



SEYCOVE SECONDARY at sáyəmətən

SCHOOL NEWSLETTER

October 27, 2023



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Principal's Message



Halloween Greetings!

As Halloween approaches, I wanted to send a message of good cheer and safety to our incredible teenage students. This is a time for you to have fun, embrace your creativity, and enjoy the spirit of the holiday. However, safety and inclusion are always at the forefront of our celebrations. On behalf of the entire Seycove staff, I wish you a happy and safe Halloween. Please see the following Halloween Message to Families from Superintendent, Dr. Pius Ryan.—*Sarah Best, Principal*

Dear Families,

Halloween is a time of celebration for many in our community. Each year, we look forward to seeing students enjoy various Halloween activities.

The North Vancouver School District honours the diversity within our community. We want to ensure our teaching and learning environments are places where students and staff feel safe, included, respected and valued. In preparation for a safe and fun Halloween for all, please be aware of the following and speak with your child as appropriate:

- If costumes are permitted at your child's school, they should allow for students to be easily recognizable and/or to be able to identify themselves to any staff member when asked. Costumes that are in poor taste or offensive in any way (e.g., hypersexualized, culturally insensitive) are not allowed. Please consider the rights maintained in the [B.C. Human Rights Code](#) when selecting costumes (e.g., race, colour, ancestry, place of origin, religion, family status, disability, sex, sexual orientation, age etc.).
 - School codes of conduct must always be followed. This includes maintaining respectful and appropriate behaviour with others and with school property. Vandalism is a crime.
 - Replica weapons (e.g., guns, knives, etc.) are not allowed.
- The possession and use of firecrackers or fireworks at school is strictly prohibited. Please visit the [City of North Vancouver](#) and [District of North Vancouver](#) websites for information on municipal fireworks regulations.

Thank you for ensuring Halloween continues to be a fun and safe celebration for our community.

With appreciation,

Dr. Pius Ryan
Superintendent of Schools



SEYCOVE CALENDAR

Oct 31	Halloween
Nov 1	Take Our Kids to Work Day
Nov 5	Daylight Savings Ends
Nov 8	Indigenous Veterans Day
Nov 9	Well Fed Lunch Pre-Order Salad, Wrap & Sandwich
Nov 10	Remembrance Day Ceremony—10:30am
Nov 11	Remembrance Day
Nov 12	Diwali -Festival of Lights
Nov 13	Stat Holiday-School Closed



Updates & Reminders



The 11th Annual Seycove Seyhawks Bottle Drive!

The Seycove Girls Basketball program is hosting our 11th annual Seycove Seyhawks neighbourhood bottle drive.

Neighbourhood Pick-up Day: Saturday November 18th from 10 am-1 pm.

Our players will stop by your house and collect or feel free to drop your refundable bottles at
**The Bridge Church parking lot
at 1384 Deep Cove Road.**

If you have any questions, email Jennifer Deane at
www.jenniferdeane.ca
Seycove Girls Basketball Parent Group



Post Secondary Information Night at Seycove

The Post Secondary Information night was a big success. Students and parents had the opportunity to hear about post secondary options at BC institutions.

For more information visit: [Post-Secondary BC \(postsecondarybc.ca\)](http://Post-Secondary BC (postsecondarybc.ca))





Tech Savvy Parenting

Balancing Phones and Screens with Sleep Needs in Children

from: CommonSenseMedia.org

Young people can face a lot of pressure during the day. So it's understandable that many turn to their phones to relax. Try to help your kids reflect on their tech experiences without judgment. Then, check out these ideas to support them in balancing their tech use at night:



- **Limit using screens before bed.** Whenever possible, shut everything off—including phones and tablets—at least an hour before bedtime. Set a screen-free routine with your child, like reading or listening to podcasts, to help them settle in for the night. And for older kids who might be doing online homework late, help them find a routine that calms their brain and body down after they turn off their device.
- **Block the blue light.** Make sure kids are using "night mode" on their devices after sunset. [Apple](#) and [Android](#) devices have options to adjust display color based on time of day.
- **Turn off notifications.** Make sure your kids turn off their notifications at night. You can use built-in features like [Apple's Screen Time](#) or [Google's Family Link](#) to set limits.
- **Keep phones out of the bedroom or sleeping area at night.** Teens tell us [that putting their phone in another room overnight](#) is the best way to help them resist the temptation to use it—and this leads to better sleep. But some kids [use their phones to play background noise or music](#) to fall asleep. If this is the case for your child, try other options, like a white noise machine. Or, have them turn off notifications and set "do not disturb" on other apps overnight so the phone's only job is to play music.
- **Talk about tech expectations.** Use a [Family Tech Planner](#) to create rules for how everyone uses devices. This will give kids a say and develop a shared understanding of how they can make the most out of entertainment and tech time.
- **Walk the walk.** Of course, adults can also have a hard time putting down their devices. Whenever you can, [model healthy tech habits](#) that you want your kids to pick up.



[Full Article](#)

Keeping Kids Safe on Social Media

Concerned about some of the content your child might be viewing on social media? Here's a short video to help start some conversations with your child about what they are watching: [Keeping Kids Safe on Social Media - Happily Family](#)





Post Secondary & Careers

SHAD2024 programs for Grade 10 and 11 students — applications are open until December 1

Shad is a month long program for 10 & 11s where they will take part in classrooms with university level STEAM and entrepreneurship content and access to mentors.

