



SEYCOVE SECONDARY  
at sáyamətən

2025  
HAPPY NEW YEAR

# SCHOOL NEWSLETTER

January 10, 2025

Happy New Year, Seycove families!

I hope everyone enjoyed a restful and rejuvenating break. As we welcome 2025, this newsletter provides a wonderful opportunity to look back on the many incredible events and activities that took place at Seycove before the holiday. School spirit was truly at its peak, with students and staff coming together to celebrate learning, athletics, arts, each other, and the season, in general.

As we dive full force into January, we continue to carry that good energy forward. This month marks the beginning of our course programming timeline for the 2025-26 school year. Students are encouraged to start thinking about the courses they might like to request, as we prepare to send out more information about programming in the weeks ahead.

We encourage you to check out the [Course Programming](#) page to find updated information about course offerings and upcoming events. Families can also look forward to Enhanced Programs and Academies Night on January 15<sup>th</sup> at Carson Graham and our own course programming information sessions happening in early February.

Please note that Seycove has a school-based Professional Day on Friday, January 24<sup>th</sup>, so students do not have classes that day.

Wishing everyone a very Happy New Year. I look forward to longer - and hopefully sunnier - days, snow capped mountains, and a positive start to 2025 at Seycove.

Meghan Downie  
Principal

## SEYCOVE CALENDAR

Jan 13	Grad Group Photos 4:30 Pre-booked
Jan 14	PAC Meeting - Library @7pm
Jan 15	<a href="#">Enhanced Programming</a> Night -Carson Graham 6:30pm
Jan 21	PLP New Learner Info Session Cafeteria @7pm
Jan 24	School Based Pro D Day School closed to students
Feb 5	Parent Programming Night <a href="#">Locations &amp; Times HERE</a>



## National Ribbon Skirt Day - January 4, 2025

The ribbon skirt symbolizes the identity, traditions, and strength of First Nations women. National Ribbon Skirt Day, inspired by Isabella Kulak, a Grade 5 student from the Cote First Nation in Saskatchewan, is formally recognized each year on January 4<sup>th</sup>. Ribbon skirts are handmade, traditional garments that are adorned with colourful ribbons sewn along the bottom in rows. For Indigenous Peoples, these skirts represent a direct connection to Mother Earth and hold profound cultural significance. Ribbon skirts are worn to honour the strength, resilience, history, and culture of Indigenous communities across Turtle Island.

*Maya Graham - Grade 12 Seycove student*



# Updates & Reminders

## Dates and Events of Significance - January

January 4<sup>th</sup> - National Ribbon Skirt Day

January 15<sup>th</sup> - Black Excellence Day

January 27<sup>th</sup> - International Holocaust Remembrance Day

January 29<sup>th</sup> - Lunar New Year

[Subscribe to the NVSD Calendar HERE.](#)



## Grade 10 Literacy Assessments Next Week

**Grade 10 Graduation Literacy Assessments are taking place next week as follows:**

**Last Name A-H** - January 13, 2025: A-C in Room 317, D-H in Library on Laptops

**Last Name I-P** - January 14, 2025: I-L in Room 317, M-P in Library on Laptops

**Last Name R-Z** - January 15, 2025: R-Z in Room 317

Students should be ready at their location by 8:15am.



## Bell Let's Talk Day - January 22

Bell Let's Talk Day is an annual mental health campaign on January 22nd. This year, the campaign is focusing on youth mental health by donating funds to six youth mental health organizations.

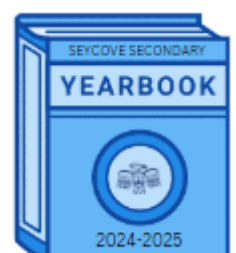
Seycove's Wellness Club will be recognizing this day by supporting mental wellness and reminding our peers that if you are facing challenges, you are not alone! If you want to take part in Bell Let's Talk, message Ms. Yeo, Ms. Margie Arnold or Ava Leas (grade 12) on MS Teams.

