



SEYCOVE SECONDARY  
at sáyəmətən

# SCHOOL NEWSLETTER

February 7, 2025

Dear Seycove Community,

After what felt like a very long January, we are finally in February now and will be bounding quickly through the next few months of school. This month we recognize and celebrate both **Black History Month** and **National Inclusive Education Month** — important opportunities to reflect on the diverse voices, histories, and contributions that shape our communities. At Seycove, we are committed to fostering an inclusive, equitable, and welcoming environment where every student feels valued and empowered to succeed.

This past week also brought our **first snow day of the school year!** I hope everyone stayed warm and safe while taking a moment to appreciate the beauty of our snow-covered surroundings. Seycove's connection to the natural environment is something we deeply appreciate, and the winter landscape has been a stunning reminder of the place – and land of the Tsleil-Waututh Nation - that we are so fortunate to learn and grow on each day.

Our work to make our **school values visible** continues, as we strive to embed them in all that we do. Through student leadership, classroom learning, and school-wide initiatives, we are ensuring that Stewardship, Community, Curiosity, and Creativity remain at the heart of the Seycove experience.

I also want to continue to **celebrate the many ways our students engage in learning and school life** — from academics to athletics, from the arts to leadership and service – I cannot help but feel pride in the students who make up the Seycove community. As an admin team, we are proud of the passion and dedication that all of our students bring to their pursuits, and we look forward to another exciting month of learning and growth together.

We continue our collaboration with our friends at the Coast Salish Plant Nursery to develop plans to revitalize our Turtle Island roundabout to ensure we are using local plants that can thrive on this piece of land, and that we can work toward ecological sustainability and knowledge sharing through the journey. Thank you to everyone who has donated so far! We have raised \$205 towards our goal, so far! Check out the progress and find the donation link and more information [here](#).

Thank you for your continued support in making Seycove a place where students feel they belong.

Meghan Downie  
Principal



## SEYCOVE CALENDAR

Feb 10	AP Psych Online Info Meeting <a href="#">7pm - LINK</a>
Feb 11	PAC Meeting - 7pm Library
Feb 14	District Pro D Day No School for Students
Feb 17	Family Day - Stat Holiday School Closed
Feb 26	Staff Collab Late Start for students



# Updates & Reminders

## AP Psychology - Info Meeting for 2025/2026

Considering taking AP Psychology next year?  
Come to an online information session on **Monday, February 10<sup>th</sup> at 7:00pm** to learn more.  
Grade 10 and 11 students and their parents/guardians are encouraged to attend.

Meeting Link: [AP Psychology Information Session](#)



## 2025-2026 Course Programming Student Open House

In preparation for 2025-2026 course selections, programming information sessions for parents took place this week and students will attend sessions next week.

In addition to the counsellor led sessions, teachers will be hosting Course Information Open House next week for students. The open houses are an opportunity for students to talk to teachers directly about course descriptions and options.

Couse Information Open House takes place Tuesday, February 11th and Wednesday, February 12th, 8:30am-9:00am.

**2025-2026**

# COURSE INFORMATION OPEN HOUSE

**Learn about next year's course offerings!**

Talk to teachers and get answers to your questions about different course options, course descriptions, and learning pathways.

**FEBRUARY 11 and 12**  
During Tutorial  
8:30 AM - 9:00 AM

## 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](mailto:international@sd44.ca). More information about the homestay program is available on the [International Education](#) section of the school district website.





# Updates & Reminders

## Winter Weather Reminder - School District Weather Events

All schools in the North Vancouver School District will remain OPEN during winter weather, including snowfalls, if possible. Any school district-wide closure will be decided by 6:30 a.m. (at the latest) and announced using the following channels:

- Metro Vancouver media ([click HERE for a listing of stations](#))
- School district and school websites ([home page](#))
- SchoolMessenger notification for parents/guardians (email and/or text message\*)
- Email, memo or meeting for staff

\*Parents/guardians: Sign up for text message alerts regarding weather and other school-related emergencies on [SchoolMessenger](#).

Visit [School District Weather Procedures](#) for more information.



