



May 16, 2025

Dear Seycove Families,

Now that the days are longer, and the sun is out a bit more, there is a renewed energy in our halls. I see students preparing for year-end projects, assessments, and performances - and the excitement is building for the many culminating events of the year. At the same time, emotions can be heightened at this time of year as big changes and transitions are on the horizon. This time of year definitely brings both celebration and reflection!

Some may have heard or noticed that our hallway walls – amidst all the bustling activity of students and staff and community events – look a little more bare than usual.

Our grad composites are currently down — but not for long! We're in the process of digitizing all of our grad class photos so they can be preserved and shared for generations to come. Once safely archived, the original composites will return to our walls, proudly showcasing Seycove's legacy. I know this is a big piece of the heart of our school and community and we want this history to remain in full view for years to come.



I wanted to take a moment to thank grade 12 families as well for the thoughtful feedback we've received about our upcoming grad celebration banquet and dance. It's a long-standing tradition to enjoy this special evening for our grads and their parents or families; at the same time, we recognize that costs can be high – and perhaps especially high right now, as with many other things in the world. To our grade 12s and their parents, we do hope that many of you can and will join for this special night so that we can celebrate this great group of grads, but again, we understand that circumstances are different for all.

Most importantly, we're all looking ahead to the Graduation Ceremony on May 29th — a truly special and celebratory night when we witness our Grade 12 students crossing the stage, marking a major milestone in their lives. We look forward to welcoming families to this celebration of accomplishment and community. Please ensure you look in the sealed Cap and Gown bag for your tickets that we will hand out to grads after the Grad rehearsal on May 27th!

These efforts: preserving history, celebrating our learners, and listening to community voices - are all rooted in our Seycove values of **Creativity, Respect, Inclusivity, Community, and Stewardship**. We continue to work to make these values not only visible in our school environment, but alive in our everyday actions and decisions.

Thank you for your continued support.

Warmly,

Meghan Downie
Principal, Seycove Secondary

SEYCOVE CALENDAR

- May 19 Victoria Day - Stat Holiday
School Closed
- May 22 Capstone Presentations
[Adjusted Schedule](#)
- May 27 Grad Rehearsal: Gym @8:20am
- May 29 Graduation Ceremony 7pm
Centennial Theatre
- Jun 3 Year End Choir Concert 7pm
- Jun 5 [Spring Drama Performance](#)
Vortex Theatre - 6pm
- Jun 6 School Based ProD Day
No School for Students
- Jun 7 [Seycove Music Cabaret](#) 7pm
- Jun 10 PAC Meeting - Library @7pm



Updates & Reminders

Adjusted Schedule - May 22 - Capstones

All Seycove students will get to sit in on Capstone presentations this year. The day has an adjusted schedule in the morning to allow for a special afternoon that includes an Opening Assembly and presentations. All students will attend the assembly and then go to their period 4 classroom.

The Capstone project allows students to demonstrate their learning, strengths, and interests by connecting them to their future goals. It offers an opportunity to reflect on their experiences and showcase their growth as they prepare for life after graduation.



SEYCOVE
at sáyamətən

Grade 12 Capstone Day

Adjusted Timetable Thursday May 22, 2025

Tutorial 8:30am-9:10am
 Period 2 - 9:10am-10:00am (50 mins)
 Transition - 10:00am-10:05am
 Period 3 - 10:05am-10:55am (50 mins)
 Transition - 10:55am-11:00am (5 mins)
 Period 1 - 11:00am-11:50am (50 mins)
 Lunch - 11:50am-12:50pm
 Opening Ceremony in Gym -12:50pm-1:15pm
 Period 4 #1 - 1:20pm-1:40pm
 Period 4 #2 - 1:40pm-2:00pm
 Period 4 #3 - 2:00pm-2:20pm
 Period 4 #4 - 2:20pm-2:40pm
 2:40pm - 3:00pm - Finish presentations, complete feedback forms for students and drop them off at office.



