



SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER

April 26, 2024

Dear Seycove Families,

I hope this letter finds you well and filled with the spirit of renewal that comes with the arrival of spring. As we celebrate Earth Day this year, I am delighted to share with you an inspiring initiative from some of our dedicated and committed Grade 12 students who recently went to Whey-ah-Wichen (Cates Park) for a community clean-up. Their efforts embody the spirit of environmental stewardship and community engagement that we strive to instill in all our students.

The clean-up at Cates Park was not just about picking up litter; it was a powerful statement about taking ownership of our environment and ensuring that we leave behind a cleaner and healthier planet for future generations. I want to extend my heartfelt thanks to all the students who participated in this event and to everyone who supports such initiatives within our school community.

As we enter the full swing of spring activities, I encourage everyone to embrace the opportunities that this season brings. Spring is a time of growth, renewal, and connection to the natural world around us. It's a perfect time to spend more time outdoors, whether it's through educational activities, sports, or simply enjoying nature's beauty.

Let's use this season as an opportunity to deepen our connections to the land, appreciate nature, and to reaffirm our commitment to taking care of our community and our planet. Whether it's through clean-up efforts like the one at Whey-ah-Wichen or learning about sustainable practices, each action we take contributes to a brighter and greener future.

I look forward to seeing more initiatives and activities that promote environmental consciousness and community involvement in the coming months. Together, we can make a positive impact and create a more sustainable world for generations to come.

Thank you for your continued support and dedication to our school community.

Warm regards,

Sarah Best

Principal

DEEP
COVE
SPRING
MARKET

May 4 @Seycove

**volunteers
needed**

Support Seycove and our community by volunteering at the market. Lots of different jobs available.

Thank you for your support!

SIGN UP HERE

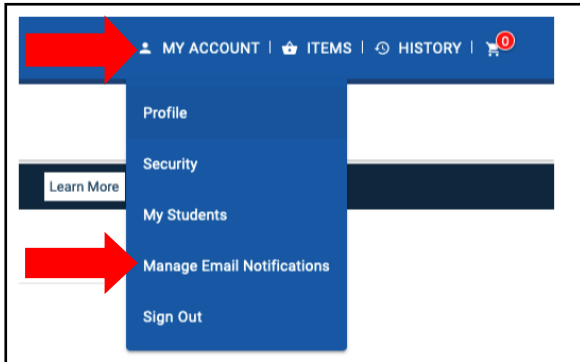
SEYCOVE CALENDAR

Apr 28	National Day of Mourning
May	Asian Heritage Month
May 3	District Wide Pro-D Day No school for students
May 4	Deep Cove Spring Market
May 9	Hot Lunch Pre-Order
May 10	Capstone Presentations
May 12	Mother's Day
May 14	PAC Meeting—7pm Library
May 20	Victoria Day—School Closed
May 23	Hot Lunch Pre-Order
Jun 1	Seycove Music Cabaret



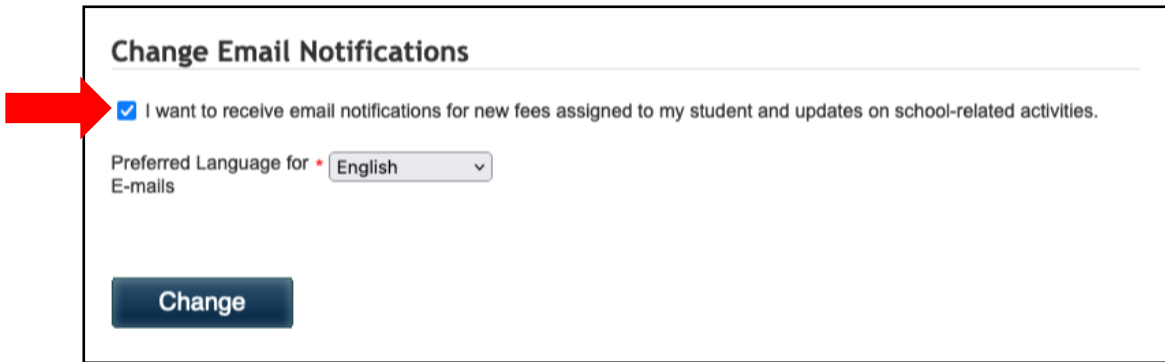
Updates & Reminders

Update SchoolCash Online Notifications



Don't miss out on important and timely SchoolCash Online items including tickets for upcoming events.

