



SEYCOVE SECONDARY at sáyamətən

SCHOOL NEWSLETTER

October 4, 2024

Principal's Message

As we settle into the rhythm of the school year, I am proud to see how our staff and students have embraced our key themes of **Relationships with Ourselves and Others, with the Land, and with Technology**. These guiding principles are helping to shape a meaningful learning environment for all this year.

Last week, our school community took time to reflect on the importance of **Truth and Reconciliation**. Across classrooms and activities, students and staff engaged in meaningful conversations and learning experiences that centered on the history and ongoing impact of residential schools, as well as the role we each play in reconciliation. This focus continues to be integral to the way we build relationships within our community, honouring Indigenous perspectives and deepening our connection to the land we share.

Our staff has also dedicated much of the early part of this year to fostering strong relationships within the classroom and the broader school community, particularly as we navigate the return to a Linear System. During recent collaborative discussions, we focused on how staff are creating inclusive spaces where every student feels a sense of belonging. We are committed to nurturing these relationships, knowing they are fundamental to building a supportive and thriving school culture.

Additionally, the introduction of the **Personal Digital Device Policy** has been a topic of much reflection and feedback. Many of our staff have noted a positive shift, with students now having more opportunities to connect with one another and be present with their learning, rather than their devices. This change aligns with our goal of ensuring technology enhances our students' connections and experiences and with our focus on the mental health and well-being of our students.

Looking ahead, we are excited to welcome families to our **Parent-Teacher Learning Conferences** later this month. These conferences will be a valuable opportunity to build relationships, connect, set shared goals, and establish a collaborative vision for your child's learning journey this year. Together, we want to ensure that every student is supported and challenged in ways that help them grow both academically and personally.

As we move through October, in addition to many other dates and events of significance in October, we will be honouring **World Mental Health Day on October 10th** and as a community, will continue to reflect on how we support the mental health and well-being of our staff, students, and selves.

Thank you for your continued support - and I look forward to seeing many of you at the upcoming conferences on October 29th.

Kindly,
Meghan Downie

Principal



SEYCOVE CALENDAR

Oct 8	PAC Meeting - 7pm Library
Oct 10	World Mental Health Day
Oct 14	Thanksgiving Stat Holiday. School Closed.
Oct 16	Photo Retake Day
Oct 16	Grad Parent Info Night 6pm
Oct 19	Provincial Election
Oct 25	Provincial Pro-D Day No school for students
Oct 29	Parent Teacher Meetings 1:15pm student dismissal
Oct 30	Late Start - Staff Collab

Visit the Seycove
Calendar Here





Updates & Reminders

School Fees



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](#)

Parent Education Series: Supporting a Youth Who Has Disclosed Sexual Assault

Foundry North Shore would like to welcome parents/guardians/caregivers and professionals to our FREE community conversation.

Anna Nelson from Family Services of the North Shore, will provide an overview of their Sexual Assault Response Program (SARP). This program provides free coordinated services for survivors of sexual assault, inclusive of all ages & genders, and available to all residents of the North Shore.

This presentation will cover:

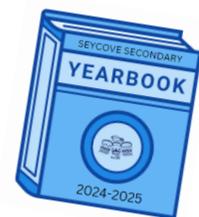
- The difference between sexual assault and sexual abuse
- What consent is and who can provide it
- How to support a youth who discloses they were sexually assaulted or abused
- How the Sexual Assault Response Program can support you and the youth

Thursday, October 17th 7pm - 9pm PDT
Carson Graham Secondary School,
2145 Jones Avenue North Vancouver
Registration: <https://SARP2024.eventbrite.com>



2024-2025 Yearbooks - Pre-Orders Open on SchoolCash Online

Yearbooks for the 2024-2025 school year are now available for pre-purchase on [SchoolCash Online](#). Books are \$50 and orders must be submitted before January 10, 2025. Be sure to order your copy to avoid disappointment on distribution day as we cannot guarantee there will be extras for sale.



Tutorial Schedules

Teacher Tutorial Schedules are now available [HERE](#)
Tutorial time is daily 8:30am-9:10am. Students are encouraged to attend this time to access support from their teachers, get extra help or "catch-up" if they are falling behind. Students are not required to attend tutorial time but teachers may request students to do so.





Post Secondary & Careers

University of Calgary Presentation @Seycove

Learn about all the exciting programs and student life at the University of Calgary.

Join us in the Seycove Office Conference room on **Wednesday, October 9 @8:30am** to hear direct from a U of C representative.



UNIVERSITY OF
CALGARY

BCIT Big Info Night - October 9 - 4pm-7pm

Big Info is the largest program expo and information session at BCIT. It's your chance to find out about all our programs – from business and media, computing and IT, engineering, health sciences, trades and apprenticeships, and applied and natural sciences.

BCIT

For more info and registration
[VISIT HERE](#)

—
ONE NIGHT.
ENDLESS POSSIBILITIES.
BCIT BIG INFO.

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**



SATURDAY,
NOV 30, 2024
11 AM - 3 PM

Explore CapU Open House

Discover 100+ programs and explore the CapU campus.

[Register now](#)

Education & Career Fairs Vancouver - December 4

VANCOUVER REGISTRATION REMINDER – DON'T MISS OUT!

Join us at the Education and Career Fairs (ECF) in Vancouver on **December 4, 2024**, at the Vancouver Convention Centre. We are excited to welcome your school to this premier event!

