



SEYCOVE SECONDARY  
at sáyəmətən

# SCHOOL NEWSLETTER



January 9, 2026

Dear Seycove Community,

Happy New Year to you all. I hope the winter break offered time for rest, connection, and moments of joy. I know that transitions back into routine can be tricky for some of our students, which is why I continue to be intentional about making Seycove a welcoming, safe, and supportive place for all of our students as we begin this next stretch of the year.

I would like to extend a heartfelt thank you to our Student Council team for organizing such a wonderful celebration on our last day before the winter break with the pancake breakfast. The food, music, and atmosphere created a joyful space where students and staff could come together, connect, and simply enjoy being part of the Seycove community. Moments like these remind us how important it is to share in joy together, and we are so grateful for the care, creativity, and leadership our students and staff bring to these experiences.

As we enter the second half of our school year, our focus naturally shifts toward deeper learning and intentional action. This is the time when classroom work, student voice, and school planning come together in meaningful ways. We will continue to move our school goals forward by living into our Seycove values of Creativity, Respect, Inclusivity, and Community, and by strengthening the sense of connection and belonging that defines our community.

Already, our focus will also begin to shift toward planning for the next school year. In the coming weeks, families will receive information about course programming presentations for parents, scheduled for early February, as well as details about the course request process for students. We encourage students and families to begin thinking thoughtfully about plans for next year, including interests, goals, and balance. Starting these conversations early helps ensure strong, well-informed decisions and supports a smooth transition into the year ahead.

The new year also invites some of our Grade 12 students to grow in their independence when it comes to driving. A reminder to our Grade 12s who may be newly licensed drivers in the coming months to take extra care on the roads, particularly during the dark and wet winter months and around our school. Safety is so important, not only at Seycove but in our community and beyond.

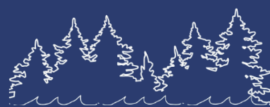
It is truly a pleasure to be back together as a Seycove community as we move toward spring. Thank you for your continued support, partnership, and appreciation as we carry this important work forward together.

With gratitude

Meghan Downie  
Principal  
Seycove Secondary at sáyəmətən

## SEYCOVE CALENDAR

Jan 13-14	Grade 10 Literacy Assessments
Jan 14	Academies Night - Open House Carson Graham 6pm-8pm
Jan 19-21	Grade 12 Literacy Assessments
Jan 20	PAC Meeting - 7pm Library
Jan 26	School Based Pro-D No School for Students



CREATIVE RESPECTFUL  
& INCLUSIVE Community



# 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](#)
- 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.



## Literacy Assessments

**GRADE 10 LITERACY ASSESSMENTS** are coming up next week. Here is the schedule:

January 13 - 8:00am	Last Name A-F - LIBRARY	Last Name G-Mon - ROOM 317
January 14 - 8:00am	Last Name Mor-S - LIBRARY	Last Name T-Z - ROOM 317

**GRADE 12 LITERACY ASSESSMENTS** take place the following week. Here is the schedule:

January 19 - 8:00am	Last Name A-C - ROOM 317	Last Name D-G - LIBRARY
January 20 - 8:00am	Last Name H-L - ROOM 317	Last Name M-R - LIBRARY
January 21 - 8:00am	Last Name S-Z - ROOM 317	

Questions? Contact VP Paul Ruben

## Dates of Significance - January

Below are dates our community may recognize, observe or celebrate for the month of January.

- 1: New Years Day
- 4: National Ribbon Skirt Day
- 15: Black Excellence Day
- 27: International Holocaust Remembrance Day

2026							JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT							
				1	2	3							
4	5	6	7	8	9	10							
11	12	13	14	15	16	17							
18	19	20	21	22	23	24							
25	26	27	28	29	30	31							



# Updates & Reminders

## Give Your Student's Favourite Books a Second Life!

Got a book or books your student has finished and loved? As families start the new year and do a little post-holiday organizing, our Seycove Library would be thrilled to welcome gently used books that other students can discover and enjoy.

Even if we can't add every book to our shelves, any donations we are unable to use will be thoughtfully passed along to other schools or community organizations, so they continue to be appreciated.

Thank you for helping us spark curiosity, imagination, and a love of reading—one passed-along story at a time!



## 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.



## 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.

Proceeds from the Artists for Kids Limited Edition Portfolio program help fund gallery programs for young people, professional development for educators, artist residencies, art camps, scholarships, bursaries, and future additions to the Artists for Kids and Gordon Smith Gallery permanent collections.