1. Sign in to your [SchoolCash Online account](#)
2. Select "My Account"
3. Select "Manage Email Notifications"
4. Check box to receive notifications



The Boys Who Braid Their Hair—Exhibition Extended

The Boys Who Braid Their Hair exhibition has been extended and you're invited!

- Join us from April 25 – May 19, 2024
- **Where:** The Nature House at Maplewood Flats
- **Open:** Tues / Thurs / Sat & Sun 11:00am – 3:00pm
tə swaw' ləs wə t' əməx ɪ tə meqəns **THE BOYS WHO BRAID THEIR HAIR**

Join us for an exhibition of cultural celebration as we delve into the meaning behind the braid, showcasing the powerful narratives of boys and men who embrace their spiritual connection through the beauty of hair.

EXHIBITION

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Tues / Thurs / Sat & Sun
11.00am - 3.00pm

Join us for an exhibition of cultural celebration as we delve into the meaning behind the braid, showcasing the powerful narratives of boys and men who embrace their spiritual connection through the beauty of hair.

With Photos by Nancy Beck & Derek Stevens Photography
Filmmaker Anne Leah Clangorran



Updates & Reminders

Adjusted Schedule—Grade 12 Capstone Presentations—Friday, May 10

Grade 12 students will be sharing their Capstone presentations to the school on Friday, May 10. Students in grades 8-11 will attend the presentations and follow the adjusted schedule for this day:

Tutorial - 8:30-9:10am	Opening Ceremony in Gym 12:50pm-1:15pm
Period 6 - 9:10am-9:50am	Presentation 1 - 1:20pm-1:40pm
Period 7 - 9:55am-10:35am	Presentation 2 - 1:40pm-2:00pm
Period 5 - 10:50am-11:30am	Presentation 3 - 2:00pm-2:20pm
Period 8 - 11:35am-12:15pm	Presentation 4 - 2:20pm-2:40pm



Spring Clean for Drama Department

Let the Seycove Drama Department help with your spring cleaning!

We are grateful to accept any of your unwanted costumes, props, hanging racks & clothes hangers.

Let your forgotten about Halloween costumes enjoy a second Act!

To the right are some examples of things we'd love to have in our prop and costume closets in addition to any clothes hangers, standing full length mirrors (1-2) and rolling racks:

Anything questionable - please send a picture and email to eshoop@sd44.ca

- oddities (skulls, treasure chests, etc.)
- mannequins
- vases
- small medical
- med bottles (apothecary jars)
- instruments
- strings of lights
- walker
- Crutches
- Steering wheel
- Cash register
- Paddles
- Toy Weapons
- Wigs
- Bench seating
- Foliage / silk flowers
- retail/ branded shopping bags
- Costume hats (witch, wizard, baseball, helmets etc.)
- Costume pieces (think Halloween costumes)
- Store signage (open, hours, exit etc.)



A Message from Seycove Mental Health Club

Did you know that an estimated 84,000 children and youth in BC have a diagnosed mental health disorder, according to CMHA-British Columbia? Yet, only one-third of those children are receiving the help that they need. Stigma and shame make it difficult for struggling youth to seek support — this calls for all of us to make an effort in de-stigmatizing mental health and keep an open conversation about emotional wellness.

May is Mental Health Awareness Month. Do your part in promoting mental health awareness this month by being a supportive friend and encouraging open conversations about emotional, physical, and mental wellness.





