



SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER

June 12, 2026

Principal's Message

As we head into the final weeks of the school year, there is much to celebrate at Seycové.

This has been a season of milestones and accomplishments. From graduation celebrations and student exhibitions to athletic achievements and performances, our students continue to demonstrate the creativity, dedication, and spirit that make our school community so special.

One recent highlight was our Senior Art Show. Supported by Esther Shoop and Skylar Gruys, the exhibition was an incredible display of talent, creativity, and personal expression. We are grateful to our staff and students for creating opportunities for all students to share their work and proud of our artists for the courage and commitment they demonstrated in bringing their ideas to life.

Another highlight this year has been the success of our Seyhawk Sightings initiative. Throughout the year, staff have recognized students who demonstrated our Seycové values of Respect, Inclusivity, Creativity, and Community in their daily actions. Whether through acts of kindness, leadership, perseverance, or simply showing care for others, it has been a joy to celebrate the many ways our students contribute positively to our school community. What began as a simple way to recognize and reinforce our shared values quickly became a meaningful part of school culture. We look forward to continuing and growing Seyhawk Sightings next year as we further strengthen our Culture of Care and celebrate the students who help make Seycové such a special place to learn and belong.

While this time of year is filled with excitement, it can also bring increased stress and pressure for students. With just over a week remaining, we encourage all students to stay focused on their attendance, coursework, and commitments as they finish the year strong. Every class and every day matters.

Families are reminded to review the year-end information and procedures that were shared last week.

A few key dates include:

- Thursday, June 18
 - School-wide National Indigenous Peoples Day Assembly & Celebration
 - Homeroom (12:40pm) and Locker Cleanout
- Monday, June 22
 - Resource & Textbook Return (check designated times)
- Thursday, June 25
 - Yearbook distribution (check designated times)

COMING UP

[Seycové Calendar](#)
[NVSD Calendar](#)



As a reminder, regular classes officially conclude on June 19. While students will not attend their regular timetable classes after this date, the following week remains instructional time dedicated to Review & Completion, textbook return, the publishing of final Learning Updates, and Yearbook pickup. Students who are invited by their teachers to attend during R&C are expected to do so, as these days remain an important part of the learning process and successful completion of courses.

Next week, we are especially looking forward to our school-wide celebration of National Indigenous Peoples Day on June 18. During the assembly, we will unveil a collaborative art installation connected to our gifted school name, sáyəmətən, "place of good water." The project includes contributions from students across the school and is inspired by flood stories and teachings from Indigenous people, including, but not limited to, First Nations, Métis, and Inuit cultures. This work represents a meaningful opportunity for students to engage with Indigenous stories, learning, and perspectives while contributing to a lasting piece of our school's identity.

I would also like to extend a sincere thank you to our PAC for the staff appreciation lunch they will be providing Seycové staff next week. Our staff are incredibly grateful for the generosity, care, and support of our families, not only through special events such as this, but throughout the entire school year. The partnership between home and school plays an important role in the success of our students, and we deeply appreciate all that our families do to support our learning community. We look forward to celebrating together as a staff and extending our thanks to the PAC in person next week.

As always, thank you to our students, staff, and families for the care, energy, and support you bring to our community. We look forward to celebrating the final weeks of the school year together – and to a very relaxing summer break!

Meghan Downie | Principal | Seycové Secondary at sáyəmətən

Creative, Respectful
& Inclusive Community





Congratulations Class of 2026

Graduation Ceremony - June 11 - Centennial Theatre



Last night, Seycove celebrated the graduation of 119 students as the Class of 2026 crossed the stage at Centennial Theatre surrounded by family, friends, staff, and community members.

The evening was a wonderful celebration of the hard work, perseverance, and achievements of this graduating class. In addition to receiving their diplomas, graduates were recognized for their academic, athletic, artistic, leadership, and community contributions.

More than \$100,000 in scholarships and bursaries were awarded during the ceremony. This represents just a portion of the incredible \$400,000+ in scholarships and awards earned by the Class of 2026, including entrance scholarships to post-secondary institutions across Canada and beyond.

