

October 18, 2024

## Principal's Message

I hope everyone enjoyed a restful and enjoyable Thanksgiving long weekend! Just as we transition back into the school rhythm this week, we are excited to be gearing up for our first Province-wide Professional Development Day next Friday. While staff engage in their own learning and professional growth, we encourage students to take this time to relax, catch up on their studies, or recharge.

This week, we also took part in the **Great BC ShakeOut** drill. All of our students practiced how to respond in the event of an earthquake, learning or practicing essential skills to keep themselves and others safe in an emergency situation at school.

Looking ahead, we are thrilled to welcome parents and guardians back into the school for **Parent-Teacher Conferences and our PLP Pre-POL evenings**. This is a great opportunity to connect and discuss student progress, and we are eager to see you there.

As we approach the Halloween 'spooky' season, we remind everyone to have fun and to stay safe while celebrating. Whether it's through costumes, events, or community activities, we encourage everyone to keep safety – and kindness – in mind.

Our school themes remained focused on **relationships**. We are seeing wonderful connections forming among students through our vibrant athletic programs, with volleyball, track, field hockey, and soccer in full swing. Our music programs are also thriving, with students preparing to showcase their talents in upcoming performances. And in classrooms across the school, students are connecting with each other through the learning opportunities they have with their class communities.

In addition, we continue to embrace and connect with the land here at Seycove at sáyəmətən. At staff meetings this year, staff have shared inspiring examples of classes using outdoor spaces for learning, deepening our ties to nature, and enhancing the educational experience. We are so lucky to be able to learn on this land.

Thank you for your continued support, and I look forward to seeing many of you at the school in the coming weeks!

Meghan Downie



Principal

## SEYCOVE CALENDAR

Oct 19	<a href="#">Provincial Election</a>
Oct 22	<a href="#">PLP 8/9 Pre-POL Night</a> 6:30-8:30
Oct 24	<a href="#">PLP 10-12 Pre-POL Night</a> 6:30-8:30
Oct 25	Provincial Pro-D Day No school for students
Oct 29	<a href="#">Parent Teacher Meetings</a> 1:15pm student dismissal
Oct 30	Late Start - Staff Collab
Oct 31	Halloween
Nov 1	Early Dismissal - 1:15pm
Nov 6	<a href="#">Take Our Kids to Work Day</a>
Nov 12	PAC Meeting - Library @7pm

Visit the Seycove  
Calendar Here





# Updates & Reminders

## School Fees & Yearbooks

**School Fees** for the 2024-2025 school year have now been set up in School Cash Online accounts. In order for the courses with fees to run successfully, it is important fees are collected in a timely manner. Supplemental fees may be charged for goods and services associated with optional enrichment activities and take-home items that extend learning outcomes for students beyond their basic educational program. Supplemental fees are published on our [Course Information and Description](#) page on the Seycove School website. Please pay your school fees via your School Cash Online account [HERE](#)



**Yearbooks:** You can also purchase a yearbook for your student(s) through your School Cash account. Yearbooks need to be purchased by January - don't miss your chance to reserve a copy.

## Attendance Call Reminder

### Reminder: ONLY TEACHERS CAN CHANGE ATTENDANCE

If you receive an absence phone call and you believe it is incorrect, please contact the teacher directly through e-mail to advise them of the error. Office staff cannot change attendance after it has been entered. [Teacher e-mails can be found here.](#)

As we enter the flu and cold season, please ensure students who show signs of illness stay home. Please call or e-mail the school to advise of the absence.

For more information on [attendance procedures](#), please visit our website.