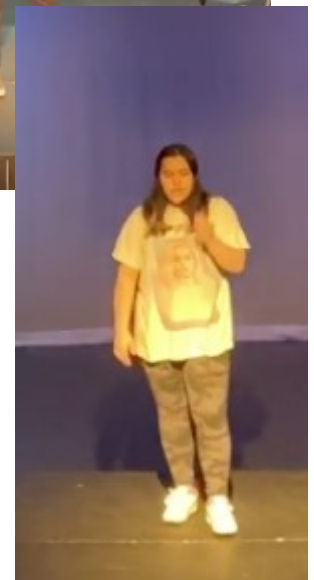
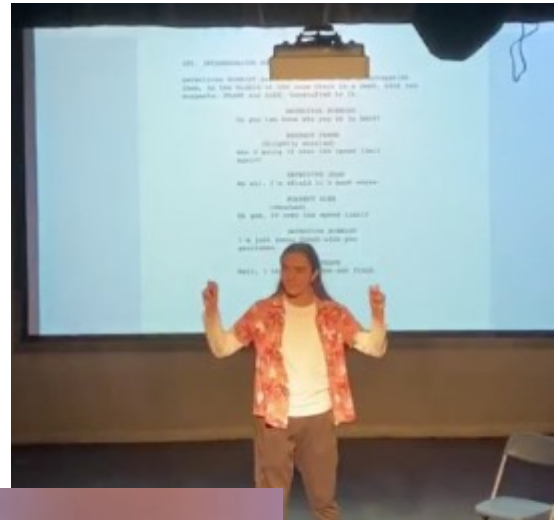
Celebrations of Learning

Hot Lunch Theatre Production—Drama 11/12

On April 12th, Drama 11/12 students hosted a short performance in the Vortex they called "Hot Lunch" and they were thrilled to have a nearly full house attend.

Based off our recent field trip of the play "Every Brilliant Thing", a play about finding the light in life during trying times, the self-written monologues were a glimpse into some of the things our Drama students find meaningful and purposeful in their own lives. There was an added twist...to somehow including one or more audience members into the scene.

A big shout out to those performers willing to share their creative and personal performances with us and to the supportive audience who came to watch! - Ms. Shoop





Student Spotlight: Cameron Bringsli

Cameron Bringsli is not your typical grade 10 student. Hailing from the icy terrains of Yukon, where arctic temperatures made outdoor sports challenging, Cameron found his passion in futsal. The fast-paced indoor soccer variant became incredibly popular in his hometown, providing him with the perfect outlet for his skills.

Even since moving to British Columbia, Cameron's love for futsal has not waned and he continues to play for Team Yukon. Showcasing his talent whenever he can, Cam's commitment to his Yukon team includes flying up on weekends to join them on the court. It was during one of these intense matches that Cameron's abilities shone brightest.

At the recent 2024 Arctic Winter Games, a high profile sport competition for northern and Arctic athletes, Cameron's team secured a remarkable second place. Amongst players from various nations, including powerhouses like Sápmi, the northern European region, Cameron stood out. Cam's performance was so exceptional that he received an invitation to join the men's team at the Futsal Canadian Championship where he rose to the challenge and became the youngest player ever to score a goal at that level.



©AWG 2024 Anthony Lemos



Cameron continues to work towards his ultimate dream by playing at a high level and to one day represent Canada on the National Futsal Team. Alongside his futsal endeavors, Cam also excels in traditional soccer. Cam currently plays in the BC Soccer Premier League with Burnaby FC and he hopes that his efforts and talents will earn him a scholarship to play in the US at an NCAA school. Alongside dreams to eventually play professionally in the Premier League, Cameron plans to study kinesiology.

Throughout his journey, Cameron remains grateful to his Seycove teachers and administration for their unwavering support, "my teachers and the school have been so accommodating to my futsal schedule which has made it easier to focus on my sport." Thanks to the combination of support from his family and community in addition to his own drive and talent, Cameron is on the path to greatness, ready to dribble past any obstacle and score his goals, both on and off the field.



FUTSAL CANADIAN CHAMPIONSHIP
CHAMPIONNAT CANADIEN FUTSAL
2024 • CALGARY, AB



Post Secondary & Careers

TedX Speaker & Best Selling Author at Seycove

This week, Ms. Rajan's Career Life Education class welcomed [Nelson Soh, a TEDx speaker](#), best-selling author, and Chartered Professional Accountant from Vancouver. Nelson brought a



wealth of knowledge and shared his diverse experience and career pathway. In 2021, he delivered his first TEDx talk, which organically reached over 130,000 global viewers online. Nelson is passionate about continuing to make a global impact on raising awareness and education around financial literacy.



