



SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER

February 21, 2025

Dear Seycove Community,

At Seycove, we continue to live into our core **values** of **Community, Curiosity, Stewardship, and Creativity**—guiding how we learn, support one another, and navigate the world around us. Our next step with solidifying our new **values** is to get final staff and student feedback before we turn our **values** into visuals and then make the **Seycove values** explicit in our everyday life at school.

As we reach the halfway point of the school year, **it's a great time to reinforce the habits that help our students succeed**. This is the time of year we may start to see habits slide (more students are arriving late to class, more wandering in the hallways, more digital devices are out, unexpectedly...), so we want to reset and remind our community about the school's expectations so that we can finish the second half of the year strong, healthy, and engaged!

One of the key reminders is around the **Ministry's Personal Device Policy** and the importance of maintaining healthy technology habits at school. Phones and tablets must stay at home or be away/in lockers during class time, unless a teacher has given permission for them to be used as a learning tool.

If a student is using their phone in class or in the hallways during instructional time, they will be asked to bring the device to the office for the day. **For some students, the struggle to be without their phone is a sign that their relationship with technology may need a reset.**

This Ministry Policy is about more than just limiting screen time — it's designed to help students **build strong and safe digital habits, stay engaged in their learning, and support their overall mental health and well-being**.

Parents and guardians can help by ensuring you're getting in touch with your child(ren) only during the lunch break and not during instructional time, by having conversations about social media and technology addictions, and by building healthy tech habits at home. Your partnership in reinforcing these expectations makes a big difference in supporting student success.

For more information and resources: [Personal Digital Devices - North Vancouver School District](#)

Thank you for your ongoing support, Seycove families!

Meghan Downie
Principal



SEYCOVE CALENDAR

Feb 26	Staff Collab Late Start for students
Mar 1	Destination Imagination
Mar 4	Review & Completion Students Attend by Request*
Mar 10	Student Learning Reports Published
Mar 11	PAC Meeting - 7pm Library
Mar 14	Last Day before Spring Break
Mar 31	School Reopens



Updates & Reminders

Grad Council Purdy's Fundraiser

Is your chocolate stash running low? Want to help the Easter Bunny? Seycove's Grad Council is running an Easter Purdy's fundraiser! Purchase your Easter chocolates using our link <https://fundraising.purdys.com/join.aspx/1515893-126716> and the proceeds will go towards the 2025 Renaissance Scholarship, the Grad Legacy Gift, and a donation to a charitable organization. Please send this link to family members, friends, and coworkers! You must **purchase your order by Monday, March 31st** and **pick up your order the week of April 14th***. Thank you for supporting Grad Council's fundraiser!
**Exact pick up times will be shared in April newsletters.*



Support Volleyfest - Volleyball Fundraiser

The Seycove Athletics Volleyball program has seen great growth over the past few years at Seycove. Our teams are wanting to build on this growth and are looking to refresh the uniforms and provide proper officiating stands with the Seycove logo emblazoned on it to show our pride. All funds raised between now and April 19, 2025 will go towards the purchase of two referee stands, the required padding for the stands as well as uniforms to outfit one team. Our goal is to raise \$3000 to cover the cost.

Many thanks to the work of Dana Passchier, our grade 12 Seycove student and athlete, who has spearheaded this push to increase the profile of Volleyball at Seycove as well as to outfit the program with much needed equipment.

How You Can Help

Any donation, large or small, makes a difference. Donations can be made through the [SEYCOVE DONATION LINK](#). Tax receipts will be automatically issued by NVSD for donations of \$5.00 and above.

PLEASE NOTE: In the "Message to School Board" field, please write: **Seycove Volleyfest**



Homestay Families Needed

Each year, the North Vancouver School District welcomes students from around the world to live and study in our vibrant community. We strive to place secondary school international students with families who live close to their school to support each student's integration into the school and wider community.

There are secondary school international students in need of a homestay placement for the school term beginning September 2025. If you are interested in hosting an international student, please reach out to our International Education program office at international@sd44.ca. More information about the homestay program is available on the [International Education](#) section of the school district website.