## PLP - Pre-POL Evening Mixer - October 22 & 24

**PLP Families: Mark your calendar and join us, in-person, to review learning goals and intentions for this school year.**

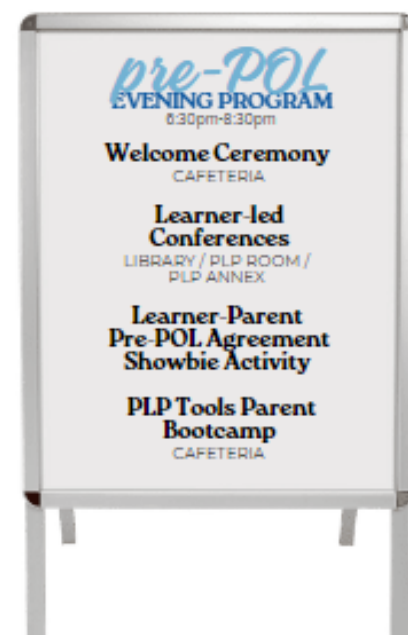
As PLP learners begin to hit their stride for the 2024/2025 school year, we welcome families to the inaugural **Pre-POL (Presentation of Learning) Evening Mixer!**

Learner-led conferences are an important component of the Performance Learning Program, creating opportunities for learners to reflect on their growth and development in various areas of school life.

The Pre-POL is an opportunity for learners to communicate directly with their families about the learning goals and intentions they have set for the school year and to share supporting evidence from their first projects.

During this event, parents will be asked to complete a task that affirms their support and role in helping their learner achieve these intentions.

**PLP 8 and 9: Tuesday, October 22 - 6:30-8:30pm**  
**PLP 10, 11, and 12: Thursday, October 24 - 6:30-8:30pm**





# Updates & Reminders

## Parent Teacher Learning Conferences

Seycove's Parent Teacher Learning Conferences are taking place on Tuesday October 29, 2024. The two session times for the conferences are 2:00 - 4:00 pm and 6:00 - 8:00 pm. Conferences will take place in Seycove classrooms and will last 5 minutes each.

Seycove uses an online appointment-booking system as it allows parents or guardians to select their own appointments and book them online. Please note this is a "first-come-first-served" system and appointment slots fill up very quickly.

As outlined in [the letter sent home on October 16th](#), the **first booking window is now open online** until October 23 at 11:55pm. A second booking window will be open October 25-28 at noon. [Book your appointments HERE.](#)

Please note there will be **early dismissal on both Tuesday, Oct 29th and Friday, Nov 1st at 1:15 pm** to accommodate Parent Teacher Conferences.



## Provincial Assessments

Provincial Assessments are scheduled to be written this year during the weeks of November 4 & 5, January 13-15 and April 7-9, 2025. Completing the **Grade 10 Graduation Literacy Assessment, Grade 10 Graduation Numeracy Assessment and Grade 12 Graduation Literacy Assessment** is mandatory for graduation.

The purpose of these assessments is to measure the extent to which students are literate and numerate. Rather than assess specific course curricula, the graduation assessments measure the application of numeracy and literacy skills to realistic situations. These assessments look at a students' ability to apply their knowledge and skills.

More information can be [FOUND HERE.](#)



## Significant Dates and Events for October

Below are some dates our school community may recognise, observe, or celebrate for the month of October:

Canadian Library Month  
Circular Economy Month  
Cyber Security Awareness Month  
Oct 2-4: Rosh Hashanah  
Oct 5: World Teachers' Day  
Oct 10: World Mental Health Day  
Oct 11-12: Yom Kippur  
Oct 14: Thanksgiving Day  
Oct 17: The Great British Columbia Shakeout  
Oct 28: Canadian School Library Day!  
Oct 31: Diwali  
Oct 31: Halloween

[Dates and Events of Significance](#)

Students practiced their earthquake response during the Great BC Shakeout this week.