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

## Food Studies Gingerbread Competition

This year's Gingerbread Competition brought together an incredible display of imagination, teamwork, and festive craftsmanship. Students spent days designing and building their creations, using gingerbread, icing, and candy to bring their ideas to life. With dozens of unique entries, the competition showcased just how creative our students can be.

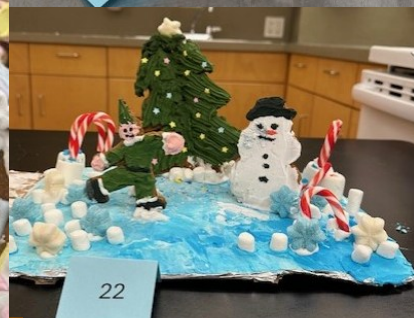
After all the votes were counted, a few standout creations rose to the top.

In the **Junior Division** winner was **The Polar Express** by Tyler M., Anna S., and Louisa F.

In the **Senior Division** the **Grand Prize** was awarded to **Whoville** by Kira B., Sophia G., and Isla B

Finally, the **Overall Winner**, selected by teachers for outstanding concept and execution, was **Simpsons House** by Hannah D., Leah, and Lilah.

A huge [congratulations](#) to all participants for making this year's event such a festive and memorable celebration of creativity.





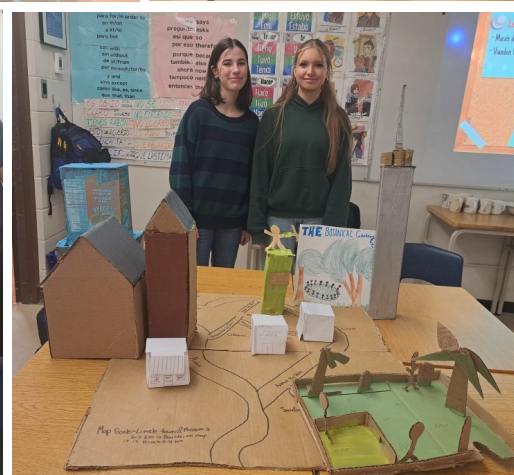
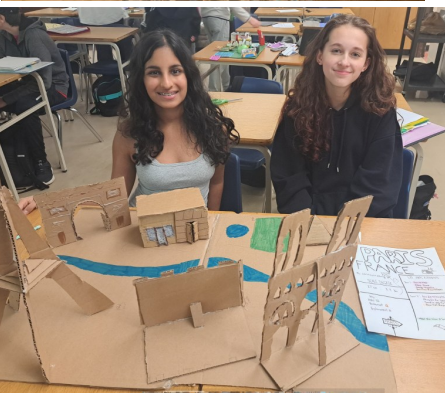
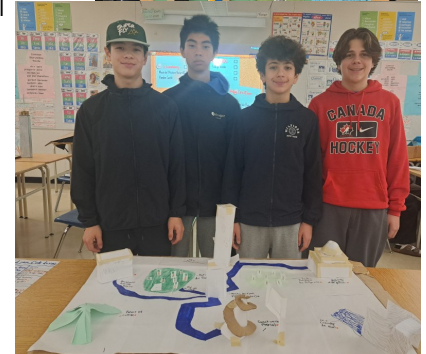


# Celebrations of Learning

## French 9 - Francophone City Map Projects

Our French 9 students embarked on an exciting project where they designed a 3D map of a Francophone city they would like to visit on a field trip. As part of the task, they researched key landmarks to explore, prepared a budget to cover entrance fees and lunch, and created a detailed itinerary for the day. To make their plans realistic, they also looked up directions to travel from one site to another, ensuring their journey was both practical and engaging. This project combined language learning, cultural exploration, and real-world skills like budgeting, planning, and navigation. Students not only practiced French vocabulary but also gained a deeper appreciation for the diversity of Francophone regions: France, Luxembourg, Ivory Coast, Democratic Republic of the Congo, Canada, Haiti, Belgium and more.

