



SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER

December 13, 2024

Dear Seycove Community,

As we approach the end of 2024, I would like to take a moment to reflect on the many achievements and moments of connection we've shared this year. It has been a joy to witness Seycove students embodying our core values of **Stewardship, Community, and Creativity** in their daily lives — whether through their commitment to the environment, their support for one another, or their innovative contributions to our school culture.

Throughout the year, I have seen students continuously show up for their learning and for their community and school. It's been awesome to see familiar student faces around the school, whether they are selling tickets to events, running fundraisers to give back, taking photos at our concerts and shows, organizing intramurals and open gyms, managing an inclusive and amazing Instagram account, leading clubs and teams...and so much more. Our Seycove students really just show up – and it's wonderful to see and to be a part of.

I extend my heartfelt gratitude to all Seycove families for your support and partnership as well. Your engagement and encouragement have been instrumental in making this first half of the school year a success.

Wishing each of you a restful and joyful winter break. May this time be filled with warmth, happiness, and cherished moments with loved ones. I look forward to seeing everyone back at school in the new year!

Meghan Downie

SEYCOVE CALENDAR

- Dec 16 Winter Choir Concert - 7pm
Highlands United Church
- Dec 19 PLP Winter Exhibition 5:30-7:30
- Dec 20 Santa's Breakfast 7:30-9am
1pm Early Dismissal
- Dec 21 School Closed
-Jan 5 Winter Break
- Jan 6 School Reopens
Week 1 rotation: 1 2 3 4

Visit the Seycove
Calendar Here



PLP WELCOMES YOU
to the
2024 WINTER EXHIBITION
Thursday, December 19th
Open House Style
Doors Open at 5:30pm

INTO THE UNKNOWN
A WINTER EVENING WITH
SEYCOVE CHOIRS

December 16, 2024
\$10 admission **7PM**
\$5 students/seniors

Highlands United Church
13255 Edgemont Blvd,
North Vancouver



Updates & Reminders

MOJA Coffee Pick Up: Monday, December 16

Orders for Coffee placed through School Cash online can be picked up in the cafeteria on Monday, December 16th from 3:15 - 4:45pm.



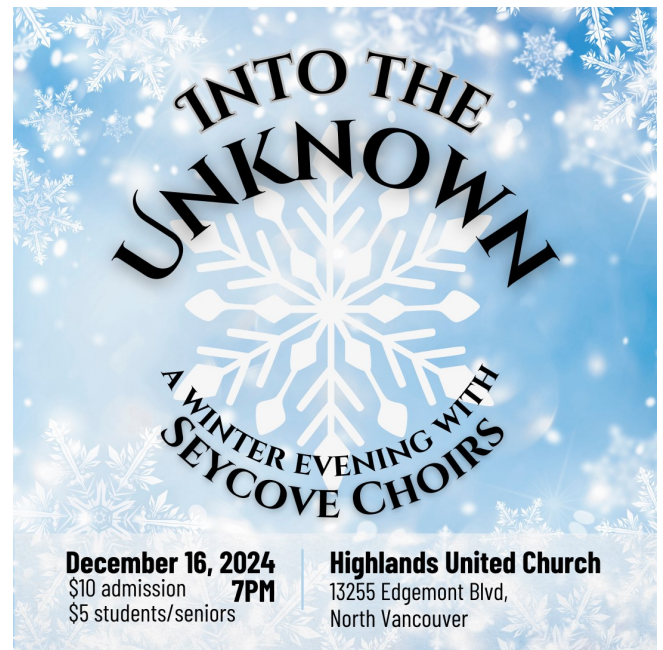
Seycove Choirs Winter Concert: December 16

Presenting This Year's
Winter Choir Concert:

INTO THE UNKNOWN

Monday, 7PM
Highlands United Church

Ring in the new year with loads
of choral artistry and some of
your favourite hits!



PLP Winter Exhibition: December 19



Mark your calendars!
On Thursday, December 19th,
PLP is hosting their yearly
Winter Exhibition.

Come down any time from 5:30-7:30 to support the learners and see what they've been preparing for you, from Rube Goldberg machines to performative tableaus, to conceptual art!

See you there!



