



# SEYCOVE SECONDARY

at sáyəmətən

# SCHOOL NEWSLETTER

January 23, 2026

Dear Seycove Community,

We're back in the swing of things – and it feels like everyone at Seycove has settled back into their daily routines after a well-deserved break. Over the past few weeks, our school has been busy with graduation assessments, and we are proud to share that the process went smoothly. Nearly all of our Grade 10 and Grade 12 students attended and completed their assessments, a reflection of their commitment and the strong support from staff and families. Thank you to everyone who helped make these important days successful.



### SEYHAWK SIGHTING

YOU WERE SPOTTED LIVING OUR VALUES!

DETAILS

★ Date \_\_\_\_\_

★ Student Name \_\_\_\_\_

★ Staff Name \_\_\_\_\_

WHAT VALUE DID I SEE YOU LIVING INTO?

☐ CREATIVITY  
☐ RESPECT  
☐ INCLUSIVITY  
☐ COMMUNITY

BRIEF DESCRIPTION - WHAT DID I NOTICE

\_\_\_\_\_

This month, we are excited to launch Seyhawk Sightings, a new way to recognize the everyday moments when our students and staff live our school values of Community, Respect, Inclusivity, and Creativity.

When staff notice students demonstrating these values in action, they may offer a Seyhawk Sighting Ticket. Students can also take part by recognizing peers, or even staff members, who model our values, with a staff member signing the ticket to acknowledge the nomination. Tickets will be dropped off in the office for a school-wide shout-out and entry into a monthly prize draw.

Seyhawk Sightings are about noticing the small, meaningful choices that our students are making that shape our culture of care and make Seycove a place where everyone belongs and can thrive.

Looking ahead, we have several upcoming programming and information events for students and families in the coming weeks. More details were sent out in a separate letter and are posted on our website: [Seycove Course Pro-](#)

[gramming](#). We encourage families to stay connected and informed as these opportunities approach.

As we move further into the winter season, we are also mindful of extreme weather. In the event of snow or challenging conditions, families are reminded to check the North Vancouver School District website and official district communications for the most up-to-date information regarding school closures or schedule changes, in case we are faced with extreme weather. Hopefully, we don't get to that point, and the snow stays on the mountains!

We look forward to this next stretch as we finish out January and start to look ahead to Spring. Thank you, as always, for your continued partnership and support.

Kindly,

Meghan Downie

Principal  
Seycove Secondary at sáyəmətən

## SEYCOVE CALENDAR

Jan 26	School Based Pro-D No School for Students
Feb 4	Grade 7 Programming Night 7pm Cafeteria
Feb 5	Programming Info Night Grade 8 - 6pm Cafeteria Grade 9 - 6pm Theatre Gr 10/11 - 7pm Cafeteria
Feb 13	District Wide Professional Day No School for Students
Feb 16	Family Day Stat Holiday School Closed



CREATIVE RESPECTFUL  
& INCLUSIVE Community



# Updates & Reminders

## Yearbook Cover Design Contest!

The Seycove Yearbook is hosting a cover design contest!

Create an original cover design inspired by the theme

- ***Beneath the Surface.***

Your design should: incorporate the theme; include ocean-inspired imagery; be timeless and school-appropriate and; be 100% original (no copyrighted imagery).

Your design should include the following text: *Beneath the Surface; 2025-2026; Seycove Secondary School or Seycove at sáyəmətən*

**Submissions due: February 9th**

**Send your submission or questions to [Ms. Shoop](#)**

We can't wait to see your creativity!



## 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](#)
- 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.



## Homestay Families Needed

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

The NVSD has secondary school international students in need of a homestay placement for the school terms beginning February 2026, September 2026, and February 2027. If you are interested in hosting an international student, please reach out to the 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

## The Experience of Autism for Girls and Women - Online Workshop

Foundry North Shore presents an online workshop for parents and caregivers, schools, and mental health professionals on Thursday, January 29 from 9:30am-11:00am. Participants will gain insight into demand-avoidant profiles, co-occurring mental health needs, and the diverse ways autism can present across genders. [REGISTER](#)



## 2026 Brilliance Gala & Auction - Tickets On Sale Now

**March 11, 2026 | 5:30pm | Gordon Smith Gallery of Canadian Art | [Info & Tickets](#)**

Following the success of our [2025 Gala at Camp Smith](#), co-Chairs, Ian Wallace, OC, and Krista Whitelock, invite you to an elegant evening at the Gordon Smith Gallery of Canadian Art, celebrating creativity, community, and the transformative impact of art education.