We are incredibly proud of this group of graduates and all they have accomplished during their time at Seycove. Congratulations, Class of 2026 - we can't wait to see what comes next!



Updates & Reminders

Year End Schedule & Pick Up Times

	June 22 Resource Return Day	June 25 Yearbook Distribution
Gr 8	9:00am	9:00am
Gr 9	9:45am	9:45am
Gr 10	10:30am	10:30am
Gr 11	11:15am	11:15am
Gr 12	12:30pm	12:30am

COMING UP

Jun 12	Year End Choir Concert 7pm - West Van United
Jun 15	Year End Band Concert 7pm - Cap U Theatre
Jun 16	PAC Meeting - 7pm Library
Jun 17	Student Recognition Assemblies & Lunch
Jun 17	Athletics BBQ - 4:30pm
Jun 18	National Indigenous Peoples Assembly
Jun 19	Last Day Regular Classes
Jun 22	Resource Return Day
Jun 25	Yearbook Distribution Day
Jun 26	Administrative Day School Closed to Students

School Fees & Resource Returns



As we approach the end of the school year, families are reminded that outstanding school fees have been posted to [SchoolCash Online](#). Please note that all school fees must be paid before students can receive their yearbook. If you have any questions regarding fees or payments, please contact [Maureen Dawe](#).

We also ask that all borrowed school resources be returned by June 22.

This includes:

- Textbooks
- Novels
- Workbooks
- Calculators
- Team uniforms and athletic gear



Please note that locker clean-out will take place on June 18. Students should keep any textbooks and other borrowed resources at home after cleaning out their lockers and bring them back to school on June 22 for Resource Return Day.

Thank you for your help in ensuring a smooth year-end process.



Updates & Reminders

Bear Aware Reminders

There have been several reports of a young bear in the Seycove School area.

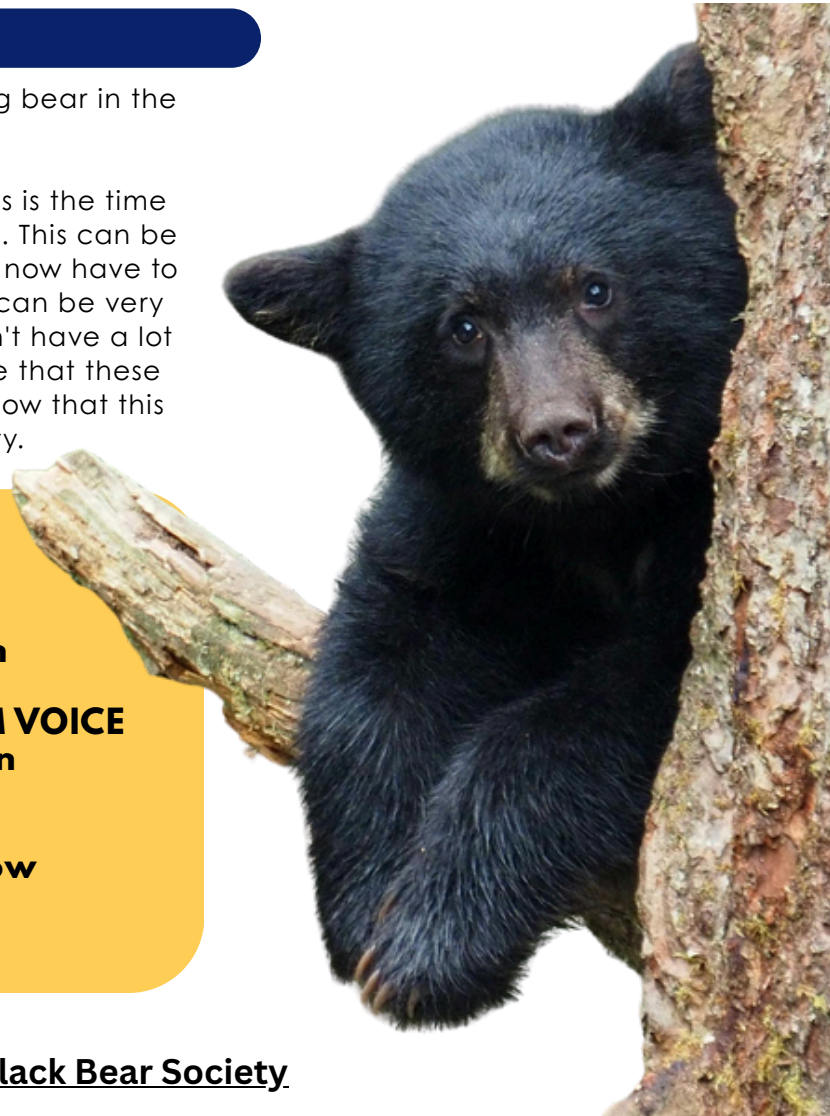
A reminder to our students and families, this is the time when mother bears disperse their yearlings. This can be a very confusing time for the cubs, as they now have to try to find food sources on their own. They can be very curious and persistent in this! They also don't have a lot of life experience, and we occasionally see that these cubs approach people. It's important to know that this is not aggressive behaviour, merely curiosity.

