



# 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.



*Dear Seycove Families,*

*Our Winter Break has arrived! It has been a busy few weeks for our Seycove community, with many concerts, exhibitions, celebrations, and events. The gratitude we express towards our community partners, families, students, and school staff is immeasurable. Our shared focus on rebuilding connections and celebrating together within our school community has contributed to our growing sense of connectedness.*

*On behalf of our Seycove Staff, we wish you all a wonderful holiday season.*

*Sarah Best and Caren Hall*

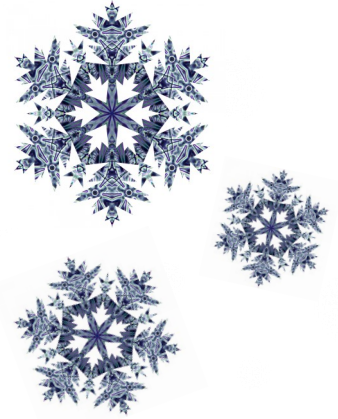
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# Upcoming Important Dates

- January 3 ..... School Opens After Winter Break
- January 4 ..... Schulich Leader Scholarship Nomination Due
- January 10 ..... PAC Meeting



## SCHOLARSHIP INFORMATION

Schulich Leader Scholarships are Canada’s most coveted undergraduate STEM scholarships. One hundred are awarded to entrepreneurial-minded high school graduates enrolling in a Science, Technology, Engineering or Math program at 20 partner universities across Canada.

Half are valued at \$120,000 for engineering scholarships and half are valued at \$100,000 for science and math scholarships. Every high school in Canada can nominate one graduating student each year to apply for the scholarship.

Seycove Nomination Deadline: Wednesday, January 4th by 7:00 pm

**IMPORTANT: Seycove Grade 12 students can access the Seycove Nomination Form on the Seycove Scholarship Team.**

## IMPORTANT FOR ALL GRADE 12 STUDENTS

Complete the Seycove Local Scholarship Application form by filling in the online form. The link to the Local Scholarship form is found on the Scholarship Team general post, dated Friday, December 2.

All Seycove grade 12 students should complete this application as it addresses many scholarship and bursary opportunities, including financial need, community service, special areas of skill, academic achievement, leadership and areas of intended study and career.

***Due Monday, January 23, 2023***



# Getting Ready for the Holidays at Seycove



Emma and Mylo distributing  
Holiday Greenery



Christmas movie, hot chocolate and treats in Ms. Yeo's portable.



Austin B.  
Winner of the Ugly Sweater Contest



# Gingerbread House Competition



And the winners  
are...



Overall Winners:  
Hannah & Nyree



Grade 9 / 10 Winners:  
Ben, Dominic, Gabe & Patrick



Grade 11 / 12 Winners:  
Sarah, Lana, Sophia, Ren & Jaxx

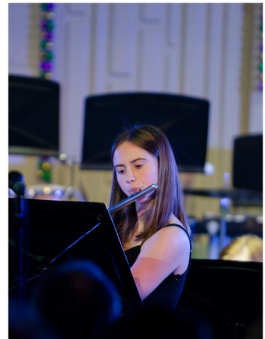
# Harvest Project Block One Challenge



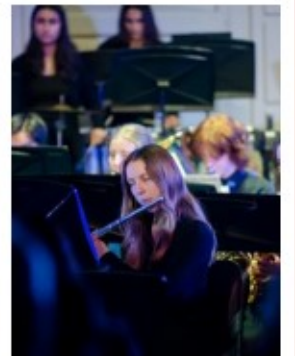
## THANK YOU!

A huge THANK YOU to our Seycove community for coming together to bring in more than 1100 food and personal care items for the Harvest Project. Student Council's *Class Challenge* was a competition for Period 1 classes to bring in the most items for donation. The winning class was Mr. Russell's Social Studies 10 class and they will receive a class lunch and VIP treatment at Santa's Breakfast. In addition to the donated items, we also donated \$350 from proceeds at the Winter Market & Bake Sale. Thank you again for all of your contributions and for helping us show what a caring school and community we have.

Photos: Student Council members sorting donations and helping load the Harvest Project van.

