



# SEYCOVE SECONDARY at sáyəmətən

# SCHOOL NEWSLETTER



February 20, 2026

Dear Seycové Community,

As we continue through these winter weeks, I find myself holding both a sense of heaviness and deep gratitude. In the wake of the tragedy so close to home, I am reminded of the privilege of serving in this role and of working within a community that cares so deeply for one another. It is in moments like these that I feel especially thankful for the compassion, steadiness, and kindness that define Seycové.

At the same time, our school continues to be full of learning, growth, and celebration. Across the school, classrooms remain vibrant places of curiosity and connection.

We continue to see the positive impact of our ongoing Seyhawk Sightings work. It has been wonderful celebrating our recent draw winners and seeing the growing collection of Seyhawk Sightings tickets posted on the board. These moments highlight the many ways students are living into our shared values each day, and it has been inspiring to see students take pride in being recognized for kindness, respect, inclusivity, and care. This collective focus on noticing and celebrating positive contributions continues to strengthen our culture of care across the school.

Our athletics program continues to thrive, with basketball, gymnastics, and skiing all qualifying for provincials — a reflection of the dedication, teamwork, and perseverance of our student athletes and coaches. We are proud of the way they represent our school community.

A few important dates to note:

- February 25 is Pink Shirt Day, a time to honour kindness, stand together against bullying, and reflect on how we care for one another in our daily interactions.
- February 25 is also a Staff Collaboration Day, which means a late start for students.
- February 27 is our Review and Completion Day, providing students with time to connect with teachers and stay on track with their learning.
- March 10 is the day Learning Updates are published to the Parent Portal.

I am grateful each day to be part of this community and to steward the values we share. Thank you for the many ways you continue to support one another and contribute to the culture of care that makes Seycové such a special place to learn and grow.

With care,

Meghan Downie  
Principal  
Seycové Secondary at sáyəmətən

## SEYCOVE CALENDAR

Feb 25	Staff Collab - Adjusted Schedule Late Start for Students: 09:50
Feb 25	Pink Shirt Day
Feb 26	Feb Blues Concert - 7pm Seycové Cafeteria
Feb 27	Review & Completion Students Attend by Invite Only
Mar 7	Seycové FOS Auction & Dance



CREATIVE RESPECTFUL  
& INCLUSIVE Community



# Updates & Reminders

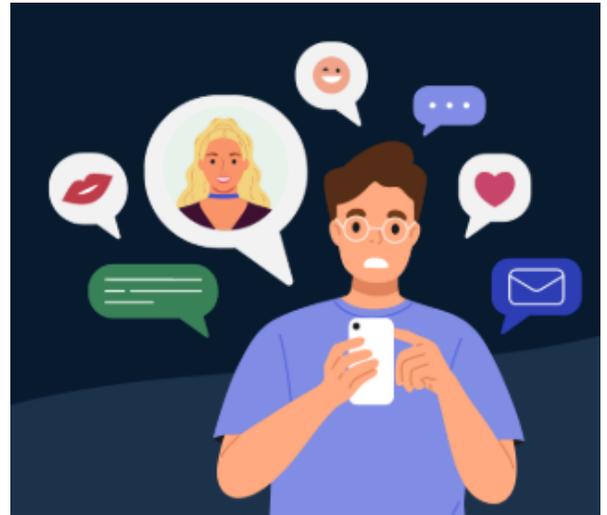
## Navigating Online Risks: Sextortion & Youth

Thursday, Feb 26 | 6pm-7pm | Virtually via Zoom

Youth spend more time online than ever - and sometimes share intimate photos. While many online interactions are safe and harmless, sextortion - a form of blackmail involving private images - is a growing risk. Join Dr. Kaitlynn Mendes, a leading expert on digital safety, for a session designed for parents and caregivers.

You'll learn what sextortion is and why it matters, understand youth's legal rights, and gain practical strategies to support healthy digital habits and navigate online safely with confidence.

RSVP to [crimeprevention@burnaby.ca](mailto:crimeprevention@burnaby.ca) for meeting link.



## 2026 Student Learning Survey

The Student Learning Survey (SLS) is for students in grade 4, 7, 10, 11, and 12, their parents, and staff. The SLS is the only source of province-wide information on student experiences in the school environment. Data obtained from the survey provides valuable insights and informs policies, programs, and decisions made at the district level and within our school. The data will help inform school planning and our work supporting students' sense of belonging at Seycove.

