



SEYCOVE SECONDARY  
at séyámətən

# SCHOOL NEWSLETTER

November 24, 2023

## Principal's Message

Dear Seycove Families,

As we transition from the vibrant colours of fall into the darker, colder days of winter, I wanted to take a moment to reflect on the importance of finding the bright spots in our lives. The shifting seasons provide a chance to embrace the beauty in our surroundings and reflect on the warmth and light within us.

In the midst of busy schedules and academic pursuits, it is crucial to recognize the significance of spending time with our loved ones. Whether it's sharing a meal, enjoying a festive activity together, or simply taking a moment to connect, these shared experiences contribute to the fabric of our school family.

Let us also reflect on the spirit of caring and giving. As we navigate the darker days, small acts of kindness can serve as beacons of light for those around us. Whether it's reaching out to a friend in need, volunteering in the community, or finding ways to support those less fortunate, our collective efforts can truly make a positive impact.

Together, as a Seycove community, let's create a tapestry of connection and care that brightens our school community and beyond.

Wishing you all joy and connection in the coming weeks.

Warm regards,

**Sarah Best**  
Principal



## SEYCOVE CALENDAR

- Nov 27 Seycove Pro-D Day
- Dec 4 Curriculum Implementation Day—No school for students
- Dec 5 PAC Meeting—6pm Library
- Dec 6 National Day of Recognition of Violence Against Women
- Dec 6 Grad Winter Boat Cruise 6pm
- Dec 7 Hanukkah Begins
- Dec 12 Band Concert—7pm
- Dec 14 Well Fed PreOrder-Pasta Day
- Dec 18 Choir Concert—7pm
- Dec 22 Last day before Winter Break



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# Updates & Reminders



## Student Council - Purdys Fundraiser

Looking for stocking stuffers, holiday treats or hostess gifts?

Get all your chocolate needs and help Student Council raise funds for school and community events.

Order Here:

**SEYCOVE STUDENT COUNCIL FUNDRAISING CAMPAIGN**

Orders due by **November 27th**. Pick up at the school December 11.



## Thank you for your Winter Greenery Orders

Please pick up your plants  
in the cafeteria on

December 6 - 1:00-3:30pm

December 7 - 11:30 - 3:00pm

Questions? Please contact [Andrea Yeo](#)

**This Summer Travel, Work and Improve your French!**

Are you 16 or 17 years old and live in Canada? Participate in Summer Work Student Exchange to get real work experience, make new friends, and live in another province.

- For six weeks in July and August, you will...
  - Travel with other youths to Québec and practice your French skills
  - Stay with a local host and hold a paid, full-time summer job
  - Get involved in fun activities, build new friendships, and experience the local culture

Apply online and start your journey today!

VIA Canada [@ymcaexchanges](#)

## This Summer Travel, Work & Improve Your French!

The YMCA Summer Work Student Exchange (SWSE) is a six-week program that offers youth ages 16-17 the opportunity to gain paid work experience, practise their second official language skills, and discover another community within Canada.

Applications are now open for our next summer exchange from June 29 to August 10, 2024

[APPLY HERE](#)

# FOOD DRIVE

## Student Council is running a Period 1 Collection Challenge

Help us collect food and personal hygiene items for the Harvest Project.

Nov 20-Dec 1





# Updates & Reminders

## Curriculum Update – Holocaust Education

The Ministry of Education and Child Care has committed to broadening the scope of the required Grade 10 social studies curriculum to ensure all students learn about the Holocaust. This change will take effect in the 2025/26 school year to allow for consultation and development. Read the B.C. Government's [news release](#) for additional information.

## Enable SMS Messaging

To receive SMS text messages when there is an emergency during school or non-school hours (e.g., severe weather or power outage) you need to opt in for this service.

Typically, you will receive a [SchoolMessenger](#) text message when you register your child for school and registration is complete. The message is similar to this example: "North Vancouver School District 44 messages. Reply Y to confirm, HELP 4 info. Message & data rates may apply."

[More info HERE](#)

## K-12 Student Reporting Changes—Ministry Resources

Beginning this school year, the way student learning is communicated is shifting.

The Ministry of Education and Child Care has created a 3-page resource for families, [How will I know how my child is doing?](#) that provides answers to frequently asked questions.

This resource, in addition to links to webinars, information sheets and brochures, is available through the Ministry's [K-12 Student Reporting Information for Parents and Caregivers](#) web page.

Should you have any questions, please reach out to Seycove Admin.

Information for Parents and Caregivers



## How will I know how my child is doing?



### What will my child's report card look like?

Each written update will include:

- information on how your child is doing in each area of learning
- written comments (descriptive feedback) on your child's strengths and areas they need to work on, as well as their work habits and behaviour
- information on the communication, thinking, and social skills that your child needs to be successful (Core Competencies) and your child's goal setting
- information about your child's attendance

**Note:** For Grades 10-12, the last written update of the school year also tells you if your child is on track to graduate.