Turtle Island Poppies

Slow Down - Driving to Seycove

Parents, students, staff and community members are reminded to **please watch your speed and obey traffic signs** in our neighbourhood. Please also remind your new drivers to obey traffic rules and their licence restrictions. Parking at Seycove is a privilege and students who do not follow the rules will be restricted from operating a vehicle on campus.



'N' Driver Restrictions:

- Display 'N' Sign
- No Electronic Devices
- Limit One Passenger (not including family)

[FULL RULES HERE](#)



SCHOOL PROPERTY

STRATHCONA ROAD





Updates & Reminders

Cabaret in the Cove! LIMITED TICKETS! [Purchase HERE](#)

SEYCOVE MUSIC PRESENTS

MOVIE NIGHT

★ CABARET IN THE COVE! ★

MUSIC | AUCTION | FOOD | DRINKS

JUNE 7
SATURDAY
7:00 PM

ONE NIGHT ONLY
in the Seycove Cafeteria

SchoolCashOnline.ca
&
Seycove.ca

TICKET AVAILABLE ONLINE

Get ready for an unforgettable evening at **Seycove's Cabaret in the Cove** on **June 7 at 7:00 PM!**

This one-night-only event brings our community together to celebrate incredible student talent with live performances from **student bands and choirs**.

Enjoy delicious **food and drinks**, bid on exciting items in our **music auction**, and soak up the energy of a vibrant night of music and connection.

With **limited tickets available**, you won't want to miss this showcase of creativity and community spirit. Buy your tickets today through [SchoolCash Online](#).

See you there!



Updates & Reminders

Seycove Drama's Block 2 Performance of *Anne Arky!*

ANNE - ARKY

BLOCK 2 DRAMA
presents

"ANNE ARKY"
a comedy

Vortex Theatre
Seycove Secondary School
Tickets available via Schoolcash online
June 5th 2025, 6 pm

Join us for an evening of theatre-within-theatre as our talented Block 2 Drama students present *Anne Arky* — a clever and fast-paced one-act comedy that follows a group of high school students trying to put on a play. But when drama behind the scenes threatens to derail opening night, chaos, comedy, and a few surprising truths take center stage.

Tickets available now on [SchoolCash Online](#) — Limited seating!

Come support student theatre and enjoy a night of entertainment, mishaps, and laughter as the Seycove Stage brings this hilarious and heartfelt story to life. Don't wait — tickets are going fast!



Post Secondary & Careers

Bronze Cross & Bronze Medallion Courses

Thinking about becoming a lifeguard? [Lifeguards in North Vancouver](#) can earn over \$27/hour and learn valuable life-saving skills that prepare you for emergencies.

Courses fill up fast, but Pedalheads in Burnaby has upcoming sessions for both Bronze Medallion and Bronze Cross. [\[REGISTER HERE\]](#) - *These are prerequisites to the required lifeguarding courses.

Each completed course earns you 2 high school credits. Talk to your counsellor for more info about credits.



UVIC Financial Literacy Workshop - Grades 9-12 - May 21/22

May 21 @5:30pm or May 22 @11:00am | Via Zoom | [REGISTER & MORE INFO](#)

Are you worried about money? Surveys routinely show Canadians struggle with their finances—over half are within \$200 of not being able to cover their bills and debt payments.

High school and university students particularly face struggles. Rising student debt, increasing housing costs, and surging inflation are barriers to success. This workshop will give you an inside look at how Gustavson approaches personal finance through an engaging, interactive session.



Youth with Disabilities: Employment Program

Our [Empower3D](#) program has available spots for youth with disabilities (ages 15-30) across Canada for our next session, **which begins on May 19th**. Join our free program to receive:

- 14-weeks of pre-employment and skills training (in person or virtual)
- 12-weeks of full-time paid work experience in the manufacturing sector

No prior work experience, volunteer experience, technical knowledge, or manufacturing knowledge is required. Visit our [Empower3D](#) webpage to learn more or contact us today.