Seycove staff will be supporting students with survey completion in the coming weeks, but, in addition, **we kindly ask and encourage parents of grade 10, 11, and 12 students to complete the survey (linked below) before the window closes. The SLS is open NOW until May 1st.**

### Parent Survey (Student Learning Survey):

- Parents may access the survey by the Direct Access from this website: [www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)
- A parent may complete a survey for each child in the targeted grades.
- The parent survey is available in English, French and 16 other languages.
- Parents can complete surveys on their own time.



**Parents**





# Updates & Reminders

## Purdy's Fundraiser for Grad 2026

Indulge in delicious chocolate while making a meaningful difference for the Grad Class of 2026!

Every purchase directly supports Grad Council initiatives, including the Renaissance Scholarships for graduating students, a legacy gift to Seycove, and a charitable donation chosen by the Class of 2026. Your order doesn't just satisfy a sweet tooth - it helps invest in student success, school pride, and giving back to the community.

Orders are due **Sunday, March 8, 2026.**

Pick up on **March 31, 2026 (2:00–4:00pm)** - just in time for Easter!

Treat yourself, share with family, and support our grads. [ORDER HERE](#)



## Feb Blues Jazz Night - February 26



Get ready for a night of smooth grooves, bold rhythms, and incredible live music as

### **Seycove & Carson Jazz** *present* **FEB BLUES!**

Featuring talented **vocal and instrumental ensembles** from Seycove Secondary and Carson Graham, this concert promises an evening full of energy, soul, and standout performances.

**Thursday,**  
**February 26, 2026**  
**7:00pm**  
**Seycove Cafeteria**

Whether you're a jazz fan or just looking for a great night out, come support our amazing student musicians and experience the blues, Seycove-style.



# Celebrations of Learning

## PE 9/10 Classes CPR Certification



PE 9/10 students took part in hands-on CPR training last week, gaining valuable life-saving skills as part of their Physical and Health Education program. Firefighters from District of North Vancouver Fire & Rescue Services facilitated the course over two days for each class, guiding students through CPR techniques and AED use.

CPR, or cardiopulmonary resuscitation, is an emergency procedure that uses chest compressions and rescue breaths to help maintain blood flow and oxygen to the brain when someone's heart has stopped. Students also learned how to use an AED, or automated external defibrillator, a portable device that analyzes heart rhythm and can deliver a shock to help restore a normal heartbeat.

CPR and AED training is now part of the Grade 10 Physical and Health Education curriculum, as outlined by the BC Ministry of Education. In addition to the in-person training, students completed an online module to earn full certification.

These sessions help equip students with the knowledge and confidence to respond in emergency situations, preparing them with practical skills they can carry beyond the classroom.





# Celebrations of Learning

## Challenging Gender Norms

My name is Hunter Perry, I am in PLP 11 and for our gender norm project, I created an educational pamphlet. This pamphlet explains gender norms and how they influence people through thinking, acting, and expression. It shows common stereotypes and examples of gender norms to make people aware and show how they can help. Interests, activities, sports, education, and jobs aren't limited to outdated standards and systems. The goal of this pamphlet is to challenge old standards and promote equality in our community.

At the beginning of this project, we were given the option of three lenses, masculinity, femininity, and transgender/non-binary. I choose to focus on feminism, as I wanted to expand my knowledge and learn about something I am somewhat unfamiliar with. We had mandatory material to research as well as finding our own independent sources. All our research went towards class discussions to expand our knowledge even further to create our own final products after.

The driving question of the project is "How might communities reduce the harm caused by rigid gender expectations and increase belonging and wellbeing for everyone?" I plan to answer this question by creating a lasting impact from my pamphlet and targeting a youth audience to hopefully create awareness early on, so future generations can build a more supportive and inclusive community. By understanding and questioning gender expectations, we take an important step toward reducing harm and increasing belonging in our community.

### Colours Don't Have a Gender, People do

#### What Are Gender Norms?

Have you ever avoided something you liked because it was "labeled for another gender"? That is a gender norm. Gender norms are standards that you may be expected to fulfill. Whether its how you dress, the sports you play, or the activities you enjoy, gender isn't a limit.