The way your child's learning is shared with you is changing. This overview will tell you what you can expect from your child's report card, and from teacher updates.

### How often will I get updates from my child's teacher?

During the school year, you should expect to see 5 learning updates about your child. This will include 3 written learning updates (that could look like report cards), and 2 informal learning updates (could include conferences with a teacher, and phone calls or e-mails from a teacher).

Schools set the schedule for when learning updates happen. However, your child's teacher may connect with you at any point.

If your child has an Individualized Education Plan (IEP), you will receive learning updates in the same way as all the other parents and caregivers do. But your child may also get additional updates based on their IEP.







# Digital Awareness

## Balancing Screen Time with Nature and the Outdoors



These days, kids spend much more time inside, mostly thanks to technology. Spending time outdoors isn't just enjoyable — it's also necessary. Many researchers agree that kids who play outside are happier, better at paying attention and less anxious than kids who spend more time indoors.

Spending time in nature can build their confidence. There's a lot less structure than most types of indoor play and they can choose how they interact with the nature around them. This gives them practice managing their own actions and encourages creativity and imagination.

Being outdoors can also teach them responsibility. For example, if they are in charge of watering a plant, they can learn that they must take care of living things to keep them alive.

Being outside gets kids moving, too. Regardless of what they're doing, there's usually more exercise involved than if they were sitting on the couch. Not only is exercise good for kids' bodies, but it seems to make them more focused. This is especially helpful for kids with ADHD. Being outside also helps kids feel less stressed.

Article from [Childmind.org](http://Childmind.org)—[FULL ARTICLE](#)



## Nurtured by Nature

**Psychological research is advancing our understanding of how time in nature can improve our mental health and sharpen our cognition** - *From the American Psychological Association*

From a stroll through a city park to a day spent hiking in the wilderness, exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even upticks in empathy and cooperation. Most research so far has focused on green spaces such as parks and forests, and researchers are now also beginning to study the benefits of blue spaces, places with river and ocean views. But nature comes in all shapes and sizes, and psychological research is still fine-tuning our understanding of its potential benefits. In the process, scientists are charting a course for policymakers and the public to better tap into the healing powers of Mother Nature.

[FULL ARTICLE](#)





# Student Spotlight—Will McCarron



## Pitch-er Perfect: Will McCarron's Striking Baseball Talent

In the world of baseball, grade nine Seycove student, Will McCarron, is making a name for himself on and off the field. This talented fourteen-year-old spent his summer knocking it out of the park with his impressive performance in Baseball BC's High-Performance Pathway.

This past summer, Will showcased his skills with the North Shore Twins Premiere Baseball League Bantam team, turning heads at the Zone Identification Camps. His standout performance earned him a spot on the Vancouver Coastal team for the Baseball BC Summer Games, where the competition was fierce, and the stakes were high.



In a thrilling tournament held in July 2023, featuring top players from various regions, Will's team went 4-1, ultimately clinching the silver medal in a nail-biting final game. Will's contribution was nothing short of spectacular,

pitching eight innings, striking out 11 batters, and allowing only one earned run with an impressive 1.043 WHIP.

Will's stellar performance didn't go unnoticed. With only 34 other players from around the province, he was selected to attend the Prospects Camp in September. His skills continued to shine,



earning him a coveted spot on Team BC for a tournament in Las Vegas in October. The team's 3-1 record was a testament to Will's talent, as he pitched three "no-hit" innings, struck out four batters, and maintained an outstanding 0.333 WHIP.

Looking ahead to the 2024 season, Will is gearing up to play "up" a year with the North Shore Twins Junior Premiere League team, competing against grade 10s and 11s. His dedication to the sport and exceptional abilities on the mound have set him on a trajectory toward a bright future in baseball.







# Student Spotlight - Junior Makers

## Quinn Smilgis: Quinn Smilgis Photography

### Quinn's Shutter Success: Capturing Wildlife Frame by Frame

In the picturesque world of photography, Seycove senior, Quinn Smilgis, is making a name for himself with a lens and a whole lot of passion.

Quinn's journey into the world of photography began in grade eight when he started taking photos. By grade nine, he saved enough to buy himself his first camera and in grade ten, Quinn began his photographic adventures shooting wildlife.