## Grad Council Purdy's Easter Fundraiser

Is your chocolate stash running low? Want to help the Easter Bunny? Lucky for you, 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.*



## University of Waterloo Math Contests—DEADLINE TODAY

The time is approaching for the 2025 University of Waterloo Math Contests. For all tests, **students must register BY TODAY - Friday, February 7, 2025.**

Pay the registration fee in your [SchoolCash Online](#) account:

**GRADES 9/10/11: Tests held in library on Wed. Feb 26 @08:30**

There is a \$7 contest fee for any student wishing to participate in the Pascal (gr 9), Cayley (gr 10) or Fermat (gr 11) contest.

**GRADE 12: The Euclid test will be held in the library on Wed. April 2 @08:30.**

There is a \$20 fee and students must register in advance.



Centre for Education in Mathematics Contest

Pascal, Cayley and Fermat



## Have Your Say! 2025/26 School Calendar



### Public Comment Period Open - Proposed 2025/26 School Calendar

This is to confirm that the public comment period for the proposed 2025/26 School Calendar is now open. Students, staff, parents/guardians, and community members are invited to share feedback on the proposed calendar via an MS Forms survey, accessible from the school district's [public District Calendar web page](#).

The public comment period will close at midnight, February 11, 2025. The Board of Education will review the public comments received, and will finalize the school calendar for the 2025/26 school year at its February



# Seycove Values

## Seycove Values Diversity and Belonging: Supporting & Celebrating Neurodiversity

At Seycove, we are committed to fostering a community where every student feels valued and supported. This month, we highlight the experiences of students on the autism spectrum and how we can create an environment where all Seycove students have the opportunity to thrive.

Autism is a neurodevelopmental condition that affects how people experience the world, communicate, and interact with others. Since autism exists on a spectrum, each individual with autism has unique strengths and challenges. Some may have heightened sensory sensitivities, need extra processing time, or prefer structured routines, while others may excel in creative thinking, problem-solving, or deep focus on topics of interest...or many, many other unique qualities!

As a staff, we recognize that neurodivergent students may benefit from clear communication, predictable routines, sensory-friendly spaces, and opportunities to engage in learning in ways that suit their strengths. As a school community, we strive to support and to make adjustments wherever we can to ensure all students can succeed.

By embracing flexibility, practicing patience, and seeking to understand different perspectives, we can ensure that all students feel a sense of belonging at Seycove. Together, we aim to build a school culture that celebrates diversity, builds a sense of belonging, and empowers every learner.



## February Dates of Significance

*As noted within the [Calendar of Significant Dates and Events](#), found in the Calendar section of the NVSD website, below are dates the Seycove community may recognize, observe or celebrate for the month of February.*

- Black History Month
- National Inclusive Education Month
- 11: International Day of Women and Girls in Science
- 14: Valentine's Day
- 15: National Flag of Canada Day
- 17: Family Day
- 26: Pink Shirt Day







# Post Secondary & Careers

## NVSD Events - DMA & YELL

### Digital Media Academy Information Night and Open House — February 11

Join the Digital Media Academy (DMA) and Digital Media Academy Lite (DMA Lite) on February 11, at 6 p.m. in the Argyle Library. Meet the DMA teachers who will be presenting details about the academy. Meet some of our industry experts who regularly dedicate their time to the DMA, as well as some DMA and DMA Lite students. DMA classrooms and studio film flexspace will be open for viewing and DMA students will be highlighting some of the projects they are working on in the Academy.

For more information on the DMA academies, visit the [DMA website](#).

### YELL Information Night — February 24

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.

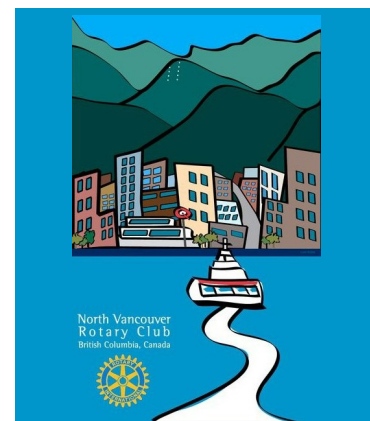
For more information, please contact Mrs. Johnson ([sjohnson@sd44.ca](mailto:sjohnson@sd44.ca)) or Mr. Nevison ([jnevison@sd44.ca](mailto:jnevison@sd44.ca)) or visit the [YELL web page](#) on the Career Pathways 44 website.