Hosted in the Gordon Smith Gallery, and limited to just 19 tables, our early bird pricing for tickets and tables for the 2026 Brilliance Gala at the Gordon Smith Gallery are now [live](#) until January 31st.

The Brilliance Gala is a chance to come together to support a key facet of Gordon Smith's legacy: quality, artist- and educator-led arts education for children and youth across the Lower Mainland through [Artists for Kids](#). As public funding becomes increasingly constrained, your support helps safeguard long-term sustainability by protecting the specialized people, tools, and learning environments that make high-quality arts education possible.



This intimate soirée features exquisite dining by **Chef David Hawksworth** and a carefully curated auction, set within a warm and artful atmosphere surrounded by Canadian art.

In 2025, the Gala raised **over \$228,000**, supporting arts education for **more than 3,500 children and youth** across the Lower Mainland. With your support, we can continue to increase our reach and offer the life changing benefits of arts education to even more youth.

## Artists for Kids 2025 Fall Limited Edition – Now Available for Acquisition

Now on display in the Gordon Smith Gallery lobby is *Sínulhkay*, a stunning new limited-edition publication by artists Lauren Brevner and James Harry. This is a rare opportunity to own a meaningful work of art while directly supporting arts education in our school district.

Investing in this edition means investing in creativity, learning, and the next generation of artists. To learn more, visit the [Artists for Kids Editions](#) website.

To view the piece in person, visit the Gordon Smith Gallery - Open Monday - Friday 8:30am - 4:30pm.





# Celebrations of Learning

## Dans l'œil du dragon

French 12 students stepped into the world of entrepreneurship by organizing their own Dragon's Den. Each group was tasked with creating a product, preparing a business pitch, and presenting it entirely in French. They brought their objects to class and carefully structured their presentations to include the problem their product solves, the target market, projected revenues, and future business projections. To make their pitches convincing, students had to persuade their peers to invest in their ideas. The creativity was impressive, with businesses

ranging from a temperature-regulating t-shirt, a flexible travel pouch, and 3D plastic furniture to car detailing services. This project not only strengthened students' French communication skills, but also encouraged

critical thinking, collaboration, and creativity by blending language learning with real-world business challenges. - Mme. Herrera Dominguez

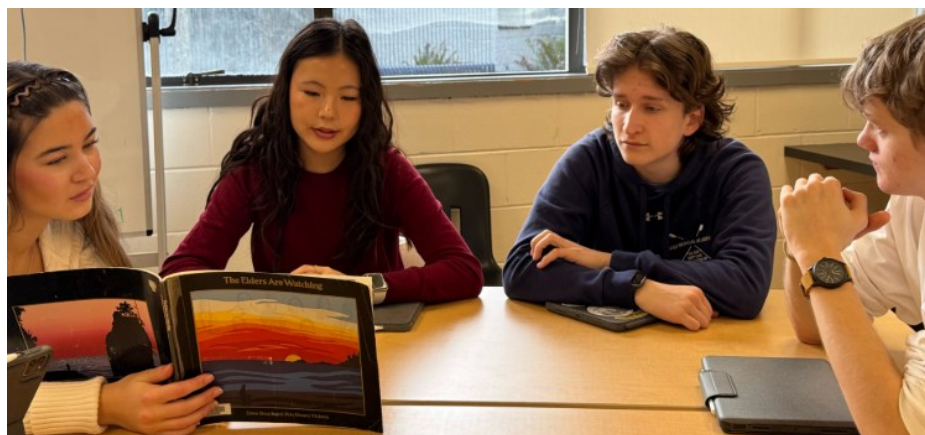




# Celebrations of Learning

## Storytelling as Knowledge

As part of our place-based learning project for their BC First Peoples 12 class, PLP 11 learners engaged with Indigenous picture books by authentic Indigenous authors to understand storytelling as a form of knowledge, not just narrative. These texts model how land, memory, and responsibility are carried through story within oral tradition, helping students apply their learning about place, perspective, and relationship as they develop their own responses to the essential question: what do people often overlook about the land they live on and how can I help them notice it? Everyone had fun returning to their elementary



school reading roots! Soon, that knowledge will be carried forward in their own oral narrative about a place in our community. Stay tuned for more to come!