**"Masculine and feminine roles are not biologically fixed but socially constructed."**

—Judith Butler

#### Examples Of Gender Norms

Gender Norms are visible everywhere, in movies, job expectations, education standards, sports, etc.



In the image above, you can see common stereotypes and outdated expectations often associated with different genders.

#### Facts/Statistics

Gender norms increase stress and anxiety, especially when feeling pressured to act a certain way

70% of social care and health workers are women

Over 60% of young people report feeling pressured to conform to gender norms, even when it goes against who they are.

#### What Can YOU Do To Help This Problem

To help fight against gender norms, you can question stereotypes and respect how people choose to express themselves. Supporting individuality and breaking the wall of labels for boys and girls, you can leave gender norms in the past.

Equality starts when stereotypes end.

Scan For Quick, Anonymous, Gender Norm Survey





# Shelf Life

## 'Black History Month' and 'Pink Shirt Day: Featured Collections from Seycove Library

This month, our library displays are highlighting **Black History Month** and **Pink Shirt Day**, two moments that invite us to learn, reflect, and take action. Black History Month spotlights Canadian Black stories, history, and contributions, while Pink Shirt Day reminds us how everyday choices can push back against bullying and exclusion; whether you're looking for something powerful, personal, or perspective-shifting, there's a book here that might stick with you long after you turn the last page.

### From the Shelf Picks: Black History Month

#### Half-Blood Blues – Esi Edugyan

If you're into music, friendship, and stories set against real-world conflict, *Half-Blood Blues* by Esi Edugyan follows a group of jazz musicians trying to survive in Nazi-occupied Europe—gritty, moving, and the kind of story that lingers after you finish, now waiting on our library shelves.



#### The Book of Negroes – Lawrence Hill

For a powerful story about survival, freedom, and finding your voice, *The Book of Negroes* by Lawrence Hill follows one woman's journey through slavery, war, and displacement: intense, moving, and impossible to forget, available now in the library.



### From the Shelf Picks: Pink Shirt Day

#### Gotcha – Shelley Hrdlitschka

This one's personal: *Gotcha* by Shelley Hrdlitschka is a gripping, real-world teen story—and yes, it's dedicated to our school!

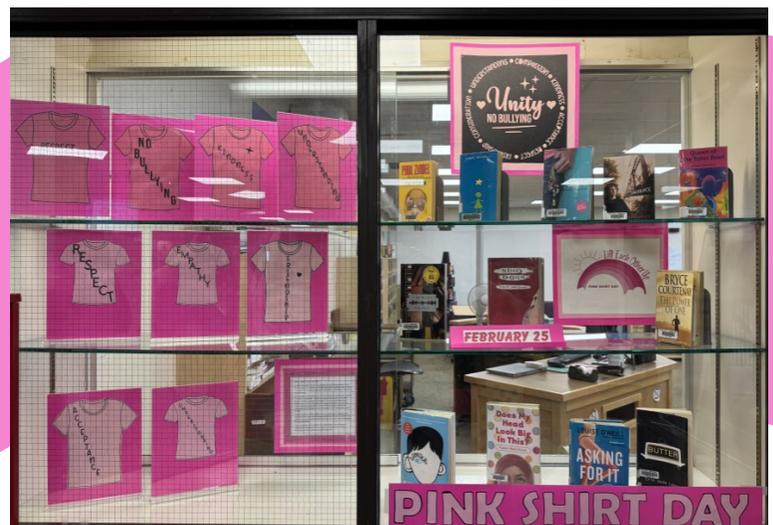
#### King Dork – Frank Portman

If you're into awkward humour and high school chaos, you'll find *King Dork* by Frank Portman on our library shelves: a sharp, funny coming-of-age story about surviving school and figuring yourself out.



#### The Power of One – Bryce Courtenay

On our library shelves, *The Power of One* by Bryce Courtenay tells an intense coming-of-age story set in apartheid-era South Africa: gritty, inspiring, and hard to put down.





