



SEYCOVE SECONDARY at séyämätən

SCHOOL NEWSLETTER



May 1, 2026

Principal's Message

I can't believe it's the first day of May! And as we head into the final stretch of the school year, I want to thank our families for your support in returning course request verification forms this past week and with all the help with thoughtful course requesting leading up. Having this information back allows us to plan as accurately as possible for next year and helps ensure we are able to build a timetable – and staff our teachers – in a way that best meets the needs of our students.

April also provided a meaningful opportunity for us to recognize Autism Acceptance Month. Across Seycove, we saw many examples of students and staff bringing awareness, understanding, and care into our classrooms and shared spaces. While we celebrate diversity every day at Seycove, this was a wonderful reminder of the diversity within our community and the everyday ways our students and staff contribute to creating an inclusive and supportive school environment.

As is usual as we near the end of the year, I would like to again address our Grade 12 students and families. This is an exciting and important time. Graduation represents both an ending and a beginning, and we are incredibly proud of the perseverance, growth, and accomplishments of this year's graduating class. Our goal is for every student to cross the finish line feeling proud, safe, and supported.

At the same time, this season often brings a number of non-school sanctioned activities across the North Shore. While we understand the desire to celebrate, I want to be clear that events such as "Gotcha," Grad Kidnap, Grad Skip Day, car rallies, and similar activities are not organized, supervised, or approved by the school or district. Some of these events can involve unsafe or inappropriate behaviour, and can carry unintended consequences, particularly in a time where moments are easily recorded and shared.

For current and future grad families, we encourage families to have open conversations with their children about choices, expectations, and safety, and to ensure that decisions are thoughtful and informed. It is also important to recognize that not all students choose to participate in these activities, and we want all of our students to feel respected in their choices.

For all students, as the days get longer and the weather improves, we ask that they continue to prioritize attendance, engagement in their learning, and being on time to classes. We want to ensure all members of our community are following our district and school Code of Conduct as we finish the year strong. These final weeks are important, and consistent, positive routines make a difference.

This week, we also had the opportunity to celebrate the work of our School Planning Team. Over the past year, this group has been working to deepen the visibility of our school values and to begin developing shared success behaviours across our school environment. It was a great moment to recognize this work and the impact it is having on our school culture.

Thank you, as always, for your ongoing support of our school community.
Meghan Downie

Principal
Seycove Secondary at séyämätən

COMING UP @ SEYCOVE

May 4	District Pro-D No School for Students
May 18	Victoria Day School Closed
May 19	PAC Meeting 7pm Library
May 22	Capstone Presentations
May 27	Staff Collab Late Start for Students
Jun 6	Seycove Cabaret

[Seycove Calendar](#)
[NVSD Calendar](#)



**Creative, Respectful
& Inclusive Community**





Updates & Reminders

Dates and Events of Significance in May

Below are dates our community may recognize, observe or celebrate:

- Asian History Month
- May 4: District Pro D Day
- May 4: Music Monday
- May 5: Red Dress Day/National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People
- May 8: School Communicators Day
- May 10: Mother's Day
- May 17: International Day Against Homophobia, Transphobia and Biphobia
- May 18: Victoria Day
- May 21 – 23: Shavuot
- May 26: Eid al-Adha



2026						MAY	
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10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

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

Free Parent Workshop: Connecting with Teens

MONDAY, MAY 25 | 6:30PM-8PM | ONLINE | [REGISTER](#)
SUNDAY, MAY 31 | 10:30AM-12:30PM | IN PERSON: CAPILANO LIBRARY | [REGISTER](#)

If your teen feels distant, reactive, or hard to reach, you're not alone. This stage often triggers frustration, fear, and self-doubt for parents. Discover ways to connect!

Connecting With Teens: A Conscious Parenting Approach

Whether you're already in the midst of teen angst or have a 7-year-old acting like one, it is never too early, or too late, to learn new parenting skills for connection.

The teenage years can feel like a sudden disconnect, but they don't have to be. This presentation introduces a conscious parenting approach to help you stay emotionally connected, even through resistance, mood swings, and conflict.



Arleen Tyndall, BScPhm, ACPR
 Dr. Shefali trained Conscious Parenting & Life Coach
 25+ yrs Clinical Pharmacist
 Author/Speaker
 Somatic Alignment Facilitator

What You'll Learn:

- ✔ Respond instead of react in challenging moments
- ✔ Understand risk behaviours in teens & prevent addictions
- ✔ Understand what's really driving your teen's behavior
- ✔ Build trust and open communication
- ✔ Repair disconnection and rebuild closeness
- ✔ Create a relationship your teen actually wants to come back to



Updates & Reminders

Give Your Student's Favourite Books a Second Life!

