



SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER

September 19, 2025

Dear Seycove Families,

As September settles in, I am so proud of the way our students have begun to find their rhythm in classrooms. These first weeks are always a time of transition, and it is wonderful to see learners moving from the busyness of new timetables and courses into the deeper work of engaged learning. Already, I see students leaning into challenges, connecting with peers, and beginning to establish the routines that will carry them forward this year.

Our focus this fall is on living into Seycove's values of **Creativity, Respect, Inclusivity, and Community**, and continuing to build a true **Culture of Care**. This means caring for ourselves, caring for each other, and caring for the place we share. These values are not just words on the wall - they guide how we learn together, how we show up for one another, and how we strengthen the community we are proud to be part of.

Later this month, our school community will come together to recognize the **National Day for Truth and Reconciliation**. In the days leading up, students and staff will engage in learning, reflection, and conversations about the truths of residential schools and the ongoing impact on Indigenous communities, including Métis, First Nations, Inuit families and individual. We will be honouring this important week through classroom discussions, school-wide reflections, and visual displays across the building. On **Monday, September 29**, we encourage all students and staff to wear an **Orange Shirt** as a visible commitment to learning the truth and acting in the spirit of reconciliation.

Thank you for your ongoing support as we begin another year of growth, learning, and community together. I look forward to all that we will accomplish as we continue to nurture a place of care and belonging - and excellence - at Seycove.

Kindly,

Meghan Downie
Seycove Principal

National Day
for Truth and
Reconciliation

September 30



Canada

SEYCOVE CALENDAR

- Sep 23 PAC Meeting - 7pm Library
*new date
- Sep 29 Orange Shirt Day
School Wide Assembly
- Sep 30 National Day for Truth & Reconciliation - Stat Holiday
- Oct 1 Club Fair - Lunch
- Oct 3 Grade 8 Cheakamus Retreat
- Oct 10 Photo Retakes
- Oct 13 Thanksgiving

National Day
for Truth and
Reconciliation



CREATIVE RESPECTFUL
& INCLUSIVE Community



Updates & Reminders

Math Department Reminder - Calculators

Students are expected to have their own calculator for math class — phones cannot be used.

Seycove's Math Department recommends the Texas Instruments TI-30X IIS 2-Line Scientific Calculator, which is easy to find in stores or online for less than \$20. Please make sure your student brings their calculator to class every day, ready to learn!



Follow the Seycove Yearbook & Pre-order Your Copy



The Seycove Yearbook team is already hard at work planning to capture all the highlights of the 2025/2026 school year! Follow along to see the journey of how it all comes together, plus sneak peeks, updates, and info parents & families won't want to miss. Instagram: [@seycoveyearbook_2026](https://www.instagram.com/seycoveyearbook_2026)

Yearbooks are now available for pre-order through your [SchoolCash Online](#) account. Reserve your copy today!

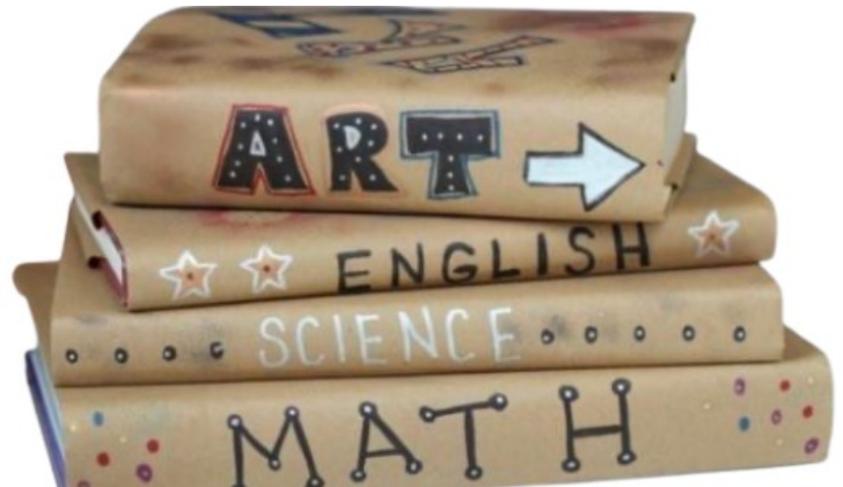
Cover Story - Protect Your Texts!

Textbooks aren't cheap — in fact, they can cost up to \$100 each and are one of the biggest expenses in our school. To help protect these valuable resources (and your wallet!), **we are requiring all students to cover their textbooks this year.**

Not only does covering keep books safe from wear and tear, but it also helps solve another big issue: textbook mix-ups. Too many times students accidentally take the wrong book home or return someone else's copy at the end of the year. A simple cover makes your book easy to spot and uniquely yours!

So grab some paper, (*free craft paper available at school or find your own) get creative, and give your textbooks a little personality while protecting them for years to come.