Updates & Reminders

Tickets on Sale Now! [PURCHASE HERE](#)



Students can purchase tickets at school with Debit or Credit or parents can purchase through [SchoolCash Online](#). Ticket includes: hot breakfast, hot chocolate, entry to door prizes, treats and entertainment. Tickets are limited!

ADJUSTED SCHEDULE FOR FRIDAY, DECEMBER 20

- 7:30-9am - Santa's Breakfast
- 9:10-10am - Period 6
- 10:05-10:55 - Period 7
- 11:00-11:50 - Period 5
- 11:50-12:10 - Break
- 12:10-1pm - Period 8
- 1pm - Dismissal

Are You Prepared for an Emergency?

North Shore Emergency Management (NSEM) is the emergency management department for the City of North Vancouver, District of North Vancouver, and District of West Vancouver. Established in 1978, this tri-municipal program is responsible for emergency planning and preparedness, response and recovery activities, partner engagement, volunteer management and other activities based on the Emergency and Disaster Management Act and reinforced by bylaw.

NSEM has helpful information on how to prepare for hazards, emergencies and disasters. [Review the information HERE.](#)



Know your hazards



Make your plan



Gather your supplies

Sustainability at Seycove

At Seycove, we are committed to supporting environmental stewardship and taking care of the land we are fortunate to learn, work, and grow on. Together, we can reduce our individual impact on the environment by making small, thoughtful changes.

When packing lunches, we encourage students to consider **waste-free** or **waste-reduced** options. Reusable containers, water bottles, and lunch bags are excellent ways to minimize waste. Additionally, we ask that students bring their own **reusable cutlery** to school.

Thank you for supporting these efforts and for helping Seycove lead by example in sustainability and stewardship. Together, we can make a difference and show care for our environment!





Updates & Reminders

Food Support for North Vancouver

Here is a general list of places families can turn to receive food access. North Shore Table Matters Network provided by: tablematters.ca

[Food Asset Map – North Shore Table Matters Network](#)

The North Shore Table Matters Network has been building relationships between local governments and community groups with interests in food security, urban agriculture, and local food systems since 2005.

We engage diverse sectors of the community and support the development of partnerships and projects that align with the [North Shore Community Food Charter](#) and address community needs. One of our main priorities is to increase the profile of food by infusing food into community dialogue, policy, and life on the North Shore



Student Volunteers - Robotics Mentors

nvsd

VOLUNTEERS NEEDED

3RD ANNUAL ROBOTICS COMPETITION

Calling All Secondary School Students: Be a Robotics Mentor!

The Elementary Robotics Competition is back for its third year, bigger and better than ever! With over ten elementary schools competing, we're looking for enthusiastic **Secondary School Mentors** to guide and inspire young robotics teams. This is **your chance** to inspire, lead, and make a difference!

What's in it for You?

- ✓ Potentially Earn up to 40 Volunteer Hours
- ✓ Mentor once or twice a month after school
- ✓ Share Your Passion for Robotics & STEM
- ✓ A volunteer letter with hours will be provided at the end of the competition in April.

How to Apply:
 Email sworley@sd44.ca by: December 13th, 2024
 Sign up today and be part of something extraordinary!

What Will You Do?

- Mentor elementary students in designing, building, and programming robots
- Earn volunteer hours supporting teams during practices and competitions.
- Inspire creativity, teamwork, and problem-solving.
- Be a role model for the next generation of innovators.

“The best way to predict the future is to create it.”
 – Peter Drucker

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What's in it for you?

- ⇒ Earn up to 40 volunteer hours
- ⇒ Mentor once or twice per month after school
- ⇒ Share your passion for robotics and STEM
- ⇒ Receive a volunteer letter confirming your hours and participation

How to apply:

Email sworley@sd44.ca by December 13th



Counsellor Corner

Navigate or Nurture? Striking a Balance Raising Kids

[Striking a Balance Between Nurturing and Navigating Kids | Psychology Today](#)

- We want to ensure our children's emotional well-being, but we also want them to develop resilience.
- Overemphasizing feelings and shielding kids from real-world experiences can lead to a lack of resilience.
- It's important to validate the feelings and then work towards assisting your child in coming up with solutions



Parents often think about the balance between protecting their children and allowing them to face life's challenges. As parents, we want to ensure our children's emotional well-being, but we also want them to develop [resilience](#). In today's unpredictable world, raising resilient kids is more important than ever.