Got books your student has finished and loved? As families take on a little spring cleaning, the Seycove Library would be happy to welcome gently used books for other students to discover and enjoy.

While we may not be able to add every donation to our shelves, any books we can't use will be thoughtfully shared with other schools or community organizations so they continue to be enjoyed.

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



First Responders Club - Interest Form

Seycove is working to start its very own First Responders Club, and we're looking for students who want to get involved. The goal is to provide first aid coverage during school days and at events like sports games and academic competitions.

No matter your current certification level, you'll have access to subsidized training courses to build your skills, along with weekly lunch meetings to practice and stay sharp.

This is a great opportunity to gain real experience, build clinical skills, and earn volunteer hours—especially if you're interested in a future in healthcare.

👉 [Fill out THIS FORM](#) if you're interested!



Student Fees

This is a friendly reminder to please review your student's fees, which are posted in your [SchoolCash Online](#) account.

Detailed information about student fees can also be found on the [school website](#).

Please note that accounts may also include charges for lost materials such as books, equipment, or uniforms.

If you have any questions about your account, please contact the school office—we're happy to help.

Thank you for your attention to this.





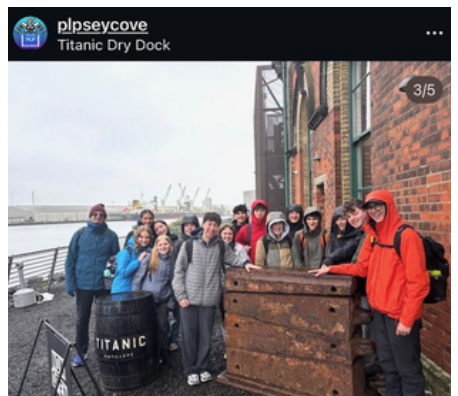
Celebrations of Learning

Where History Lives: Seycove's Field School Experience

This spring, our Grade 11 Humanities learners returned from an incredible field school exploring the theme of **Frontlines, Fractures, and Reconciliation**: an experience that brought history, identity, and global citizenship to life in powerful ways. With a stop in Iceland to begin and end the journey, learners considered how geography, isolation, and environment shape ways of life before continuing on to Ireland, where they traveled through Dublin, Belfast, and Derry/Londonderry. Across these places, learners explored how conflict, innovation, and resilience have shaped both the past and the future.



From walking the streets where civil rights movements unfolded to standing at the birthplace of the Titanic, learners engaged directly with stories of ambition, division, and reconciliation. A highlight of the trip was connecting with local historians, artists, and community leaders who are actively working toward healing and change. These conversations challenged students to think deeply about perspective, memory, and the ongoing impact of historical systems.



Now back home, learners are transforming their experiences into collaborative digital books—multimedia projects that weave together photography, filmed interviews, and written analysis. Through this work, they are not only sharing what they learned, but also reflecting on their own growth and evolving understanding of complex and often challenging topics. Stay tuned to see more as these powerful stories come together.



Celebrations of Learning

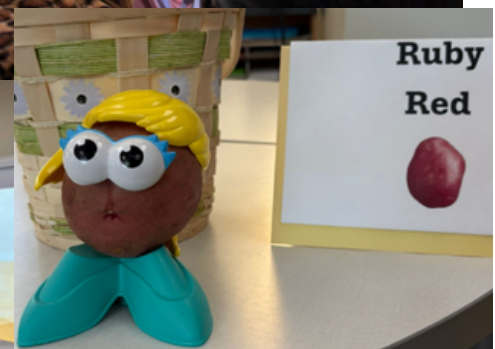


Digging Into Learning - Growing Tubers to Taters

The Deep Cove Parent Participation Preschool children - our favourite little neighbours - recently visited Seycove to take part in the *Spuds in Tubs* program, where curiosity and muddy hands went hand in hand.

Guided by Farmer Jo (AKA Joanne Drew, Seycove's passionate and dedicated Learning Services Teacher), the children had a fantastic time discovering how potatoes grow, from planting the seed tubers to understanding what happens beneath the soil.

With plenty of excitement, questions, and laughter, the young learners left with a newfound appreciation for gardening and where their food comes from.