Need a refresher on how to do it? Check out this tutorial: [Textbook Covering Guide](#)



Let's wrap it up, Seycove!



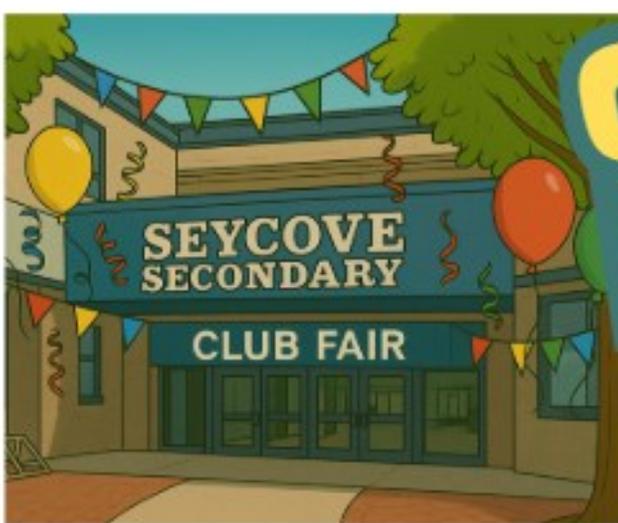
Updates & Reminders

Drop Off & Pick Up - Driving at Seycove

Please remember to use only the **designated area outside the cafeteria** for student drop-off and pick-ups. We encourage students to use alternate travel methods including walking, cycling and scootering. Walking to and from school can help students set up for or unwind from their day. As a community school, we want to consider our neighbours and remind drivers to follow speed restrictions and refrain from using side roads and driveways for turning around and dropping off.



Club Fair! Lunch - October 1st



Club FAIR

Wednesday, October 1 Cafeteria @lunch

All students are invited to our annual **Club Fair** happening at lunch on October 1st. Students can learn about all the different ways to get involved at Seycove - from **tech, arts, games, charity, social issues** and more - there's a club for everyone!

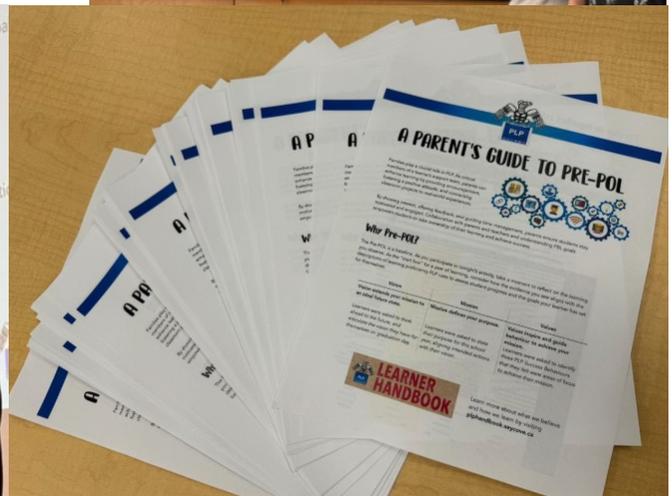


Celebrations of Learning

PLP Pre-POL Launches a Purposeful Year Ahead!

PLP kicked off the school year with its annual Pre-POL (Pre-Presentation of Learning), a team huddle that brings learners, families, and teachers together to set the tone for success for the 2025/26 year. At the heart of the event is each learner's personal vision, mission, and values (VMV)—a compass they thoughtfully craft and refine to guide their choices, keep them focused, and remind them of what matters most when challenges arise, both this year and beyond.

After a Welcome Ceremony, learners led conversations with their families, sharing their VMV and asking for feedback and support. The PLP families played an active role by listening, asking questions, and committing to help learners stay accountable. By setting clear intentions together, the Pre-POL strengthens the home-school partnership and lays the foundation for a meaningful, values-driven year of learning. We are proud of the effort and energy that learners, families, and teachers brought to make these nights so powerful!





Celebrations of Learning

Peggy's Precious Rescue - A Story of Kindness, Collaboration & Responsibility

Seycove recently experienced a beautiful story of community and care thanks to the quick thinking and compassion of four of our students, Hannah W., Nyree S. E., Aileen P., and Aurora B. On their walk home from school, they came across an abandoned baby squirrel. Unsure of what to do, the students reached out to local wildlife rescues, carefully followed proper protocol, and ultimately realized the squirrel needed immediate help.

The little one, named Peggy by Eleanor M., was brought to me, where I did my best to care for her. From there, a lovely Seycove parent, Cheri, generously volunteered to drive Peggy all the way to the Critter Care Wildlife Society in Langley, where she could get the professional care she needed.



This act of kindness highlighted exactly what makes Seycove so special: students looking out for vulnerable creatures, and families going out of their way to support one another. It was a wonderful reminder of the care and community spirit that defines our school, and why I love working here so much!

For those unfamiliar, Critter Care Wildlife Society is a volunteer- and donation-driven organization that admits over 3,000 wild animals every year. Their dedicated team works tirelessly to rescue, rehabilitate, and release animals who would otherwise not survive.

In honor of Peggy, we encourage you to consider donating to Critter Care so they can continue this vital work. Thank you to Critter Care for everything you do - and good luck, Peggy!

To donate: visit <https://www.crittercarewildlife.org/donate>, or follow the QR code.

Ms. Kadi
Seycove Science Teacher





Celebrations of Learning

From Safari to Sumo: Seycove Student's Global Adventure

Seycove Grade 12 student Belle had the adventure of a lifetime this summer, traveling from Vancouver → Tanzania → back to Vancouver → Japan → home again.

The journey began in Tanzania, where Belle climbed Mount Kilimanjaro with their brother and mom. The family of three was supported by a team of 3 guides and 13 porters for the trek, which took 5.5 days to ascend and 1.5 days to descend. Reaching the summit was challenging, but the accomplishment was unforgettable.

Following the climb, the family embarked on a 10-day safari, where a highlight was spotting a rhinoceros, a rare and thrilling encounter that made the adventure even more memorable.

After a brief return to Vancouver, Belle's travels continued with the Lions Youth Exchange program in Japan, accompanied by fellow student Austin and Seycove Counsellor Ruby. In Japan, they immersed themselves in cultural traditions, from watching swords being made to trying out sumo wrestling. The culinary adventure was a highlight as well, with Belle's favourite discovery being Yakiniiku, a Japanese BBQ where diners cook pieces of



meat and vegetables over a tabletop grill. The group even had the opportunity to meet the mayor, adding a special touch to the trip.

Though Tanzania and Japan were worlds apart, both countries stood out for their hospitality, generosity, and minimalist approach to possessions and consumption. Belle reflected, *"We could do with less stuff here in Canada. Less possessions and less consumption. Both the Japanese and Tanzanian people seemed content with less, and we can all learn from that."*

These experiences not only sparked a desire

to see more of the world, but also inspired a shift in Belle's future studies from history to world languages and cultures. *"I want to learn more about how the rest of the world lives!"*

This summer's travels were more than just trips, they were life-changing experiences that left Belle eager to continue exploring the world. ✈️



Post Secondary & Careers



The North Vancouver School District maintains a dedicated website—Career Pathways 44—for students to get information about upcoming career and educational opportunities. Visit the site regularly for updated events.

Talk to Mrs. Knapp in the Work Experience office for more details on any of the opportunities listed.

Upcoming Career and Post Secondary Opportunities

High School Dual Credit Early Childhood Education Program

Attention grade 11 and 12 students interested in a career in Early Childhood Education. NVSD has a partnership with Langara College where students can work towards their Early Childhood Education Assistant Certificate Program during block 4. This free program gets you started on your way to a career in Early Childhood education and earns you up to 8 high school credits. Want more information? Contact your counsellor or [Mrs. Knapp](#) in the Work Experience Office. **Courses start in September.**



NEW DUAL CREDIT PROGRAM!

**Early Childhood
Education
Assistant
Certificate
Program**



In partnership
with Langara
College

LaSalle College Open House

Tuesday, September 23 | 3:30pm-6pm | New Campus, Vancouver

Discover career-focused education in applied arts, media, design and culinary arts right in the heart of Vancouver. Our accelerated learning model takes you from learner to leader fast, so you can complete your studies and enter the workforce a year ahead of traditional programs.

[Register Here](#)



Port Day - Maritime Career Zone!

Saturday, Sept 27 | 12pm-5pm | Canada Place, Vancouver

Calling all Grade 11 & 12 students interested in an exciting career in the maritime industry. Find out more about the exciting careers on land or at sea at this FREE family friendly event. [More information HERE](#)



Presented by



PORT of
vancouver

Vancouver Fraser
Port Authority

UBC Engineering Application Info Session

Wednesday, October 1 | 5pm-6pm | Virtual | [REGISTER HERE](#)

Future students are invited to learn more about applying to UBC Engineering. Learn about course planning, admissions requirements, and the application process! Parents, guardians, teachers, and counsellors are welcome to attend.



BCIT Big Info Night

Wednesday, October 8 | 4pm - 7pm | Burnaby Campus | [REGISTER HERE](#)

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. It's free. It's lively. It's a night of possibilities.





Post Secondary & Careers

North Shore Volunteer Fair - Saturday, September 20

- Connect with 30+ local organizations dedicated to making a difference
- Find opportunities that suit your interests and skills
- Learn how you can have a positive impact
- Find volunteer roles to build your network

North Vancouver City Library | 10am - 2pm | [REGISTER HERE](#)



University Visits to Seycove

Seycove is happy to welcome Post Secondary Institutions and Universities to our school. Learn more about the following schools on their upcoming visits to Seycove:



Thursday, October 2 | 08:30 | **SFU Beedie School of Business** - Seycove Library



Monday, October 20 | 08:30 | **University of Calgary** - Seycove Library

Be sure to **check your Grade Teams** channel frequently for these and other Post Secondary opportunities

Parents As Education & Career Coaches - October 15

EducationPlannerBC invites parents, families, and supporters to register [here](#) to join our virtual presentation on Wednesday, October 15, 2025, from 6:30pm-7:45pm.

Come explore our website! Learn about post-secondary education and career opportunities, and resources to support your student in planning for their future.

The information will be especially helpful for families with students in grades 10-12.

Visit our [Parents & supporters](#) website for our event calendar and helpful resources.



Upcoming Career and Post Secondary Opportunities

Women In Orthopaedics Workshop

Saturday, October 25 | 9am-12:30pm | BC Children's Hospital | [APPLY HERE](#)

This workshop is for female students interested in pursuing a career in healthcare and engineering, specifically in orthopaedics. We aim to provide more insight and clarity on careers particularly in the areas of orthopaedics and engineering.



Gustavson School of Business - University of Victoria | [REGISTER HERE](#)

Upcoming Online Workshop Series for High School Students

- **AI 101: Using Artificial Intelligence in University and Your Career**
 - Thursday, October 9 at 6:00 PM (PST)
- **Entrepreneurship 101: What Makes a Good Side-Hustle?**
 - Wednesday, October 15 at 6:00 PM (PST)
- **Finance 101: Personal Finance for Students Preparing for College & University**
 - Thursday, November 20 at 6:00 PM (PST)





GRAD 2026



Grad information will be shared via e-mails to families and posted on seycove.ca.
[Check the website](#) for up to date information, meeting times and event schedules.

Grad Baby Photos & Dedications

Start looking for your favourite baby photo of your grad! Baby photos will be used during the graduation ceremony and can also be included in the yearbook. For more information on how to send in your baby photo and how to submit a baby photo dedication, please visit the [Baby Photo & Dedication web page](#).



SAVE THE DATES

Graduation Ceremony

7pm | June 11, 2026
Centennial Theatre
NORTH VANCOUVER

Graduation Banquet

5:30pm | June 23, 2026
Pinnacle Hotel at the Pier
NORTH VANCOUVER

20
26

CLC 12

Career Life Connections 12 (CLC 12) is a mandatory, British Columbia high school graduation course that requires students to explore their personal interests, passions, and goals to make informed decisions about life after graduation. Students develop career-life management skills through community networking, [experiential learning](#), and self-reflection, culminating in a Capstone project to showcase their learning and plan for their preferred futures.

The course is taught by Ms. Yeo (ayeo@sd44.ca) and students meet on a rotation (see schedule below). Please talk to your student about whether they are on track to have 30 hrs of paid or volunteer work completed by June 2026. Also, please discuss their ideas and thoughts about their Capstone project topic.

Upcoming Mandatory Classes

1. [Skilled Trades BC](#) - September 19th (periods 2 and 3) and September 26th (period 6)
2. Workplace Safety and Employment Standards - October guest speaker BC Federation of Labour

SKILLEDTRADESBC



Group A rotation is:	Week 1 – MONDAYS	Week 2 – TUESDAYS
Group B rotation is:	Week 1 - WEDNESDAYS	Week 2 – THURSDAYS

*If there is a statutory holiday on a Monday, class will occur on the Friday of that week. Fridays are for make up classes, mandatory guest speaker workshops and 1-1 student support (please schedule in advance).

Questions? [Contact Ms. Yeo](#)



Seycove Snapshots



Run for Terry - Finish It.

Yesterday, our school came together to walk and run in honour of Terry Fox. Students were reminded of Terry's incredible story. After losing his leg to cancer at the age of 18, Terry set out on the Marathon of Hope, running a marathon a day across Canada to raise awareness and money for cancer research. Though he was forced to stop after 143 days and 5,373 kilometres, his dream of finding a cure lives on through us.

This year, we are proud to continue Terry's mission by raising funds to support cancer research. Every dollar counts in helping to make a difference.

Please consider donating using the link here:

[Seycove Secondary - North Vancouver | Terry Fox School Run](#)



Photos: Yearbook Team





Seycove Seyhawks



Senior Field Hockey

The fall athletics season is off to a strong start at Seycove, and our girls field hockey team is already making waves! The Seyhawks opened their league play with a dominant 6-1 victory over Windsor to kick off the 2025 season.

Goals came from Nova, Ella, Christina, Eloise, and Lydia, with the team showing both skill and teamwork on the field.

Way to go Seyhawks!