If you meet a bear:

- **STAY CALM**
– it helps to take a deep breath
- **SPEAK TO THE BEAR IN A CALM VOICE**
– this identifies you as a human
- **SLOWLY BACK AWAY**
– give the bear an exit and show you are not a threat



To learn more, visit: [The Black Bear Society](#)



Tennis Balls Wanted

The Physical Health Education department is seeking a donation of tennis balls.

If you have an abundance of tennis balls or are associated with a tennis club with tennis balls they wish to donate, please message [Mr. Earl](#).





Celebrations of Learning

Mind, Body, Spirit: AP Psychology Explores Wellness Through Shúkwm

On May 29th, the AP Psychology class had the privilege of participating in Shúkwm ("Spirit Bath"), a powerful cultural and wellness experience facilitated by Sempulyan Stewart Gonzales. Through guided reflection, connection to the land, and Indigenous teachings, students were invited to slow down, be present, and consider the relationship between mind, body, spirit, and community. The experience provided a meaningful opportunity to connect concepts of well-being, resilience, and healing from both psychological and Indigenous perspectives. Students left with a deeper appreciation for the importance of self-awareness, cultural knowledge, and holistic approaches to mental health.





Celebrations of Learning

French Students Attend Vancouver International Children's Festival

Students from French 9 to 12 enjoyed an exciting and enriching field trip to the Vancouver International Children's Festival. Throughout the day, they explored the vibrant Activity Village, where they visited a variety of interactive pavilions, participated in hands-on activities, and even enjoyed fun experiences like face painting.

A highlight of the trip was attending a live performance by Missy D, where students experienced Francophone music in an engaging and dynamic setting. They enthusiastically participated by singing, moving, and dancing along, making the concert both interactive and memorable.

This field trip provided a wonderful opportunity for students to connect with French language and culture outside the classroom while building a strong sense of community and enjoyment in their learning.

- Mme. Herrera Dominguez





Celebrations of Learning

Art from 44 Exhibition

The closing reception for *Art From 44* brought together community members, families, and educators to celebrate an inspiring collection of student artwork from North Vancouver Public Schools, including Seycove Secondary.

The exhibition featured works by ten talented Seycove students from grade 8 to 12, showcasing their creativity, technical skill, and unique artistic voices.

The accompanying photographs highlight selected pieces from the exhibition and capture the spirit of this special celebration of student achievement.