- Ms. Herrera Dominguez





# Celebrations of Learning

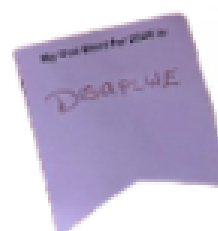
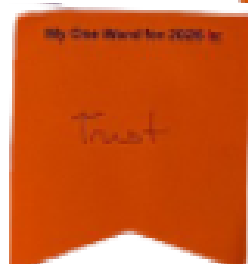
## AP Psychology - Research-Backed Resolutions for the New Year

Research shows that New Year's resolutions are far more sustainable when they are **intrinsically motivated**—driven by personal meaning and internal goals rather than external pressure or rewards. Studies on motivation and goal-setting also highlight that resolutions are most effective when they are

**tangible, specific, and realistically attainable**, which increases self-efficacy and long-term follow-through.

Students were asked to choose personal “words” to focus on in 2026. These words should reflect students' internal values, guide daily choices, and keep goals flexible yet intentional.

Let's look forward to a year of purposeful growth, psychological insight, and a strong, science-backed start to 2026.



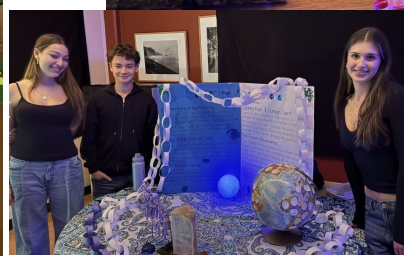
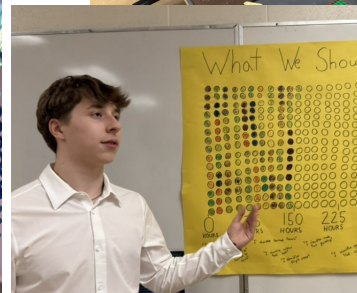
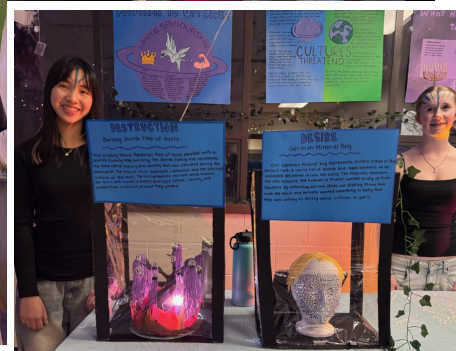




# Celebrations of Learning

## Echoes of Pandora: PLP's Winter Exhibition

This year's Winter Exhibition invited our community to look beyond the spectacle of *Avatar* and consider how storytelling, art, and human choice shape the world we live in. Inspired by the film's exploration of power, land, technology, and resistance, PLP learners from Grades 8–12 created an immersive experience blending science, history, dialogue, and creative expression. Visitors explored glowing studies of bioluminescence that revealed nature's ingenuity, historical installations tracing how industrialization and war reshaped societies and memory, and thoughtful debates connecting cinematic themes to real-world issues. The exhibition culminated in bold, original artworks that challenged audiences to reflect on responsibility, identity, and the consequences of our choices - reminding us that learning like this matters because it helps us understand the past, question the present, and imagine better futures together. To celebrate their hard work and learning, the learners attended a private screening of *Avatar: Fire and Ash* the following day—an experience that brought their ideas full circle and highlighted the power of storytelling to inspire reflection and action.







# Celebrations of Learning

## Senior Artist Spotlight: Leo Cortes

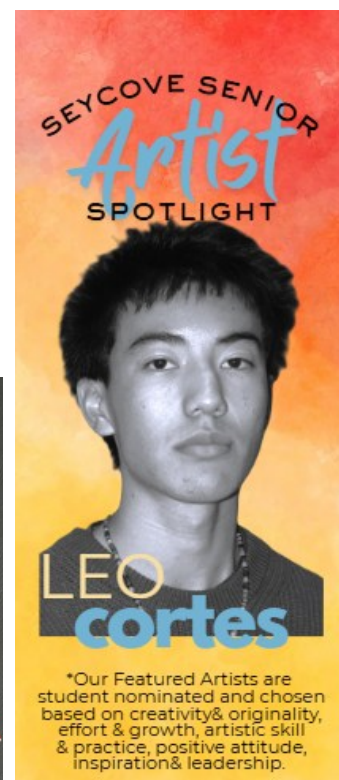
Leo Cortes is in our Artist Spotlight for his impressive attention to detail and design skills!

Leo's mask, our most recent project, showcases his excellent use of collage, with thoughtful choice of materials, tone, and areas of emphasis that bring the piece to life. His preliminary sketches demonstrate careful planning and a clear artistic process.