The fair runs from 9 am to 2 pm, and admission is FREE! Don't miss this opportunity to explore educational and career options for a better future. We look forward to seeing you there!

Registration link: [Vancouver Registration](#)





Celebrations of Learning

Truth & Reconciliation Activities at Seycove



Right: Ava proudly shows off the display created by Social Justice 12 students. The class examined the legacy of the residential school experience and the elements and complexities of Truth and Reconciliation alongside connections to the 94 Calls to Action.



Senior students took part in the "Circle in the Box" workshop delivered by Dallas Guss from the Squamish Nation.

The workshop explains current lateral violence issues and the long term negative impacts of colonization on Indigenous communities.





Grade 8 Cheakamus Retreat

Seycove's grade 8 class had an incredible day of teamwork and learning at the [Cheakamus Centre](#) last week. The students participated in group games that required cooperation and thoughtful planning. A big thank you to all the staff who dedicated their time for the day and overnight training, as well as to the senior students who spent weeks preparing and training for the event.



Photos: Aaron Porter



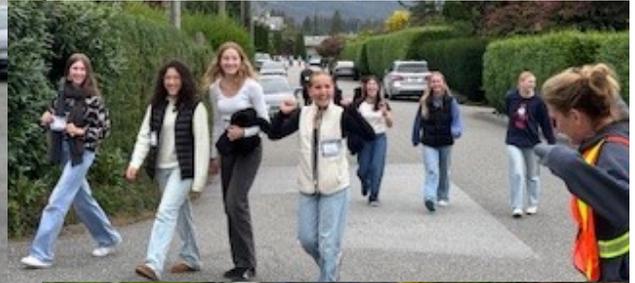
Seycove Snapshots



Terry Fox Run

The rain couldn't dampen the spirits of students and staff as they walked and ran in support of the Terry Fox Foundation. Thank you to everyone for their support for cancer research!

Photos: Alistair Davey & Jen Eyton





Seycove Snapshots



The cafeteria buzzed with excitement last week as students explored the many clubs Seycove has to offer. "I didn't know we had a club like Textiles for Change," one student excitedly told her friend. "I've always wanted to learn how to crochet!" From arts and environmental activism to chess strategy and making new friends, there was something for everyone at the fair. Want to learn more about Seycove's clubs? [Visit our website](#) for all the details!



Photos: Isaac Riebe



Seycove Snapshots



Q: What's the top selling food item in the cafeteria?
A: The chocolate chip muffin, of course.



Aleia & Fallon are now hosting the Hawks Nest Supply Cart. The students are offering free pencils and school supplies for their peers.



Oh Deer! A mama and her fawns foraging on Seycove's Turtle Island this week.
Photo: Shirley Lempriere



Thank you to PAC for organizing an inspiring assembly featuring Olympians Madison Mailey and Maxwell Latimer. The pair shared their stories of adversity, failure and rising to challenges. Photos: Cameron Lewis





GRAD 2025



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

Grade 12 Parent and Student Information Night

Wednesday, October 16th, 2024 – 6:00pm

Location: Seycove Cafeteria



BC Post-secondary Night

Monday, October 28th, 2024 – 7:00pm

Location: Windsor Secondary School



POST-SECONDARY BC

Artona Graduation Portraits - Individual Photo Sessions

Sunday, December 15th & Monday December 16th, 2024

Book your studio session here: [HERE](#)



Information on Post-Secondary Planning

More detailed information can be found here: [Post Secondary Information Page](#). Students and families are encouraged to check this page to ensure you are aware of the Grad program requirements and other post secondary information.

Graduation 2025 Graduation Ceremony

Thursday, May 29th, 2025

Location: Centennial Theatre, North Vancouver

More details to follow...



Graduation 2025 Dinner and Dance Banquet

Tuesday, June 24th, 2025

Location: Pinnacle Hotel at the Pier, North Vancouver

More details to follow...





Seycove Seyhawks



Boys Soccer



Photos: A Davey



In Our Community

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 Seycové Students. It is a community gathering you don't want to miss. Mark your calendars.



COVECOMMUNITYMARKET.COM

Y Mind Teen Info Session

Parkgate, in partnership with the YMCA, will be hosting a 7-week mindfulness program Y-Mind teen! Y-Minds is a group program for youth 13-18 years old that focuses on **learning how to manage stress and anxiety through mindfulness** and acceptance commitment therapy strategies. This program is ideal for youth dealing with mild to moderate anxiety (nervousness, stress, restlessness, general unease, still able to function).

Join us for an online info session on Monday, October 7th, 4:30-5:30. [Sign up HERE](#)

Y-Minds will run on Wednesdays - **Nov 6-Dec 11th**, 4:30-6pm. Registration is required as it is a closed program; not designed to be a drop-in.



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!



2024 PROVINCIAL GENERAL ELECTION

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



· FOUNDRY ·

NORTH SHORE

Presents

Supporting a Youth Who Has Disclosed Sexual Assault

Thursday, October 17th
7 - 9 pm

Carson Graham Secondary

Key Note Speaker and Presenters:

Anna Nelson, Family Services of the North Shore
Jacquie Miller, Lions Gate Hospital Forensic Nursing Program
Paulo Arreaga, North Vancouver RCMP Youth Team

Topics:

- ~ The difference between sexual assault and sexual abuse
- ~ What consent is and who can provide it
- ~ How to support a youth who discloses sexual assault or abuse
- ~ How the Sexual Assault Response Program can support you and the youth

FREE
Registration
Here



<https://SARP2024.eventbrite.com>