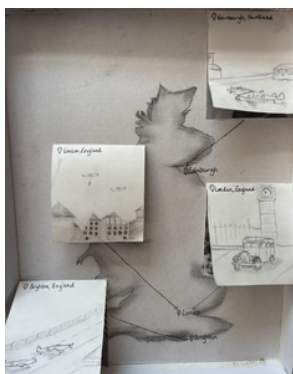
Experiences like this reflect Seycove's strong commitment to community. By connecting with our neighbours and creating opportunities for shared learning, we continue to build meaningful relationships that enrich both our students and the wider community.



Celebrations of Learning

Remembering with Care: Exploring Maus in Literature 11

Students in Ms. Helen's Literature 11 class engaged deeply with *The Complete Maus*, by Art Spiegelman - a graphic novel that examines the intergenerational trauma of the Holocaust and the responsibility of remembering difficult history with care. Throughout the unit, students were encouraged to choose how they expressed their learning, and many approached this freedom with a strong sense of respect for the real experiences behind the text.



Some built symbolic, three-dimensional pieces, making intentional choices about materials, imagery, and scale to ensure their work honoured the gravity of the novel's themes. Others uncovered meaningful links to their own family histories—stories of war, displacement, and resilience—and translated those reflections into visual art accompanied by thoughtful artist statements and deep analysis of the themes of the novel. Across the display, students demonstrated not only creativity and insight but also a commitment to handling sensitive topics with empathy, dignity, and awareness.





Celebrations of Learning



Senior Drama - Shakespeare's Bachelorette

Seycove Senior Drama didst delight audiences this week with *Shakespeare's Bachelorette*, a witty take on the Bard's world, featuring the formidable Kate the Shrew serving as Bachelorette. A host of eager suitors vied for her favour, bringing with them much drama, mischief, and mirth. From clever schemes to sharp-tongued exchanges, the performance was rich in laughter and lively spirit.

Adding to the fun were a series of hilarious "commercials," imagined as if from Shakespeare's time, which kept the audience thoroughly entertained. Both cast and crew delivered a production truly worthy of applause, proving once again that all the world's a stage, and Seycove's players shone upon it.





Student Spotlight: Alix

A Familiar Face, A New Role - Alix Returns to Cove Cliff

Alix, now a Grade 8 student at Seycove and a former Cove Cliff Elementary student, has long been recognized for her creativity and artistic talent. She continues to share those gifts in a meaningful way by returning to her old school each week, this time as a mentor to a Kindergarten class.

Since February, Alix has been visiting weekly to lead guided drawing activities and read stories with the students. She carefully plans each visit, selecting what she will draw or read, and brings a calm, encouraging presence that quickly engages the class. The Kindergarten students eagerly follow along during drawing time and delight in the stories she shares, often laughing together at the characters and illustrations.

"I love going back to Cove Cliff because of the teachers and other adults there," Alix shared. "And I like being a teacher to the kindies because they are interested, ask lots of questions, and always try their best."

Alix takes time to connect with each child, celebrating their efforts and helping build their confidence. Her reassuring approach creates a space where young learners feel proud of their work and excited to participate.

These visits have been warmly supported by Deborah Dudley, Vice-Principal and Kindergarten teacher at Cove Cliff. Alix remains a familiar and much-loved presence in the school, and staff are always happy to welcome her back. Her generosity, leadership, and care for younger students reflect the very best of the Seycove community.





Senior Artist Spotlight

Wild at Art: Findley's Imaginative World

Findley's bright and kind spirit shines through in her optimistic, colourful artwork. Her paintings are full of energy and personality, creating pieces that feel joyful, playful, and full of life. Her love of animals is a strong influence in her work, often becoming the focus of her subject matter and reflecting an important part of her individuality and interests. Findley's pieces frequently feature a whimsical, character-driven quality that gives her artwork warmth, humour, and charm.



Through her imaginative style and expressive use of colour, Findley creates artwork that is both engaging and uplifting to experience.





Shelf Life



Finding the Words — April Was Poetry Month

Poetry asks us to slow down. In a world that often moves quickly, poetry creates space: to notice, to feel, and to reflect. It invites us to pay attention not just to what is being said, but how it is being said. Through rhythm, imagery, and voice, poetry captures moments and emotions that don't always fit neatly into everyday language.