His curiosity and unique creative voice shine through in his robot assemblage, reflecting his interest in gears and mechanics. Leo was also one of our student artists invited to an Artists in Residency workshop hosted by Artists for Kids in October, focused on charcoal drawing techniques. He works efficiently, stays focused, and rises to challenges when encouraged, making

him a standout member of the Senior Art community.

- Ms. Shoop



\*Our Featured Artists are student nominated and chosen based on creativity & originality, effort & growth, artistic skill & practice, positive attitude, inspiration & leadership.







# Post Secondary & Careers

## Dual Credit and Career Programs Information Night

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

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 being offered at Carson Graham.

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.

Evening Format:

- |               |  |
|---------------|--|
| 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 programs |
| 7:05pm-7:30pm | Return to exhibitor tables for additional information                          |



**Registration Link:** [Dual Credit and Career Programs Information Night – Fill out form](#)

## 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





# GRAD 2026



## Grad Friendship Photo Sessions - Sign Up Today

Artona is looking forward to seeing Seycove grads for their Grad Friendship Group Sessions!

**Photo Date: January 19, 2026**

**Location: Seycove Cafeteria**

To book a session: [artona.com/bookings](https://artona.com/bookings)

For more information on the event: [Artona Grad Groups Photos](#).



## Grad Gown Orders - Due Now

Planning for our graduation ceremony is well underway!

Grads were reminded this week to submit their gown orders using the **form in the Grade 12 Team**—please be sure to complete it so we don't have to guess your height.

Orders are due February 13th.



### GRADUATION GOWN SIZE CHART

Size	Height
39	4'6" - 4'8"
42	4'9" - 4'11"
45	5'0" - 5'2"
48	5'3" - 5'5"
51	5'6" - 5'8"
54	5'9" - 5'11"
57	6'0" - 6'2"
60	6'3" - 6'5"
63	6'6" - 6'8"



## CLC 12 - Large Group Workshops

Go International joined the CLC 12 classes on Dec 12th and 17th to share a workshop on working and travelling abroad.

Next workshops are:

1. Stress Management and Resilience with the Crisis Centre on January 9th and 16th
2. Sexual Health and Healthy Relationships with Vancouver Coastal Health on January 23rd and 30th.



A reminder that Friday large group CLC workshops are mandatory classes.





# Seycove Snapshots

## Santa's Breakfast

A huge thank you to Seycove staff and Student Council for making Santa's Breakfast such a joyful morning! Staff took over the kitchen, serving up more than 500 pancakes and 400 sausages, while students enjoyed trivia, door prizes, the dreidel game, classic holiday movies, a special visit from Santa, and fantastic live music from Mr. Madill and the small jazz ensemble.

Thank you to everyone who helped create such a fun and festive way for our community to come together before Winter Break.