# Post Secondary & Careers

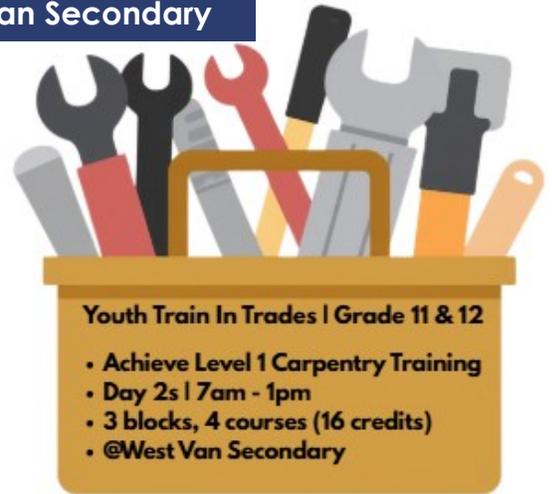
## 2026-2027 Carpentry: Youth Train In Trades Program @West Van Secondary

Offered by West Vancouver Schools, this hands on program is perfect for students passionate about learning practical skills in carpentry and construction. Whether you're exploring a future career or simply gaining a skill that lasts a lifetime, this program delivers. Learn from a Red Seal-certified instructor, earn 16 high school credits, achieve Level 1 Carpentry Training certification, and master essentials like blueprint reading and advanced tool use.

Applications are OPEN until March 13, 2026.

[Learn more HERE](#). [APPLY HERE](#)

Questions? E-mail [pkashani@wvschools.ca](mailto:pkashani@wvschools.ca)



Youth Train In Trades | Grade 11 & 12

- Achieve Level 1 Carpentry Training
- Day 2s | 7am - 1pm
- 3 blocks, 4 courses (16 credits)
- @West Van Secondary

## Explore CapU Night

Thursday, February 26 | 5pm - 7:30pm | North Vancouver Campus | [REGISTER](#)

This event is a great chance to connect with current CapU students and faculty members and learn more about CapU, program updates, and program offerings.

Don't miss this amazing opportunity to expand your knowledge and make valuable connections. See you there!

## Explore CapU Info Night

Feb. 26, 2026 | North Vancouver



## Exploring Careers in the Arts Evening- March 9

Monday, March 9 | 6pm-7:30pm | Gordon Smith Gallery

- **Explore** diverse visual, music, dance and theatre career opportunities through a "gallery walkabout" event.
- **Engage** with local businesses and cultural icons like the Polygon, Vancouver Opera, Urban Ink and Emily Carr University of Art and Design
- **Speak** with post secondary exhibitors including La Salle, Cap U, SFU, and Vancouver Film School



## Vancouver Film School - High School Spring Break Camps

March 16-24 | 9am-4pm | VFS Vancouver | [REGISTER](#)

Creative Break features 2-day workshops led by experienced industry professionals in Film Production, Acting, Animation, Makeup Design, Sound Design, Digital Design, and Foundation Visual Art & Design. You'll build your portfolio, get a taste of Vancouver Film School's industry-leading creative programs, and discover how one short year of training at VFS launches your career in the creative industries.





# GRAD 2026



Support Grad Programs with Purdy's!

**SEYCOVE GRAD COUNCIL 2026**

**PURDY'S**  
*Easter Chocolate*  
**FUNDRAISER**

**IMPORTANT DATES**

**ORDER DEADLINE**  
March 8, 2026

**PICK-UP DATE & LOCATION**  
March 31, 2026 | 2-4pm | Seycove Cafeteria

If your order is not picked up by the pickup date, we will store it in the main office.  
NOTE: School is closed on April 3, 2026 (Good Friday).

**CLICK HERE TO PLACE YOUR ORDER**

*The profits from your purchase will go towards renaissance scholarships for grads, a legacy gift to Seycove and a donation to a charity of the Grads of 2026 choice. Thank you!*



## Messages from the Heart

Grad Council shared the love for the Class of 2026 by creating personalized heart decorations for every Grade 12 student. Council members carefully decorated each heart and wrote individual messages and affirmations for all 125 grads, making sure every student felt recognized and celebrated.