Capturing wildlife in their habitat means Quinn is always on the hunt; fortunately, his family cabin on Denman Island provides endless opportunities to find new subjects. Quinn has also taken his camera on the road to Banff, Kananaskis, Whistler, Squamish and the Fraser Valley. With his lens focused on finding the rare and notable, his most thrilling encounter was with an elusive southern mountain caribou; the shot he captured (*left*) remains one of his most prized.

he took of a raccoon on Denman. "It was six in the morning and I waded into the water," recalls Quinn who then captured the creature (*right*) on the shore as it scavenged and returned its own curiosity at Quinn.

Wanting to share these moments with the world, Quinn launched his Instagram page, [@quinnsmilgisphoto](https://www.instagram.com/quinnsmilgisphoto), where he is building a community of fellow photography enthusiasts. His entrepreneurial spirit led him to start printing and selling his photos and his debut at the Deep Cove Winter Market marked a significant milestone in his budding career.

Quinn's talent hasn't gone unnoticed in the photography community. His work was shortlisted for a prestigious wildlife photography contest, a testament to the skill and artistry he brings to every frame.

As he prepares to graduate, Quinn's lens is always focussed on the next big picture, and it is bound to be a masterpiece.

**\*Stay tuned for more Junior Maker Spotlights in the next School Newsletter**





# Celebration of Learning

## Drama 9/10 + Directing & Script Developing 12—Monologue Performances

The Drama 9/10 students worked hard with the Directing & Script Developing (DSD) students to put together and perform 30 second monologues. The performers did a great job of demonstrating character development, range of emotion and memorization while the DSD class tested out the world of stage direction, lighting and “wrangling”.



## CLE 10 Magazine Contest

We are thrilled to announce the winners of the CLE Best Magazine Contest! All the magazines submitted were amazing, making the selection process quite challenging. The way students utilized Canva was exceptional, showcasing remarkable attention to detail, reflection of their learning styles and self-realizations. You will have the opportunity to admire their creativity during the mini-capstone fair at the end of the semester.

Let's continue to celebrate and support our school's creative career life community! Congratulations Career Life Education Students!

- Ms Rajan and the class managers-  
Max and Catherine



Jaimee (CLE 3)

(CLE 4) Hannah ( aka Blondie), Findlay, Taylor, Eric, Seth, Devin





# Celebration of Learning

## Weaving Our Way Through Reconciliation—Project Update

By Catherine & Max—CLE10

A couple of weeks ago we had a chance to experience an amazing indigenous weaving project while also listening to a presentation about reconciliation that was presented by Courtney and her team.

After the presentation we learned more about reconciliation while enjoying the process of weaving. Reconciliation can be a means of cultural expression and preservation, allowing communities to celebrate their heritage and traditions. The act of weaving can bring people together in collaborative projects fostering a sense of unity and shared purpose.

We are excited to weave on the large loom.



CLC12 students making their coin bags.



Laura Lewis (Seycove Indigenous Support Worker), Nicholas Kofi (Handsworth Indigenous Support Worker), Courtney Kessel (Argyle Indigenous Support Worker), Nya Streb (Grade 12), and Serena Jefferson (Windsor Indigenous Support Worker)



Students volunteering at lunch to cut out templates for the coin bags







# Post Secondary & Careers



**EXPLORE CAPU  
OPEN HOUSE**

Join us in North Vancouver on Saturday,  
Nov. 25 from 11am to 2pm PST.

**SIGN UP NOW**

## What happens at Explore CAPU?

- Discover over 100 diverse programs and take a guided tour of our stunning campus;
- Familiarize yourself with our world-class labs and studios, experiencing our top-notch facilities;
- Get help preparing your portfolio and gain valuable tips to make your application stand out;
- Learn about the various financial aid and entrance award options available to you; and
- Visit the Bosa Centre for Film and Animation for a special Film and Animation open house.

## Digital Media Youth Expo—December 9th

The **Digital Media Youth Expo will be hosted Saturday, December 9, 2023** by the North Vancouver School District's Digital Media Academy (DMA). The 2017 Expo was attended by more than 800 students and their families where they learned about the many educational and employment opportunities available in the Digital Media Industry. The Digital Media Youth Expo is a place where students, parents, families, teachers and the community can meet with representatives from many Lower Mainland Post-Secondary Schools as well as local & global organizations & institutions and studios involved in digital media.



North Vancouver School District's [Digital Media Academy \(DMA\)](#), located at [Argyle Secondary School](#), is an enriched hands-on program that provides students with access to a broad and useful range of skills and knowledge in digital arts, project management, and problem solving. Students enter a 2 year program in Grades 11 and 12 to create meaningful stories and solve challenging problems. One of the main goals of the DMA is to prepare students for post-secondary training as well as the many careers and lifestyles in digital media.



Discover all the career education opportunities available through the school district and beyond. This is a great resource for upcoming events and career focussed learning.