Students had the opportunity to ask questions and engage in one-on-one conversations with Nelson after the session. They wrote reflections and considered career pathways related to finance and business that they will research further in upcoming classes. Members of the Ennovate Club also attended the session and engaged in further conversation to deepen their critical thinking. Students can follow up with Ms. Rajan and Nelson for mentorship or coaching opportunities, and with Ms. Knapp for work experience opportunities related to finance.

- Ms. Rajan's CLE 10 Class Managers



GRAD 2024



Grad Council organized a beach clean up this week in recognition of Earth Day. Grads gathered at Whey-ah-Wichen to pick up plastics and trash covering the beach. The group celebrated after with a shared meal. Thank you to everyone who participated.



Important Upcoming Grad Dates & Events

- ⇒ Monday, April 29 Library at lunch—Mandatory Grad Capstone Meeting
- ⇒ Friday, May 10—Capstone Presentations—Alternate Schedule ([see page 3](#))
- ⇒ Tuesday, June 18 at 7:00pm—Graduation Ceremony
- ⇒ Tuesday, June 25 at 5:30pm—Graduation Banquet





Seycove Snapshots



BC Lions Presentation—Team Up to End Racism

Seycove grade 8s and 9s were joined by grade 7s from our feeder schools this week for a dynamic presentation from the BC Lions. The presentation, Team Up to End Racism, is a program focussed on confronting racism and embracing diversity and inclusion. The program is based on four pillars that focus on ways to embrace our diverse society in a way that fosters inclusiveness, understanding and mutual respect.

[Learn more here.](#)



WHAT CAN YOU DO?

TAKE ACTION! - HOW TO RE-ACT

IF YOU WITNESS RACISM

- SAFETY FIRST
 - DANGEROUS OR OUT OF CONTROL CALL 911.
 - USE REPORT IT TOOL
- DE-ESCALATE AND DIFFUSE
- DISRUPT AND DISTRACT
- OFFER YOUR PRESENCE
- SPEAK NOW, SPEAK LATER



GOALS FOR TODAY

- WHAT IS RACISM
- WHY IS THIS IMPORTANT FOR YOU
- WHAT DOES IT LOOK LIKE IN YOUR SCHOOL AND COMMUNITY
- WHAT CAN YOU DO TO HELP

TAKE ACTION! - HOW TO BE PROACTIVE

- SHARE WHAT YOU LEARNED
- CONTINUE THE DISCUSSION WITH YOUR FRIENDS
- REACH OUT AND WELCOME SOMEONE NEW
- SHOW YOUR SUPPORT ONLINE
- ATTEND A RALLY
- START A BLOG
- MAKE A VIDEO
- GET INVOLVED
- SHOCK THE WORLD (IN A GOOD WAY)

Individual Racism vs. Systemic Racism

Racism is connected to our beliefs, attitudes and behaviours

Privilege means having an advantage over others that was not earned.

Microaggressions (small hostilities)

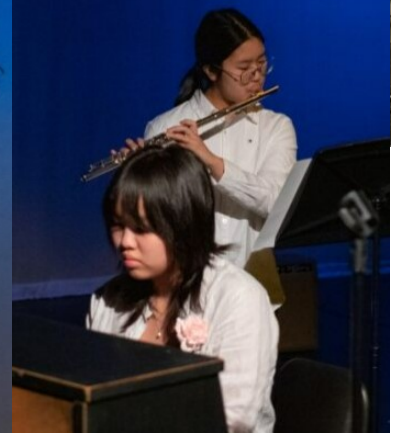
WE ALL HAVE A RESPONSIBILITY!!



Seycove Snapshots



Seycove Music's *Coffee House* attracted a full house for the student performance night. This was student-led event showcasing some of the many talented musicians in our school. Congratulations to student organizers and performers on such an incredible night.



Photos courtesy of Isaac Riebe, Seycove Yearbook

Sun Run Volunteers



Thank you to Seycove parent, Tree Cleland, for organizing student volunteers to help at this year's Sun Run. The students, along with Ms. Best, helped distribute water and encouragement to over 45,000 participants.





