



SEYCOVE SECONDARY  
at sáyəmətən

# SCHOOL NEWSLETTER

March 7, 2025

Dear Seycove Community,

Here we are in March already! And quickly approaching **Spring Break**. I want to take a moment to encourage our students to **stay focused on their learning, set goals, and continue working toward their achievements**. This time of year can feel busy, but it's also a great opportunity to **reflect on progress, celebrate successes, and set intentions for the remainder of the school year**.

Please note that Spring Learning Updates will be published to the MyEd Parent Portal on Monday, March 10<sup>th</sup>. These reports provide great insight into how students are doing in their courses and where they can continue to grow in the final stretch of the year.

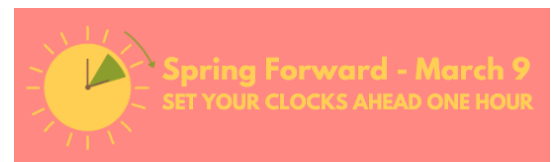
Spring Break is a well-deserved chance to **rest, recharge, and return refreshed**. I encourage everyone to take time to **relax, connect with family and friends, and come back ready to finish the year strong**.

Looking ahead to April, we have our second **School Planning Event**, where we will gather as a group of **parents, staff, and students** to reflect on and share our **progress toward our school goals** and on our vision to refine **Seycove's core values**. This is an exciting opportunity to ensure that our vision as a school aligns with the needs and aspirations of our school community.

I also want to express my appreciation for the **ongoing support from families around personal digital devices**. We have seen a noticeable **shift in the hallways and classrooms**, with phones being out of sight – and hopefully, sometimes, out of mind! Your partnership in this has made a meaningful impact, and we will continue to work together to foster a **focused and connected learning environment**.

Wishing everyone a **wonderful and restful Spring Break**. Thank you for your ongoing support, Seycove families.

Meghan Downie  
Principal



## SEYCOVE CALENDAR

Mar 9	Daylight Savings
Mar 10	<a href="#">Student Learning Reports</a> Published
Mar 11	March Blues Band Concert Mt. Seymour United @7pm
Mar 11	PAC Meeting - 7pm Library
Mar 14	Last Day before Spring Break
Mar 31	School Reopens
Apr 3	Coffee House Concert 7pm





# Updates & Reminders

## Student Learning Survey Now Open

**Please Participate in the Ministry's Student Learning Survey 2024/2025 - Open NOW until May 2, 2025**

The Survey is now open for students in grade 10, 11, and 12, to their parent/guardians, and to all staff.

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

This year, the Student Learning Survey will be open to students in Grade 10, 11, and 12, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The survey contains standard questions for the Province.

Students, Parents, and Staff can access the electronic survey at: [Student Learning Survey - Province of British Columbia](#). Any computer or mobile device with an Internet connection can be used, and access to the e-survey is simple and secure.

Students will need their unique 9 (nine) digit Personal Education Number (PEN) - found on Learning Updates - to log in.

**For Parents/Guardians, click on the Parents icon, and then select the school district and school name where your child attends school.** A parent may complete a survey for each child in the targeted grades. Provincial, District, and School Reports for previous years can be viewed at the same site under the Results section.



## Seycove Green Club Annual Clothing Swap!

Are you planning on doing some spring cleaning this break? Well, don't throw out your old clothes - bring them to Green Club's annual clothing swap instead!

Seycove's Green Club will be accepting clean and lightly used clothing donations from March 31<sup>st</sup> - April 11<sup>th</sup>. Students can **drop off donations to Ms. Kadi's room** (310) before school or at lunch!

The swap itself will be on **April 14<sup>th</sup> and 15<sup>th</sup> at lunch** in the Cafeteria. All students are welcome! By paying a \$2 admission, students can take as many used clothes as they'd like. The purpose of the swap is to ensure clothes that would otherwise be discarded, are happily rehomed and reused! Any clothing not picked up by students will be donated by the Green Club.





# Updates & Reminders

## School District Chess Championship - May 5

We are happy to share that our 2025 SD44 Chess Championship is happening again on Monday, May 5th (Pro-D day, so no classes are missed) and will take place at Sutherland Secondary. The tournament will start at 9 am and should be done by 3 pm if students advance to the finals.

**Registration opens Monday, March 10th at 4pm. [REGISTER HERE](#)**

Students can compete in the Primary, Intermediate or Secondary divisions. Students can register in an older division if they wish, but they cannot register in a younger division.