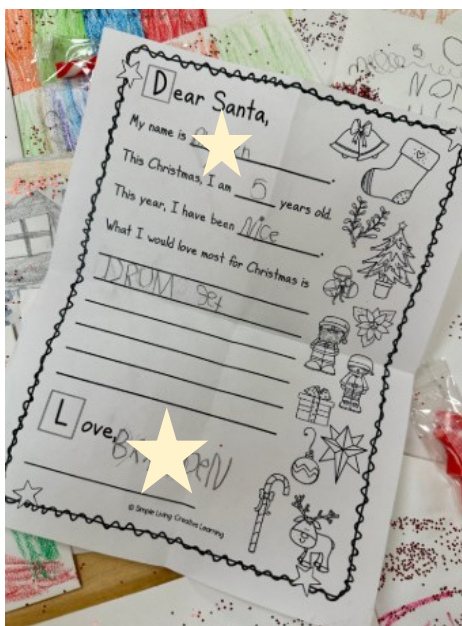




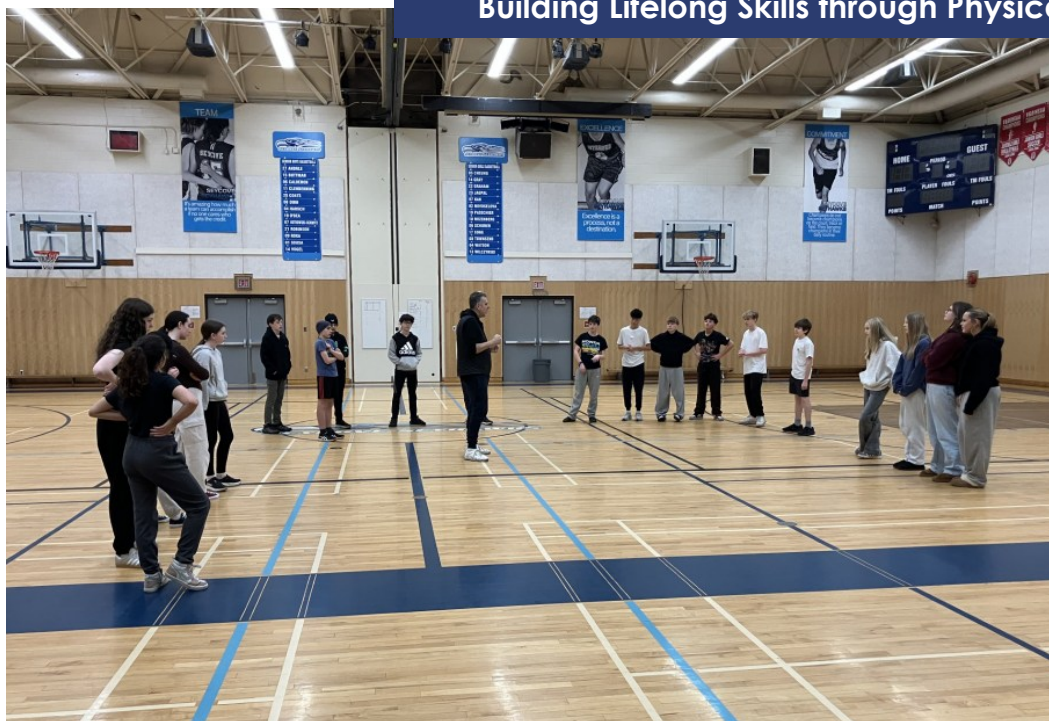
# Seycove Snapshots

## Santa's Helpers -

Student Council members recently took on a very important holiday role—becoming Santa's helpers for a kindergarten class at Sherwood Park! After receiving letters filled with glitter and big dreams (including drum sets, puppies, and even dinosaurs), our student “elves” carefully wrote back to each child. Their replies let the kindergarteners know their letters had safely arrived at the North Pole and that Santa and his busy workshop would do their very best. Lots of smiles, creativity, and holiday magic went into every letter, making this a heartwarming exchange and a joyful way to spread some festive cheer.



## Building Lifelong Skills through Physical Education



PHE classes recently explored practical self-defence with Tomislav Kero, focusing on awareness and reaction.

Through hands-on learning, students developed confidence, situational awareness, and real-world skills that align with the core goals of physical education: building healthy, capable, and prepared individuals both inside and outside the gym.





# Seycove Seyhawks



## Annual Alumni v. Seniors Basketball Game

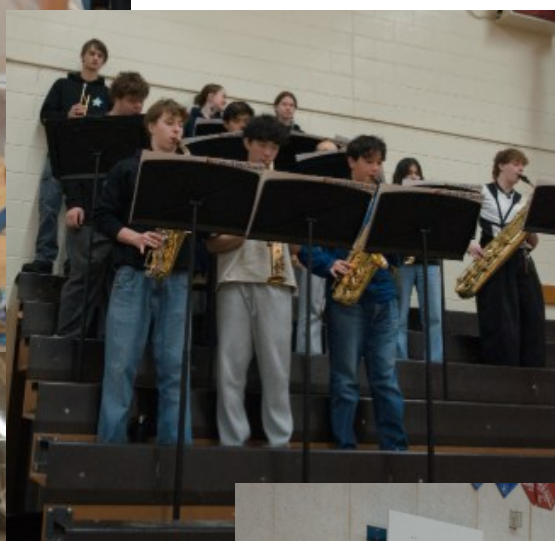


### ALUMNI vs. SENIORS



It was a packed house for the annual Alumni vs. Seniors basketball game, with an enthusiastic crowd and familiar faces back in the building. The game was competitive and fast-paced, with the seniors edging out the alumni in a matchup that kept everyone engaged.

A big thank you to the organizers for making this annual event run so smoothly and for continuing a tradition the school community looks forward to each year. Special thanks as well to the jazz band, led by Mr. Madill, whose music kept the energy up and added to the lively atmosphere throughout the game.



It was a fun, well-run event and a great example of school spirit and community connection.



Photos: Yearbook Matteo