Our poetry collection offers a wide range of voices and forms, from classic works to contemporary pieces that speak to identity, place, and experience. These are texts that can be read in a single sitting or returned to again and again—each time revealing something new. Poetry doesn't demand a long commitment, but it often leaves a lasting impression.

This April, in recognition of National Poetry Month, our library display highlighted a selection of poems and poets that invite curiosity, creativity, and connection.

Alongside the display ([and at the end of this newsletter](#)), you'll find a Poetry Month word search. Complete it and bring it to the library to claim a small prize.



From the Shelf Picks: Poetry Collections

The Raven - Edgar Allan Poe

Dark, rhythmic, and unforgettable, *The Raven* is one of poetry's most iconic works. Through repetition and haunting imagery, Poe explores grief, memory, and the lingering presence of loss. It's a poem that draws readers in with its sound and stays with them for its meaning: an enduring example of how powerful a few carefully chosen words can be.

Poetry Rocks! A World Poetry Collection

Vibrant, playful, and wide-ranging, this collection brings together voices from around the world. From humorous and lighthearted to thoughtful and reflective, the poems explore language, culture, and everyday moments in ways that feel both accessible and surprising. It's an invitation to discover how poetry can sound, feel, and look different across the globe, while still connecting us through shared human experience.

The Highwayman - Alfred Noyes, illustrated by Murray Kimber

Dramatic and fast-paced, *The Highwayman* blends romance, danger, and sacrifice into a poem that reads almost like a film. Its strong rhythm and vivid imagery pull readers into the story of loyalty and loss, while the illustrations add another layer of atmosphere and emotion. It's a powerful reminder of how poetry can tell a story that feels both immediate and timeless.





GRAD 2026



Important Dates & Reminders for Grads & Families

Grad Calendar:

- May 11 - Last Day to Purchase Banquet Tickets
- May 13 - Banquet Table Selection
- May 20 - Ceremony Ticket Requests Due
- May 22 - Capstone
- June 8 - Superintendent's Lunch (By Invite)
- June 9 - Ceremony Rehearsal - Gym @8:20am
- June 11 - Grad 2026 Ceremony
- June 23 - Grad Banquet - Dinner & Dance

Information on all Grad related dates and events can be found [on our website](#)

Grad Banquet Tickets are Now On Sale!

Grads and Grad Families - Don't forget to purchase your tickets for this year's Graduation Dinner & Dance.

Held at the beautiful Pinnacle Hotel at the Pier, the Grad Banquet is an opportunity to celebrate alongside your graduate and share in a memorable evening together.

Enjoy a gourmet dinner buffet, dessert, and a lively atmosphere with music and dancing, all in an elegant waterfront setting. It's a chance to pause, reflect on the journey, and celebrate this important achievement as a community.

Join us for a fun, meaningful evening that marks the end of one chapter and the beginning of the next. Tickets are now available—we hope to see you there.



BUY NOW





Post Secondary & Careers

Hands-On Trades Exploration at Nexw7áystwáy

Grade 11 student, Dylan, spent a great day this week at the Nexw7áystwáy Training & Trades Centre, a North Shore training hub run by the Squamish Nation that supports learners in exploring careers in the skilled trades.

While there, Dylan sampled Carpentry, Electrical, and Sheet Metal, gaining hands-on experience with tools and learning directly from industry professionals.

The visit gave him a valuable look at potential career pathways and the kind of training available right in our local community.



Ms. Yeo, Indigenous Education Teacher, attended the event with Dylan





Post Secondary & Careers

Women In Orthopaedics (WORTH) Workshop

Saturday, June 6 | 8:30am-3:30pm | BC Children's Hospital | [REGISTER HERE](#)

This workshop is open to all young women in high schools (grades 10-12) interested in pursuing a career in healthcare. We aim to provide more insight and clarity on careers particularly in the areas of orthopaedics and engineering. We also aim to have an interactive set of sessions including hands-on learning workshops and career panels featuring incredible women orthopaedic surgeons, researchers, engineers and allied health workers.

Register by May 24.



Dream It Be It - Career Exploration for Girls Event

Thursday, May 21 | 8:45 - 3pm | Lynn Valley Community Room | [REGISTER HERE](#)

Dream It, Be It career support for girls is a free, fun and inspiring one-day experience for Grade 8 & 9 girls who are at the beginning of their career path exploration. The girls will explore their interests, discover their strengths, build confidence, and imagine their future. The program will be very interactive and hands-on, featuring an inspirational speaker, fun and insightful activities, shared meals (lunch and snacks provided), swag bags, and an opportunity to connect with their peers from other schools.