Updates & Reminders

Review & Completion and Learning Updates

A reminder that we have a **Review and Completion Day on Tuesday, March 4th**. **There are no regular classes scheduled on this day.**

Students with outstanding assignments or those who have not met the intended learning standards may be invited to attend review and completion at the discretion of their classroom teachers. Please note that **attending review and completion is by invitation by the teacher** and the goal of these days is to foster student success through completing outstanding assignments or demonstrating curricular competencies that were not shown by the student earlier in the course.

Attending R&C does not guarantee that a student will be given credit for a course or an assignment and is not a substitute for regular attendance and engagement in class. If you have further questions, please speak with your student's classroom teacher.

Mid-year **Learning Updates will be published to the Parent Portal on Monday, March 10th**. You can find more information about reporting and Learning Updates here: [Seycove Learning Updates \(Report Cards\) - Seycove Secondary](#)





Seycove Values

Seycove Values Diversity and Belonging: Supporting & Celebrating Neurodiversity

At Seycove, we recognize and celebrate the many ways our students learn and engage with the world. This week, we're highlighting ADHD—Attention Deficit Hyperactivity Disorder. ADHD symptoms generally fall into two categories: inattentive and hyperactive-impulsive. Some students primarily struggle with focus and organization, while others may be more energetic or impulsive. Many experience a combination of both.



In the classroom, students with ADHD may find it challenging to manage time, stay organized, or maintain focus. They may also be fidgety, restless, or talkative. However, they bring incredible strengths to our school community—creativity, energy, and innovative problem-solving.

Supporting students with ADHD means embracing strategies that help them thrive. Clear routines, visual reminders, movement breaks, and hands-on learning opportunities can make a big difference. Encouraging self-advocacy and providing tools like wobbly stools, movement breaks, or flexible seating also help create an inclusive environment. Most importantly, we take a strengths-based approach—helping students see their ADHD not as a limitation, but as a unique way of thinking that adds value to our school.

By continuing to deepen our understanding of and abilities to support students (and adults!) with ADHD, we strive to build an inclusive and empowering school culture for all learners.





Post Secondary & Careers

NVSD - Young Entrepreneurship & Leadership Info Night

Monday, Feb 24 | 6:30pm - 7:30pm | ESC 2121 Lonsdale | [MORE INFO](#)

Students in Grades 10 and 11 and their families are welcome to join for an information night on February 24, from 6:30 to 7:30 p.m. at the Education Services Centre to learn more about the **Young Entrepreneurship and Leadership Launchpad (YELL)**. YELL is designed for students who have an interest in business or who have an entrepreneurial spirit. YELL is available at Handsworth and Sutherland Secondary. For more information, please contact Mrs. Johnson (sjohnson@sd44.ca) or Mr. Nevison (jnevison@sd44.ca) or visit the [YELL web page](#) on the Career Pathways 44 website.

Green Collar Futures - Saturday, March 1

Saturday, March 1 | 9:00am - 3:00pm | Virtual | [REGISTER](#)

The "green economy" is changing the face of the workplace in BC and around the world. This day is dedicated to students in secondary school to learn about exciting and endless career opportunities. Futures is much more than a career fair as it allows you to interact with career mentors from various sustainability related careers who have excelled in and are passionate about their green careers.

The workshop will conclude with a wrap-up session and a chance for the participants to win prizes, **including a \$500 scholarship**. You must be registered to attend. [Register early as space is very limited.](#)



Free to Attend and lots of Prizes!

GREEN COLLAR FUTURES

Virtual Career Conference for Students Grades 9-12

The "green economy" is changing the workplace in B.C. Learn about exciting and endless career opportunities.

More than a career fair, this conference connects you with dynamic people thriving in a green collar career.

You can win a \$500 scholarship!

Many careers represented like hydrologist, environmental lawyer, affordable housing developer, interior designer, landscape architect, sustainable fashion entrepreneur, robotics engineer, lighting physicist and sustainable financial advisor.