# Library Loop

## Shelf Life: 'Oh, Canada!' A Featured Collection from Seycove Library



Our latest library display celebrates Canadian authors: new favourites, old friends, and everything in between. We're always happy to welcome book donations, because every book finds its reader eventually (and thanks to PAC, they get to read them in some pretty great furniture).

### From the Shelf Picks: Canadian Voices

**The Trickster Trilogy by Eden Robinson**  
Fans of sharp humour, unforgettable characters, and a little bit of magic might want to meet Eden Robinson's *Trickster* trilogy—a Canadian favourite waiting on our shelves.

### Shelley Hrdlitschka's Novels

Looking for stories that actually get teen life? Check out Shelley Hrdlitschka, a local author whose novels are relatable, fun, and impossible to put down.

### No Logo by Naomi Klein

Think brands just sell stuff? Think again: Naomi Klein's *No Logo* shows how companies shape culture, ideas, and even rebellion. Check it out!





# Post Secondary & Careers

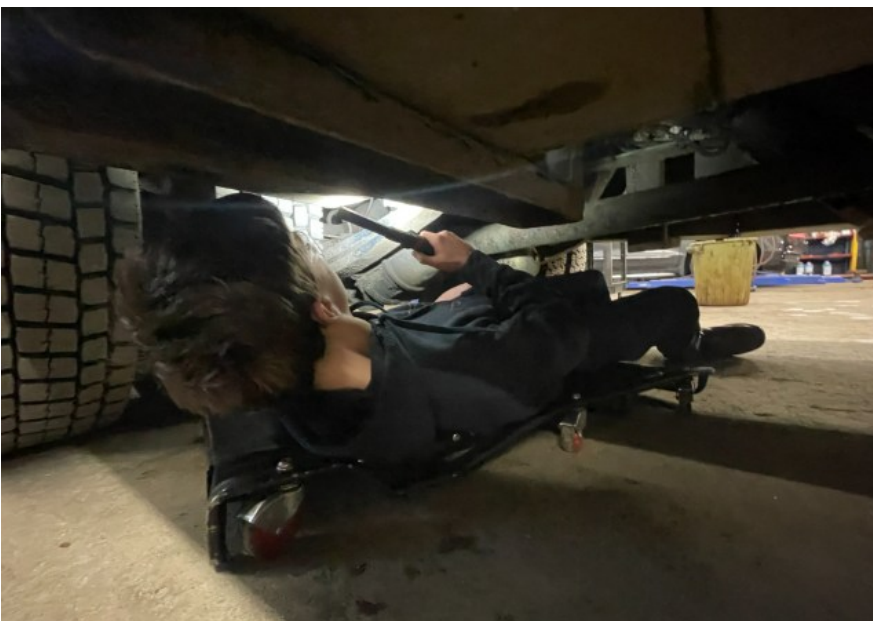
## Work Experience Stories: Ben Learning the Ropes at the Repair Shop

Ben's afternoons look a little different and sound a little louder these days. Through the Work Experience (WEX) course, Ben has been interning with the [The Parkway Crew](#), a locally owned, full-service auto shop, where curiosity, hard work, and a love of mechanics come together.

Ben joined WEX wanting to explore a possible career as a mechanic, and it's no surprise - mechanical interest runs in the family, with Ben's dad working as a heavy-duty mechanic. At Parkway Crew, Ben spends two afternoons a week learning the ropes. While much of his time is spent observing and following the mechanics around the shop, he's also known for asking lots of questions. Their willingness to teach has made a big difference, and Ben has already picked up new skills. Matt, one of the shop supervisors who enjoys having WEX students, says Ben "seems keen and isn't afraid to get dirty - he'll crawl under a truck with the guys to look at a repair, etc." This hands-on attitude has allowed Ben, under supervision, to take on some minor tasks on his own.



What Ben enjoys most? "Everyone is really nice and they're all willing to answer my questions and show me what they're doing." He's gained a new appreciation for how complex and physically demanding mechanical work really is, and a deeper respect for his dad's career.