[Shad programs](#) give Grade 10 and 11 students a once-in-a-lifetime opportunity to grow their mind-set, collaborate in a university classroom with youth across the country (and internationally!!), and build community change maker capabilities using #STEAM4Good to make an impact!

Two program options, one amazing experience:

[ShadOnCampus](#)
[ShadAnywhere](#)



Sports, Recreation and Healthcare Fair - November 17



The North Vancouver School District is hosting a Career Fair in Sports, Recreation and Healthcare and all grade 10-12 students are invited.

Friday, November 17 between 9:30-2:45pm at Game Ready, 108B 245 Fell St, N Van.

The fair will introduce students in our district to the variety of jobs in these career focus areas. To register, students are encouraged to speak to their career teachers or WEX Facilitator.



UBC Information session
Engineering UBC Engineering Open House (Vancouver)

Saturday, November 4 - 10am-2pm
@UBC Vancouver, Fred Kaiser Building

Discover why UBC Engineering is one of Canada's top engineering schools. Prospective high school and post-secondary transfer students are invited to join us on the Vancouver campus to explore all that UBC Engineering has to offer through in-person booths and demonstrations.

You'll learn about: Student life, our programs, our professors, our design teams

You'll also have a chance to explore some of our buildings and talk with professors and current students.

[REGISTER HERE](#)



POST-SECONDARY BC

Want the latest information on BC Post Secondary? Visit Post-Secondary BC to see all the upcoming events at BC PS schools. This site can help students and parents better understand the programs and opportunities at BC Post Secondary Schools.

[Events - Post-Secondary BC](#)
 [\(postsecondarybc.ca\)](http://postsecondarybc.ca)





Post Secondary & Careers

FNESS Fire Fighter Bootcamp—October 19 & 20



Seycove students Connor and Cole (above), along with students from across SD44 and West Vancouver, took part in a two day boot camp last week hosted by the First Nations Emergency Services Society (FNESS). The students were mentored by fire staff and volunteers from West Van Fire, DNV Fire, CNV Fire and FNESS.



Over the two days, students were challenged with various tasks that fire fighters train for. Boot campers learned how to: don and doff their fire kit; dress a fire hydrant; use the jaws of life to dismantle a car; call radio commands; train in basic CPR and first aid; handle a fire hose; use a fire extinguisher; and more. The students walked away with an unforgettable experience and a greater understanding of the incredible training and skill that goes in to being a fire fighter.

Both Connor and Cole look forward to pursuing careers in either fire fighting or public safety and felt that this experience solidified their desire to pursue those careers.

If you have a student who is interested in a career in **fire fighting or policing**, please ask them to talk to [Mrs. Knapp](#) in the Work Experience office. There are upcoming opportunities in these areas and we would love our students to be part these events.





GRAD 2024



Literacy 12 Assessment- November 2

All Seycove Grade 12s will be writing the Literacy 12 Assessment on Thursday, November 2, 2023.

The Literacy 12 Assessment is a graduation requirement.

Students should familiarize themselves with the format and types of questions appearing on the Assessment. Visit [THIS LINK](#) to watch the introductory videos and scroll down the webpage to find the Online Sample Test.



Students can attend **special tutorial time** to ask questions about the Literacy 12 Assessment. These sessions will take place in the **computer lab from 8:30-9:00am** the following days:

Thursday, Oct 26 | Friday, Oct 27 | Monday, Oct 30
| Tuesday, Oct 31 | Wednesday, Nov. 1

SEYCOVE SECONDARY GRAD 2024

Winter Boat Cruise

WEDNESDAY DECEMBER 6 AT 6:00PM

Semi-Formal Dinner Cruise
aboard the
MV Pride of Vancouver

Tickets \$125 on SchoolCash Online

Boarding begins at 5:30
450 Denman St, Vancouver

SEYCOVE GRAD 2024



Grad PUMPKIN CARVING





Seycove Snapshots

Active Living 11/12



Students enjoying a beautiful day biking around the Stanley Park Seawall

Power Outage



PE 10 Students making the most out of a dark situation by participating in rhythmic activities and games.

Choir



Neko, Zoe, Claire, Alfie and Max performed at the BC Music Educators Association Conference at UBC alongside the BCMEA Honour Choir (above)

(Right) Thank you to our volunteer students who helped with PT Conferences. The volunteers did an excellent job of keeping things organized and caffeinated.

Parent Teacher Conferences





In Our Community



Deep Cove Winter Market

The Deep Cove Winter Market is the perfect place to shop local for the season, treat yourself or check off your holiday list.

Come visit our food trucks for lunch or coffee and browse all the local artists and makers //

November 18 10- 4pm at Seycove Secondary School.

PAC Fundraisers

Munchalunch—Preorders

Seycove's Parent Advisory Council (PAC) is organizing pre-order lunches again this year. Help support PAC and give your student(s) a healthy meal (and a break from packing lunch). Money raised from the lunch program helps PAC purchase things like classroom needs, uniforms, sports equipment and more!

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

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

TruEarth Laundry & Cleaning Products

When you order a product, 20% of the total sales value will go to Seycove PAC. You can feel good knowing you are helping your school, and purchasing products that help save the environment.

[ORDER HERE](#)





Seycove Seyhawks

Field Hockey Team



Congratulations to our Field Hockey team for earning a spot at the Provincials! Way to go Seyhawks!



Going to Provincials!!



Senior Boys Soccer



Captain Logan looking for a pass at a recent match

Gymnastics Team



The Seycove Gymnastic Team is busy practicing for the upcoming competitive season