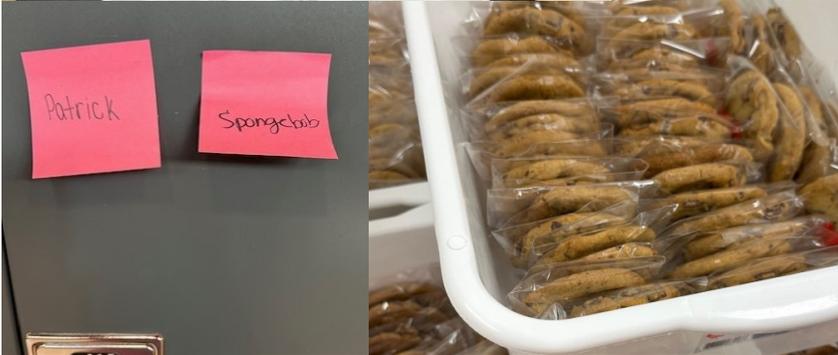
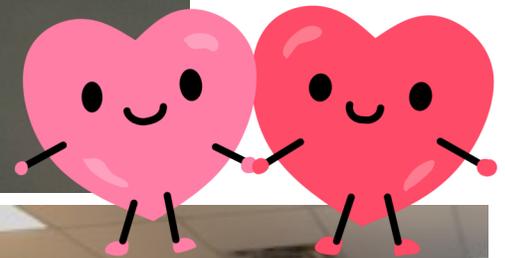
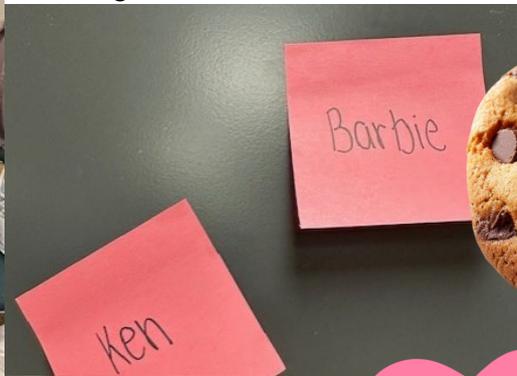




# Seycove Snapshots



Celebrating Valentine's Day brought a wave of pink and red to the halls as students and staff showed their spirit in style. Cookie-grams were delivered to friends and staff, surprise musical serenades filled the school with laughter, and a fun Match Game had students teaming up to track down hidden pairs around the building. It was a great way to wrap up the week - simple moments of connection, kindness, and school spirit shared across the building.





# Seycove Seyhawks



## Boys Snowboarding Champions

The snowboarding banner made its way home to Seycove last week!

Congratulations to the boys snowboarding team for capturing the championship title this year. Team members Arlo, Bogdan and Elio proudly posed with their banner, celebrating a season of hard work and strong performances on the mountain.

Way to go, Seyhawks!



## Seyhawks Cheering the Blues!

Members of the Seycove Girls Basketball Program cheered on the Capilano Women's Basketball team to a big win over rival Douglas College. Our players were VIP's for the game and got to meet several players afterward, including all stars Barcha Hnizdilova, Mia Parkin, and Maddy Coffin, a Seycove grad. The girls were then invited into the locker room after the game for some behind the scenes moments with the entire Capilano team. It was a great night of community basketball and comraderie!





# Seycove Seyhawks



## Seycove Gymnastics @Provincials

The **Seycove Gymnastics Team** had a fantastic showing at the BC Secondary School Gymnastics Association Provincial Championships this week, bringing strong performances and great teamwork to a competitive two-day event at Moscrop Secondary.

Our athletes demonstrated dedication, skill, and composure through events that tested balance, strength, agility, and focus. Over the course of the competition, gymnasts supported each other on and off the floor, cheering every routine and celebrating personal bests. It was inspiring to see their hard work and positive team culture in action. Seycove placed an impressive 5th overall and several of our athletes placed well individually. It was a high level of competition across participating schools and our athletes pushed themselves and uplifted teammates throughout the competition.

Congratulations to all team members for representing Seycove with grit, determination, and spirit!

**Well done, Seyhawks!**



Photos courtesy of Nyree and Susan





Saturday, March 7

**SEYCOVE FAMILY OF SCHOOLS**  
*auction & dance*

Seycove Families:

Our quickly approaching auction needs your donations!

The auction's success is dependent on parent donations of basket items every year.

If you are able to donate items for baskets that are being bundled on behalf of Seycove parents, please follow this link for details:

**SEYCOVE FAMILY AUCTION ITEMS**

If you are able to make a full basket donation, an auction item, an experience, or gift cards follow this link:

**GENERAL AUCTION ITEMS**

Also...

If you'd like to volunteer your time to set up for the auction, or help at (or after) the event, please follow this link:

**PARENT VOLUNTEERS**

Get your tickets here!

**TICKETS**

With Gratitude,  
*The 2026 Auction Planning Committee*