

# SEYCOVE at sáyəmətən NEWSLETTER

## Welcome

We would like to thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Tseil-Waututh Nation, whose unceded traditional territory the North Vancouver School District resides on. We value the opportunity to learn, share and grow on this traditional territory.



## Mom

[noun]

1. A person who loves unconditionally.
2. The maker and keeper of precious memories.

See also: superwoman



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The **Red Dress Project** campaign raises awareness about Missing and Murdered Indigenous Women, Girls and Two Spirit People. Click [here](#) for more information or watch a [short video](#) explaining the Red Dress Project.

**Red Dress Day** - May 5

## Upcoming Important Dates

- May 5 ..... Red Dress Day
- May 7 ..... Cheakamus Open House
- May 8 ..... District Wide Professional Day - Students not in Attendance
- May 9 ..... PAC Meeting 7:00 pm
- May 9 ..... BC Adolescent Health Survey Grades 10 - 12
- May 9 / 10 ..... Growing Smiles Fundraiser Plant Pick-up
- May 11 ..... Moosehide Campaign
- May 13 ..... Outdoor Safety & Emergency Preparedness Open House
- May 14 ..... Mother's Day 
- May 15 ..... BC Adolescent Health Survey Grades 8 & 9
- May 17 ..... Int'l Day Against Homophobia, Transphobia and Biphobia
- May 22 ..... Victoria Day - Schools Closed
- May 23 ..... End of Grade 8 Rotation 3
- May 24 ..... Start of Grade 8 Rotation 4
- May 27 ..... Cabaret in the Cove
- May 31 ..... Red Shirt Day

### CHEAKAMUS CENTRE OPEN HOUSE

Join us for a fun, family day of nature exploration and discovery. This is a free public event with great picnic-friendly food, access to our salmon hatchery, farm, Coast Salish longhouse, archery equipment, aquatic lab, forest lab, and MORE! Bring your own mug and don't forget to bring a toonie for parking. Sorry, no pets, and Cash Only concession.

<https://cheakamuscentre.ca/assets/docs/OPEN-HOUSE-2023-FLYER.pdf>



**SUNDAY MAY 7, 2023**

A FUN, FAMILY DAY OF NATURE EXPLORATION AND DISCOVERY



**JOIN US!**  
 10:30 am – 3:00 pm  
 2170 Paradise Valley Road  
 Brackendale, BC  
[www.cheakamuscentre.ca](http://www.cheakamuscentre.ca)

Coast Salish Longhouse ~ Salmon Hatchery ~ Farm Animals ~ Canoeing Art Activities ~ Nature Trails & more...  
 Cash concession - picnic-friendly food Water bottle refill stations. Parking by suggested \$2 donation. Sorry, no pets.

PC: Mira Landry

## Deep Cove Spring Market - May 6

We are looking forward to a thriving Spring market. We have curated over 70+ vendors in select categories.

Prints & Textiles	Jewelry & Accessories
Seed, Sow & Grow	Body Care
Eat + Treats	Woodworking
Visual Artists	Ceramics
Candles & 	Vintage & Antique

**DEEP COVE  
SPRING MARKET**

May 6, 2023  
Seycove Community School  
Indoor + Outdoor venue  
10 - 3pm

Environmental Awareness | Interactive Booths | Eats + treats  
Local Artisans & Makers | Spring Greenery & Plants

### 2023 BC Adolescent Health Survey

McCreary Centre Society is a BC based charity who carries out the BC Adolescent Health Survey every five years. The survey results are used to improve youth health in our community and BC.

Seycove students are invited to take part in this **confidential, anonymous** youth health survey which will take place on:

May 9 for grades 10 - 12

May 15 for grades 8 & 9

Please [click here](#) for more information.



MOOSE HIDE  
CAMPAIGN  
CAMPAGNE  
MOOSE HIDE

## Moose Hide Campaign

May 11, 2023

The [Moose Hide Campaign](#) began as a BC-born Indigenous-led grassroots movement to engage men and boys in ending violence towards women and children. A cornerstone of the Moose Hide Campaign is the moose hide pin. Wearing the pin signifies your commitment to honour, respect and protect the women and children in your life and speak out against gender-based and domestic violence.

Moose hide is a symbol of taking a stand against violence and undoing the effects of Residential Schools.



**Social Justice 12 Spring Plant Fundraiser**  
orders will be ready for pick-up from Seycove's cafeteria on:

**May 9 1:30 - 5:30**

**May 10 1:00 - 3:00**



## Want to help people in your community?

From May 8th to 12th, we're collecting non-perishable food items and personal hygiene items for the North Shore Women's Centre.