# Updates & Reminders

## School Calendar Overview



### Seycove Secondary School

1204 Caledonia Avenue, North Vancouver B.C., V7G 2A6  
Tel: 604-903-3666 Fax: 604-903-3667 Callback: 604-903-3673

2024-2025 Calendar	Days of Instruction: 180 Days
Schools Open	Tuesday, September 3, 2024 (90 Minutes)
First full day of Classes	Wednesday, September 4, 2024
Staff Collaboration Day (student late start 9:50 am)	Wednesday, September 25, 2024
National Day for Truth and Reconciliation – School Closed	Monday, September 30, 2024
Thanksgiving Day - School Closed	Monday, October 14, 2024
Province Wide Professional Day (no students)	Friday, October 25, 2024
Parent Teacher Interviews –early dismissal at 1:15 pm	Tuesday, October 29, 2024
Staff Collaboration Day (student late start 9:50 am)	Wednesday, October 30, 2024
Early Dismissal for Students per PTIs	Friday, November 1, 2024
Remembrance Day - School Closed	Monday, November 11, 2024
Review and Completion (no classes for students)	Tuesday, December 3, 2024
NVSD Curriculum Implementation Day (no students)	Friday, December 6, 2024
Last Day of Classes Before Winter Vacation	Friday, December 20, 2024
Winter Vacation Period	December 23, 2024 – January 3, 2025
School Opens After Winter Break	Monday, January 6, 2025
School Based Professional Development Day	Friday, January 24, 2025
District Wide Professional Day (no students)	Friday, February 14, 2025
BC Family Day – School Closed	Monday, February 17, 2025
Staff Collaboration Day (student late start 9:50 am)	Wednesday, February 26, 2025
Review and Completion (no classes for students)	Tuesday, March 4, 2025
Last Day of Classes Before Spring Break	Friday, March 14, 2025
Spring Vacation Period	March 17 – March 28, 2025
School Opens After Spring Break	Monday, March 31, 2025
Parent Teacher Interviews-early dismissal at 1:15 pm	Wednesday, April 16, 2025
Parent Teacher Interviews-early dismissal at 1:15 pm	Thursday, April 17, 2025
Good Friday – Schools Closed	Friday, April 18, 2025
Easter Monday – Schools Closed	Monday, April 21, 2025
Staff Collaboration Day (student late start 9:50 am)	Wednesday, April 30, 2025
District Wide Professional Day (no students)	Monday, May 5, 2025
Victoria Day – School Closed	Monday, May 19, 2025
School Based Professional Day (no students)	Friday, June 6, 2025
Last Day of Classes	Friday June 20, 2025
Review & Completion (no classes for students)	Monday, June 23, 2025
Review & Completion (no classes for students)	Tuesday, June 24, 2025
School Closes for Summer Vacation	Thursday, June 26, 2025
Administrative Day – School Closed	Friday, June 27, 2025

Click on the Calendar (left) for a link to the PDF version. You can also subscribe to [Seycove's detailed calendar HERE](#).



Staff & students gathered on the field as part of an evacuation exercise this week

## Dyslexia Demystified - Effective Support for your Child - Oct 24 @NVPDL

World Dyslexia Awareness Day seeks to raise awareness about dyslexia, a learning difference that impacts 10-20% of Canadians.

Join the North Vancouver District Public Library online on October 24 at 6:30 pm for an informative workshop on dyslexia, designed and presented by the LDS Society. This workshop is to help parents better understand, support, and advocate for children with this learning difference. Visit the [event web page](#) to learn more and register.