In order to be there for young people, keep the conversation about mental health going. Your efforts to de-stigmatize go a long way and encourage young people to reach out for help. - Ava Leas, Grade 12



## Yearbooks Still Available for Purchase

Good news! There is still time to pre-order your 2024/2025 yearbook. Don't miss out on the chance to capture and keep the memories of this school year! The Seycove yearbook is more than just photos—it's a collection of unforgettable moments, friendships, and achievements that you'll treasure for years to come. Celebrate everything that made this year special by pre-ordering your copy today. [Order HERE on SchoolCash Online.](#)





# Post Secondary & Careers

## Save the Date - Trades Night - Jan 23 or Feb 3

**Thursday, January 23, 2025 | 6pm-8pm | Sutherland Secondary**

**Monday, February 3, 2025 | 7pm-8pm | Windsor Secondary**

### Considering a career in skilled trades?

The North Vancouver School District invites students and their families to explore various opportunities available to high school students in Grades 10-12 that can get them started on their career pathway into the trades. Learn about opportunities from local businesses, [SkilledTrades BC](#), post-secondary representatives and NVSD career programming.

[Registration for Sutherland open until January 20th, 2025](#)

No registration required for the event at Windsor.



## Women in Science Evening @ BC Children's Hospital

**Tuesday, February 11, 2025 | 6:30-8:30pm | BC Children's Hospital Research Institute**

At BC Children's Hospital and BC Women's Hospital + Health Centre, we are proud to support the next generation of health scientists. At this unique event, designed specifically for grade 10-12 students, you will have the opportunity to connect with inspiring leaders and mentors who are making ground-breaking discoveries and innovations in research. Participants in our Women in Science event can expect to:

- Hear more about the latest in health research during our keynote lecture.
- Meet incredible leaders in research who are shaping the future of health science. Discover what inspired them to pursue careers in science, the challenges they've faced, and how they've overcome them.
- Be part of the discussion! This isn't your typical career panel. You'll have the chance to join small rotating groups of students, each paired with a Women in Science mentor. You'll be able to ask them questions, share your thoughts, and gain valuable insights from these incredible leaders.

**Register Here:** [Participant Agreement Form](#)



FEBRUARY 11



INTERNATIONAL DAY OF  
**WOMEN AND GIRLS**  
IN SCIENCE

## 2 Day RCMP Career Workshop - Feb 18 & 19

**Tues/Wed Feb 18/19, 2025 | 9am-3pm | Mountainside & NVRCMP HQ**

Grades 10-12 Students - Have you ever wondered what a career as a police officer would look like? If you are curious about a career in law enforcement, public safety or forensics, sign up to be part of this two day workshop. Students will get the chance to tour the North Vancouver RCMP office, go through a day in the life of an officer and take part in solving a crime. There are limited seats. Talk to [Mrs. Knapp](#) if you are interested. Priority will go to senior students.





# Post Secondary & Careers

## Junior Achievement Company Program - Apply Today!

**Tuesdays, Jan 14 - May 13, 2025 | 4:30pm-6:30pm | Capilano Suspension Bridge**

Have you ever thought about starting your own company? Do you know the skills required?

In 10-16 weeks you and other youth from across British Columbia will walk away with the tools and resources required to build your own start-up!

You will be grouped into teams to learn and work collaboratively with your peers. This immersive program will not only equip you with the essentials for launching your own business, but also nurture your teamwork, decision-making, and critical thinking skills.



[Visit here for more information and application.](#)

Over the course of the program, you will run your own business, from idea generation to company liquidation. You will use real money, real products and have real customers. As well, you will be part of a group of inspired and prepared individuals creating business strategies and personal action plans.

## STEM Fellowship Opportunity @UBC

**March 17-21, 2025 | UBC Vancouver Campus | [Application](#)**

The University of British Columbia (UBC) STEM Fellowship Branch has an upcoming opportunity for high school students (grade 9-12) to participate in cutting-edge research at a UBC laboratory through UBC's annual **Research Exploration Opportunity (REO) Program**.

This program will take place during the first week of **Spring Break 2025 (March 17th - 21st)**. Students will engage in activities including tours of research facilities, introductions to lab techniques and experiments, shadowing of lab personnel, and attending lab meetings, seminars, and faculty presentations. They will be mentored by graduate students (and participating lab members) and will be able to learn about the projects that their mentors are working on. There is no cost to participate in the program.

Applications are now open **until January 12th**. [Visit here for more information and the application.](#)



- Tour first-class research facilities
- Learn basic lab techniques and experiments
- Be mentored one-on-one by lab personnel

## Save the Date! International Universities Fair

**Saturday, May 3, 2025 | 1:00pm - 4:00pm | Vancouver Convention Centre**

For more information and to register, please [visit HERE](#).