There is no cost for students to participate, and the tournament is open to all SD44 students K-12, and all skill levels are welcome. With chess's growing popularity, registration fills up fairly quickly; once we have reached capacity, students will be added to a waitlist.

If families have any questions, please email [chess@sd44.ca](mailto:chess@sd44.ca).



## Support Volleyfest - Volleyball Fundraiser

Seycove's Volleyball program has grown, and we're looking to **refresh our uniforms and upgrade officiating stands** with our school logo. Our goal is to raise **\$3,000 by April 19, 2025** to fund **two referee stands, padding, and uniforms for one team**.

A huge thank you to **Grade 12 student-athlete Dana Passchier** for leading this initiative to **elevate volleyball at Seycove**. Every contribution helps—let's show our Seycove pride!

### How You Can Help

Any donation, large or small, makes a difference. Donations can be made through the [SEYCOVE DONATION LINK](#). Tax receipts will be automatically issued by NVSD for donations of \$5.00 and above.

**PLEASE NOTE:** In the "Message to School Board" field, please write: **Seycove Volleyfest**



## Grad Council Purdy's Fundraiser

Is your chocolate stash running low? Want to help the Easter Bunny? 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.*





# Seycove Values

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

### Celebrating Neurodiversity at Seycove: Understanding and Supporting Down Syndrome

At Seycove, we are committed to fostering an inclusive and supportive school community where all students feel valued and celebrated. As part of our ongoing focus on neurodiversity and inclusion, we are highlighting Down Syndrome — a naturally occurring chromosomal condition that affects how a person learns, communicates, and experiences the world.

Students with Down Syndrome contribute kindness, determination, and a strong sense of community to our school. While they may experience challenges with speech, motor skills, or processing speed, they thrive when given opportunities to participate, connect, and share their strengths. At Seycove, we believe in creating an environment where all students are supported to reach their full potential, and that includes celebrating the unique perspectives and abilities of individuals with Down Syndrome.

As a school community, we encourage families to engage in conversations at home about acceptance, inclusion, and the strengths of neurodiverse individuals. By fostering a culture of understanding and belonging, we help ensure that Seycove remains a place where every student is seen, supported, and valued for who they are.

Thank you for being part of this journey with us. Together, we continue to build a welcoming and inclusive school community for all.



## Dates and Events of Significance for March

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

- 8: International Women's Day
- 10-14: NVSD Education Week
- 17: St. Patrick's Day
- 20: Two-Spirit, Indigenous 2SLGBTQIA+ Celebration & Awareness Day
- 20: Spring Equinox
- 20: Nowruz
- 29-30: Eid al-Fitr
- 29: Ramadan ends
- 31: International Transgender Day of Visibility



[Visit the NVSD Calendar of Events HERE](#)





## Post Secondary & Careers

### Work Experience Stories - Michael the MVP at Time Out Sports

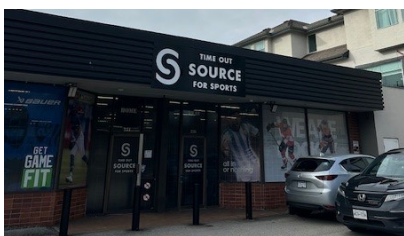
Michael has always loved sports, so when he joined the Work Experience program, he knew exactly where he wanted to be—Time Out Source for Sports.

From the moment he stepped into the store, Michael felt at home. He enjoys stocking the shelves, making sure every product is neatly organized and easy to find. Learning about the different types of equipment, apparel, and gear has been exciting for him. If you're looking for something specific, Michael is the person to ask—he knows where everything is!

More than just learning about sports products, Michael is gaining valuable work skills. He's improving his organization and time management, developing customer service skills, and learning the importance of teamwork and initiative in the workplace. Every shift, he becomes more confident in his abilities.

"I enjoy going to the store," Michael says. "Everyone is really nice, and I'm learning more every time I go."

Michael enjoys making sure everything is well stocked, in order and ready for customers. He takes great pride in knowing the products and making the store look great.



Store Manager Taylor appreciates Michael's initiative and dedication, saying, "We love having him as part of the team."

The Work Experience program is grateful to businesses like Time Out Sports for providing students with real-world learning opportunities. Michael's experience shows how valuable these programs are—for students and the businesses that support them.



### Work Experience Stories: Fallon & Aleia Serving Up Skills at the Parkgate Coffee Kiosk



Seycove students Aleia and Fallon are bringing fresh energy to the Parkgate Coffee Kiosk, helping reopen it for the community this week! As they serve coffee and treats, they're gaining valuable skills in customer service, cash handling, and teamwork.