Ocean Ambassadors Canada - Girl's Leadership Camp

June 29 - July 2 | Whey A Whichen & Deep Cove | [REGISTER HERE](#)

The world needs strong, passionate leaders. If you're 13-15 years old, love the ocean, and want to make an impact, this 4-day adventure is calling your name! Spend the first day exploring the ocean on paddleboards at Cates Park/ Whey-ah-Wichen in North Vancouver, learning about marine life and ecosystems. Tuesday morning, embark on a 3-day, 2-night paddle camping trip to Twin Islands/Say Nuth Khaw Yum Park, near Deep Cove. While on the island, you'll learn and develop leadership skills, learn about marine life and ocean health, have lots of time to snorkel, swim and hike with friends, cook meals together, and enjoy s'mores and hot chocolate around the fire (propane fire).





Seycove Snapshots



Seycove was proud to host the Family of Schools **Intermediate Music Festival** last week. Students from Cove Cliff and Dorothy Lynas came together to share their musical talents and celebrate their love of music. Seycove's Grade 8 band performed a selection of pieces, and the Senior Chamber Choir also took the stage. Elementary students showcased their skills on the ukulele and even treated the audience to some line dancing. It was a joyful event and a wonderful way to bring our school communities together through music.





Seycove Snapshots

For Earth Day, Student Council Grade 12 Reps Sierra and Christina helped organize a community clean-up challenge. A dedicated group of students came out to collect small plastic and paper waste that could impact local waterways. It was great to see their efforts and the positive impact they made in the community.



Top: Naomi
Bottom from left: Qila, Haylia, Isla, Christina & Sierra



Our front garden has a new addition and it's already open for "tenants"!

The **Air Bee n Bee** has officially been installed, offering a cozy spot for local pollinators to check in for a short or long stay.



Built by Grade 12 student, Gwenyth, the house was designed to support native solitary bees, this small but important habitat provides safe spaces for bees to rest and nest. These hardworking "guests" play a big role in pollinating plants and keeping our garden thriving.

We're now on the lookout for some buzzing residents to move in and make themselves at home.



Seycove Seyhawks



The Senior Rugby team has been working through a tough season with a smaller roster, but they've continued to show up and compete. Players have taken on bigger roles and supported each other on and off the field. Despite the challenges, the group has stayed committed and continues to put in solid performances each game.



The Seycove Golf team emerged victorious in a match against Argyle last week at the Capilano Golf and Country Club. Griffin I played outstanding and led the team with a score of 72 followed by Liam P with a score of 75. Team members in the photo right: Griffin I, Cohen W, Liam P and Will M.



Seycove Seyhawks



The Grade 8/9 Boys have put together a strong season, showing steady improvement and a growing sense of confidence as a team. Through practices, games, and tournaments, the players have continued to develop their skills and work together effectively on the court.

Coach Tom Hoffmann highlighted the team's progress, noting, "The Grade 8/9 boys have been doing great this season and have improved a lot." He also recognized the commitment behind the scenes, adding that "a lot of work has gone in at practices, games, and tournaments."

One of the season's most exciting moments came in a recent game when the team mounted a comeback from a seven-point deficit to secure the win. "It was a crazy comeback," said Hoffmann, reflecting on the determination and resilience the players showed.

Student Coaches Tom and Dylan Wooles have supported the team throughout the season, but it's the effort, growth, and perseverance of the junior boys that has stood out.

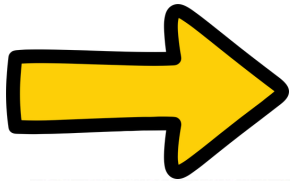
With their season coming to a close, the team now turns its focus to the playoffs - be sure to wish them luck! Go Seyhawks!



Shelf Life - Puzzle



Poetry Month Word Search



Complete this puzzle and return it to the library to claim a small prize.

**POETRY
PUZZLE**



M	Y	E	P	O	Y	W	S	A	Z	B	V	R	P	O	L	Z	L	G	T	R	E	F	J	F
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Find these words:

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|---------|---------|----------|-----------|---------|------------|
| FROST | SHELLEY | BROWNING | DICKINSON | POE | WORDSWORTH |
| ANGELOU | HUGHES | YEATS | PLATH | BYRON | CUMMINGS |
| BURNS | ATWOOD | KAUR | KOYCZAN | JOHNSON | |