EVENT DETAILS
9:00am- 3:00pm
Saturday March 1, 2025
Held virtually via Zoom

Registration is limited, and a school limit may apply. Register at: www.greenbricks.ca

BC Hydro
Power smart

Spend Spring Break @SFU - Communication Workshop

Wednesday, March 19 | 10:00am - 12:30pm | SFU Burnaby | [REGISTER HERE](#)

Spend a morning at SFU and dive into the world of Communication! This **free** workshop, led by one of our faculty members, introduces students to a key topic in Communication studies, followed by a **mini-campus tour** with a student ambassador followed by a free lunch.

Meet in front of the Bennett Library.



Save the Date! NACAC International Universities Fair - May 3, 2025

Saturday, May 3 | 1:00pm - 4:00pm | Vancouver Trade & Convention Centre | [REGISTER](#)

The National Association for College Admission Counseling (NACAC), founded in 1937, is an organization of more than 28,000 professionals from around the world dedicated to serving students as they make choices about pursuing postsecondary education.



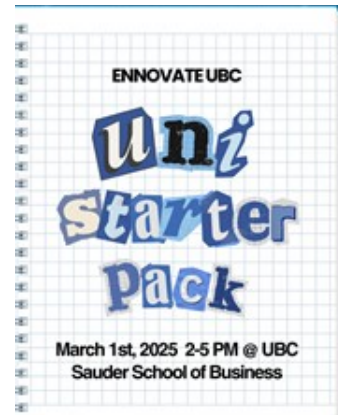


Post Secondary & Careers

UBC Ennovate - University Starter Pack

Saturday, March 1 | 2:00pm - 5:00pm | UBC Sauder | [REGISTER](#)

Ennovate is dedicated to empowering youth across the Lower Mainland, giving them hands-on experience in social entrepreneurship. This March, we are excited to host the *The University Starter Pack* event designed specifically for high school students, incoming freshmen, and current university students. The purpose of this event is to address the uncertainties many students face when transitioning to university. This interactive and informative event will provide attendees with tools, insights, and connections to navigate university life with confidence.



UBC Sauder Undergraduate Program Info Event

Thursday, March 20 | 5:00pm - 6:00pm | UBC | [REGISTER](#)

Hear from UBC Sauder's Recruitment and Admissions team as well as current BCom and B+MM students to learn more about the admission requirements for UBC Sauder's prestigious BCom and B+MM programs. In this Info Session, you will have the opportunity to learn more about each program, insights into the admissions process, and make connections. Meet our students. Connect with Admissions Team. Ask Anything!



**SPRING
VIRTUAL ALL ABOUT
UBC EVENTS**
FOR PROSPECTIVE
STUDENTS

DATES:
February: 6, 11, 27
March: 10 and 25



REGISTER AT
[YOU.UBC.CA/EVENTS](https://you.ubc.ca/events)



DREAM IT • BE IT
CAREER SUPPORT
For Young Women
Female identifying, transgender, non-binary, and Two-Spirit

**Soroptimist International of
North and West Vancouver
Career Fair** **Door Prizes!**

**March 5th 2025
4:30pm-7:00pm** **West Vancouver Secondary
1750 Mathers Avenue, West Vancouver**

- For ages 15 to 21
- Meet inspiring women from interesting and diverse careers, trades, and professions
- Gather valuable knowledge
- Free dinner and refreshments
- Chances to win \$500 training or education vouchers



**REGISTRATION FOR THIS
EVENT IS FREE**
Questions?
northsoroptimistcareerfair@gmail.com
www.soroptimistnwv.org





Post Secondary & Careers

RCMP Career Workshop - Day in the Life of a General Duty Officer

Three Seycové students joined peers from across the district for an incredible one-day career workshop experiencing a day in the life of a general duty police officer. Led by the North Vancouver RCMP Youth Services Team and general duty officers, students learned firsthand about the types of calls officers respond to during a typical shift.