[VISIT CAREER PATHWAYS 44](#)

[CALENDAR OF EVENTS](#)

## How can employers get involved?

NVSD is actively looking to expand our relationships and partnerships with the business and non-profit community.

There are several ways for employers to get involved with career education:

- [Work Experience Placements](#)
- [Youth Work in Trades](#) (Apprenticeships)
- [Link to government grant to hire new apprentices](#)
- Mentorship and/or presentations
- Community Advisor Partnership
- [Youth Work in Trade - Work Based Training Report](#)

## Employer interest form

[Interest Form - Career Pathways 44 \(sd44.ca\)](#)



# GRAD 2024



## Grad Winter Boat Cruise

The Winter Cruise is almost here! A reminder that **this is a dry event** - no alcohol, drugs, smoking or vaping. Students who present under the influence will not be permitted boarding.  
Please note this is a semi-formal event and the ship leaves at 6pm sharp.



## CLC12 with Ms. Yeo WORKSHOP SERIES

### Dec 1 - Reducing Stress

An engaging online workshop discussing mental health, boundaries, screen time, social media and self care.

All grade 12s welcome to attend.

More information linked below:



## Important Grad Reminders:



The Class of 24 kicked off their Dress-Up Spirit Week with a showdown: Mathletes vs. Athletes

### GRAD PARENTS:

- 1) We are looking for **group photos of Seycove Grads** over the years. We will be adding these to a slide show at the grad ceremony. If you have photos of 2 or more grads, please send them to us [HERE](#)
- 2) We need a **baby photo** of each grad for the ceremony. Please send your photo [HERE](#). If you would like this photo published in the yearbook, please write: "Dedication Included" in the subject. Write up to 100 words for the dedication. Please note: there is a \$20 fee to publish the photo and dedication (fee covers the extra pages in the book). These dedications are optional.





# Seycove Snapshots

## Chess Club



## SEYSA- Green Club Clean Up Day



Last week, the Green Club hosted a community clean-up to help foster our relationship to the land. Thank you to all of the classes who participated by going out and collecting waste that ended up in our local environment. This waste was put to good use in the development of EcoBricks.

EcoBricks are a simple yet impactful way to help mitigate our plastic problem. Using a stick or spoon handle, we stuffed the soft plastic waste into a pop bottle, fitting hundreds of wrappers into each bottle. The bottles end up being so compact with plastic that they are strong enough to use in the construction of chairs, garden planters, or whatever the imagination comes up with.

We hope to continue to develop EcoBricks throughout the year to help save the soft plastics from ending up in the landfill, and are excited to see what we can make with the EcoBricks we create! Stay tuned...

- Julia Kadi, SEYSA Sponsor and Science Teacher







# Seycove Snapshots

## Deep Cove Winter Market—Nov 18/23



Student Council Seycove Sweets team baked and decorated cookies and treats to sell at the market. They raised over \$600 for student and community events. Way to go team!



The Seycove Cafeteria was transformed into a winter gift market filled with incredible vendors, artists and goodies. It was a successful and fun day thanks to many Seycove students and parent volunteers who helped with set up, operations and clean up. **Thank you!**





# Seycove Snapshots



Seycove Seniors, Zena & Taylor, volunteered to help fill the kettle for Salvation Army's Christmas Kettle Drive last weekend. "People have been so generous!", Taylor remarked. Zena agreed and added "it was really fun!". The girls will be back at Superstore again this weekend along with other Seycove volunteers. More volunteers are still needed on upcoming weekend afternoons. If your student would like to volunteer, they can [contact Mrs. Knapp](#) for more details.



Junior Maker, Sydnee, selling her homemade ornaments at the Deep Cove Winter Market

## Peyton Williams



This past week, Peyton Williams, from the NVSD Rowing Academy at Seycove, competed with athletes across Canada in a 2000m Peak Power Test. Peyton completed his test in an impressive time of 6:32.6. Peyton's time would have secured him 3rd place at the last year's World Indoor Rowing Championships in the Under 20 Lightweight category, despite him being only 16 years old. Furthermore, Peyton's outstanding performance would have positioned him as the top-ranked athlete in Canada.

**Congratulations Peyton on an exceptional performance, well done!**







# Seycove Seyhawks

## Bottle Drive - Thank you!



The Annual Seycove Girls Basketball Program Bottle Drive was a huge success! The girls were split into four teams and Team 4 dominated the competition by collecting almost half of the total donations. Thanks to everyone's efforts and community participation, the group **raised over \$1100 from the event** - a new record!



**Way to go Seyhawks and Thank You to everyone for donating**



## Senior v Senior Volleyball Game



The senior volleyball teams ended their season with a lively Boys v Girls match up. The game went in favour of the boys but it was a great battle and a fun way to finish the season.

