



SCHOOL NEWSLETTER

January 12, 2024

Principal's Message

Dear Seycove School Community,

Welcome back, and Happy New Year! I hope this message finds you rejuvenated and ready for the coming year.

As we launch into 2024, we will continue to focus on the central theme of "Relationships", exploring and enriching our understanding of the interconnectedness of our "Relationships with Ourselves and Each Other", "Relationships with Technology", and "Relationships with the Land and Environment". These are pivotal aspects of holistic education. By embracing these themes, we aim to create a learning environment that not only enriches the academic experience but also contributes to the overall well-being of our students, families, and the broader community.

Together, let's continue to build a supportive, inclusive, and thriving community where every individual feels valued and connected.

Warm regards,

Sarah Best
Principal

Course Programming Process & Parent Information Evenings



YOU'RE INVITED!

We would like to invite you to our upcoming **Course Programming Parent Information Meetings**. All meetings will be held in the Seycove Cafeteria.

Wednesday, January 24 @ 6:00pm (for current Gr 8 & 9 parents)

Wednesday, January 24 @ 7:30pm (for current Gr 10 & 11 parents)

Thursday, January 25 @ 7:00 pm (for current Grade 7 parents)

The purpose of these meetings is to review the process for students to select courses for the 2024-2025 school year and to provide an overview to parents on factors to consider when you are assisting your student(s) with their course selection decisions.

[LINK to Course Programming Night Letter](#)

Winter Weather Procedures

With snow in the forecast, please take a few moments to read our [winter weather procedures](#). Weather-related updates will be posted to the school district website. Families: [sign up to receive text message alerts](#) regarding severe weather, power outages and oth-

SEYCOVE CALENDAR

- Jan 15 Black Excellence Day
- Jan 15 Literacy 10 Assessments 8:15am
- Jan 16 2025 DR Humanitarian Trip Information Night—6:30pm Library
- Jan 16 PAC Meeting—7pm Library
- Jan 18 Literacy 10 Assessments 8:15am
- Jan 23 BC First Peoples 12 Exhibition 4:30-7pm
- Jan 24 Course Programming Parent Info Night Current Gr 8/9—6:00pm Current Gr 10/11—7:30pm
- Jan 25 Course Programming Parent Info Night Current Grade 7—7:00pm
- Jan 26 Last Day of Semester 1
- Jan 29/30 Review & Completion Days *students will be invited to attend
- Jan 31 Semester Turnaround Day No classes for students
- Feb 1 Start of Semester 2
- Feb 6 Semester 1 Reports Published



Updates & Reminders

Grade 10 Literacy Assessment - January 15 & 18



The Grade 10 Literacy Assessment is a provincial assessment that assesses student proficiency in literacy. It is a graduation requirement and students will be taking the assessment on Jan 15th and Jan 18th. Start time for each day is 8:15 am; students need to be in their respective Assessment locations by 8:05.

The Grade 10 Literacy Assessment assesses student ability to use critical thinking and analysis to make meaning from a diverse array of texts. It also assesses the ability of students to communicate their ideas. The Grade 10 Literacy Assessment is not based on a particular course, but on learning across multiple subjects, from kindergarten to Grade 10. <https://curriculum.gov.bc.ca/provincial/grade-10-literacy-assessment>

View the letter that went home to Grade 10 families [HERE](#)

2025 Dominican Republic Humanitarian Trip Info Night - Jan 16

Mark Your Calendar!

Students & parents are invited to an information night on **Tuesday, January 16 at 6:30pm** in the Seycove library. Come learn about the humanitarian trip planned for spring 2025.



Secondary Enhanced Programs and Academies Night - Jan 18

Students in Grades 7 to 11 and families across the North Shore are invited to learn about North Vancouver School District programs and academies.

**Thursday, January 18
6pm—8pm**

Carson Graham Secondary

Programs:

- IB Diploma Programme
- North Vancouver Online Learning
- Summer Learning
- YELL—Young Entrepreneurship & Leadership Launchpad

Academies:

AFK Studio Art, Basketball, Business of Gaming and Entrepreneurship, Dance, Digital Media, Digital Media Lite, Field Hockey Hockey Skills, Robotics, Rowing, Soccer, and Volleyball



Updates & Reminders

Course Programming Information & Timeline

Part 1: Student Course Programming Information Meetings (for students)

Juniors (grade 8 & 9s) Friday Feb 2 @ 11:50 – 12:50 in the Cafeteria
Seniors (grade 10 & 11s) Friday Feb 2 @ 11:50 – 12:50 in the Gym

Part 2: Seycove Counsellors will visit classes and answer questions

February 8 and 9

Part 3: Parent Information Evenings for Course Programming

Jan 24 @6pm—Current Grade 8 & 9 Parents
Jan 24 @7:30pm—Current Grade 10 & 11 Parents
Jan 25 @7pm—Current Grade 7 Parents

Part 4: Course Request Forms Due in the Main Office by Thursday, February 15

Students must hand in their completed course request forms signed by both the student and a parent/guardian by Thursday, February 15



End of Semester 1—Review & Completion Days January 29 & 30

- January 26: Last day of regular classes for Semester 1
- January 29 & 30: End of Semester **Review & Completion Days**
Students & parents will be contacted by teacher if students are invited to attend R&C.
Only invited students should attend R&C.
- February 1: First day of Semester 2
- February 6: Semester 1 Summary of Learning Reports Published



Seycove's Ennovate Club—Final Competition—January 27



Thank you Seycove Community! Thanks to you, the [Ennovate Club](#) has sold out of our Inkless Metal Pen. The pen was our pitch product and we are thrilled to be headed to the Ennovate Final Competition on January 27th. We would love for you to join us and cheer us on.