Ben's curiosity doesn't stop at cars. He's exploring future training options, including the Heavy Duty Mechanic program at VCC, and recently took part in BCIT's Spend a Day program, where he shadowed a millwright cohort and learned about working with hot and cold rolled steel. For now, Ben is keeping his options open, continuing to learn, ask questions, and explore where his fascination with mechanics might take him next.

Thank you to [The Parkway Crew](#) and all of our local businesses who support our Work Experience Students! If you are interested in hosting a student, please reach out to [Work Experience Facilitator, Janice Knapp](#).



# Post Secondary & Careers

## Dual Credit and Career Programs Information Night

**Tuesday, Feb 3 | 6pm-7:30pm | Carson Graham Secondary | [REGISTER](#)**

Save the date for this popular information night!

Students and families are invited to explore a variety of **dual credit and career exploration opportunities** available to learners in **Grades 10-12** including the Culinary Arts Program at Carson Graham, Early Childhood Education Assistant Certificate and [Dual Credit Health Care Assistant & Medical Lab Assistant](#).

Parents and students in **Grades 9-11** are strongly encouraged to attend if there is an interest in the skilled trades, culinary arts, health care, or early childhood education.

- 6:00pm-6:20pm Exhibitor table walk through
- 6:25pm-7:05pm Sit down presentations with BCIT, VCC, Langara and NVSD Co-Op and WEX
- 7:05pm-7:30pm Exhibitor tables for additional information



### Early Childhood Education Assistant Certificate

Dual Credit Program  
Open to Grade 11 and 12's  
September - June  
• Online with Face-to-Face  
Delivery 1 day a week  
Day 1 - Period 4 - Location TBD



## 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!



## 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
- Professional Recording Arts
- Fashion Design
- Game Design
- Graphic Design
- Interior Design
- Jewellery Design





# Post Secondary & Careers

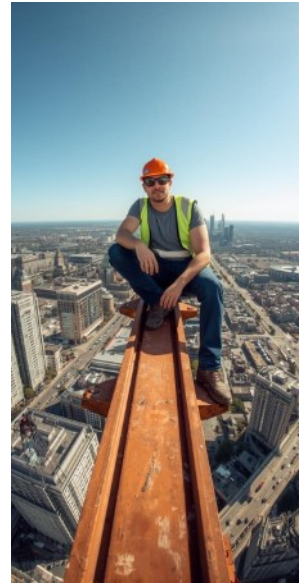
## Ironworkers Rebar Bootcamp Opportunity - Feb 5 & 6

Ever wondered what it's like to help build bridges, towers, and massive structures that shape our cities? Students in **Grades 11 and 12** are invited to take part in a **two-day Ironworker Boot Camp**—a hands-on experience that offers an up-close look at one of the most exciting skilled trades out there.

This boot camp puts you right in the action. You'll learn what ironworkers do, work with real materials, and even experience what it's like to stand **a storey high on an iron cross beam**—safely supervised—just like professionals on the job. You'll also help assemble a bridge structure, gaining firsthand insight into the skill, teamwork, and precision this career demands.

If you enjoy working with your hands, aren't afraid of heights, and want a career that literally helps build the future, this experience is for you.

**Spots are limited—don't miss out!** [Message Mrs. Knapp](#)



## RCMP For a Day Workshop - March 3

Ever wondered what really happens behind the scenes of police work? Senior students, especially **Grade 12s**, are invited to take part in an exclusive **Day in the Life of an RCMP Officer** experience.

This immersive opportunity gives you a firsthand look at the real daily work of an officer. Students will explore how officers respond to 911 calls, hear real-world stories from the jail, meet the K9 Unit, learn about the Emergency Response Team, and see how traffic safety and community protection are handled on the ground. You'll gain insight into the skills, decision-making, and teamwork required in high-pressure situations.

This experience is ideal for students interested in careers in **public safety, policing, forensics, or criminology**.

⚠ **Limited seats available** with priority given to **Grade 12 students**—don't miss this unique behind-the-badge experience! [Message Mrs. Knapp](#)



## Exploring Careers in the Arts - 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





# Post Secondary & Careers

## Vancouver Film School Open House

**Saturday, Feb 7 | 10am-1pm | Vancouver Film School | [REGISTER](#)**

Vancouver Film School invites you to take the first step in your creative career at our **Open House**. Explore our world-class production centre in-person! From our award-winning industry production programs to our part-time online offerings, post-graduate degree options, and scholarship opportunities, you will get the full scope of the VFS student experience.