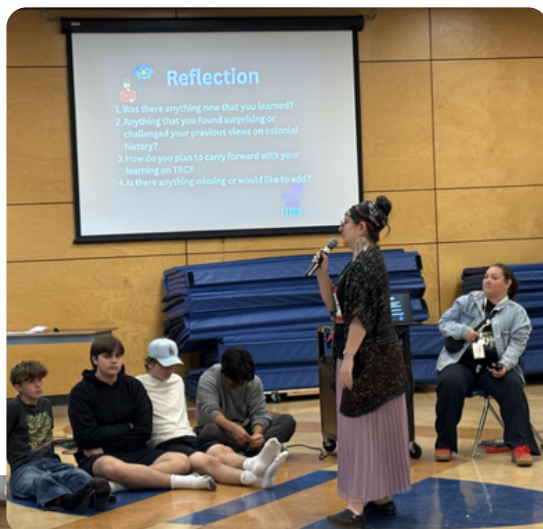




Celebrations of Learning

Grade 10s Blanket Exercise - Learning Through Experience

Grade 10 students recently participated in the Blanket Exercise, an interactive learning experience that explores the history of Indigenous peoples in Canada. Using blankets to represent the land, students walked through key moments in history, including the impacts of colonization, displacement, residential schools, and government policies. As the blankets were folded and removed throughout the exercise, students gained a deeper understanding of how Indigenous communities were affected over time. The activity encouraged reflection, empathy, and meaningful conversations about truth, reconciliation, and our shared history.





Celebrations of Learning

Painted Perspectives: AP Psychology Explores Art Therapy

AP Psychology students explored art therapy techniques by interviewing a partner with thought-provoking questions and then creating a visual representation of how they saw them. The activity encouraged students to practice deep listening, empathy, and creative expression while exploring how our perceptions of others are shaped by the stories they share.





Celebrations of Learning

Seycove Students Honoured at the Superintendent's Celebration of Learning

On June 8th, twelve Seycove graduating students attended the annual Superintendent's Celebration of Learning, a district event that recognizes outstanding Grade 12 students from across the North Vancouver School District.

Students are selected by their schools based on exceptional achievement in two or more of the following areas: leadership, citizenship, service, academics, athletics, and the arts. The celebration highlights students who have made significant contributions to their schools and communities while demonstrating excellence in their chosen pursuits.

The luncheon was filled with pride and celebration as students, staff, and district leaders gathered to recognize the accomplishments of this remarkable group of graduates. We are incredibly proud of our twelve Seyhawks who represented Seycove and exemplified the talent, dedication, and community spirit that make our school such a special place.

Congratulations to all of this year's honourees!

Superintendent's Lunch Seycove Attendees

- Kira Belen
- Daniel Boglari
- Evangeline Eilers
- Logan Feng
- Naomi Fota
- Lydia Harrington
- Tom Hoffmann
- Eli Jaschinsky
- Caden Osman
- Gwenyth Rae
- Brooke Reiersen
- Nyree Schiralli-Earle



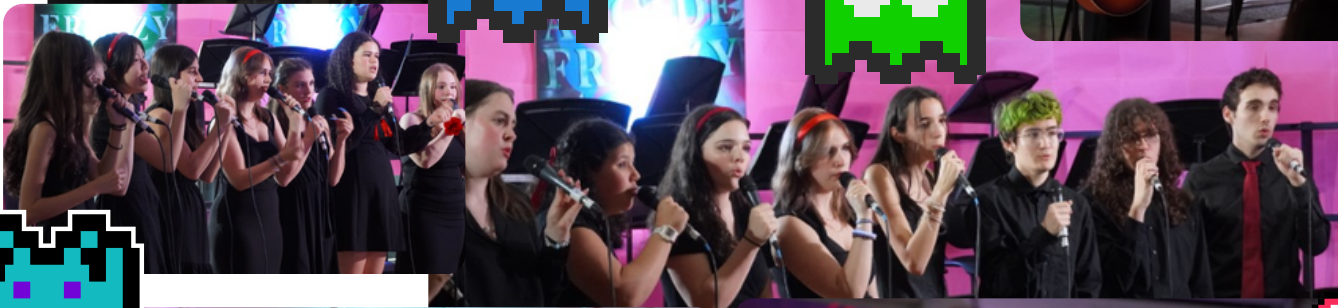


Celebrations of Learning

Game On! Seycove Cabaret Hits High Score



Our Arcade Frenzy Cabaret this year was a real 1-UP! We are so proud of the work our students put in to make wonderful music and grateful to the volunteers who made the whole event possible.