For more information, please contact [Ms. Rajan](#).



Updates & Reminders

Cybersafe From Exploitation—Parent Presentation

Seycove will be hosting **Cybersafe From Exploitation** presentations for grade 7, 8 & 9 students on February 21. The program is run by the Exploitation Education Institution. Parents are invited to an informational presentation on January 23, at 7pm at the Kay Meek Centre. **For more information and to register—[VISIT HERE](#).**

QUASH—New Smoking/Vaping Cessation Program at Seycove

Quit That Hit: 6 part Lunch and Learn Series for students

Change is a process, not an event.



In early February Seycove will be exploring Quash: a program developed by Health Canada and the Canadian Lung Health Foundation centered on smoking and vaping.

Quash is a voluntary smoking and vaping cessation club. It is for students who would like to educate themselves around tobacco use, addictions, the harmful effects of smoking; with the potential for quitting. It will be held every Tuesday at lunch, pizza supplied.

For more information, please contact Ms Alam or Ruby.

Munchalunch—Lunch Orders for Semester 2

The Seycove PAC are continuing the hot lunch program for the 2nd and 4th Thursdays for the rest of this year. This program not only provides healthy food options, prepared from scratch, it also helps raise money for the PAC to fund teacher wish lists, school uniforms, sports equipment and computers, etc.

The caterer, Well Fed, has upsized them to 'XL' format in addition to the 'L' for our high school students. We've tried to include vegetarian, vegan, gluten free and dairy free options where we are able, on each of the 4 themed food days:

Feb 8 /24: Pasta Day

Mar14 / 24: Mexican Food Day

April 25 / 24: Pasta Day

May 23 / 24: Mexican Food Day

Feb 22 / 24: International Day

April 11 / 24: Salad, Wrap & Sandwich Day

May 9 / 24: International Day

Jun 8 / 23: Salad, Wrap & Sandwich Day

NEW parents need to register here: <https://munchalunch.com/schools/seycove>

RETURNING parents can go directly to the login page: <https://munchalunch.com/login>

Please note if you are a returning munchalunch parent, but your student is new to Seycove, you should be able to login and transfer your student using "Transfer School" under the "My Family" tab. If you have a child at more than one school, you need to contact support@munchalunch.com with your two school names. Payment is due upon ordering and can be made by major credit card. Any orders not paid for by 7 days in advance of the lunch day cannot be fulfilled. Ordering will be open until January 31st and **all orders must be completed and paid for by February 1st.**

Food will be distributed by volunteer students, sorted by grade, and the food will arrive labelled with students' names to make sure everyone gets what they've ordered as quickly as possible.

If allergies are a concern you can double check ingredients here:

[Well Fed Hot Entree Ingredient List & Allergens...](#)

[Well Fed Cold Entree and Side Ingredient List &...](#)



Student Spotlight: Quin Caplan

Quin's journey into the world of Ninja Warrior began after he first saw the competitions on television. "It was such a cool sport and I thought it was so unique. I wanted to be part of it!" says Quin, who shortly thereafter embarked on his own ninja adventure.

In 2019, at the age of 10, Quin enrolled in gymnastics and trampolining classes, building the foundational skills needed for Ninja Warrior. As his passion grew, Quin sought out more specialized training, and in 2021, he found himself at Momentum gym in Port Coquitlam. Under the guidance of dedicated coaches Ryan and Michael Chow, who were also founders of the Canadian Ninja League, Quin's journey took a decisive turn.

This past fall, The Canadian Ninja League held its annual championship in Edmonton, Alberta. A massive gathering of 450 athletes from across Canada, all vying for supremacy on the challenging ninja courses. In the fiercely competitive 13-14 year old boys' category, Quin faced more than 45 formidable opponents.

The competition comprised two challenges – a speed course and a grueling strength course. Quin showcased his skills, finishing 16th in speed and 18th in strength, earning him a respectable 19th place overall. Though just shy of his top 15 goal, Quin's determination remained unshaken.

"Some of the obstacles I had trouble with were the ones requiring finger grip strength," says Quin, "so I practiced rock climbing." Some of Quin's favourite obstacles, fortunately, are the ones he's also good at, "I'm really good at the balance obstacles!"



Having tasted the exhilaration of competing at the recent National's in Edmonton and previously, the 2021 World Finals in North Carolina, Quin has set his sights on future championships.