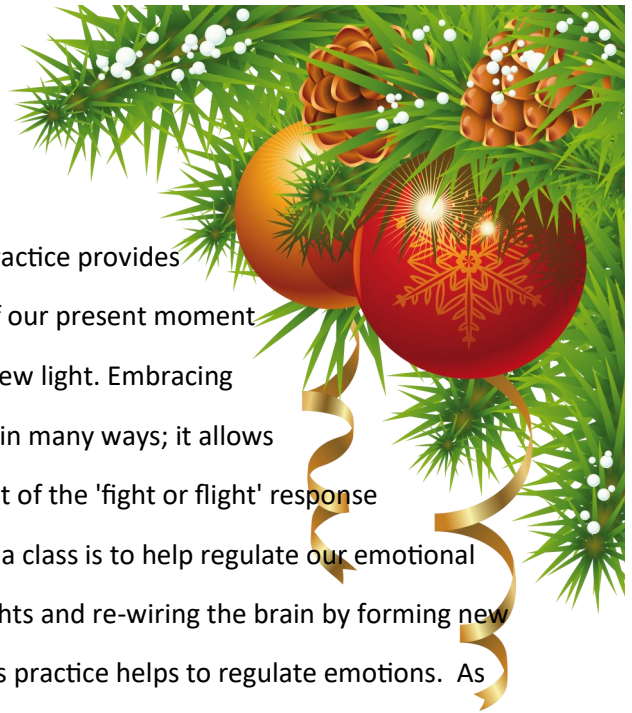


# Winter Band Concert



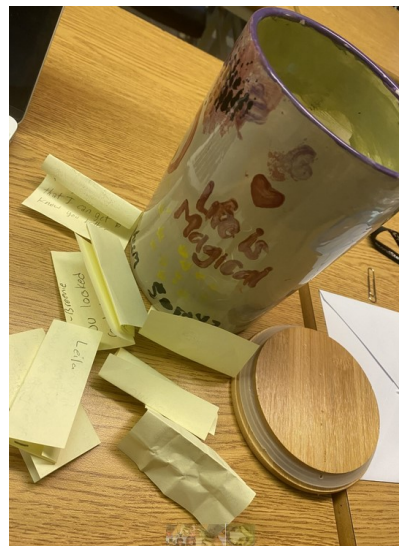


## Ms. Rajan's English 8 Class



Ms Rajan's class practices mindfulness regularly. This practice provides us with the tools required to observe the true nature of our present moment reality, helping us to gain clarity that puts anxiety in a new light. Embracing mindfulness promotes healthy management of anxiety in many ways; it allows us to reconnect with the present moment and move out of the 'fight or flight' response mode and into the 'rest and digest' system. Our goal as a class is to help regulate our emotional response to stressors by gaining control over our thoughts and re-wiring the brain by forming new neural pathways. Research has shown that mindfulness practice helps to regulate emotions. As students gain greater insight into the management of their emotion's they hopefully feel less anxious and can make choices using emotional intelligence- an increased inner experience with greater self-compassion, self-regulation and less tension when difficult situations arise.

We look forward to continuing to make meaningful connections with our school community by further developing our self- management skills, self-awareness and social awareness. We hope to stay open to new experiences and practice techniques that encourage us to get to know ourselves, our emotional boundaries and limits and those of others. Thank you to our classroom Educational Assistant's, Kimya and Tatiana, for sharing their time, experience and knowledge in this area.





## A message from your PAC

Dear Seycove Families,

We have a new, easy fundraising opportunity for Seycove with "Fundscrip", where we can purchase gift cards for a large variety of vendors where we already shop and PAC will receive up to 10% back of the value of the gift card (depending on the retailer) and you will still receive 100% of the value of the gift card to use at participating retailers.

With an extensive and growing selection of retailers from a wide variety of categories, everyone is sure to find their favourites. You can check out the participating retailers here: <https://www.fundscrip.com/retailers>

This makes it easy to pay for your day-to-day purchases with your Fundscrip gift card instead of cash, credit or debit. The program runs year-round, and the money raised will support our kids and amazing teaching staff!

Please log in and place your order as soon as possible, if you'd like to get your gift cards in time for the holiday season. You may also wish to send out our Invitation link to friends and family. Then, they can also get some contactless holiday shopping done, while donating back to Seycove. Here is our Invitation Link / Code below:

<https://www.fundscrip.com/support-a-group/KMW3EK>

Get your holiday shopping done. Buy your groceries and gas. Send a gift across Canada. Get cards for staff and or clients, to meet your business needs. Order plastic gift cards / E Gift Cards / Reloadable gift cards. We will make up to 10% back, depending on which retailer is purchased. Thank you for your support!!

If you have any questions, please email Kim Tattrie at [kimtattrie@outlook.com](mailto:kimtattrie@outlook.com)

Sincerely,

Seycove PAC

*Have a Wonderful  
Holiday!*