Photos: Yearbook Maggie



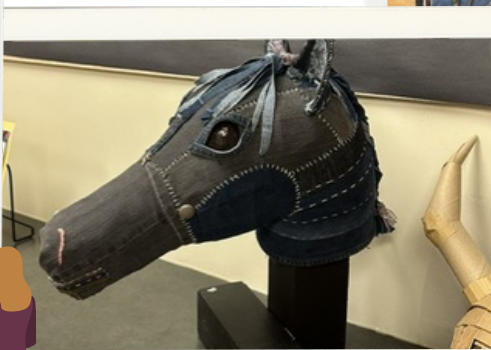
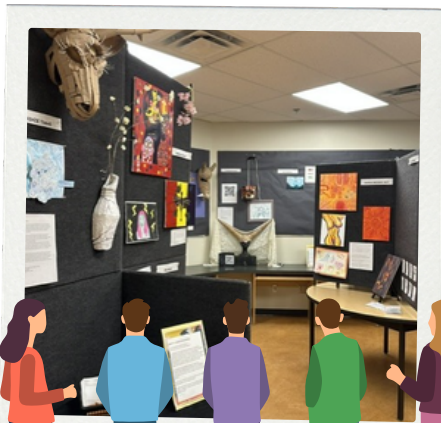
Celebrations of Learning

Seycove Gallery of Art - Celebrating Our Creative Community

This week, the Student Services area was transformed into a vibrant art gallery by art (teacher)-in-residence, Ms. Shoop. Senior students' work from throughout the year was beautifully displayed, giving students and staff the opportunity to explore and celebrate the creativity within our school community.

Art students took time to walk through the gallery and reflect on the pieces, sharing written thoughts and feedback on their peers' work. The exhibit showcased a wide range of styles and ideas, highlighting the depth of artistic talent at Seycove.

The installation was a wonderful celebration of creativity and provided a powerful snapshot of the artistic community within our school.



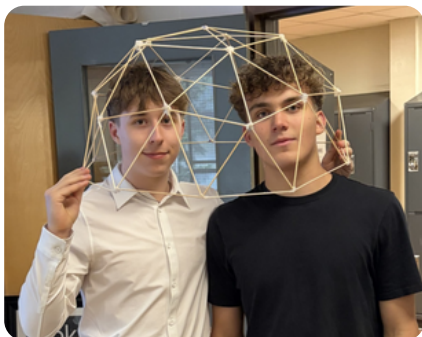


Celebrations of Learning

Past, Present, Possible!: PLP Learners Showcase Their Learning

On June 10, the Performance Learning Program (PLP) welcomed families, friends, and community members to Past, Present, Possible!, an evening celebrating learning, creativity, and student voice from all the PLP grades. Through live performances, innovation pitches, reconciliation conversations, and personal exhibitions of purpose, learners shared not only what they had learned, but why it mattered. As visitors moved through the exhibition, they explored the stories we inherit, the choices we make, and the futures we build together.

Most of all, we are incredibly proud of our learners. Their willingness to take risks, share their thinking, engage in meaningful conversations, and present their work to an authentic audience made the evening a powerful celebration of growth, curiosity, and learning.





Celebrations of Learning

Past, Present, Possible!: PLP Learners Showcase Their Learning





Student Spotlight: Tyler McIntosh

Seyhawk Cycles to Provincial Silver!



When Grade 10 student Tyler McIntosh lined up at the BC High School Mountain Bike Provincials in Quesnel last week, she knew she was facing a challenge. More than 300 riders would start the race at the same time, creating a fast-paced and often chaotic beginning to the competition.

Tyler had arrived early that morning to secure a good starting position. With hopes of capturing the provincial title, she admits she was feeling the pressure.

"I put a lot of pressure on myself to get first," she said.

Adding to the nerves, rain began pouring down before the race, and Tyler was so focused she couldn't even eat breakfast. As expected, the mass start quickly became crowded, with riders getting tangled up and caught in bottlenecks. Fortunately, Tyler's strong start allowed her to avoid the chaos and establish an early lead.