# Safe & Healthy Teens

## Parenting Teens - Adolescent Development Resources

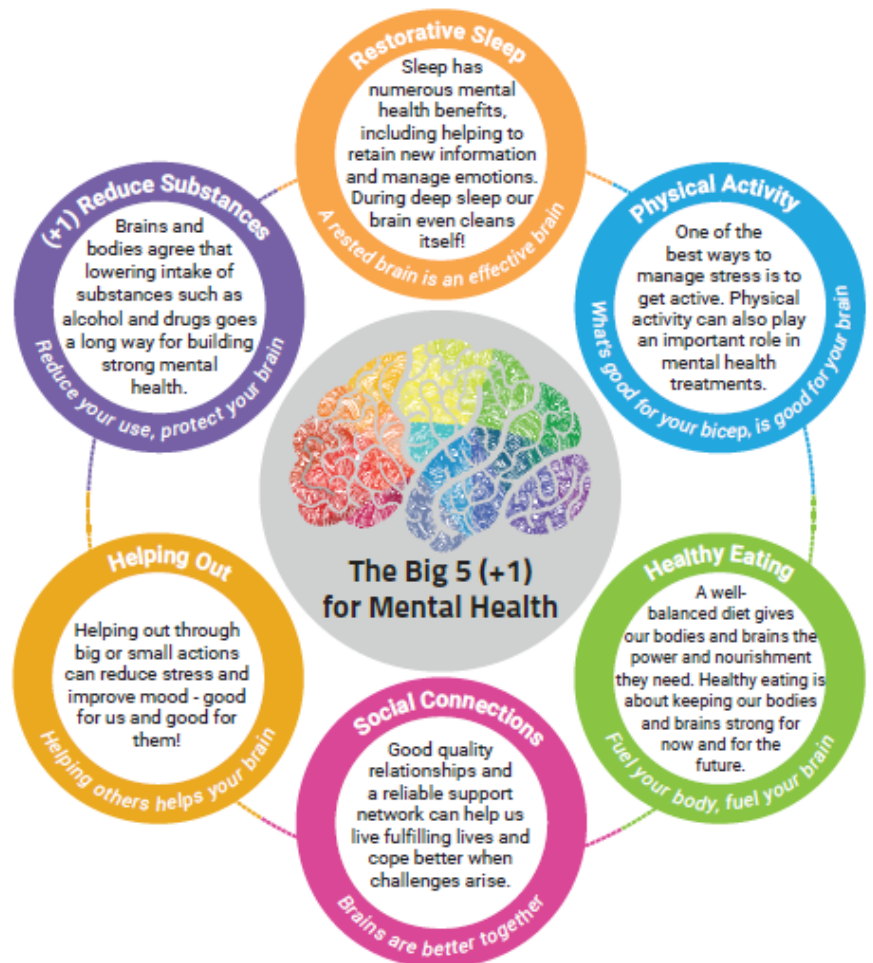
Adolescence is a distinct phase of life between childhood and adulthood. This resource helps break down what is considered normal and abnormal behaviour and may help determine if there are signs indicating mental health problems.

[Click here for a copy of the guide.](#)



## The Big 5 (+1) for Mental Health

Research continues to support a handful of basic lifestyle factors that help keep us mentally healthy.



The Big 5 (+1) are interconnected. Making improvements in one area often helps with the others too!







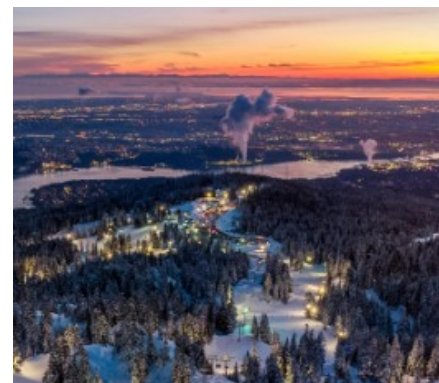
# Post Secondary & Careers

## Mt. Seymour Ski Apprentice Program

This program is an 8-10 week commitment with 2-hours of on snow training per week, 3 volunteer dates over the Winter holiday period, and one full day volunteer shift on either a Saturday or Sunday for 9 weeks from January to mid-March. It will focus on improving your skiing or riding technique to meet CSIA/PSIC or CASI level 1 standards, along with your teaching and assessment skills to make you a better instructor. Program participants will have the opportunity to achieve their volunteer hours working with our Bear Cub (Age 4-7) programs on the weekends. This will allow program participants to learn from our snow pros in a real lesson environment.