UBC Women in Orthopaedics (WORTH) Workshop - June 14

Saturday June 14 | 8:30am - 3:00pm | BC Children's Hospital | [INFO & REGISTRATION](#)

Want to learn more about careers in healthcare or engineering?

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. *Workshop topics will include Saw Bones, Suture, Knot Tying, Research, and Orthopaedic Devices/Dress for the OR.*

*Complimentary coffee, light snacks, and lunch will be provided**

Women in Orthopaedics (WORTH) Workshop

Want to learn more about careers in healthcare or engineering?

This workshop is open to all young women (grades 10-12) including women-identifying individuals and non-binary and gender non-conforming students.

Sign up using the QR code below!

WHEN: SATURDAY, JUNE 7, 2025 | 8:30AM-5PM
WHERE: BC CHILDREN'S HOSPITAL, VANCOUVER*

* EXACT LOCATION WILL BE SENT OUT AFTER CONFIRMATION



Post Secondary & Careers

CHAMP Program - Students Enacting Change Locally

Metro Vancouver's Collaborative High School Action & Mentorship Program (CHAMP) equips high school youth with the knowledge, skills, inspiration, and support to influence sustainability in their school communities and beyond.

CHAMP 2025 is open to students entering grade 10 to 12 in September 2025

Applications due May 30th - [Learn more HERE](#)

Youth4Action



Summer Wellness Program for Girls - Minerva BC

[Rise and Shine](#) is a virtual program containing seven sessions developed by mental health experts that give participants the opportunity to connect with supportive peers and mentors in a safe and non-judgmental space while navigating the journey of emotional and mental wellness and discovering their resilience.

Dates: August 11 - 14, 19 - 21 **between** 10 - 11:30 AM PT.

Attendance of the full program is strongly encouraged.

Location: Zoom.

Age Group: All girls and gender-diverse youth **ages 15 through 24**

Cost: FREE!

Application Link: <https://www.surveymonkey.com/r/CLXQKF5>



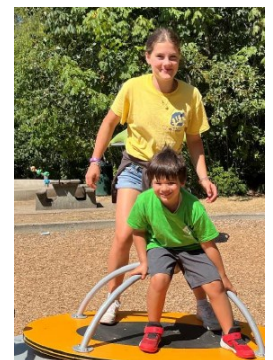
Volunteer Opportunity - NVRC Summer Camps

Want to make a difference, gain experience, and have fun?

NVRC volunteers inspire by example and help others get active, creative and connected.

We offer traditional camps and special interest camps such as arts, sports, and cooking.

Learn more and apply at nvrc.ca/volunteers today!



Volunteer Opportunity - Mt. Seymour United Thrift Shop

Mt. Seymour United Church's Thrift Shop is currently looking for student volunteers to help keep this community resource running smoothly.

Volunteering here is a great way to:

- ✓ Build real-world **retail and customer service experience**
- ✓ Develop skills in **merchandising, organization, communication, and teamwork**
- ✓ Earn **community service hours**
- ✓ Give back to your community in a meaningful way

If you're looking to grow your resume, connect with others, and have fun while doing it —consider signing up for a weekly shift. □ [SIGN UP HERE](#)





Celebrations of Learning

Junior Music Retreat in Whistler

On this year's Junior Music Retreat, the choir and band set aside their differences to focus on what really matters — hitting a drum at the right time.

In Whistler's decadent Crystal Lodge hotel, Seycove's grade 8/9 choir and band students gathered around to watch each student take a crack at nailing an impossible drum beat found in the middle of Whitney Houston's "I Will Always Love You" (pictured below).

Both groups also spent lots of time getting to know each other through music rehearsals (sometimes in sweltering heat!), team-building games, custom student trivia, and a Whistler Village scavenger hunt!

We left Vancouver expecting a packed agenda for our one-night getaway, and we came back all the closer to one another.

- Mr. Najjar





Celebrations of Learning

Senior Music Trip to Edmonton





GRAD 2025



Grads and Families - keep up to date on the latest [grad news HERE](#).