When the dust (and mud) settled, Tyler crossed the finish line in second place in the province, matching her impressive result from last year.



Mountain biking has always been part of Tyler's life. Both of her parents ride, and she has been on a bike for as long as she can remember. Her passion for the sport really took off in Grade 7 when she joined a cycling club called Divo. Today, she trains approximately seven hours each week and is a member of three different bike clubs.

For Tyler, the rewards of mountain biking go far beyond race results. "The best thing about biking is putting the work in and trying something so hard, then coming back and feeling proud of mastering it," she explained.

While she's proud of her provincial silver medal, Tyler is already focused on the future.

"You can't control the situation, only how you perform in it," she said.

Next year, Tyler will be racing against Grade 12 athletes, and her goal is to return to the provincial podium. "I'm hoping to get on the podium next year. But the year after that, I hope to be on the top of the podium."

This summer, Tyler will be spending plenty of time on the trails, especially her favourite - Grand Turismo on Mount Fromme. Between training rides, club rides, and preparing for next season, she's sure to be logging plenty of kilometres on the North Shore.



MOUNTAIN BIKING INDIVIDUAL	
JUNIOR GIRLS ALL-MOUNTAIN	
1	ALVA CAMPOS - WHISTLER SECONDARY
2	TYLER MCINTOSH - SEYCOVE SECONDARY
3	JASMINE TANGUAY - NORTH ISLAND DISTANCE EDUCATION





Shelf Life



Resource Return Schedule - New This Year!

SEYCOVE
RESOURCE
RETURN
Just in time for
Summer!

TEXTBOOKS / LIBRARY BOOKS / SCHOOL RESOURCES RETURN

Monday,
JUNE 22

AT DESIGNATED TIMES	
GRADE 8	9:00 AM
GRADE 9	9:45 AM
GRADE 10	10:30 AM
GRADE 11	11:15 AM
GRADE 12	12:30 PM

ENGLISH 11
PRE-CALCULUS 12
CHEMISTRY 12
SOCIAL STUDIES 10
BIOLOGY 11

Return Your Resources!
 — THANK YOU FOR RESPECTING OUR COMMUNITY. —



GRAD 2026



Grad 2026 Celebration Dinner & Dance - June 23



Class of 2025

Tuesday, June 23, 2026

Location: Pinnacle Hotel at the Pier

5:30 - Grad Group Photo on the Pier

6:00 - Reception & Dinner

Grad Spirit Week

The Class of 2026 wrapped up their final Spirit Week with plenty of creativity, laughter, and Seyhawk pride. The week began with Anything But a Backpack Day, where students carried their supplies in everything from suitcases to shop vacs. Next came Toes Out & Wigs Out, followed by Soccer Mom vs. BBQ Dad Day, which brought some memorable costumes to the halls.

On Commitments Day, grads proudly shared their plans for next year before finishing the week with the always-popular Adam Sandler Day.

The Class of 2026 has consistently brought energy, enthusiasm, and school spirit to Seycove. Their leadership and camaraderie have helped create a positive school culture and set a great example for younger students. Great work, Class of 2026!





Post Secondary & Careers

Boost Your Skills and Resume This Summer With These Courses



Want your resume to stand out from the pack? Employers are looking for workers who show initiative and planning as well as workers who bring extra skills to their team. Use this summer to upgrade your skills and certifications with these suggestions:



FIRST AID

Everyone can benefit from being prepared for an emergency. Sign up for an 8+8 hour first aid course that will help prepare you to respond to medical or emergency events. Suggested course: [Standard First Aid - CPR/AED Level C \(OFA 2\)](#).



HIGH FIVE - Principles of Healthy Child Development

If you've ever wanted to work for North Van Recreation & Culture, you will need to complete this eight hour online course. NVRC jobs come with excellent wages. Course: [HIGH FIVE Course](#)



BABYSITTER COURSE - AGE 11-15

Become a Child Safe certified babysitter. Receive instruction in child care, safety procedures and activities for young children. Suggested Course: [NVRC Babysitter Training and Cooking Camp](#)



AQUATIC LEADERSHIP

The journey to becoming a lifeguard requires planning a lot of work. Start or continue your path to becoming a lifeguard. Courses: [Swimming - Aquatic Leadership](#)



FOOD SAFE LEVEL 1

Looking for a job in hospitality or food service? Get ahead of other applicants by completing your Food Safe Level 1 course. The course can be completed online in four hours and certification lasts five years. Suggested course: [Food Handler Certificate](#)



SERVING IT RIGHT

Restaurants want to hire people who can perform all jobs. In BC, employees aged 16+ can serve drinks (but not open bottles, pour or serve liquor). Complete your Serving it Right course which is valid for five years. Suggested course: [Serving It Right](#)

Help Shape Future Career Opportunities in NVSD!

Are you a Grade 10 or 11 student—or the parent/guardian of one? We want to hear from you!

The North Vancouver School District is gathering feedback about **Dual Credit and Career Pathway programs**. Your input will help the district better understand student interests, improve program offerings, and identify ways to make these opportunities more accessible.

Please complete by June 30th.

[NVSD Dual Credit and Career Pathway Interest Survey](#)





Seycove Snapshots



We are happy to have Cooper back at Seycove! Here he is taking some time to smell the roses (*poppies*)

Mr. Najjar takes the chorus outside! Students getting their last practice in before Cabaret.



Business Club Summer Market



One of the biggest highlights of the Summer Market was seeing so many interested customers stop by our tables. Many visitors complimented the handmade crafts, which was encouraging for our members! It was very rewarding to see staff and students engaging with the products and supporting the sellers.



Through organizing and running these events, our club has learned that creating a welcoming atmosphere is extremely important. Actively talking to customers, answering questions and having a positive attitude helped increase interest. We also learned the importance of digital marketing as an effective way of promoting our events and reaching more students.

Overall, this was a great experience for Business Club, and we are excited to continue growing, learning, and creating more fun events for our school community!

- Sasha - Club President



Seycove Seyhawks



Seyhawks Serve It Up at Beach Open

Several Seycove students travelled to Maple Ridge the last weekend in May to compete in the Lower Mainland High School Beach Open, taking on some of the region's top beach volleyball athletes in a competitive doubles format.

The tournament provided a fantastic opportunity for players to test their skills, compete against strong opposition, and enjoy a full day of beach volleyball. The Seyhawks represented the school with enthusiasm, sportsmanship, and determination, earning several impressive results along the way.

Highlights included Evangeline and Ella, who placed 6th in the Grade 12 Girls division, while Kai and Logan battled their way to a strong 5th-place finish in the Grade 11 Boys division. In the Grade 12 Boys division, Pasha and Tom also had an excellent tournament, finishing 9th overall.

Beyond the results, players had a great time competing, supporting one another, and enjoying the beach volleyball atmosphere. Congratulations to all of our athletes on a successful tournament, and best of luck as the beach volleyball season continues!





Seycove PAC



Seycove PAC AGM & PAC Elections - Tuesday June 16 @7pm

Calling all parents and guardians (aka voting members of the Seycove PAC)!

Please join us for the

**SEYCOVE PAC AGM & 2026-2027
PAC ELECTIONS** on
Tuesday, June 16
7:00pm
Seycove Library.



PAC Executive positions include:

***President
Vice-President
Secretary
Treasurer
District Parent Advisory Council Representative
Members at Large***

All positions may be shared by two people – many hands make light work!!
For descriptions of the positions, and more information about the role and functions of the PAC, please check out the [Constitution & Bylaws](#).

We would love to have you join this team which helps to support our learners' education through communication with the administration, sharing parents' voices, and fundraising for equipment and supplies for the school, teacher wishlists, and sports teams, guest speakers, clubs, scholarships, and more!

Any questions, please reach out to the PAC at seycovepac@gmail.com
As always, we warmly welcome all Seycove parents/guardians to attend. This will be our final PAC meeting of the school year and we hope to see many of you there!

Thank you for your continued support and involvement in the Seycove community.