending the Arts Club Theatre's interpretive production of a beloved classic at the Granville Island Stage, deepening their understanding of how adaptations reflect both the artists' vision and the world around them.

Experiencing live theatre also highlighted the unique impact of seeing a classic reimagined on stage. The immediacy and collaborative energy of performance helped students recognize why adaptations remain culturally relevant and how each new interpretation adds fresh insight to well-loved stories. - Ms. Shoop





Celebrations of Learning

Smarties Architecture: Psychology Students Put Personality to the Test

Psychology 12 class is learning about personality types, and learned that judge types can be quite opposite in their approach to tasks than perceiver types. The instructions were to build a house in your group with the supplies provided: a box of smarties and a large piece of white paper. The perceiver types used their “outside of the box thinking” to create some very intriguing homes. The judge” types used their linear and logical thinking to build homes that were colour-coded and straightforward. Can you guess which house is which?





Post Secondary & Careers

Career Exploration - Mineral Exploration Industry High School Opportunity

January 26, 2026 | 9am - 3pm | Secondary Student Career Exploration Day | Vancouver Convention Centre

This event is suitable for secondary students in grades 10-12 who have a special interest in Science, Geology, Earth Science, Environmental Science, and Geography; or for those who are interested in exploring alternative career pathways.

- Career Panel:** In the morning, secondary students will connect with early-career professionals who represent a range of sub-fields in the mining and mineral exploration industry (e.g., geology, environmental science, engineering, community engagement, and business). Students will hear inspiring stories on the speakers' experiences, education, and career pathways - followed by a Q&A session. This portion of the event will be facilitated by MineralsEd Partner-Teacher Bruce Kiloh. This years' career panelists will be announced closer to the date.
- Conference Tour:** After lunch, students will be accompanied by volunteers to explore the vast conference trade show floor and have the opportunity to speak with representatives from mining and mineral exploration companies. Some highlights include gold panning with [Yukon Dan](#), visiting AR mine sites, and the core shack.

Lunch and snacks provided. **Students interested should contact [Mrs. Knapp](#) in the WEX Office.**

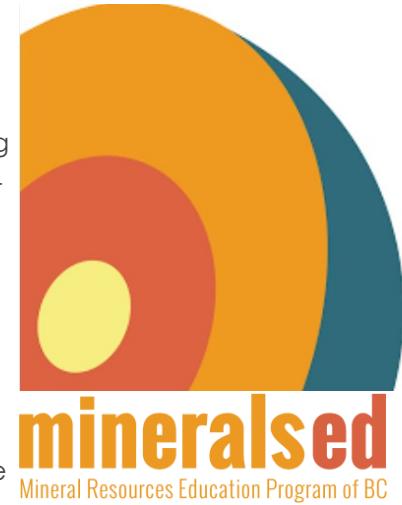
Limited nominations available. Nomination deadline: December 19.

Spring Break Work Experience Opportunity at LaSalle College

March 23-26 | 9am-5pm | LaSalle College, Vancouver | [REGISTER HERE](#)

Grade 11 & 12 Students: Join us at our brand new campus during Spring Break for a fun week filled with creativity! Gain new skills and receive 30 hours of collaborative, hands-on work experience in one of the following creative programs:

- Animation and 3D Modeling
- Culinary & Baking and Pastry Arts
- Digital Media Content Creation
- Fashion Design
- Game Design
- Graphic Design
- Interior Design
- Jewellery Design
- Professional Recording Arts





Post Secondary & Careers

Learning on the Land: A Student's Hands-On Experience with Salmon Stewardship

Seycove grade 10 student Eli joined four other students from the North Vancouver School District to participate in a two-day salmon restoration work experience at the Cheakamus Centre. Led by Restoration Biologist Alexander Fraser and Community Advisor Gillian Steele, both from Fishery and Oceans Canada, the workshop was an immersive learning opportunity rooted in science, stewardship, and Indigenous Ways of Knowing.

Each morning began with a Land Acknowledgement and teachings from Cultural Educator Aura Lewis. Aura encouraged students to slow down, be present, and understand their responsibilities to the land and waters that sustain Pacific salmon.

Day 1 kicked off with lessons on salmon biology and habitat needs before moving into hands-on fieldwork. The student tested water quality using a YSI multimeter, learning how oxygen levels and temperature affect salmon survival. The students then helped count adult chum salmon in the Upper Paradise ground-water channel - an up-close experience that connected classroom learning to real ecosystems. After lunch, Eli toured the Gorbuscha Intake to learn about recent restoration work and environmental mitigation. Before the day wrapped up, the group set gee traps to collect juvenile fish for study the next morning.

Day 2 began again with gratitude and acknowledgment before returning to the traps to collect juvenile salmon. Eli then participated in a guided dissection of adult chum salmon, examining scales and otoliths to understand age, life cycles, and migration history.

By the end of the experience, Eli walked away with muddy shoes, new scientific skills, and a deeper understanding of salmon stewardship. Most importantly, he gained a richer appreciation for the connection between people, the land, and the salmon that have shaped local ecosystems for generations.





Student Spotlight

Celebrating Adrian - Cube Master!

Hello everyone,

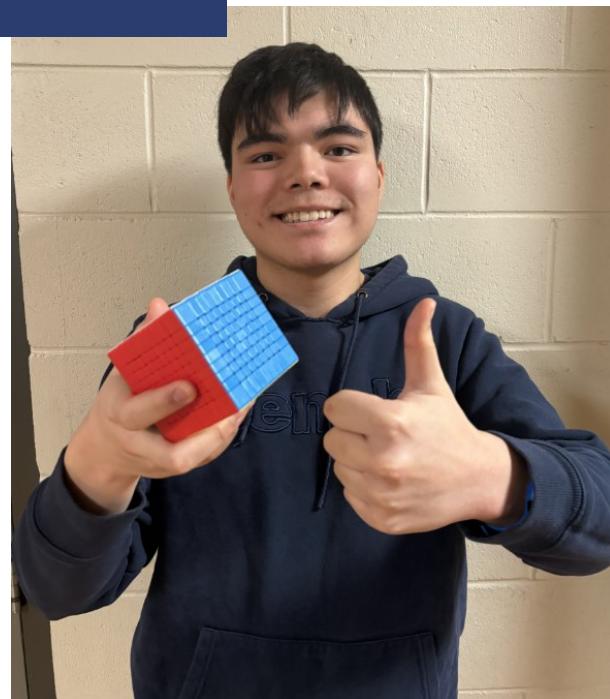
My name is Adrian and I'm in Grade 12.

I want to share some very exciting news with you: I solved my 9x9 Rubik's Cube! It took me about 20 days to finish it.

It was really difficult, but I never gave up and stayed determined.

What I learned from this experience is that if you keep trying and don't give up, you can reach your goals.

Adrian's achievement is even more impressive when you consider how tough a 9x9 Rubik's Cube really is. With almost 500 stickers, hundreds of moving parts, tricky "parity" problems, and long, complex steps, it's a puzzle that demands serious focus and patience. Solving it means staying calm, thinking clearly, and working through challenges that most cubes don't have. Adrian showed impressive determination and problem-solving skills from start to finish - a fantastic accomplishment! Congratulations Adrian!



Rowing BC Volunteer of the Year - Paxtyn

Congratulations to Paxtyn W for being recognized as Rowing BC's Volunteer of the Year.

Paxtyn's hard work with summer Learn to Row programs helped introduce countless new athletes to the sport, creating a welcoming and supportive environment for beginners.

Paxtyn continues to make an impact through her ongoing commitment to coaching in the Rowing Academy, where her enthusiasm, reliability, and genuine care for each athlete inspire everyone around her. Her contributions have strengthened our community in meaningful and lasting ways, and we are deeply grateful for all she brings to our club.

Congratulations Paxtyn!





GRAD 2026



Grad Families: Yearbook Baby Photos & Grad Quotes - DUE NOW!

Grad 2026 Parents! It's time to dig out those adorable baby photos!

1) Required: Baby photo of each grad for grad ceremony. Every year at Seycove's Graduation Ceremony, each grad's baby photo is displayed as they walk the stage — it is a special tradition and required for all grads.