At the end of the program participants have the option of booking into a Level 1 ski or snowboard instructor course. This is now a separate, optional component. More info here: [Apprentice Instructor Program | Mt Seymour](#)

**\*Students in the Work Experience course can use this towards their course hours.**



## VGH Health Care Career Fair for Students - October 25

High school and post-secondary students, and other youth interested in a career in health care, are welcome to join us at our Health Care Career Open House. Meet and learn from passionate health care professionals and connect with representatives from post-secondary programs

**Friday, Oct. 25, 2024  
11 a.m. – 2 p.m.**

**Vancouver General Hospital, Paetzold Health Education  
Center, Jim Pattison Pavilion, 899 West 12 Ave.**

**\*no registration required**



## UBC Sauder In Person Event - November 2



Register for **Fall Preview 2024**, an in-person info session designed for students interested in UBC Sauder's undergraduate programs

**Date:** Saturday, November 2, 2024

**Time:** 9:00am - 12:30pm PDT

**Location:** 2053 Main Mall at UBC Vancouver campus

**Registration is required. Seats are limited. [Register HERE](#)**

**SATURDAY,  
NOV 30, 2024  
11 AM – 3 PM**

# Explore CapU Open House

Discover 100+ programs and  
explore the CapU campus.

**Register now**



# Post Secondary & Careers

## Writing for University Applications

The North Vancouver City Library has two upcoming sessions on "Writing for university applications" for Grade 11 and Grade 12 students. Due to their popularity, both programs require registration:

Tuesday, Oct. 29 @ 7 p.m. (REGISTER: <https://www.nvcl.ca/events/writing-university-applications-0>)

Tuesday, Nov. 5 @ 7 p.m. (REGISTER: <https://www.nvcl.ca/events/writing-university-applications-1>)

In addition to your grades, some Canadian university applications include a component that aims to find out who you are and why you are a good fit. Learn how to construct themes based on what's important to you and what you value. Craft your themes into stories that capture your reader's interest and help them learn more about why you're a strong candidate. This program is recommended for students in grades 11 & 12.

## Gustavson School of Business Zoom Sessions

### AI 101 - Using Artificial Intelligence in University and Your Career

The Gustavson School of Business at UVic invites students to join this free AI workshop. As a leader in business education that prepares students for practical, hands-on skills for the workforce, Gustavson is uniquely positioned to educate students on the current and future impacts of AI. Sessions on November 14th and 20th. [Register HERE](#)

### Adulting 101 - Personal Finance for Students Preparing for College and University

The Gustavson School of Business at UVic invites students to join a free financial literacy workshop. Dr. Michael King leads this interactive session for students to strengthen and prepare their financial footing to enter university life. This workshop will give you an inside look at how Gustavson approaches personal finance through an engaging, interactive session. Sessions on November 6 or 7. [Register HERE](#).



## UBC Faculty of Forestry - Info Sessions

At UBC, we are committed to shaping the future of forestry and environmental conservation. With world-renowned faculty, hands-on learning opportunities, and state-of-the-art facilities, students will be well-equipped for a fulfilling career in this vital field.

### [Learn more and register for our monthly sessions](#)

These sessions are tailored for high school students who are passionate about the environment, sustainability, and the great outdoors.



## UVIC Bachelor of Child and Youth Care

The School of Child and Youth Care is dedicated to practice and research that support the well-being of children, youth, families, and communities. Our community and strength-based social justice approach embraces diverse perspectives and life experiences.

The application for September 2025 entry into the University of Victoria's Bachelor of Child and Youth Care program is open now. The deadline to apply is January 31, 2025. Learn more at our open house or online - October 25th - [Register HERE](#)

University of Victoria  
School of Child & Youth Care







# Celebrations of Learning

## PLP 9 - Rockies Field School



plpseycove



plpseycove It has become tradition for the PLP 9 Field School to overnight at Three Valley Gap, a unique experience that is always long remembered. The Ghost Town served as the set for filming silent films, the Chateau was as hospitable as ever, and breakfast in the Monashee Dining Room never disappoints!



plpseycove Travelling through Rogers Pass, a legendary mountain route that played a pivotal role in shaping Canada's history, it was hard not to be impressed by this testament to human ingenuity and the awe-inspiring power of nature.



plpseycove The Glacier Skywalk offered panoramic views and a cautionary warning of how rapid climate change is impacting the Columbia Icefield.







