



SEYCOVE SECONDARY  
at sáyəmətən

# SCHOOL NEWSLETTER

May 2, 2025

Dear Seycove Community,

As we enter the final stretch of the school year (I can't even believe it), these last few days and weeks have brought both deep reflection and inspiring action here at Seycove.

This month, we held our Spring School Planning event, a powerful gathering where student voices led the way. With insight and care, students helped shape the direction of our shared future, and we proudly unveiled our newly articulated Seycove Values: **Creativity, Inclusivity, Respect, and Community**. These are not just words on a page – they are values we see in action every day, and ones we are committed to carrying forward, together.

We also marked an exciting moment on a warm and sunny day this May, when we officially broke soil in our Seycove Turtle Island space. Students from the Seycove Green Club and Ms. Kadi's Environmental Science class worked side-by-side, guided by Keith from the Coast Salish Nursery, to plant native and culturally significant species. Keith taught us not only how and where to plant, but why this work matters. It was a day of learning, laughter, connection—and sunshine!

The Turtle Island space represents more than just a garden. It's a place of care, of stewardship, and of recognition—of the land we live and learn on, and of our shared responsibility to protect and honour it. We are so proud of the students who are leading this work and grateful to the people who are guiding them. Thank you to our parent community for making this happen!



In the midst of the joyful moments we have had, we've also stood together in times of sorrow. The recent tragedy connected to the Lapu Lapu Festival has had a deep impact, and I've witnessed with admiration the compassion, solidarity, and quiet strength of our community in response. Our students and staff have supported one another with empathy and grace, leaning into the very values we hold dear.

As always, I am moved by what it means to be part of the Seycove community. Thank you to our families, staff, and—most of all – our students, for the heart you bring to every corner of this school.

I look forward to seeing many in our community at the Seycove FOS Auction this weekend. Thank you to the many hands for working tirelessly to make this special event happen again this year.

With appreciation,

Meghan Downie  
Principal

## SEYCOVE CALENDAR

May 3	<a href="#">Seycove Auction</a>
May 5	District Wide Pro D Day No School for Students
May 11	Mother's Day
May 13	PAC Meeting - 7pm Library
May 19	Victoria Day - Stat Holiday School Closed
May 22	Capstone Presentations Adjusted Schedule
May 29	Graduation Ceremony 7pm



# Updates & Reminders

## Bikes and Scooters - Lock Them Up!

RCMP are reminding students and staff to lock up bikes and scooters:

*"With the return of warmer weather, we've seen an increase in scooter and bike thefts from school bike racks. These thefts are often crimes of opportunity, and unfortunately, students' bikes and scooters are frequent targets."*

Follow these steps to help ensure your property is protected:

- ⇒ **Use a high-quality U-lock or heavy-duty lock (not just cable locks as they have been easily and quickly cut).**
- ⇒ Record the serial number, make and model of your bike or scooter, and keep it somewhere safe in case it needs to be re-reported stolen (a photo is also helpful).



## AP Psychology Reminder - Final Exam on May 16

A reminder to AP Psychology students and families, the AP Psychology Final exam is taking place on Friday, May 16th at 12pm. Students are reminded to log into Bluebook in advance to test-run the program before the exam.

[Bluebook Digital Testing for Students | College Board](#)

Questions? Contact [Ms. Yeo](#)



## 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. On Seycove property, there is a **STOP SIGN** at the top of the hill before the crosswalk. The sign is often ignored, resulting in near misses between cars and pedestrians. 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





# Seycove Values

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

### Celebrating Neurodiversity at Seycove: Understanding Anxiety

At Seycove, we are committed to creating an inclusive, compassionate school community where all students feel seen, supported, and valued. As we continue to highlight the richness of neurodiversity, we turn our focus this month to anxiety — a commonly experienced but often misunderstood part of the neurodivergent spectrum.



Anxiety is more than occasional worry or nervousness. For many people, it's a persistent experience that shapes how they interact with the world around them. It can show up as overthinking, avoidance, perfectionism, or even physical symptoms—but it can also be a sign of deep empathy, sensitivity, and an incredible capacity for care.

People who live with anxiety often develop strong self-awareness, problem-solving skills, and emotional intelligence. These are powerful traits that contribute to leadership, creativity, and meaningful relationships.