For example, if your child encounters a difficult situation at school, like being excluded from a group activity, your instinct might be to intervene and shield them from negative emotions. While this comes from a place of love, it may hinder your child's ability to navigate real-life experiences and develop resilience. Finding a balance between nurturing and allowing your children to learn from challenges is important. [Read more in this article from Psychology Today.](#)



Understanding Stress (and what to do about it)

MYTH

Stress is bad for mental health & should be avoided.

FACT

Most stress is actually good for us & avoiding it can be harmful!

MENTAL HEALTH

is the capacity to successfully adapt to life's challenges. It includes a wide range of thoughts & feelings.

mental health
literacy



Visit [Mental Health Literacy](#) or their YouTube Channel for more info and helpful resources like this:

[TEEN Brain HD](#)

Not all stress is the same



Positive: Positive stress is short-term and it helps us adapt, learn & grow. Situations that cause positive stress (e.g., writing an exam, giving a presentation, calling someone you don't know) happen daily – often multiple times.



Tolerable: Tolerable stress includes situations where there is more serious impact (e.g., someone dying, parents' divorce). Tolerable stress can occur multiple times throughout our lives. As long as we have supportive relationships around, it is unlikely to have any lasting negative consequences.



Toxic: Toxic stress is prolonged and extreme (e.g., abuse, neglect, violence). Practical and professional supports may be necessary. Some people will go their whole lives without experiencing toxic stress.



Remember: Toxic stress is the only type of stress that's actually bad for us. Experiencing positive or tolerable stress can help us become stronger, healthier and more understanding human beings!



Post Secondary & Careers

Parents as Education and Career Coaches - January 7

Tuesday, January 7, 2025 | 6:30 - 7:45pm | Online | [REGISTER HERE](#)

EducationPlannerBC and the North Vancouver School District invite families with students in Grades 10-12 to join the virtual workshop on Tuesday, January 7th from 6:30 to 7:45p.m. Learn how you can support your student in planning for their future. The session will cover topics such as B.C.'s post-secondary education landscape, including institutions and credentials, program and admission requirements, application dates, and costs and options for financial aid. Participants will be walked through EducationPlannerBC.ca including their resources for career exploration, comparing programs and how to apply for admission through [Education-PlannerBC.ca](#).

Learn about post-secondary education and career opportunities, as well as tools to best support your student in planning for their future.

[Come explore our website!](#) Search thousands of programs, get to know trades, and discover career paths. Find helpful resources, including financial aid options, admission requirements, FAQs, and the Glossary. Learn how to create an account, save programs, paths, and careers to My List, and apply to post-secondary in B.C.



VCC- Baking Program: Tours and Trials

Here are some upcoming opportunities at Vancouver Community College for Students and Parents:

1. VCC will be holding an in-person information session on **January 27, 2025**, from **5:30–7:00 PM**. The evening will begin with a tour of our baking department at **5:30 PM**, followed by the information session at **6:00 PM** in **Room 112** (our theatre at the downtown campus). For the tour, please gather in front of the library at the downtown campus, and we will escort the groups from there. RSVP by January 13th at the latest.

2. This year, VCC will be offering a **trial day** for prospective baking students, led by one of our instructors. Students will have the opportunity to make muffins, scones, and cookies, and will be able to take some of their baked goods home. The trial days will take place on **February 7, 14, 28**, and **March 7, 2025**, with a maximum of **16 students per class**. All classes are scheduled 10 am to 3 pm. Note that students will be assigned to only one class.

Please [message Mrs. Knapp](#) if you would like to reserve a spot in either of these programs.





Post Secondary & Careers

Save the Date - Trades Night @Sutherland - January 23

Thursday, January 23, 2025 | 6pm-8pm | Sutherland Secondary

Considering a career in skilled trades?