# GRAD 2025



## Grad Boat Cruise



### Ahoy, Seycove Grade 12s!

Get ready to make waves at the annual **Seycove Grad Winter Formal Cruise**, setting sail on Wednesday, December 11th!

This unforgettable three-hour voyage around Vancouver Harbour includes a delicious full dinner buffet, where you'll feast like captains before hitting the dance floor to rock the boat! With games, contests, and non-stop fun, this night promises to be smooth sailing from start to finish.

Don't miss the boat! More details on ticket sales and prices can be [found HERE](#).



Graduation Info is updated and posted on [Seycove's website](#)



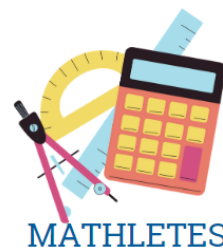


# GRAD 2025

Grad Class Spirit Week!



Photos: A Davey



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# Seycove Snapshots



## CIBC Run for the Cure

On October 6th, Seycove staff members Emily McWilliam and Randi Crowe, along with former staff member Shirley Lempriere, proudly participated in the CIBC Run for the Cure in Vancouver. This year, they ran in support of their colleague Petra and in honor of the incredible women in Seycove's history who have faced breast cancer. Thanks to their dedication and community spirit, the team raised an impressive \$975 for the cause. Well done, team! Your efforts make a meaningful difference!



The library has been undergoing some major upgrades this month! The transition from a traditional library to a dynamic **Library Learning Commons** is nearly complete. With a fresh coat of paint, a brand-new layout, and stylish new furniture, this space is bound to inspire. Students are already checking out the transformed area and enjoying the space. Stay tuned for the full makeover reveal—photos coming soon!







# Seycove Seyhawks



## Bridgman Field Hockey Tournament in Victoria

The Seycove Field Hockey team spent their Thanksgiving weekend competing in the historic Bridgman Field Hockey Tournament in Victoria, where they truly played their hearts out! Winning 4 out of 5 games, the team secured an impressive 5th place finish against both AA and AAA teams.

Crucial goals from Maisie Fulton-Stephenson, Lydia Harrington, Claire Jaakkola, Sierra Earl Thomas, and Ella Wentzel helped drive the ball home as they triumphed over Crofton House School, St. Michaels University School, and South Delta Secondary. Standout moments included stellar goalkeeping by Lilja Bergen, and strong play from Eloise Gray, Sara Jaakkola, Hana Inouye, and Gwenyth Rae.

Nova Walker embodied resilience, playing with confidence despite a broken finger, while junior players Diya Zaman and Louisa Fulton-Stephenson made valuable contributions to the team's success. Special thanks to the parents and families for their unwavering support and to DJ Sara Jaakkola for keeping the team in the zone with her motivational tunes in the van!







# In Our Community



## MT SEYMOUR JOB FAIR

If you want to work and play in the mountains this winter then check out the Mt. Seymour Job Fair. We're confident we have the right job for you!

Visit us at the  
Parkgate Community Centre  
Sunday, October 20, 10am - 2pm

Bring your resume and chat with senior staff about the various roles available this coming winter. We can't wait to meet you!



Election Day is October 19, 2024.  
Make sure you're ready to vote.

## 2024 PROVINCIAL GENERAL ELECTION

» [LEARN MORE](#)

## DON'T FORGET DEEP COVE WINTER MARKET NOVEMBER 23

Amazing vendors so you can shop small and shop local for the holidays. Plus, we have the best food trucks, fundraising and VOLUNTEER hours for Seycove Students. It is a community gathering you don't want to miss. Mark your calendars.



[COVECOMMUNITYMARKET.COM](http://COVECOMMUNITYMARKET.COM)

## What to do during an Earthquake:



IBC  
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of Canada

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The Great  
British Columbia  
**Shake  
Out**