Some well-known individuals who have spoken openly about living with anxiety include:

- Adele, Grammy-winning artist, who has shared how anxiety shaped her path and how she navigates performing on stage.
- Emma Stone, Oscar-winning actress, who has been open about her experiences with anxiety and panic attacks from a young age.
- Naomi Osaka, tennis champion, who has helped redefine what it means to be strong by speaking out about mental health in high-pressure environments.

At Seycove, we acknowledge that mental health and neurodiversity are deeply connected, and we believe in removing stigma and replacing it with understanding and support. Anxiety isn't something to "hide" or "fix" — it's something to recognize, honour, and support with kindness and care.

At Seycove, we foster a school culture where every student can bring their whole self to school—and feel accepted, supported, and empowered to thrive.

## Dates and Events of Significance in May

Below are dates and events the Seycove school community *may* recognise, observe or celebrate.

- [Asian History Month](#)
- May 5: [Red Dress Day/National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People](#)
- May 5 -11: [Emergency Preparedness Week](#)
- May 5: [Music Monday](#)
- May 5 - 11: [Canadian Mental Health Week](#)
- May 11: Mother's Day
- May 17: [International Day Against Homophobia, Transphobia and Biphobia](#)
- May 19: [Victoria Day](#)
- May 28: [Red Shirt Day](#)





# Post Secondary & Careers

## LaSalle College Vancouver - New Campus Open House - May 10

May 10 | 11:00am - 2:00pm | 2880 Bradfield Court, Vancouver | [REGISTER](#)

Join us for our [Open House](#) on Saturday, May 10, from 11:00 AM to 2:00 PM, and be among the very first to get a sneak peek at B.C.'s most state-of-the-art creative campus, opening soon in 2025.

Whether your students are passionate about design, film, animation, culinary arts, fashion, or game design, this event is a valuable opportunity to explore where their creativity can take them.



## Building Tomorrow - Youth Trades Fair - May 14

Wednesday May 14 | 6:00pm - 9:30pm | Italian Cultural Centre | [INFO & REGISTRATION](#)

The **Building Tomorrow | Youth Trades Fair** will feature exhibitors such as BCIT, IRL Construction, Pogon Projects, Etro Construction, VanMech, Airstream, Ventana, and more - offering students a chance to speak directly with industry professionals and explore potential career paths.

We're also offering several **scholarship opportunities** for high school students!

There's **no cost** for students or their parents/guardians to attend. Plus, the **first 300 attendees** will receive **free pizza and pop/water**—because we know how important it is to keep our youth well-fed.



## 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), including women-identifying individuals and non-binary and gender non-conforming students 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.

*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\**







# Post Secondary & Careers

## Volunteer Opportunity - NVRC Summer Camps

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

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

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

Learn more and apply at [nvrc.ca/volunteers](https://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](#)



## Mini-Hackathon Vancouver - May 24 & 25

May 24 & 25 | 9:00am - 6:00pm | [VISST](#) | [Info & Registration](#)

XdHacks Mini Vancouver is a youth-led organization dedicated to inspiring students to explore STEM through fun and engaging events. We're excited to announce the **EARLY REGISTRATION** for our upcoming **Privathon** is now open! We would love for students from Seycove to participate! The hackathon is a fantastic opportunity for students to work collaboratively, build creative tech projects, learn new skills, and win awesome prizes. We'll also have workshops, mentorship sessions, and lots of fun activities throughout the day.