Stop by Mondays from 10am - 11am at Parkgate Community Centre for a warm drink and a treat, served with a smile.

A big thanks to Parkgate and Bean Around the World for their support!





# Post Secondary & Careers

## Spend Spring Break @SFU - Communication Workshop

Wednesday, March 19 | 10:00am - 12:30pm | SFU Burnaby | [REGISTER](#)

Spend a morning at SFU and dive into the world of Communication! This **free** workshop, led by one of our faculty members, introduces students to a key topic in Communication studies, followed by a **mini-campus tour** with a student ambassador followed by a free lunch.

Meet in front of the Bennett Library.



## UBC Sauder Undergraduate Program Info Event

Thursday, March 20 | 5:00pm - 6:00pm | UBC | [REGISTER](#)

Hear from UBC Sauder's Recruitment and Admissions team as well as current BCom and B+MM students to learn more about the admission requirements for UBC Sauder's prestigious BCom and B+MM programs. In this Info Session, you will have the opportunity to learn more about each program, insights into the admissions process, and make connections. Meet our students. Connect with Admissions Team. Ask Anything!



## Save the Date! NACAC International Universities Fair - May 3, 2025

Saturday, May 3 | 1:00pm - 4:00pm | Vancouver Trade & Convention Centre | [REGISTER](#)

The National Association for College Admission Counseling (NACAC), founded in 1937, is an organization of more than 28,000 professionals from around the world dedicated to serving students as they make choices about pursuing postsecondary education.





# Counsellor's Corner

## The Importance of Chores

Chores might seem like simple tasks that just need to be done to keep a household running smoothly, but they offer so much more than just a clean home. When teens take part in household chores, they gain valuable life skills that can positively impact their development. Research demonstrates that kids who have regular chores do better in school, have higher life satisfaction, and better know how to care for themselves. Teens can contribute to family responsibilities, and research shows that this involvement can lead to better academic performance, higher life satisfaction, and improved executive functioning skills. There are many benefits of chores for children and here are some practical tips for parents to encourage their kids to help out around the house.



Here are some additional tips for parents to help create a positive and supportive environment that encourages kids to take part in household chores. This not only helps keep the home running smoothly but also fosters important life skills and a sense of responsibility in teens.

**Offer Choices:** Give your child options for which chores they would like to do. This can help them feel more in control and willing to participate.

**Set a Good Example:** Children often mimic their parents' behavior. Show them that you also take part in household chores and that it's a normal part of daily life.

**Explain the Importance:** Help your child understand why chores are important. Explain how their contributions help the family and teach them valuable life skills.

**Be Patient and Positive:** It will take time for your child to get used to doing chores. Be patient and provide gentle reminders and encouragement. Focus on the positive aspects of their efforts. Celebrate their successes and provide constructive feedback when needed.

**Reward Effort:** Recognize and reward your child's effort, not just the outcome. Praise them for trying their best, even if the task isn't done perfectly.

**Create a Routine:** Establish a regular routine for chores. Consistency helps children know what to expect and makes chores a normal part of their day.

**Teach Responsibility:** Emphasize that chores are a way to contribute to the family and take responsibility for their own space and belongings.

**Make it Fun:** Play their favourite music while cleaning. Sometimes, working alongside your child can make chores more enjoyable. It also provides an opportunity for bonding and teaching.

Here are some appropriate chores for teens:

Clean their room thoroughly, Assist with grocery shopping and putting away groceries, Do their own laundry, Cook simple meals independently, Mow the lawn, Take care of pets (feeding, walking, cleaning), Babysit younger siblings, Clean bathrooms and other common areas - if you have a yard or deck, help clean/tidy, Wash dishes/unload the dishwasher



Chores help keep the house clean and play a crucial role in a child's development. By being consistent, and providing specific guidance, parents can help their teens develop important life skills and a sense of responsibility. Encouraging teens to participate in household chores can lead to better academic performance, improved relationships, and greater readiness to manage their own health. So, put those kids to work and watch them thrive!





# Celebrations of Learning

## Social Justice 12 - Black History Month

### Black History Month: Learning from the Past, Creating a Better Future

Our Social Justice 12 students have worked hard to create informative and inspiring projects that explore the history of racism and the ongoing fight for equality. Their projects cover:

- ✓ Historical Racist Events – Understanding the past to change the future.
- ✓ Intersectionality – How race, gender, and other identities affect experiences of discrimination.
- ✓ Macroaggressions & Microaggressions – The subtle and overt ways racism persists today.
- ✓ Anti-Racism Efforts – How communities and individuals fight for justice.
- ✓ Key Historical Figures – Honoring those who made a difference.