### What we're looking for:

**Canned and packaged dry goods** such as soup, pasta and pasta sauce, cooking oil, canned tuna/salmon, milks in tetra packs, peanut/nut butters (small size), rice, cereal, baby food & formula, snacks, coffee, tea, sugar, etc.

**Toiletries and Hygiene products** such as toilet paper, shampoo and conditioner, deodorant, soap and body wash, lotions, toothbrushes, toothpaste and dental, razors, tampons and pads, laundry detergent, makeup.

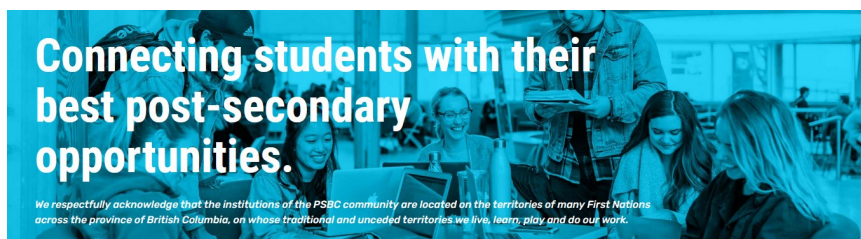
**Please don't bring USED or OPENED toiletries.**



**North Shore  
Women's Centre**

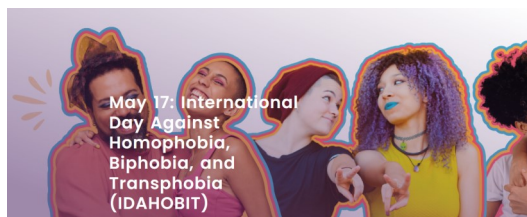
*A Place for Women, A Voice for Women*

Post-Secondary BC (PSBC) supports high school students and their parents by providing the information they need to help make the best post-secondary education decisions. Grade 11 & 12 students and parents are invited to join PSBC on Wednesday, **May 10** for a virtual Mini-Fair.



The fair will be open from 9:00 am to 3:00pm and from 6:00pm to 8:00pm. Please [click here](#) for more information and to register

## International Day Against Homophobia, Transphobia and Biphobia



On **May 17**, the school district joins queer communities and allies worldwide to celebrate the **International Day Against Homophobia, Biphobia, and Transphobia (IDAHOBIT)**. We will raise the Transgender Flag at the Education Services Centre in show of support for Transgender and Non-Binary members of our school communities.

Resources: [It Gets Better Canada](#), [may17.org](#)

## Cabaret in the Cove



Seycove’s Cabaret in the Cove: Greek is the Word! is Seycove Music’s biggest yearly fundraiser! It’s a fun night of dinner, drinks, and music presented by the Seycove Music Program. Students from all groups and grades throughout the music program perform in this event, and it’s a great chance to see everything the music program has to offer. The event is fully catered by The Banqueting Table and features beer from Bomber Brewing and Wine from Frind Estates. We’ll also have a silent auction! One ticket gets you admission, dinner, and one drink ticket! Come on down for this fun night of music and support Seycove Music!

Saturday May 27th  
Doors at 6:00PM  
Music starts at 6:30Pm  
Dinner at 7:00PM

There will be a cash bar! You can also pre-purchase all your alcohol through school cash online!

Seycove Cabaret Presale Drink Tickets - Beer (\$5)  
Seycove Cabaret Presale Drink Tickets - White Wine, Red Wine, or Prosecco (\$7)  
Seycove Cabaret Presale Bottle Sales - White Wine, Red Wine, or Prosecco (\$30)

All presale drink tickets will be provided at the door and can be redeemed at the bar during the evening.

**Cabaret in the Cove is a 19+ event.**



# Celebrating Learning

**Who is this student getting the snacks out daily, and where is it all coming from?**

Aleia is a grade 8 student that graduated from Dorothy Lynas Elementary and she is thrilled to spend some quality and learning time with one of her big sisters, Keira at high school! One of Aleia's important responsibilities that she takes great pride in is making sure that she has the snacks out on time for everyone at Seycove that is wanting to nibble on something. Stop by and say hi while you grab your snack on your way to class!

Since 2017, the NVSD has provided the food items through the Community Food Access Program.



**Foods 11/12** had guest Chef Evan come in from La Salle College. He did a demonstration of the delicious *Sicilian Caponata* dish!



*French 10 - Ms. Herrera Dominguez*

# ATHLETICS



## Hockey

We've just made history!