## 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.

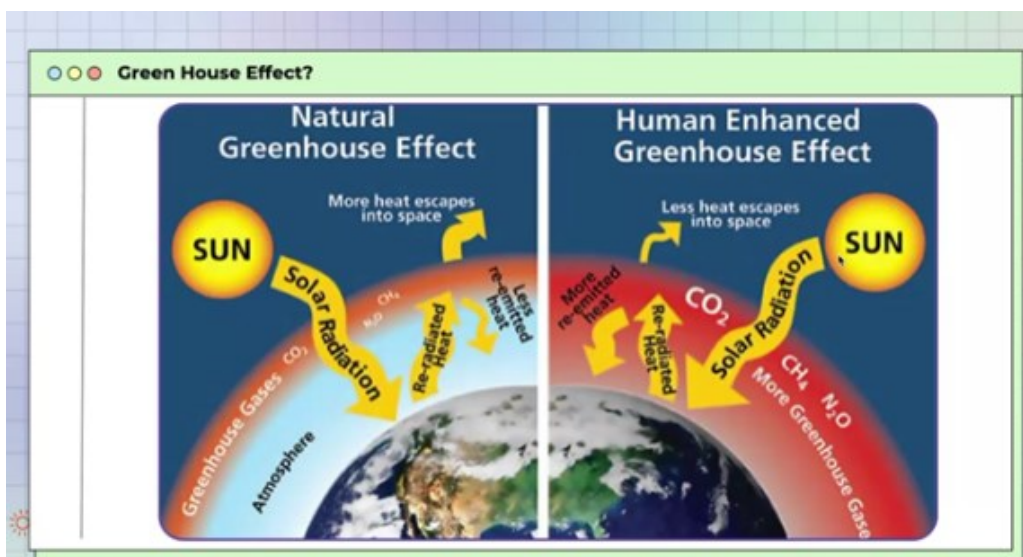




# Celebrations of Learning

## Social Justice 12 - Cool It! Challenge

Social Justice 12 students participated in the BC Sustainable Energy Association's Cool It! Challenge for Earth month. Each student had to figure out their carbon footprint at the beginning of the month, and it was a challenge for them all to reduce their carbon footprint by the end of the month. BCSEA will give a prize to the two students who had improved their carbon footprint the most. The students had to take part in different challenges and activities to make a difference. Some of the activities have been: turning the heat down in their house and wearing a sweater, walking to activities more, getting outside in nature, planting a garden, eating leftovers instead of throwing them out and many other activities. - Ms. Yeo







# Celebrations of Learning

## Grade 10 Blanket Exercise

Our Grade 10 students demonstrated thoughtfulness and reflection throughout the entire KAIROS Blanket Exercise. Workshop facilitators Johanne Nielsen and Brandi Price shared how respected and valued they felt by the group's engagement and attentiveness.







# Celebrations of Learning

## Earth Month

April was Earth Month, and the Green Club, together with Environmental Sciences 11, made it one to remember! Throughout the month, we hosted a series of activities designed to reflect on, appreciate, and give back to the incredible planet we call home. From our annual clothing swap, encouraging sustainable shopping, to native plant species bingo that got students exploring and engaging with our local environment, to restoring the garden beds out front to support our local pollinators — it was a month full of meaningful action. Our planet and all its inhabitants are extraordinary and worth celebrating. Thank you to everyone who took the time to notice, participate, and make a difference during Earth Month! - Ms. Kadi







# Seycove Snapshots



## Future Seyhawks Take Flight! Grade 7 Day

We were thrilled to welcome our future Seyhawks last week for a sneak peek into high school life! Huge thanks to our incredible student leadership team for guiding the Grade 7s through their visit—helping them master locker combos, navigate peer pressure, explore clubs and sports, and get the inside scoop on homework and high school success. We can't wait to officially welcome the Class of 2029 this September!







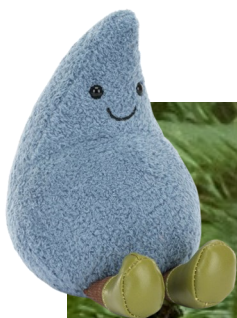
# Seycove Snapshots



## Earth Month - Nature Scavenger Hunt

As part of Earth Month celebrations, Environmental Science 11 students Fraser Wagner and Kira Belen organized a creative and educational scavenger hunt. Students were challenged to explore the nearby forest and snap selfies with native plant species such as western red cedar, western hemlock, salal, red huckleberry, sword fern, and salmonberry. While everyone who participated got to enjoy the fresh air and the beauty of the forest, it was Mackenzie T who completed the challenge first and took home a cuddly Happy Raindrop Jellycat as a token of her nature-savvy success.

Thanks to all who took part and helped celebrate the natural world around us!







# Seycove Snapshots



## Vancouver Sun Run Water Station

Seventeen Seycove students had an early start last Sunday to volunteer at the Vancouver Sun Run. Organized by Seycove parent Tree Cleland, who has led the event for students for several years, the experience was a huge success. "The students this year were incredible! Their energy was contagious—they were so much fun," said Cleland. Our volunteers brought great spirit, cheering on runners and helping create a positive, memorable race-day experience. Way to go, Seyhawks!







# Seycove Seyhawks



Seyhawks Rugby - Ready to Ruck & Roll!



Photos: Maggie Herholdt