Students created videos, booklets, and digital resources to educate and inspire action. Click the QR codes to explore their work and learn how we can stand against racism together!

Racism is not just a thing of the past—it still affects people today. By learning and speaking out, we can create a more inclusive school and society.

Let's listen, learn, and take action!



#### THE CIVIL RIGHTS MOVEMENT

The Civil Rights Movement was a social and political struggle in the United States during the 1950s and 1960s aimed at ending racial segregation and discrimination against African Americans, in sought to secure equal rights under the law, including voting rights, desegregation, and social justice.

#### WHO IS MARTIN LUTHER KING

Martin Luther King Jr. was a Baptist minister and civil rights leader who advocated for racial equality through nonviolent protest. He played a key role in major civil rights events like the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech.

#### THE 1963 MARCH ON WASHINGTON

The 1963 March on Washington was a historic civil rights demonstration held on August 28, 1963, in Washington, D.C. Over 250,000 people gathered at the Lincoln Memorial to demand racial and economic justice, including civil rights legislation, desegregation, fair wages, and voting rights.

The event featured speeches from prominent leaders, most notably Martin Luther King Jr.'s "I Have a Dream" speech, which called for racial equality and an end to discrimination.

#### THE JIM CROW LAWS

##### Section 1

**Public facilities** - Separate restrooms, parks, and drinking fountains.

**Education** - Segregated schools and libraries.

**Transportation** - Separate buses and railway cars.

**Voting Rights** - Poll taxes, literacy tests, and voter suppression.

**Marriage & Housing** - Laws prohibiting interracial marriage and housing.

During the Civil Rights Movement, activists faced both **microaggressions** (subtle, everyday acts of discrimination) and **macroaggressions** (systemic, large-scale forms of oppression).

#### MICROAGGRESSIONS

During the era of the civil rights movement, black individuals faced discriminatory language such as being called "boy" or racial slurs instead of "Mr." or "Ms." Black activists were told by white moderates to be patient and claimed they were asking for change "to quickly" or "too radically".

#### MACROAGGRESSIONS

**Jim Crow laws** enforced legalized segregation: like racial separation between black and whites in schools, transportation and almost all public facilities affecting everyday life. Protesters faced violent crackdowns, such as the 1965 Selma march where police attacked peaceful demonstrators.

Groups like the Ku Klux Klan used murder, bombings like the 1963 Birmingham church bombing, and voter intimidation to maintain white supremacy.

damaging, such as comments like "is that hair really professional?" All women are subject to these gender-based microaggressions but WOC are subject to racial microaggressions on top of this.

A study in 2017 shows that white women earn on average 15% less than white men and WOC earn a starting 30% less than white men. (United States Statistics)



White women, although also being a marginalized group, still contribute towards these microaggressions. Invalidating ethnicity by saying things like "I don't see colour" or "All lives matter" is still a contributing factor to racial inequality.

## Social Justice 12 Black History Month

### BLACK LIVES MATTER

#### Historical figures

Harriet Tubman - Led enslaved people to freedom through the underground Railroad

Frederick Douglass - Writer who fought against slavery

Rosa Parks - Sparked the Montgomery Bus Boycott by refusing to give up her seat

Martin Luther King Jr. - Leader of the Civil Rights Movement and advocate for non-violent protests

Mae Jemison - First Black woman in space

Langston Hughes - Poet and leader of the Harlem Renaissance

Muhammad Ali - Boxing champion and activist

Barack Obama - First Black U.S. President

#### Intersectionality:

Meaning: A sociological framework for understanding how groups and individuals identities result in unique combinations of discrimination and privilege.

#### STOP RACISM

"It is not enough to be quietly non-racist, now is the time to be vocally anti-racist."

#### Microaggressions

"Can I touch your hair?" - Reduces Black hair to an exotic curiosity rather than a personal boundary

"You don't act Black" - Reinforces harmful stereotypes about Black identity

"I don't see colour" - Dismisses the lived experiences of racism and systemic discrimination

#### Macroaggressions

Racial profiling by police - Disproportionate targeting of Black individuals in law enforcement

Workplace discrimination - Black professionals being overlooked for promotions despite qualifications

Media stereotypes - Persistent negative portrayals of Black people in movies, news, and TV

### Intersectionality in Komagata Maru

#### What is intersectionality?

Intersectionality refers to the multiple, overlapping identities an individual has, which includes their gender, race, religion, class, ability, sexual orientation, and age. As well as how these identities shape their experiences of oppression and discrimination one has.