Seycove hockey team won its first game over STA by a score of 5-2. Great goaltending by Nate Fraser Klein kept us in the game until Ben Climenhaga scored an end to end beauty in the third period. We'll played team!

## Junior Girls Soccer



The Junior Girls soccer team played their last game of the year this week and won 2 - 0 over Argyle Gold. The entire team deserves a shout-out for their phenomenal team effort on all aspects of the game.

Winning this game means the team has made the playoffs this year! The next game is the Championship Quarter Finals on Wednesday, May 10 at William Griffin.

Go Seyhawks!

# Info • Updates • Reminders

## TEXTILES PROGRAM

### Donations needed:

If anyone has any old denim jeans they would like to donate to the Textiles program, please drop them off in the Textiles room to Ms. Reid. Students use them to create upcycled projects in May.



Thank you Seycove Community for your support at the Grad Council Bottle Drive! Over \$600 was raised for grad scholarships, events and initiatives.

student council

## fro-yo is back.

**Fro-Yo Fridays!**  
Order online @  
**SchoolCash Online**

may 12. may 19. may 26. june 9. june 16

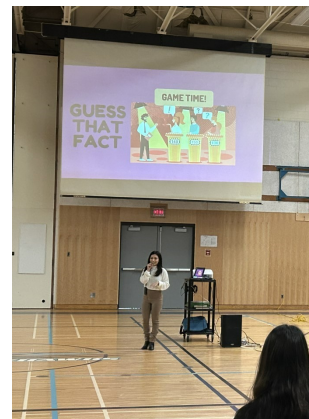
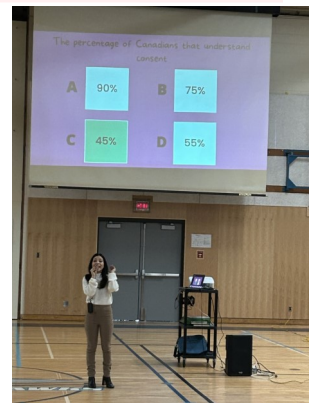


## Effective Prevention Programs

Preventing all forms of child and youth sexual exploitation.

Based in Vancouver, British Columbia, Servicing Canada wide and across North America.

Grade 11 & 12 students attended "All About Consent" last week, presented by Sexual Exploitation Education. Please [click here](#) for more information about the presentation.



**ONE VISION MISSION** MAY 1 - JUNE 9

EVERY CONTRIBUTION MATTERS

## DO YOU HAVE ANY SPARE EYEGLASSES?

OR KNOW SOMEONE THAT DOES?

donate now for a chance to win a prize

Drop off your eyeglasses at the Main Office during May 1st - June 7th. Raffle prizes given out on June 9th at the Social Justice Fair.

**FOR INFORMATION CONTACT:**  
James Cameron Garcia on MS Teams

# Thank you



Kim Tattrie, Paul Guedes, Kara Guedes, Stephanie Florian, Lisa Stewart, Jo Madeo, Jeanette Schisler, Tree Cleland

*Thank you so much to all of the volunteers for your hard work, dedication and commitment to putting together a phenomenal Seycove Family of Schools Auction. Your generous contribution of energy, time and effort made this successful event possible. ♥*



Seycove Students were invited to the Health Care Career Open House hosted by Vancouver Coastal Health last week. Representatives from various medical fields and local post-secondary schools were on hand to help students better understand the pathways to health related careers. Students who are interested in a career in health care are encouraged to look into the educational and application requirements for each profession. Students who are interested in knowing more about the pathways to these careers or students who want to get work experience should visit or e-mail the [Work Experience office](#) for more information.



Updated information about upcoming career events are listed on [Seycove.ca](#) and the [Work Experience website](#).

**Got plans this summer?** Students interested in volunteering should review the **Volunteer Postings bulletin board** outside the counsellor wing. Local camps and businesses are always looking for students to help and there are a lot of opportunities coming up. Some of the volunteer opportunities include:

- [Arts in the Garden Volunteers](#)
- [Code Ninja's coding camp Sensei](#) (youth teaching assistant) (Talk to [J Knapp](#) for more info)
- [Camp Creative at Maplewood after school or summer Art Assistant](#)
- [Saplings Summer Camp volunteer](#)
- [Theatre Under the Stars Volunteer](#)
- [CTS Youth Society Camp Peer Leaders](#)
- [Parkgate Society sports, art and adventure camp volunteers](#)
- [North Van Recreation & Culture Camp volunteers](#)
- [Vancouver International Children's Festival volunteers](#)
- [Mount Seymour United Thrift Shop](#)



Students are encouraged to check the bulletin board weekly for new opportunities. The [Work Experience website](#) is also a great resource for current job, volunteer and career education opportunities!