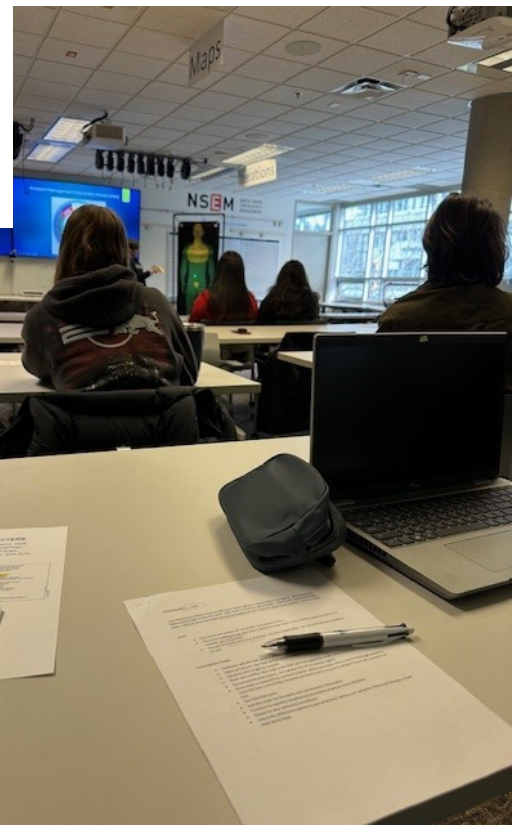
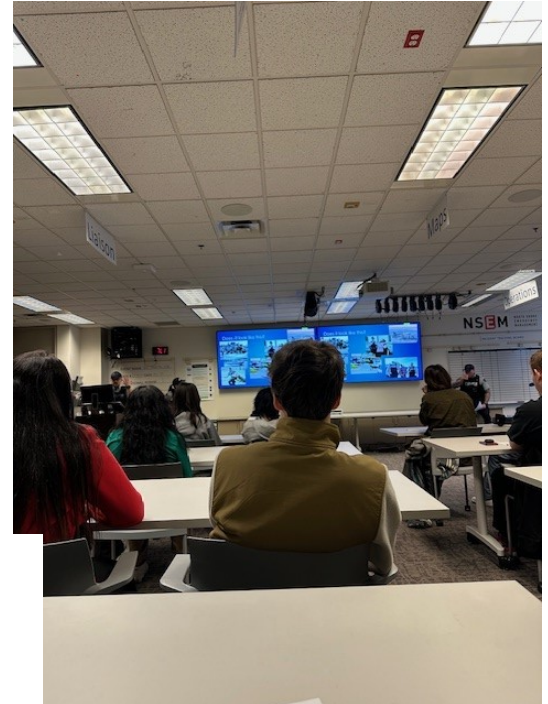
Throughout the day, students were trained in essential police skills, including radio communications, note-taking, investigations, and arrest procedures. They then put their knowledge to the test in mock scenarios such as break and enters, theft, public intoxication, physical altercations, mental health crises, and traffic stops.

Beyond general duty policing, students were introduced to the Kilo Unit and police dog Nuke gaining insight into specialized canine training. They also had the rare opportunity to meet a member of the RCMP Emergency Response Team (ERT), who demonstrated cutting-edge tools like drones and specialized equipment used in high-stakes operations.

This hands-on experience gave students a unique and exciting look into the realities of policing, sparking interest in potential future careers in law enforcement.



North Vancouver





Celebrations of Learning

Spanish 11 Foodie Field Study

As an enhancement to the Mexican culture unit, Intro Spanish 11 students participated in a field trip to Gringo Restaurant in North Vancouver.





GRAD 2025



MSU Thrift Shop Grad Day - March 8th

MT. SEYMOUR UNITED CHURCH THRIFT SHOP

GRAD DAY

SATURDAY
MARCH 8



Do you have
formal wear for grads?

Help repurpose your
dress wear.

Drop clean clothing at
the Seycove Office
for this special
Grad Day.

Help make graduation
special for someone in
our community!