The North Vancouver School District invites students and their families to explore various opportunities available to high school students in Grades 10-12 that can get them started on their career pathway into the trades. Learn about opportunities from local businesses, SkilledTrades BC, post-secondary representatives and NVSD career programming. [Registration open until January 20th, 2025](#)



UBC Forestry Info Session

December 12, 2024 | 4pm-5pm | Online [REGISTER HERE](#)

These sessions are tailored for high school students who are passionate about the environment, sustainability, and the great outdoors. They'll have the chance to engage and ask questions of our student panel made up of 3rd and 4th year undergraduate students in their respective programs. Parents and educators are also welcome to attend. Attendees will also have a chance to win a limited-edition UBC Forestry sweatshirt in our raffle!

Undergraduate Info Sessions
2nd Thurs of the month | 4-5 pm (PST) | Online (via Zoom)

UBC Forestry

Post Secondary BC - Connecting Students with Post Secondary

Post-Secondary BC is a consortium of primarily public post-secondary institutions in BC. We support high school counsellors, high school students, and their parents by providing the information they need to help make the best post-secondary education decisions. Through supporting school counsellors and organizing school visits and events across the province, we connect students with their best education opportunities.

Our membership includes almost all public institutions in BC. That means we can guarantee that the information and resources we provide are accurate, comprehensive, and always put students first.

[Visit the Events Page](#) for upcoming info sessions.



POST-SECONDARY BC

MEMBER INSTITUTION EVENTS
KPU – Criminology Information Session

Kwantlen Polytechnic University

Thu January 2, 2025 from 6:00pm to 7:00pm

Virtual

[For Parents](#) [For Students](#)

MEMBER INSTITUTION EVENTS
UVIC Parent Night

University of Victoria

Sun January 12, 2025 from 4:00pm to 6:00pm

Virtual

[For Parents](#) [For Students](#)



Celebrations of Learning

Drama Production - Stupid is Just 4 2Day

Congratulations to our senior drama students for their remarkable performance of *Stupid is Just 4 2day* by Lindsay Price. This compelling play explores the complexities of high school life, tackling themes of peer pressure, self-discovery, and the struggle to fit in, all while delivering humor and heartfelt moments. The students brought the characters to life with authenticity and energy, drawing the audience into the story's relatable challenges and emotional depth. Their hard work, teamwork, and commitment to excellence were evident in every scene, making this production both entertaining and thought-provoking. Bravo!





GRAD 2025

Local Scholarship Forms - Applications Open

The Seycove Local Scholarship Application for 2025 is now open. **All grade 12 students should complete the form before 4pm, Thursday January 9th in order to be eligible for local scholarship and bursary opportunities offered to Seycove grads.**

These scholarships take into consideration various categories including community service, special areas of interest or skill, academic achievement, leadership, financial need and or intended area of study. Only students who complete the application before the deadline will be considered

Links to the application were posted in the Scholarship Team on MSTeams on November 20th. Students should access the two forms, Part A and Part B, through that platform.

Please refer to application tips found alongside the post in Teams.



Grad Baby Photo and Parent Dedication Information - Photos DUE December 16th

Grad Baby Photo

We are requesting baby photos of each graduate that will be projected while the student crosses the stage at the grad ceremony. [Please submit your photos here.](#) (high resolution please). Use your **child's full legal name in the subject heading** of the email.

Subject Example: **Peter Parker**

Optional: Yearbook Dedication - \$21

If you would like your child's baby photo and a dedication published in the yearbook, add 'DEDICATION INCLUDED' to the subject heading. In the e-mail, please include your 100 word, maximum, dedication.

Subject Example: **Peter Parker DEDICATION INCLUDED**

Pay the \$21 fee through [SchoolCash Online](#). The fee helps fund the costs of addition pages in the yearbook.

Please ensure you have completed the Personal Information Consent Form on SchoolCash Online. *If this form is not completed, your child's photo will not be published in the yearbooks.*

[CLICK HERE FOR MORE INFO ON GRAD BABY PHOTOS AND DEDICATIONS](#)

Grad Gowns - ORDER Now

Mandatory for ALL grads: Please Order your Grad Gowns!

To prepare for your Graduation Ceremony on May 29th, we need to make sure grads have the proper attire. Please fill out the form link below to indicate the size of the Grad Gown you would like to order **by no later than February 7th, 2025.**

This is a MANDATORY step for ALL grade 12s.