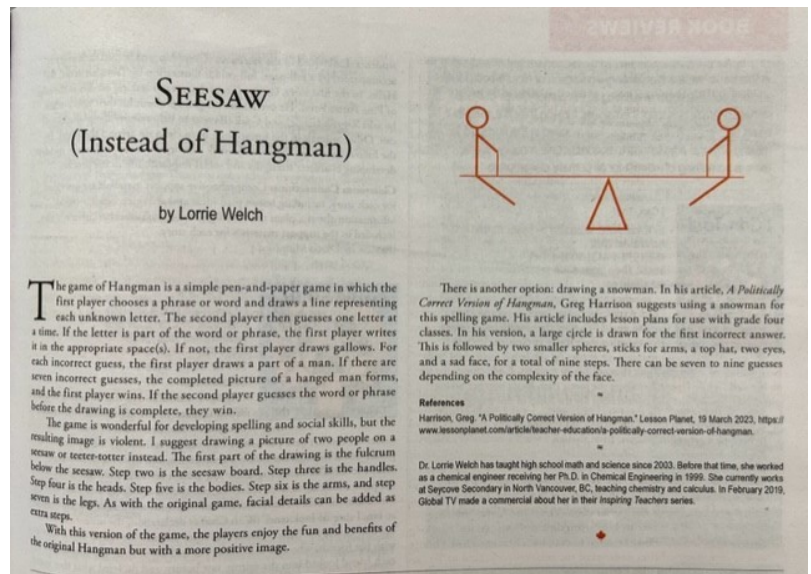
*\*\*\*Also – did you know that some summer volunteer opportunities may be eligible to count towards the Work Experience course? Please e-mail [Janice Knapp](#) for more information.*

## POETRY CLUB

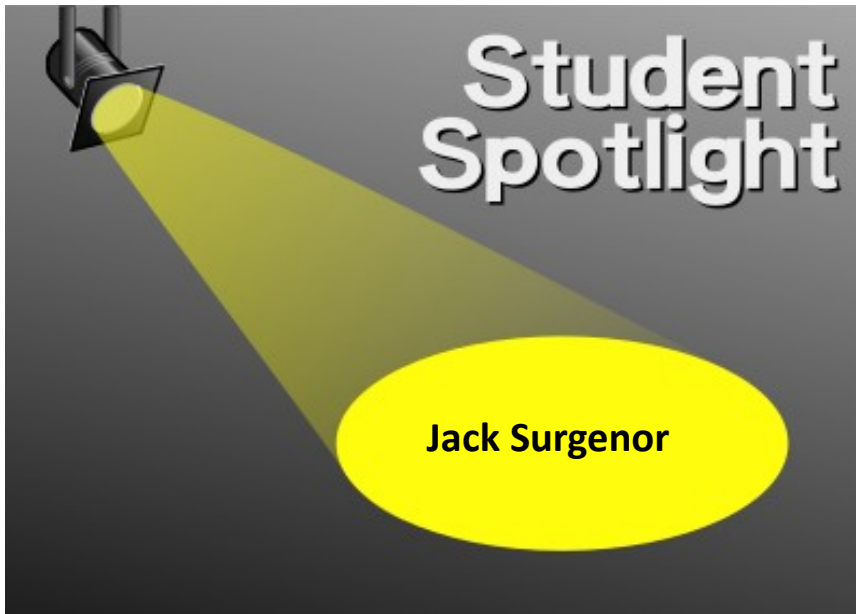
The Poetry Community at Seycove at sāyāmātan welcomes all Students and Staff to swing by and check out Poetry Club! Become more cultured in various styles and poets! You might even discover an opportunity for creative expression.

The Poetry Club met to learn more about a recent Special Guest Poet, Duke Ellington and his life of poetry and music. Poetry was shared by brave individuals that felt comfortable to unveil original pieces.

Gwynneth Janzen won as best poet of the meet. Well done Gwynneth! Please connect with Ms. Rajan to collect your prize.



Congratulations to our own Dr. Lorrie Welch who was published in the Spring 2023 edition of "Canadian Teacher". Dr. Welch created "Seesaw", a new version of the popular Hangman game with a more positive image.



Jack is a member of the Mount Seymour Ski Club men's relay team. He recently won a gold medal at the Whistler Cup. The Whistler Cup is the biggest international junior ski race in the world, with over 480 athletes participating in events!

*Congratulations Jack!*



*Have a wonderful weekend!*