As his journey as a Ninja Warrior continues, Quin is taking a big lesson from the sport and applying to other aspects of his life, "sometimes I fail, but then I get up and try again." With such a positive outlook and an incredible work ethic, there is no doubt Quin will continue to achieve remarkable feats and conquer new challenges both on and off the ninja course.

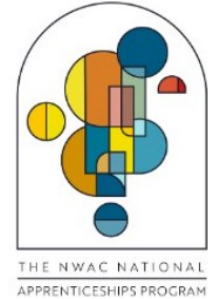




Post Secondary & Careers

Jan 17– Skilled Trades Apprenticeship Information Session

The Native Women's Association of Canada (NWAC) invites Indigenous women, Two-Spirit, transgender, gender-diverse individuals to unlock their potential and join us via zoom for a free information session to learn more about how we can help you start a new career in top Skilled Trades via the National Apprenticeships Program. [Register HERE](#) for the next session.



Feb 1 - Parent & Student Night—Careers in Trades

Parents and Students! Join us for an information session on career pathways in trades. Learn about the opportunities from local businesses, SkilledTrades BC, post-secondary options and programs available within the North Vancouver School District. [MORE INFO & SIGN UP HERE](#)

Thursday, February 1: 6pm-8pm
Handsworth Secondary School



Feb 7 - Parent & Student Night—Careers in the Arts

The North Vancouver School District (NVSD) invites students and their families to a *Career Fair in the Arts!* Explore diverse visual, music, dance, and theatre career opportunities through a gallery walkabout style event. Engage with local businesses and cultural icons like the Polygon, Vancouver Opera, Urban Ink and the Inuit Gallery of Vancouver. Some of the post secondary exhibitors attending include La Salle, CAP U, SFU's School of Contemporary Arts, and the Vancouver Film School.

[REGISTER HERE](#)

Wednesday, February 7: 6-7:30 pm - feel free to come anytime in between
Gordon Smith Gallery - 2121 Lonsdale Ave



Feb 8 - Women in Science Evening

At BC Children's Hospital and BC Women's Hospital + Health Centre, we are proud to support our inspiring female leaders who are making groundbreaking discoveries and innovations in research. At this unique evening event, we will be showcasing the important contributions of seven of these women. [INFORMATION & REGISTRATION HERE \(bcchr.ca\)](#)



Feb 18 –MedEd Conference 2024 by LGH

Students interested in a career in the medical field are invited to attend our 6th Annual MedEd Conference hosted by the Lions Gate Hospital Foundation Youth Advisory Committee. The conference brings together experienced health care professionals and students for a morning of information and insight into medical careers. We have an incredible line-up of panelists for this year's event who will share their personal experiences and valuable advice about the future of medicine.

We hope you will join us for this great learning opportunity on February 18, 2024 at the HOPE Centre located at 1337 St. Andrews Avenue, North Vancouver.

Tickets are \$25 before January 21st, \$30 regular. [TICKETS HERE](#)





GRAD 2024



Seycove Local Scholarship Applications: Due January 16, 2024

All graduating Seycove Students should complete the Seycove Local Scholarship Application Form by January 16, 2024.

The application is required for students to be considered for many of our local scholarships and bursaries. Students can receive these scholarships based on financial need, academic achievement, community involvement, leadership, post secondary career or educational pathways, hobbies and more. Students can access the forms through their Grade 12 MS Team.

Message [Ms. McLean](#) if you need more information.



Last Call for Yearbook Baby Dedications

Parents wanting to have a message to their grad printed in the yearbook need to pay the \$20 fee* by January 26th.

Log in to your [SchoolCash Online](#) account to pay the fee and ensure you have submitted your baby photo and message [HERE](#). (100 word max)

**fee offsets the costs of extra yearbook pages, messages are optional*



Seycove Seyhawks



Seycove Alpine Team

Skiers and boarders have been waiting patiently for Seymour to open up so they can start their racing season. The first two training dates had to be cancelled, but we are hoping we can get racing up **Seymour** on **Monday, January 15th at 5:00 pm.**

The team is heading up **Blackcomb** on **Wednesday, January 17th** (arrive at school at 6:15 am). Team members are encouraged to consult their MS Teams for all team information. See Mr. Earl for more information and to get your team toque.





Seycove PAC

www.seycovepac.ca

SAVE THE DATE: 40th Annual Seycove Auction—March 9, 2024

80's
DANCE PARTY
EVERYBODY CUT LOOSE | MARCH 9, 2024

[MORE INFO HERE](#)

SEYCOVE AUCTION

SUPPORTING OUR FAMILY OF SCHOOLS

\$65/ticket or \$650/table (seats 10, limited availability)
Ticket includes appies, drink ticket and door prize entry!
Tickets available at www.seycoveauction.com



Taking down your Christmas Lights??
The Auction Committee is in need of lots of strings of lights to help with our decor this year. Lights can be donated or borrowed, big or small, indoor/outdoor, and any colour!! Please reach out to info@seycoveauction.com or call Kim directly at 778-839-4585.