#### Race

The Continuous Passage Law directly targeted Asian immigrant groups. During the Komagata Maru incident, the Canadian government used this law to refuse entry to the ship's passengers.

#### Religion

Most passengers on the Komagata Maru were Sikhs and Punjabi Muslims. As Asians, they may have faced discrimination because of their appearance, including their traditional clothing.

#### Class

The Continuous Passage Law required immigrants to travel directly from their home country and buy their tickets in advance. In addition, they needed to have \$200, which was a huge amount at the time. When the Komagata Maru returned, only 20 returning residents, including the ship's doctor and his family, were allowed to enter Canada. This showed how class and wealth played a role in who was accepted and who was excluded.

#### Ability

The passengers on the Komagata Maru were completely reliant on the captain and crew, as they were kept on the ship for weeks. Canada made an exception for the ship's doctor, likely because of his perceived "ability." This shows the privileges of people with higher education and ability to bring value, and how they are often the ones given exception for.

#### Timeline of 21st century against WOC (women of colour)

- 2010 beginning of red dress movement. A Meis woman named Jamie Black started an art project to bring awareness to missing and murdered Indigenous women.
- 2011 Black Lives Matter
- 2013 In Syria, Princess Colleen & 3 friends started the hashtag #BlackLivesMatter in response to case of George Zimmerman shot and killed teen, Trayvon Martin
- 2019 20% more risks for black women over 35 higher than that of other minority
- 2021 The Empowered Black Girl Conference was launched in Vancouver. It is a mentorship program to support women of colour in high school

### Malcolm X's life

born, Seth and Alistair

Born Malcolm Little in Omaha, Nebraska. He had a really big event early in his life as white supremacists burned down his house in 1925. When in prison, he converted to Islam and renamed himself Malcolm X (rejecting his slave name). He joined the Nation of Islam in 1952 while he was in prison, after he got released from prison he became a voice against systemic racism, promoting black empowerment

In 1964 he left the Nation of Islam because of ideological differences. He made the "by Any Means Necessary" speech during the founding rally of the Organization of Afro-American Unity in 1964. He was killed on February 21st, 1965. His death symbolized the cost of challenging white supremacy, also inspired the black power movement and he also remains an inspiration of the current generation of black activists

### Malcolm X's legacy

Latson James uses his platform to advocate for racial justice and black empowerment, openly criticized police brutality and systemic racism. Some micro aggression he faced from the media. He also was labeled "too radical" from the white media

Melissa Burgess took a knee after scoring a goal for George Floyd, echoing Malcolm X's stance on resisting oppression. He also spoke against racial injustice despite hate from the media. He also was labeled "too radical" from the white media (microaggression)

Watch this video about Malcolm X, Narrated by Liam G and edited by Alistair Davey

### Black Lives Matter

Black Lives Matter is a global movement for racial justice and black empowerment, openly criticized police brutality and systemic racism. Some micro aggression he faced from the media. He also was labeled "too radical" from the white media (microaggression)

Marquis Thuram





# Celebrations of Learning

## Seycove Mathletes - UBC Physics Olympics

The Seycove Mathletes team competed in the UBC Physics Olympics last Saturday. It was a fun-filled event with more than 80 teams and 1000 plus students competing.

The UBC Physics Olympics is an exciting annual competition where B.C. high school teams put their physics skills to the test. Hosted by UBC's Faculty of Science and Faculty of Education, this full-day event challenges students with pre-built projects, hands-on labs, Fermi questions, and the fast-paced "Quizzics!" physics quiz game.

With up to 30 students per team, participants collaborate, problem-solve, and compete in a fun and dynamic environment. The team with the lowest decibel score at the end of the day wins a trophy and awards for their school. No matter the results, every team is celebrated for their creativity, teamwork, and passion for physics.

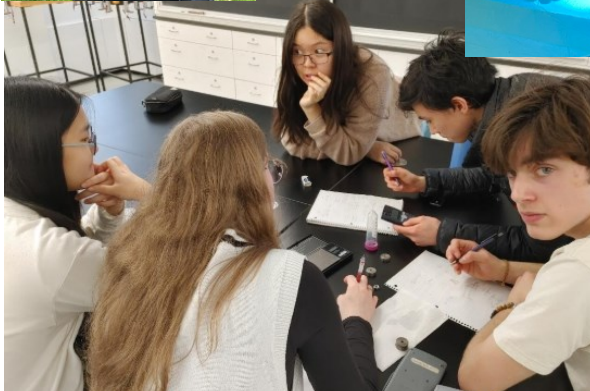


Congratulations to Daniel, Nolan, Christian, Sara, Sophia & Catherine on their strong performance at the event.



At the UBC Physics Olympics, our team participated in multiple events that tested our problem-solving skills and application of physics concepts.

We created a solar-powered boat that was designed by Nolan to harness renewable energy for propulsion. We also had to create a lightbox, designed by Daniel, that showcases optics principles in manipulating light.



In the labs, we explored buoyancy through hands-on experiments and applied physics to mini-golf, analyzing force, angles, and motion.

Another aspect of the Physics Olympics is the Quizzics, a high-level physics quiz, and Fermi Questions, a series of questions where we had to estimate answers using general knowledge.

Overall, it was a great experience that utilized our critical thinking and teamwork. - Christian Lo





# Celebrations of Learning

## PE 10 - First Aid with DNVFRS

Students in Mr. Yip's Grade 10 Physical & Health Education class gained essential lifesaving skills during a first aid course led by the District of North Vancouver Fire & Rescue Services. They learned CPR and how to use an automated external defibrillator (AED), gaining hands-on experience in handling real-life emergencies. First aid training is a critical skill that can make a difference in medical emergencies, whether at home, school, or in the community. Students who complete an additional online module can earn their full first aid certification—an invaluable credential that enhances job applications and equips them to respond confidently in emergencies.







# Celebrations of Learning

## Seycove Students Attend Hoobiye

Hoobiye (pronounced 'Ho-bee-yeah') is a vibrant First Nations celebration marking the Nisga'a New Year. This year, Ms. Yeo and Youth Support Worker Yvette accompanied eight Seycove students to the event, where they experienced the rich traditions of Indigenous culture through mesmerizing dance performances, powerful drumming, and delicious traditional foods.







# GRAD 2025



MSU Thrift Shop Grad Day - TOMORROW: March 8th

MT. SEYMOUR UNITED CHURCH THRIFT SHOP

# GRAD DAY

SATURDAY  
MARCH 8



Tomorrow! Mt. Seymour United Church Thrift Shop is hosting a special Grad Day for 2025 graduates. The shop has been collecting formal wear and will have it for sale at very low prices exclusively for grads. The shop will be open from 11am-4pm and there will be a special fashion show taking place at 2pm.

**Interested in modelling?** The shop is looking for models of all genders to walk the runway! In addition to shopping, there will be make-up artists and hair stylists on hand to help glam you up.

## Grade 12 Grad Write-Ups - Class of 2025

Grads: As you cross the stage to receive your diploma on **May 29th**, a short write-up will be read to celebrate your journey. This is **mandatory for all grads**, and if you don't submit one, a generic message will be written for you—so make sure your voice is heard!

Your write-up should be **formal, articulate, and concise (50–60 words)** and written in the **third person**. Think about highlighting your **favorite memories, activities, future plans, a memorable quote, advice for future grads, or special thanks to those who supported you**.

Submit your write-up using the **form linked in Teams by April 18th** to ensure your moment is personalized.



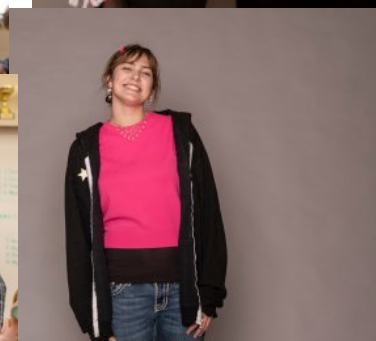
Seycove Secondary at sáyaməṭən  
**GRADUATION CEREMONY**  
May 29, 2025 | Centennial Theatre



# Seycove Snapshots



## Pink Shirt Day - Celebrating Kindness & Inclusivity



Photos courtesy of Maggie Herholdt & Alistair Davey





# Seycove Seyhawks



## BC Ski & Snowboard Provincials - Troll Resort, Quesnel

The Alpine Race Team competed in the provincial ski & snowboard championships Feb 24 to 26. After a very beautiful 8 hour drive through the Fraser Canyon they finally arrived in Quesnel.

The snowboarders competed in GS on Monday and the skiers on Tuesday. All four teams raced in the TGS on Wednesday. All sixteen athletes represented Seycove very well with the combined ski teams placing fourth in the province.

Well done Seyhawks! - Mr. Earl







# 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.