*For more info on these and other upcoming career opportunities, please visit [Mrs. Knapp](#) in the Work Experience Office*





# Celebrations of Learning

## Foods 9/10 and 11/12 - Gingerbread Competition

The Foods 9/10 and the Foods 11/12 classes competed in Sey-cove's largest gingerbread house making competition at the end of December. Students were encouraged to create original designs out of gingerbread. Students and staff voted on the 78 different houses for their favourite ones at lunch.

The winners from the Foods 9/10 classes created the Cosy Cottage created by Ella Wentzel and Greta Deane.

The winners from the Foods 11/ 12 classes and best overall winner

created the Snoopy's Dog House by Aileen Park, Nyree Schiralli-Earle and Hannah Ward.







# Celebrations of Learning

## Social Justice - Downtown Eastside

Social Justice 12 students spent a meaningful morning in Vancouver's Downtown Eastside, gaining firsthand insight into the challenges of poverty and homelessness. The day began bright and early at 7 a.m. as students participated in the Christmas Wish Breakfast, where they contributed toys to the annual firefighters' toy drive. Following this, they attended the "Binners' Workshop," an eye-opening session on how some individuals in Vancouver earn a living by collecting redeemable and recyclable materials from dumpsters.

The students then visited Windchimes Shelter, where they distributed Christmas care packages to some of the city's most vulnerable residents. The field trip concluded with a tour and discussion at Triage Shelter, where students learned about the importance of fostering hope and support for people living on the streets. This impactful experience helped students deepen their understanding of social issues while encouraging empathy and action.



Photos: A Davey







# Celebrations of Learning

## PLP Winter Exhibition



Photos: A Davey





# Celebrations of Learning

Winter Choir Concert - Into the Unknown



Photos: A Davey



January 10, 2025





# Seycove Snapshots



## Textiles for Change Donates to Sage House

Seycove's Textiles for Change Club had a busy fall. Senior textiles students Maya, Laura, Maddy, Jaida and Emma (pictured below), lead the club with the mission of helping create items to make life better. This past fall the students chose to sew drawstring bags for [Sage House](#), a local transition house for women and children fleeing domestic abuse. The students not only hand made over 30 bags, they also canvassed businesses and neighbours to help fill the bags with personal care items that would be helpful for the women who come to Sage. Thanks to the generosity of our community, the students were able to fill the bags with items including toothpaste, shampoo, conditioner, tooth



floss, lotion, make up wipes, nail care and hair ties. "It's such a good feeling to know we were able to help make a difference with our sewing projects. We were overwhelmed by all the donations to help us with our goal!", says Maddy. As for their next project? "We've been in contact with the SPCA and we will be making some pet toys to help entertain the cats who are sheltered there." The group meets once a week but members often take home projects and work on them outside of school time. The club now has around 10 members who regularly contribute but they are always looking for more creative hands to help. Students interested in learning more can reach out to Maddy C in Teams or talk to textiles teacher, [Ms. Yen](#).

The club always welcomes donations and would be glad to collect thread, fabric and yarn for upcoming projects. Items can be dropped at the main office and addressed to 'Textiles for Change'.





# Seycove Snapshots



## Santa's Breakfast!

Thank you to our amazing staff and students for putting together Santa's Breakfast! Staff came in as early as 6am to get the kitchen set up for cooking over 700 pancakes and 600 sausages!



Photos: A Davey







# Seycove Seahawks



## Rowing to Success

Congratulations to Peyton Williams for his fantastic results this fall in his indoor rowing competitions. In November of 2024 he placed 10th in Canada for his 2000m time (U19 men) and 5th in Canada for his 6000m time (U19 men). These are all fantastic results that demonstrate his hard work and dedication to his sport. Well done Peyton!



## Annual Alumni Basketball Game



Seycove's annual Alumni Basketball Game took place on Tuesday, December 17th, featuring 16 recent graduates on the alumni team. Adding to the lively atmosphere, Mr. Barnes led the school band during breaks, creating an energetic and engaging vibe. Many classes joined the fun by heading to the gym to watch the action. The alumni team secured a 78-52 victory, though the Senior Boys put up a strong fight, with Michael Andrews standing out for his impressive outside shooting. This event is always a highlight of the final week before Winter Break, bringing the school community together for a fun and spirited game.