## Rotary Club Free Student Leadership Opportunities

The Rotary Club of North Vancouver has shared the following leadership opportunities currently accepting applications. These experiences are fully funded by the Rotary Club:

- 2025 Adventures in Citizenship [Poster](#) and [Application Form](#); and,
- 2025 Rotary Youth Leadership Awards (RYLA) Leadership and Personal Development Workshop [Poster](#) and [Application Form](#).



## 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](#).

greenbricks  Free to Attend and  
GREEN COLLAR FUTURES lots of Prizes!

**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](http://www.greenbricks.ca)





# Post Secondary & Careers

## Big Info @BCIT

**Wednesday, Feb 19 | 4:00pm - 7:00pm | Burnaby Campus | [REGISTER](#)**

Big Info is the largest program expo and information session at BCIT. It's your chance to find out about all our programs – from business and media, computing and IT, engineering, health sciences, trades and apprenticeships, and applied and natural sciences.

It's free. It's lively. It's a night of possibilities.



## Women In Orthopaedics Workshop (WORTH)

**Saturday, March 1 | 10:00am - 11:30am | Virtual - [Register HERE](#)**

***Want to learn more about careers in healthcare or engineering?***

This workshop is open to all young women in high schools (grades 10-12) interested in pursuing a career in healthcare and engineering, specifically in orthopaedics. The focus of this workshop will provide insights into what it is like working as an orthopaedic resident and walking through various orthopaedic cases.



## Dream It Be It! Girls Career Fair

**Wednesday, March 5 | 4:30pm-7:00pm | [REGISTER HERE](#)**

Hear from engaging career role models from a variety of careers, occupations, and trades speaking about their career choices: how they got there, what obstacles they overcame, an overview of their education and career journey, and sharing resources that may benefit attendees. The focus will be on interaction, with ample opportunity for girls and young women to engage one-to-one with the career role models. [MORE INFO...](#)



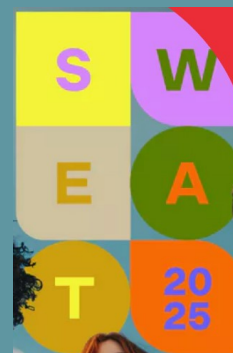
**Location: West Vancouver  
Secondary School**

## Spring Break @La Salle College - Gr 11/12

**March 24-27 | 9:00am-3:00pm | La Salle, Vancouver | [REGISTER](#)**

Students can join us during Spring Break for a fun week filled with creativity! S.W.E.A.T. (**Structured Work Experience and Training**) is the perfect opportunity to gain new skills and receive 30 hours of collaborative, hands-on work experience in a creative field. Sign up today!

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





# Counsellor's Corner

## Parenting - A Balanced Approach

The new year has often been a time for reflection and making resolutions. This month we will visit the topic of parenting teens to build resiliency. A balanced approach to parenting offers plenty of love and support to teens. Finding a balance between warmth and rules is important for healthy development and the long-term health of teens. Giving young people the freedom to make their own choices is important as well as carefully judging when the situation requires parental involvement. Parents should prioritize open and honest communication, set sensible [boundaries](#), and encourage respectful behavior in their teens. This style has been called lighthouse parenting. Parents serve as a stable force on the shoreline, guiding their children to safety and preparing them to navigate the waves and rough waters on their own.



[Resolve to Be a More Balanced Parent | Psychology Today Canada](#)

The lighthouse helps teens learn from mistakes and bounce back, correct problematic behaviors, and sets clear expectations for their effort. Commitment to the process of learning academically, artistically, socially, athletically is key, instead of a focus on the results desired. That balance of love and care with rules and boundaries helps young people learn accountability and consequences and builds their [motivation](#) as well as their [confidence](#). It also makes them more open to parental guidance and more likely to make responsible decisions on their own.