Save the Date! Mt. Seymour United Church Thrift Shop is hosting a special Grad Day for 2025 graduates. The shop has been collecting formal wear and will have it for sale at very low prices exclusively for grads. The shop will be open from 11am-4pm and there will be a special fashion show taking place at 2pm.

Interested in modelling? The shop is looking for models of all genders to walk the runway! In addition to shopping, there will be make-up artists and hair stylists on hand to help glam you up.

The shop is still looking for donations for this special event. **If you have any formal wear that would be appropriate for young graduates, you can drop it off at the Seycove Office** or label it and take it to MSU Thrift Shop sheds during open hours.

Grade 12 Grad Write-Ups - Class of 2025

Grads: As you cross the stage to receive your diploma on **May 29th**, a short write-up will be read to celebrate your journey. This is **mandatory for all grads**, and if you don't submit one, a generic message will be written for you—so make sure your voice is heard!

Your write-up should be **formal, articulate, and concise (50–60 words)** and written in the **third person**. Think about highlighting your **favorite memories, activities, future plans, a memorable quote, advice for future grads, or special thanks to those who supported you**.

Submit your write-up using the **form linked in Teams** by **April 25th** to ensure your moment is personalized.





Seycove Snapshots



Whey-ah-Wichen Beach Clean-Up Event

Two of our lovely students, Sierra Earl-Thomas and Ines Morisset, organized a successful beach clean-up at Cates Park/Whey-ah-Wichen last week. Sierra and Ines are part of the Ocean Wise youth program "Mountains to Ocean" where they were in charge of planning an action project in service of our local environment with connections to the community. There were roughly 30 people in attendance helping clean trash from our local shoreline. Through the community event, Sierra and Ines also organized a grant from RBC to Ocean Wise, further supporting the environmental stewardship of the organization! Thank you to everyone who came and supported the event and thank you to Sierra and Ines for organizing it!

- Ms. Kadi



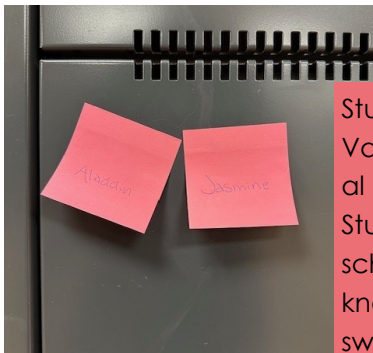
**OCEAN
WISE**



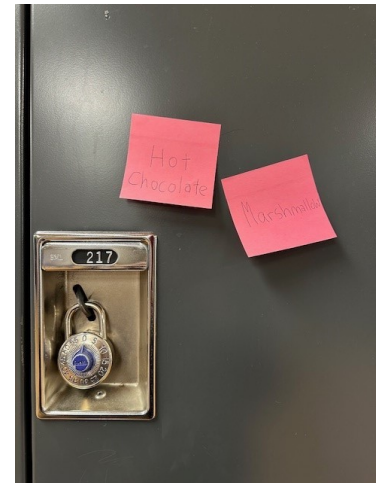
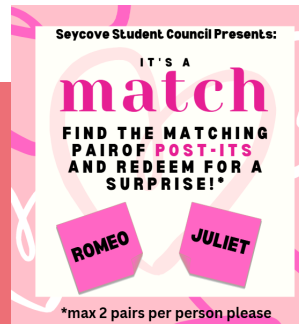
Seycove Snapshots



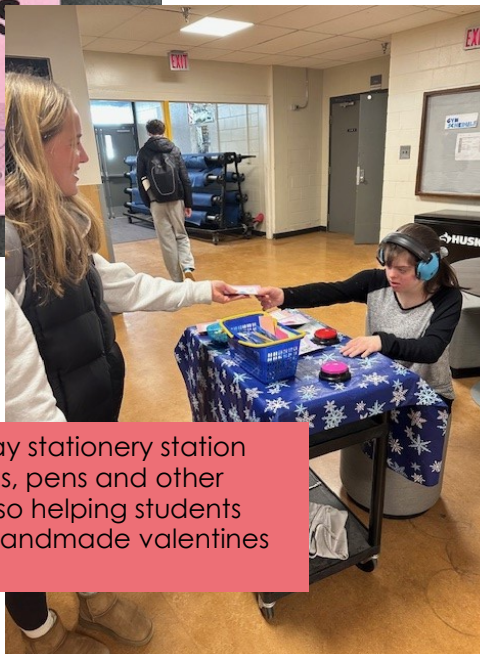
Valentine Fun



Students enjoyed some pre-Valentine's fun with our annual Match Game last week. Students searched around the school for post-its that made a known pair. Winners got a sweet treat!