SEND PHOTO HERE - Subject Line: Student Full Legal Name

2) Optional: Baby photo & dedication for Yearbook. Your child's photo will appear in a special section in the yearbook alongside your personal message (100 words max). There is a \$21 fee (paid on [SchoolCashOnline](#)) to cover extra yearbook pages.

SEND PHOTO & Dedication Message HERE - Subject line: Student Full Legal Name + DEDICATION INCLUDED

Choose a high-resolution image (approx. 900x1200 px).

Deadline: December 16, 2025 at midnight. Questions?

Email us





GRAD Boat Cruise!

2026



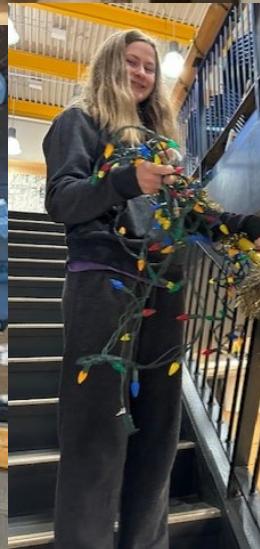
Photos: Ms. Yeo & Cam Lewis





Seycove Snapshots

Deck(ing) the Halls! Fa La La La La





Seycove Snapshots

One Day to Make A Difference - Bexley Leads the Way

Last weekend, several Seycove community members spent two days giving back to the Downtown Eastside community as part of the annual One Day to Make a Difference (OD2MAD) event. After being started and lovingly run by her mom, Tree Cleland, and aunt for 22 years, it was Bexley's turn to lead the initiative and she did it as part of her grade 12 Capstone project.

Bexley admitted she's always surprised by how easy it is to find volunteers, and this year she even brought out her English teacher, Ms. Cranstoun, for her first time helping. On Saturday, friends of Bexley gathered at her home to assemble over 800 sandwiches, along with goody bags and personal care items.

"The need felt especially strong this year," says Bexley, and she was overwhelmed by the generous donations of clothing and blankets from families and friends. On Sunday, the group headed downtown to serve soup, coffee, and hot chocolate, while community members selected warm clothing and essentials from the donated items.



It was a weekend filled with connection and compassion. "It feels good to help in this way," Bexley reflects, adding that she hopes to expand the event beyond just one day in the future.