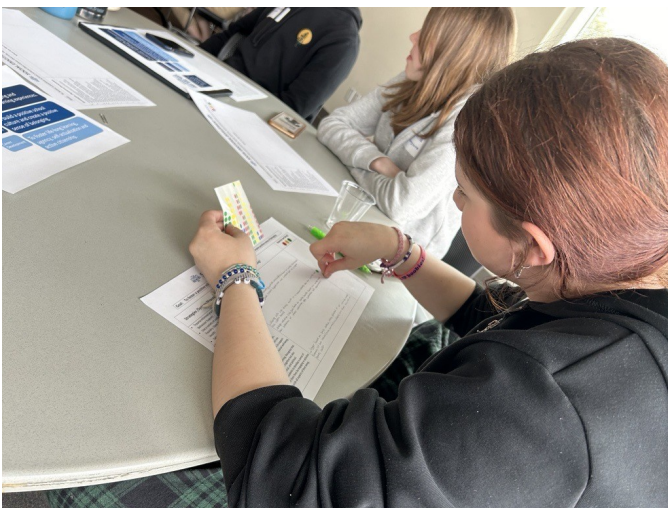
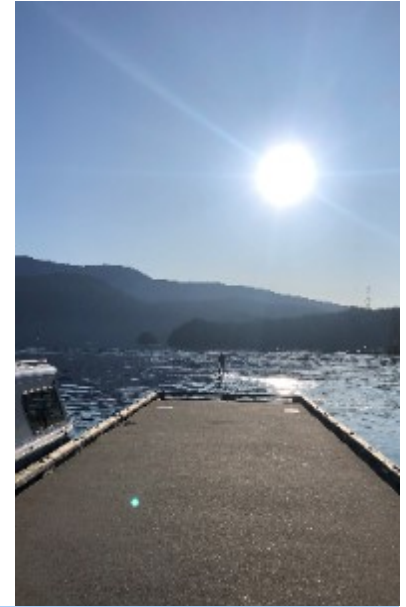
Seycove Snapshots



Hole-in-one! Congrats to Mr. Russell on his ace on the eighth hole at Gleneagles with the Seycove Golf Team last week.



VP, Mr. Ruben, wears many hats (literally and figuratively!) at Seycove. Here he is in his *Early-Morning-Paddling-While-Supervising-the-Rowing-Academy* hat in Deep Cove last week.



A delegation of Seycove students joined Principal Ms. Best and VP Mr. Ruben for a school planning session at the ESC this week.





Seycove Seyhawks



After a five year hiatus, Seycove Seyhawks are thrilled to reintroduce rugby to our athletics roster. The new Junior Team has drawn 20 players from grades 8 to 10 who will play in 15 person exhibition games in addition to some games of 7. Seycove Alumni Matt Murphy, Dan Parkins and Darin Calderwood, who is also a Seycove parent, have stepped up to coach the boys this year. The team is looking forward a fun and successful season and future plans include adding a senior rugby team next year.



Photos courtesy of Alistair Davey, Seycove Yearbook



Seycove PAC

www.seycovepac.ca

DEEP COVE SPRING MARKET

We are excited to have over 50+ local makers and artisans, 4 food trucks, Indish, La Sella Pizza, Chou Chou Crepes & the Buzz Coffee Truck

The market also supports fundraising by the Seycove, Sherwood, Dorothy Lynas, & the Cove Cliff PACs, as well it promotes emerging Junior Makers (under 12) & Creators (13+) selling fibre art, jewelry, body care, photography & more.

May 4, 10 -3pm | Seycove School

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\$5



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SEYCOVE COMMUNITY SCHOOL

The Deep Cove Spring Market is an indoor and outdoor venue. It showcases local makers and artisans who are thoughtfully curated to complement each other.

Our Winter market had \$1800 in proceeds donated to the Seycove Community School and the Lions, we also donated \$1000 to North Shore Search Rescue and \$1000 to Covenant House.

**VOLUNTEER
@ the Market**

**BUY
TICKETS**

Buy Cookies at the Spring Market—Support Parkinson's Research



SEYCOVE SWEETS

The Seycove Sweets baking team will be selling their famous decorated sugar cookies at the Spring Market. All proceeds will go to the Michael J. Fox Foundation. We hope to see you at the market!

 **THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH**