



SEYCOVE
at séyæmætən



We acknowledge and thank the Coast Salish people on whose
traditional territory
Seycove Secondary School resides.

We express our gratitude to the
Tsleil Waututh and Squamish Nations and
we value the opportunity to learn, live and share educational
experiences on this traditional territory.



A group of young women are running a race on a paved path. They are wearing various athletic gear, including tank tops and shorts. Some are in black, some in green, and some in blue and white. They are all in a starting or early running position, leaning forward. In the background, there are spectators, including a man with a camera, and some trees and a building.

We are off and running!

- Introductions
- Good first impressions
- Good last impressions
- Good habits



Ms. Downie
Principal

Grade 11 & 12



Mr. Ruben
Vice Principal

Grade 8, 9 & 10



- **Ms. Ruby Willems**
- rwillems@sd44.ca
- **MSTeams**

Visit Ruby in Student
Services



R. WILLEMS

2025 2026 Timetable



SEYCOVE SECONDARY

Ph: 604.903.3666

Fax: 604.903.3667

seycove@sd44.ca

	Week 1						Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday	Late Start Wednesday
Tutorial Time 8:30-9:10 AM												Staff Collaboration 8:30-9:50 AM
9:10-10:21 AM	1	5	2	6	3		7	1	5	2	6	2 or 5 9:50-10:51 AM
Transition												Transition
10:25-11:35 AM	2	6	3	7	1		5	2	6	3	7	3 or 6 10:55-11:55 PM
Transition												Transition
11:40-12:50 PM	3	7	1	5	2		6	3	7	1	5	1 or 7 12:00-1:00 PM
12:50-1:50 PM	LUNCH						LUNCH					LUNCH 1:00-2:00 PM
1:50-3:00 PM	4	8	4	8	4		8	4	8	4	8	4 or 8 2:00-3:00 PM

Late Start Wednesday Dates:
(4 per year)

October 29, 2025

February 25, 2026

April 29, 2026

2,3,1,4

5,6,7,8

2,3,1,4

2025 2026



Try your best



Respect yourself
& others



Habits &
Routines create
success

SEYCOVE SECONDARY STAFF

2024 2025



M. DOWNIE
Principal



P. REBEN
Vice-Principal

Artista



A. ABOUKHAN



P. ARCHIBALD



J. GOWER



A. BURNS



J. CLANCY



E. CHANTOSO



R. EARL



M. ELLIOTT



J. EFFEN



M. FELDMAN



L. GREENE



E. GROSS



C. HOCK



A. HAMILTON



E. HARRIS



D. HARRIS



D. HERRERA DOMINGUEZ



B. HUGHES



J. KABI



B. KAVAN



W. LEE



M. MACINTYRE



K. MACPHEE



E. MACISAAC



J. MUIR



L. NORMAN



E. MCWILLIAM



J. MUNKABA



D. NALLAN



K. NALLICK



M. PYLE



M. REID



S. REID



E. RUSSELL



E. SHIGER



K. TAMIR



A. THOMAS

NOT PHOTOGRAPHED:

C. BARNES
M. DAVIS
H. DEANE
J. DELA TORRE
A. DJAPO
P. DULDULAO
J. EDEL
T. GIBSON

J. KNAPP
A. KLEIN
S. LEE
Y. LEE
T. MEHDIZADEH
D. MERCIER
K. MONGA
M. MORALES
G. MUTER

M. NICHOLSON
K. PATRICK
A. PITCHES
L. SODERLING
A. TAYLOR
K. VON BULOW
R. WILKINS
P. WILLEMSE



L. VELAZQUEZ NAZAREZ



C. WENDELL



R. WILLIAMS



A. YIP



R. YIP

SEYCOVE STAFF

Librarians

Students

Counsellors

Teachers

Parents

Office Staff



Neighbours

Custodians

Administration

**Supervision
Aides**

**Youth
Workers**

RCMP

**Education
Assistants**

TUTORIAL TIME



- Instructional/Class Time
- by appointment Monday to Friday drop-in
- Teachers can require students to attend - missed classes, work, or instruction
- Teachers work with students to support with understanding and extension
- Encourage tutorial attendance – a great way to extend learning, catch up, have one-to-one time with teacher

Cheakamus Retreat October 3



Fee

\$125 school cash online

Complete

student informed consent X 2 and medical form

Cheakamus Retreat October 3

DRAFT Seycove Gr. 8 Day Program Schedule

Sample Schedule		
Start Time	Cohort 1	Cohort 2
7:30 AM	Arrive at Seycove Cafeteria, Organize and Begin Loading Buses	
8:15 AM	Bus Depart from Secondary School	
9:15-9:30 AM	Arrive at Cheakamus Centre South (1600 Paradise Valley Rd) - ELC Parking Lot Welcome and Orientation	
10:00 AM	Cheakamus Challenge	Cheakamus Challenge
11:30 AM		
12:00 PM	Lunch - ELC	Lunch - ELC
12:30 PM	Cheakamus Challenge	
1:00 PM		Cheakamus Challenge
1:00 PM	School/Student Leader Led CLUE Mystery Scrambler Meet At Camp Fire	
2:00	Clue ends at 2:00 Camp fire time – Songs and skits Load Buses	
3:00 PM	Departure – Cheakamus Centre South - ELC	

Students made new connections, pushed themselves, tried new things, and made memories. The trip was a great success!



STUDENT RESPONSIBILITIES





Seycove
at sáyəmətən

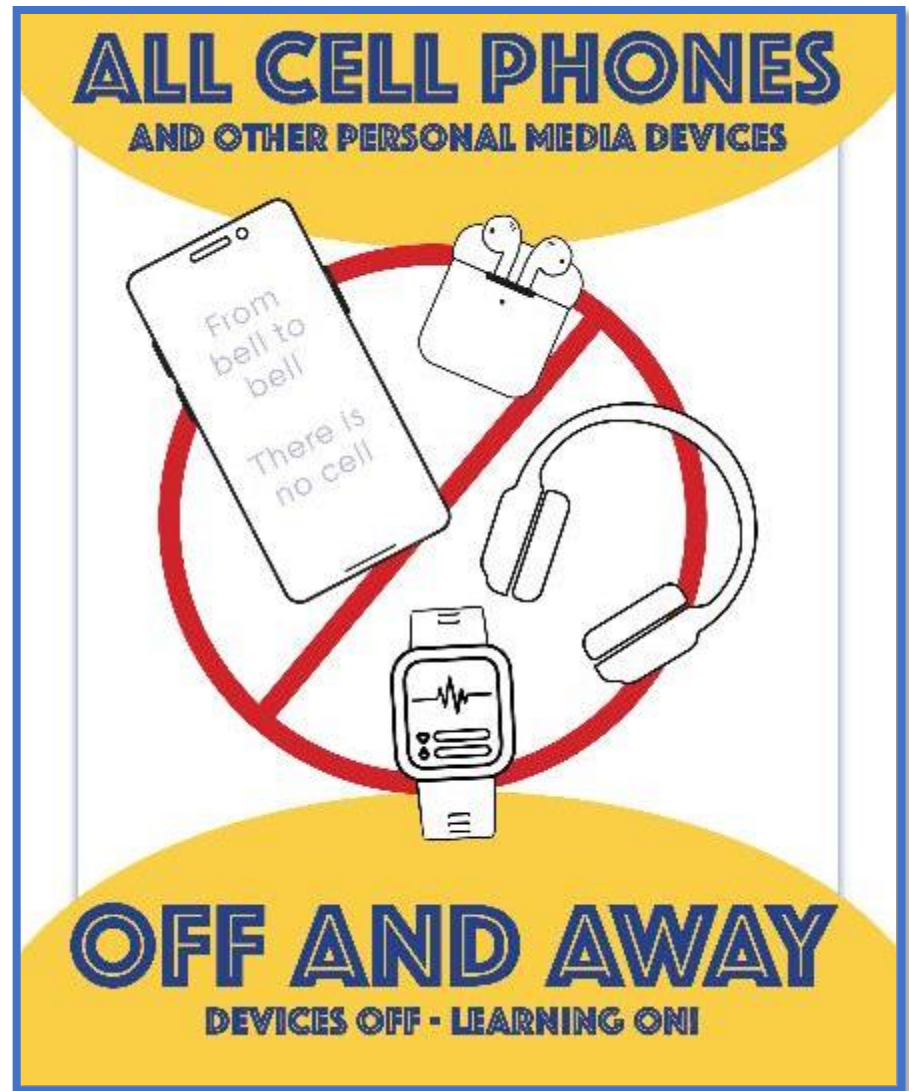
We foster a sense of
belonging and
responsibility to
ourselves, each other,
the land, and
the world around us.

We are a
**CREATIVE,
RESPECTFUL &
INCLUSIVE
COMMUNITY**



- Respect Our Community and yourself
 - Personal Digital Devices left at home or in lockers
 - Do your Best
-

PERSONAL DIGITAL DEVICES



PERSONAL DIGITAL DEVICE POLICY

The Why?

- Facilitate Focused Learning Environments
- Support Student Mental Health
- Guidelines and Direction from the Ministry of Education

The How?

Personal Digital Devices are left in locker during instructional time except under teacher supervision for learning purposes.

As we move forward with this implementation, we want to approach students in a supportive way and focus on the principles of safety, trustworthiness, choice, collaboration and empowerment.

EXPECTATIONS AT SCHOOL & IN OUR COMMUNITY

- Respect yourself, staff, students & our community
 - Follow the Gramma Rule
 - Help keep a safe & clean school and community
 - Use **respectful language** free of profanity, hatred and discrimination
 - **Comply promptly** with all Seycove staff members reasonable requests
 - **Fighting**, possession of **weapons**, or any other **violent behaviour**, **harassment** or **intimidation** compromise our community's safety and will end with natural consequences
-

Habits of Success:

- Work hard
- Engaged & focused
- Act with curiosity
- Volunteer
- Self-disciplined
- Self-motivated

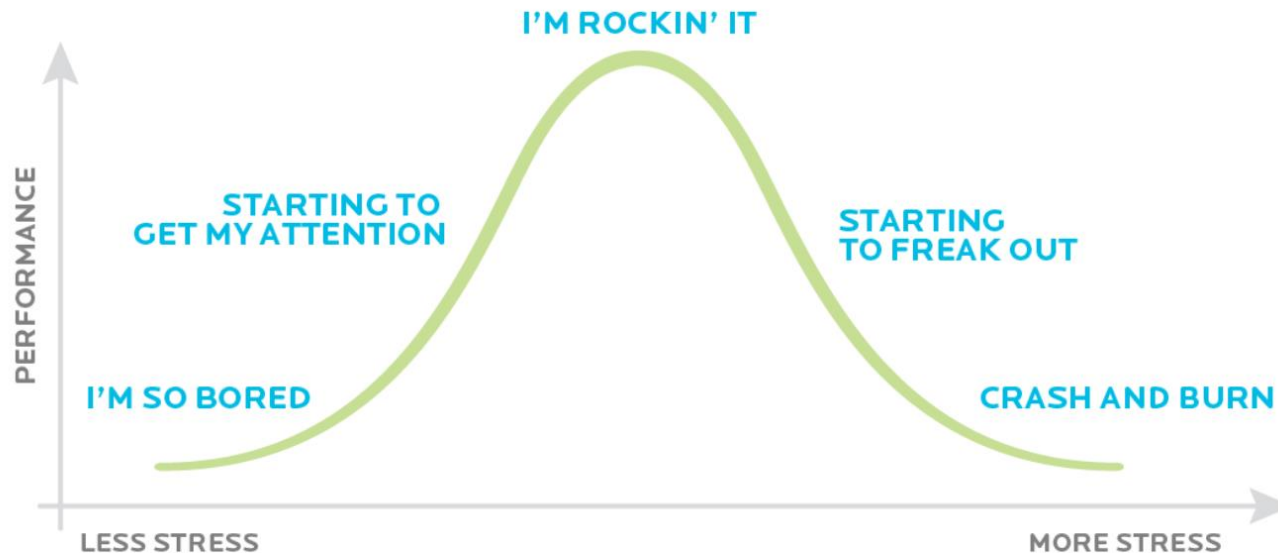




- Be **on time and prepared** for all classes
 - Be **responsible** - see your teachers in tutorial time if you are absent
-

GOOD STRESS, BAD STRESS: HERE'S HOW TO FIND YOUR SWEET SPOT.

Too little stress keeps you from reaching your potential.
Too much stress can harm your health.



Guide on the Side

- **Take a step back.** If you find yourself on the “soapbox,” find opportunities to be the **guide on the side**, rather than the sage on the stage.
 - **Be an active listener.** Listen, and respond to what they’re interested in. Listen to their non verbal cues and respond with descriptive **dialogue** about the situation
 - Ask **open-ended questions** such as “tell me about....,” “what do you think will happen now?” or “I wonder what you could do next....?” This will empower them to think independently, come up with novel conclusions, and express ideas.
 - **Follow their lead.** Connect with what they connect with. Allow them to interpret situations and feelings. Uncover with questions.
-



School Photos!

Monday September 8



WE
ARE
ALL
Seyhawks



RESOURCES

Books:

The Anxious Generation, Jonathan Haidt

The Awakened Family, Shefali Tsabary

The Worried Child, Paul Foxman

Sites:

[Foundry - Where Wellness Takes Shape - \(foundrybc.ca\)](https://foundrybc.ca)

[Home | Kelty Mental Health](https://keltymentalhealth.ca)

[Nurturing Civility in Our Children in an Uncivil World
\(drrobertbrooks.com\)](https://drrobertbrooks.com)