UPCOMING GRAD EVENTS

**Thursday May 22 - Capstone Presentations (not PLP students)
- Adjusted Schedule**

Location: Seycove Gym 12:50pm

Capstone begins with an opening ceremony in the gym, students then move to their assigned rooms to deliver their presentations.

This is a mandatory graduation requirement. Questions? Contact [Ms. Yeo](#)

Tuesday, May 27 @8:20am - Grad 2025 Rehearsal - MANDATORY

Location: Seycove Gym

All grads should be in the gym by 8:20am.

Students may arrive late to Period 5 class and teachers are aware.

Thursday, May 29 - Graduation 2025 Ceremony

Location: Centennial Theatre, North Vancouver

Students must arrive at Centennial Theatre at 6:00PM – to the studio entrance

Doors for guests open at 6:30PM | Ceremony Starts at 7:00PM

This is a ticketed event.

Tuesday, June 24 - Graduation 2025 Dinner and Dance

Location: Pinnacle Hotel at the Pier, North Vancouver

Reception Start time: 6:00pm (ends at 11:00pm) | Dinner 6:30pm

Grad Group Photo will be taken at 5:30pm at the Shipyards Pier



***Grad Banquet tickets are on sale now until May 25th. [More info HERE](#).**

Purchase tickets through grade 12 student [School Cash Online](#) accounts.

Table selections will begin on May 27th.

Grad parents/guardians are encouraged to attend with grads, but it is not required.



Seycove Snapshots

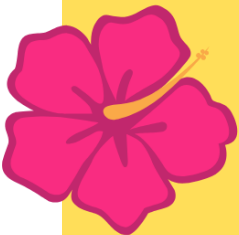


Seycove Auction



Thanks to everyone for helping make the Seycove FOS Auction a huge success! Our students were a big part of the night from set up, coat check, auction help, clean up and more.

Tropical Tuesday!



The sun was out for our Tropical Tuesday event last week. Students enjoyed frozen treats, lemonade, the prize wheel, limbo and more! Thanks to our amazing Student Council for bringing the tropics to Seycove!





Seycove Seyhawks



Seyhawks Golf - Season Finishes, Fore Now

Shoutout to the Seycove Golf Team for wrapping up their season with effort and enthusiasm. Five students — Nat, Will, Jonah, Kaine and Griffin (right) — competed in the playoffs and gave it their best shot. While results didn't go their way this time, the team showed great attitude, commitment, and sportsmanship throughout. Thanks to Coach Yip and Coach Russell for guiding the team and supporting our student athletes!



Indoor Soccer Intramurals

The indoor soccer intramurals launched this week with fast-paced action and even a surprise appearance from a staff team! Lunchtime turned into game time as players showed off impressive footwork, sharp passes, and some spectacular goals. The matches were fun to watch, filled with talent and competitive spirit.

The final showdown is set for next week—who will dribble their way to victory and take home the championship glory? Stay tuned to find out who scores the win!





PAC News

Staff Appreciation Lunch - Let's Show Our Gratitude!

It's that time of year when we come together to recognize the incredible dedication of our teachers, staff, and admin who work so hard to support the learning and growth of our children. The PAC is excited to host a Staff Appreciation Lunch on Friday, June 6th from 12–2pm as a heartfelt thank-you!

We'd love the parent communities help to make this event extra special! Whether you'd like to contribute a batch of homemade goodies or lend a hand with setup or takedown, every bit helps. Mandy Young will be leading the charge and coordinating the day—please text her at 778-242-9190 if you're able to help or bring food or flower to add a personal touch.

Let's make this a delicious and meaningful celebration for the amazing team that supports our kids all year long!



Next PAC Meeting: Tuesday, June 10 @7pm Library

[PAC Info - VISIT HERE](#)



*Enjoy
the
Long
Weekend!*

**SCHOOL
CLOSED**

for
**Victoria Day
Monday, May 19**