## Women In Orthopaedics Virtual Workshop

**Saturday, February 21 | 10am-11:30am | Virtual | [Register Here](#)**

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 through guided discussion of real-world orthopaedic cases and clinical decision-making.



## BCIT Enhanced Bridge Watch Training Program - Info Night

**Wednesday, March 4 | 6pm-7pm | Online | [REGISTER HERE](#)**

Marine training at the BCIT Marine Campus combines classroom learning with hands on experience to work aboard vessels ranging from tankers, ferries, bulk carriers, tugs, cargo and offshore supply vessels. If you have always wondered what it would be like to work with these types of ships, join us to find out more. The info session will start promptly at 6:00pm with a presentation and conclude with a question and answer period with program staff and covers three programs: [Nautical Sciences Diploma](#) ; [Marine Engineering Diploma](#) and [Advanced Diploma](#) and; [Bridge Watch Rating Enhanced](#) where **Women and Indigenous learners are eligible for fully subsidized tuition.**



Youth

**Tuesday, March 10 | 4pm-7:30pm | Italian Cultural Centre | [Register Here](#)**

Get ready to explore exciting career paths and hands-on experiences at the Youth Trades Fair - it's where your future begins!

The Building Tomorrow Youth Trades Fair is designed to connect youth with the wide range of career opportunities available within the trades sectors. Representatives from leading trades schools, companies, and institutions will be present to provide information about education pathways, job opportunities, industry trends, and more. Attendees will have the chance to learn firsthand about careers in engineering, construction, and other fields. The fair will also be supported by a number of generous sponsors who are committed to fostering growth in the trades industry.





# Seycove Snapshots

## RO-SHAM-BO SHOW-DOWN!

Seycove students battled it out in an action-packed game of rock-paper-scissors where the winner takes all! Throughout the day, students competed to collect as many bracelets as possible, with the ultimate showdown happening at lunch. Only those with more than eight bracelets earned a spot in the final battle for the crown.

The tension peaked when siblings Nina and Ross faced off in the final round, with Nina making the winning move and claiming the title! A big congratulations to our top three finalists: **Nina, Ross, and Olivia.**

It was a fun-filled day full of strategy, quick thinking, and a little sibling rivalry—Seycove's Roshambo Day did not disappoint!





# Seycove Seyhawks



## RBC + Seycove Ski & Snowboard Team Clean Up

On Saturday, January 10th, members of the Seycove Ski and Snowboard Team demonstrated leadership and care for our community by taking part in a school grounds clean-up, generously supported by a \$1,500 RBC Community Grant. This initiative reflects Seycove's commitment to responsible citizenship, environmental stewardship, and community engagement. Thank you to RBC and Lindsay Whitham for supporting our students and empowering them to make a positive impact on their school and community.



## Seycove Gymnastics Team Setting the Bar!

Here's a look at our team who participated in the uneven bars competition this week. Each gymnast performed really well and supported one another throughout the event. With the guidance of their dedicated coaches and their own hard work, the team is off to a strong start this season.





**Saturday, March 7**

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

The Seycove Parent Advisory Council is pleased to invite you to our  
42nd annual Seycove Community Auction & Dance,  
taking place on Saturday, March 7, 2026

This signature fundraising event brings together parents, caregivers,  
staff, and community members for an evening of  
connection, entertainment, and school spirit.

Guests will enjoy a variety of hot food stations, two full-service bars, a games  
area, and exciting raffle and auction opportunities. Proceeds from the evening  
directly support students across the Seycove Family of Schools  
—Dorothy Lynas, Sherwood Park, Cove Cliff, and Seycove Secondary —  
funding enrichment programs, extracurricular activities,  
and learning resources that benefit all learners.

 Tickets are on sale now:

**TICKETS**

How you can help:

**Volunteer:** We rely on parent and student volunteers to help with setup,  
games, raffle sales, and event support. Volunteering is a wonderful way to give  
back—and students are encouraged to volunteer as well to earn service hours  
and support their school community.

**PARENT  
VOLUNTEERS**

**GRADE 11 & 12  
VOLUNTEERS**

Every ticket purchased, donation made, and volunteer hour given helps  
strengthen opportunities for our students. Thank you for supporting PAC  
initiatives and helping make this event a success.