For more reading:

"How to Raise an Adult" by Julie Lythcott-Haims

[What Is Helicopter Parenting? Here's Why Helicopter Parents Fail Kids in the End \(goodhousekeeping.com\)](#)

And the Psychology Today Blog:

[Resolve to Be a More Balanced Parent | Psychology Today Canada](#)

Kenneth Ginsburg M.D., M.S.Ed







# Seycove Snapshots



## Fem Club Movie Night!

The Feminism Forward Club is all about building a supportive community and spreading awareness about gender-based inequities. We meet every Tuesday at lunch in Room 203, and everyone is welcome!

Last Friday, we hosted a movie night featuring *Little Women*, complete with snacks, drinks, and great company. We were blown away by the turnout with over 40 people joining us for a cozy and meaningful evening. Thanks to your support we raised over \$150! All proceeds will go toward initiatives that reflect our club's values.

We're so grateful for everyone who came and can't wait to host more events in the future. Stay tuned because there's always something exciting happening with Feminism Forward! - Teva Barzilay







# Seycove Snapshots

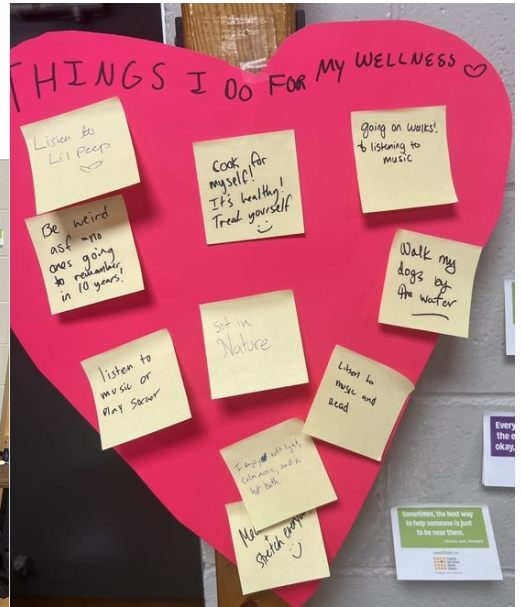


## Wellness Club - Let's Talk Day

On January 22nd, Wellness Club hosted a booth to recognize Bell Let's Talk Day. This year, the campaign recognized the ongoing youth mental health epidemic and chose to donate all funds towards six youth mental health providers in Canada. To do our part, Wellness Club fundraised a total of \$80 towards a youth mental health organization in Vancouver. Our booth encouraged students to de-stigmatize mental health and keep the conversation going.

Just by honouring the campaign, Wellness Club is proud to be breaking the stigma surrounding mental health.

- Ava Leas



Happy National Girls and Women in Sports Day! Feb 5/25

Thank you  
3 hours ago

We are extra grateful for all the girls in our program today!!  
Thank you  
3 hours ago

19  
Liked by ckanaya and others  
seycovegirlsbball Happy National Girls and Women in Sports Day  
We are extra grateful for all the girls in our program today!!  
Thank you





# Seycove Seyhawks



## Seycove Gymnastics - Beam Competition

Congratulations to our gymnastics team on their recent achievements at the Beam Competition. Seycove seniors Tiga and Nyree placed 1st and 2nd, respectively, in their category and Aurora placed 1st in the Level 1 Junior competition. Well Done Team! - Coach Ari







# Seycove Seyhawks



## Ski & Snowboard Success at the Zones in Whistler

Seycove competed in the Alpine zone championships on January 30th.

All four alpine race teams finished in second place in their zone race. Highlights included a second place finish for Jocelyn Cavacuiti and a fourth place finish for Theryn Strobl both in snowboarding.



Ruby with Mary, Alex & Sierra



Andrew, Charlie & Zach

## Rowing Academy Success at Beat the Beast

On Saturday, February 1st, some of our Seycove students competed in Beat the Beast alongside other members of the NVSD School District's Rowing Academy. Paxtyn Williams took first place in her category by over 10 seconds, and Peyton Williams secured third place with one of the fastest U19 times in Canada. Congratulations to all of our Seycove students on their impressive indoor rowing performances!



FEBRUARY 1<sup>ST</sup>, 2025  
8AM TO 3:30PM





# 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.