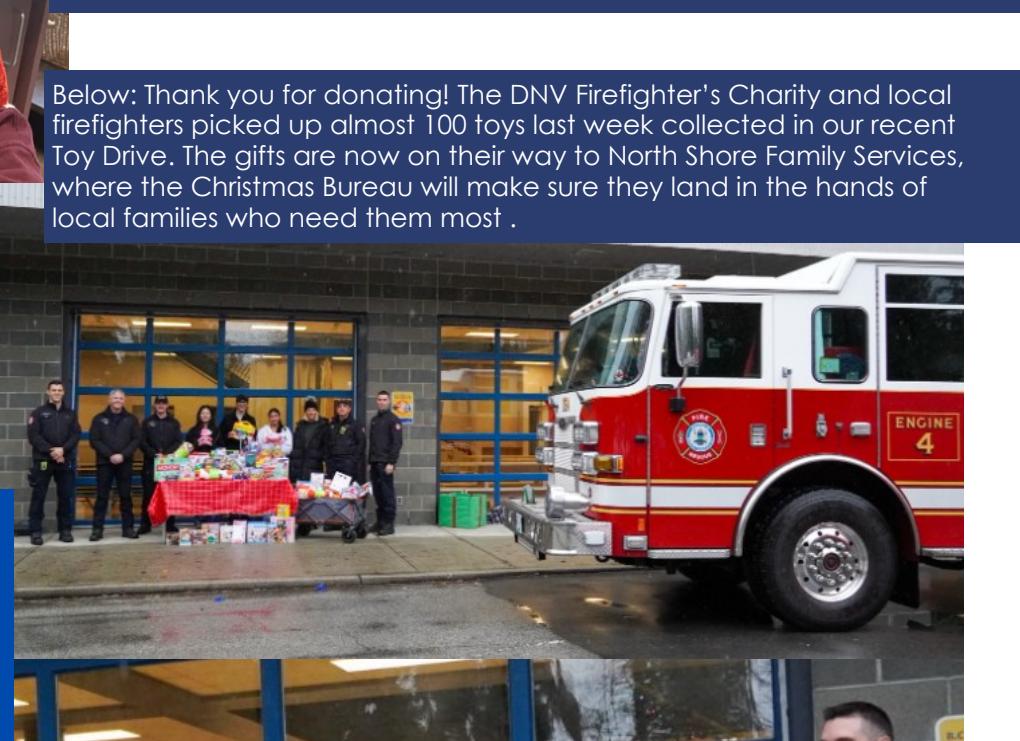




Seycove Snapshots



Left: Cooper the Comfort Canine is settling in well. Here he is doing what he loves best - getting cuddles! Michael was happy to take a break during school to give Cooper some love.





Seycove Snapshots

Entrepreneurship Club - First Annual Holiday Sale

When grade 11 students Claire and Sasha launched the Entrepreneurship Club, their dream was simple: create a market where student creators could showcase and sell their work. This week, that dream became reality with Seycove's first-ever Holiday Market.

The club has been meeting every Tuesday, setting goals and building toward the big day. Sasha said she was blown away by the team's creativity and commitment: "Everyone was super organized, and everyone followed up on their tasks and got things done."

The mini market was a huge hit, with students and staff enjoying the unique, handmade treasures. Sasha is excited to take on new projects and continue sharpening her business and entrepreneurial skills.



Right: Grad Council would like to thank everyone for helping support grad programs with their purchase of winter florals this year!



Seycove Seyhawks



North Shore All-Stars

The North Shore Secondary Schools Athletic Association has named several of our Seyhawks as North Shore All-Stars this year!

Congratulations to our Senior Girls Field Hockey All-Stars:

Sierra, Eloise, Lydia, Laura, Gwenyth, and Nova.

What an outstanding achievement—well done, Seyhawks!

North Shore
SECONDARY SCHOOLS' ATHLETIC ASSOCIATION



ALL-STAR
SR. GIRLS' FIELD HOCKEY



Senior Girls Basketball is off to a strong start this season. (photo: Yearbook Maggie)



Rowing Academy students continue building their skills and fitness throughout the dark season with some indoor training.





Seycove Seyhawks



Senior Girls Basketball - Victoria Tournament

The Senior Girls basketball team made their 12th annual trip to Victoria this past weekend for the Victoria Christmas Tournament. The young and enthusiastic team made up of grade 9's, 10's and 11's played inspiring basketball, competing against some of the top teams in BC. In the end, the girls finished with a 1-2 record and shared a great weekend playing, singing, shopping, stealing each other's presents, and bonding. The team now has a 3-3 record on the season, and shows great potential for several years to come.

- Mr. Russell





Seycove Seyhawks



Senior's Night - Celebrating our Senior Volleyball Players

Seycove celebrated our graduating volleyball players at Seniors Night with a pizza dinner, followed by competitive (and very entertaining!) games: Senior Girls vs. Senior Boys, then Grade 12s taking on the Grade 11s and younger players. The evening wrapped up with heartfelt words from coaches and teammates.



Congratulations and Thank You to our senior volleyball players for bringing leadership, athletic talent, and awesome sportsmanship to every game—you represented Seycove like champs!



In Our Community

[Local Events - North Shore Now](#)

[Local Events - North Shore News - North Shore News](#)

[Events | North Vancouver Recreation and Culture Commission](#)

[Events | The Shipyards District | North Vancouver](#)

[Santa at Seymour | Mt Seymour](#)

[Canyon Lights | Capilano Suspension Bridge Park](#)

[The Peak of Christmas | Grouse Mountain - The Peak of Vancouver](#)

[Lynn Valley Village - Shopping center and town center of Lynn Valley](#)

[Scout Christmas Tree Chip-Up: Jan 3-4 & 10-11, 2026](#)