Nearly 300 Valentine Cookie-Grams were shared between students and staff last week, spreading plenty of sweetness across the school. Students could choose between sending a classic chocolate chip cookie or a singing-gram, where lucky recipients were serenaded by our talented senior Jazz choir. Whether through a thoughtful treat or a heartfelt song, it was a great way to celebrate friendships, appreciation, love and a little Valentine's Day spirit.



Aleia set up a special Valentine's Day stationery station where students could pick up pencils, pens and other school supplies for free. Aleia was also helping students feel the love by giving away some handmade valentines to her classmates.





Seycove Snapshots



Serenading Seyhawks - Valentine Singing-grams

Seycove's senior vocal jazz group, Jazz in the Box, hit all the right notes last week, filling the school with sweet harmonies for Valentine's Day. Students could purchase a pitch-perfect cookie-gram for friends or crushes, pairing a delicious treat with a serenade. From major smiles to minor blushes, reactions to the surprise performances varied, but everyone agreed—this was music to their ears!





Turtle Island Revitalization

Turtle Island Renewal Project: Honouring the Land & Revitalizing Our Space

Goal: \$2500 raised by March 14th, 2025

At Seycove, located on sáyəmətən, our core values of stewardship and care for the land inspire us to embark on a meaningful project for this school year. Together with students, staff, and community members, we aim to revitalize "Turtle Island" at the front of our school, transforming it into a vibrant and welcoming space for everyone to enjoy.

What is Turtle Island?

Turtle Island is a name for North and Central America used by some Indigenous peoples, rooted in a creation story where a turtle carries the world on its back, symbolizing the interconnectedness of all life and the deep respect for the environment. At Seycove, the roundabout at the school's entrance was designed to represent a turtle, encircled by the quote, "I Carry the World." Over time, however, the space has weathered, plants have become overgrown, and wildlife has left its mark.

Our Vision

We are hoping to raise \$2,500 to restore Turtle Island through painting, planting, and piecing together its original beauty. By Earth Month in April, we hope to breathe new life into this space, honoring its symbolism and making it a source of pride for our school community. We will be consulting with and inviting members of Tsleil-Waututh Nation to help celebrate this piece of land and will be working with the Coast Salish Nursery to provide the plants for us and to support with the connection around the themes of restoration, habitat, reconciliation, and sustainability.

How You Can Help

We invite you to contribute to this project. Any donation, large or small, makes a difference. Donations can be made through [THIS SEYCOVE DONATION LINK](#) and please note "Turtle Island Project" in your contribution. Tax receipts will be automatically issued by NVSD for donations \$5.00 and above.

Looking Ahead

Should we exceed our \$2,500 goal, additional funds will be directed to our next initiative: creating an outdoor learning space where an old portable once stood. This future project will include landscaping, design work, and outdoor classroom furniture that connects students to nature, enriching their learning experiences through deeper engagement with our environment.

Why It Matters

Revitalizing Turtle Island and reimagining our outdoor spaces allows us to strengthen our connection to the land, foster learning opportunities, and create a welcoming environment that reflects our care for this community, our shared land, and the nature that surrounds us.

Thank You for Your Support

The PAC has shared how meaningful it is for parents to have (hopefully easy) opportunities to support school initiatives like this. We are deeply grateful for every contribution and will provide updates on our progress toward these goals and on the completion of our projects.

With your help, we look forward to creating Seycove's outdoor entrance space as a true reflection of the pride we have for our school and as a reflection of our commitment to caring for the land we are fortunate to be on.