Here is the link to order your gown: [Grad 2025 Gown Size](#)



Looking for group photos



The yearbook team puts together a slide show for grads. If you have group photos of 2 or more grads as kids, please submit them by clicking [HERE](#).





GRAD 2025



Grad Photos - BOOK ASAP

Grad Photo Sessions are December 15 & 16 at Artona Studios

We still have **grads who have not booked** their Grad Photo Session! Please make sure you book your appointment ASAP so that your photo will be in the yearbook and grad composite...AND so that you have a lovely photo of yourself graduating!

Book your Grad Photo here: [Artona - Booking](#)

Winter Formal Boat Cruise!

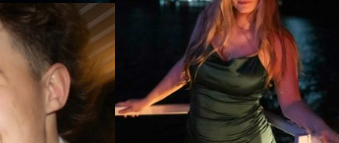
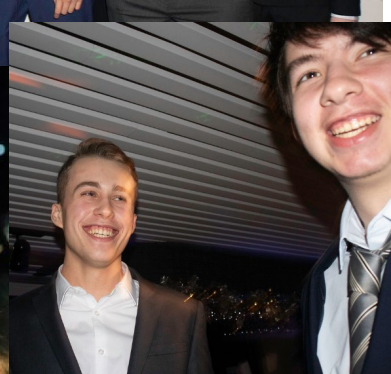
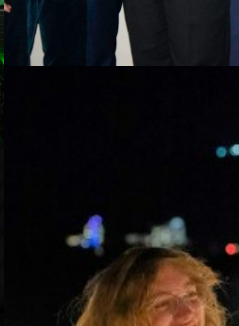




GRAD 2025



Winter Formal Boat Cruise!



Photos: A Davey



Seycove Snapshots



Seycove Toy Drive



Thank you Seycove Community for your amazing generosity!

The Seycove Toy Drive was a big success. As a community we were able to donate more than \$1200 in toys and gift cards to the North Shore Christmas Bureau in partnership with the DNV Fire Fighters Charity. The Christmas Bureau “helps to ensure that low-income families, individuals, and seniors living in North Vancouver, West Vancouver, Lions Bay, and on Bowen Island can celebrate the season.” The Bureau is still accepting donations, learn more how you can help by [visiting their website](#).



Seycove Snapshots



It was the end of an Era! Seycove students bonded in advance of the last leg of the Eras Tour by making friendship bracelets together! All students were welcome to join and participate in the magic whether they were attending the show or not. This was a perfect opportunity to get together, share some special memories, and sing a lot of Taylor Swift! Thanks for coming and making it so special!

Ms. Kadi invited students (and staff) to a bracelet making session where Swifties and non-Swifties united in crafting!



Aleia and Fallon (below) enjoyed some out-of-school fun last week exploring Lonsdale Quay with their teacher and some of our incredible education assistants. The group enjoyed the festive decorations and activities set up around Shipyards for the holidays.

Student Council (below), meet most Mondays. Today they were busy planning for upcoming activities including Santa's Breakfast!





Seycove Seyhawks



Seyhawks in Victoria

The senior girls basketball team went to Victoria last weekend, taking part in the annual Victoria Christmas Tournament. This is the 12th year in a row the team has participated. While success on the court was difficult to find, team bonding and tremendous spirit were in ample supply. The trip was a great success, and we look forward to taking part again next year



Seycove Gymnastics





In Our Community

[Local Events - North Shore News - North Shore News \(nsnews.com\)](#)

[Events | North Vancouver Recreation and Culture Commission \(nvrc.ca\)](#)

[Events | The Shipyards District | North Vancouver](#)

[Santa at Seymour | Mt Seymour](#)

[Canyon Lights | Capilano Suspension Bridge Park \(capbridge.com\)](#)

[The Peak of Christmas | Grouse Mountain - The Peak of Vancouver](#)

[Lynn Valley Village - North Vancouver - Shopping center and town center of Lynn Valley - Lynn Valley Village](#)

[Scout Christmas Tree Chip-Up: Jan 4-5 & 11-12, 2025 \(scoutschristmastrees.com\)](#)

