



# SEYCOVE SECONDARY at sáyəmətən

# SCHOOL NEWSLETTER



May 24, 2024

Dear Seycove Families,

As we enter into the last month of our school year, I reflect upon the tremendous growth our school community has demonstrated. Our relationships with the land, ourselves, each other, and technology have been central themes in our journey. Through various initiatives and events, we have deepened our understanding, strengthened our bonds, and embraced new ways of learning and connecting. In this newsletter, I am excited to share some of the highlights of our accomplishments over the past few weeks.

One of the highlights was the powerful Kairos Blanket Exercise facilitated by Dallas Guss, NVSD Indigenous Support Worker. Our Grade 10 students engaged deeply with the history of colonization in Canada, gaining valuable insights into the experiences and resilience of Indigenous peoples. This exercise was a poignant reminder of our shared responsibility to understand and respect the land and its history, and to strive for reconciliation and unity.

Our commitment to sustainability and community support was beautifully demonstrated through the Sustainable Clothing Swap and Fundraiser organized by SEYSA and the Girls for Impact Club. This event not only promoted eco-friendly practices but also raised funds for the Downtown Eastside Women's Centre, showcasing our students' dedication to making a positive impact both locally and globally.

Furthermore, the SEYSA Pollinator Garden project underscored our commitment to environmental stewardship. This initiative aims to enhance biodiversity and support the longevity of native species, providing a hands-on learning experience for our students and contributing to the well-being of our local ecosystem.

The arts flourished in our school with the stellar drama performance of "Virtual Platform", written by Claire Broom. Our students dazzled on stage, bringing to life a story that navigates the complexities of our digital age. Their talent and hard work were evident in every scene, reminding us of the power of creativity and expression.

We also celebrated the achievements of our Grade 12 students during their Capstone Presentations. This milestone event highlighted the diverse accomplishments and future aspirations of our graduates. It was a proud moment for all of us, as we witnessed the culmination of years of hard work, growth, and learning.

I hope you enjoy this newsletter and share the same pride I feel when I reflect upon our school community.

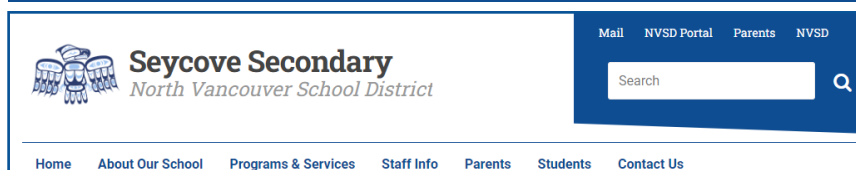
Warm regards,

Sarah Best  
Principal

## SEYCOVE CALENDAR

- May 29 [Easter Seals Red Shirt Day](#)
- June [National Indigenous History Month](#)
- June [Pride Month](#)
- Jun 1 Seycove Music Cabaret
- Jun 3 School Based Pro-D Day  
No school for students
- Jun 11 Year End Band Concert 7pm
- Jun 11 PAC Meeting - 7pm Library
- Jun 12 Student Awards Ceremony  
and hot dog lunch
- Jun 13 PAC Pre-Order Hot Lunch Day
- Jun 13 PLP Spring Exhibition 3pm
- Jun 14 Nat'l Indigenous Peoples Day  
School-wide Assembly 10am
- Jun 14 Year End Choir Concert 7pm
- Jun 18 Grad Ceremony 7pm  
Centennial Theatre
- Jun 21 Nat'l Indigenous Peoples Day

Stay up to date. Visit the Seycove website for school information





# Updates & Reminders

## The Greatest Show! Seycove Cabaret 2024 - June 1

Seycove Music's *Cabaret in the Cove* is our premier fundraising event of the year!

Join us Saturday, June 1st, for a night of exciting music featuring our Jazz Bands and Jazz Choirs along with many student small groups in a Jazz Club format, complete with finger foods, drinks, and silent auction!

This year's theme is The Greatest Show!

Get your tickets now through [SchoolCash Online](#).

Tickets are \$40 and includes admission, food, and one drink.

Ages 19+. See you there!

Doors open @6:30pm, Show @7:00pm



## Got Old Jeans?



**Got any old jeans gathering dust that you no longer wear?** The Textiles classes are eager to give them new life in their Upcycling unit. Simply bring them by Ms. Reid's Textiles room, and we'll take it from there!



## Bear Aware

Bears have been spotted recently around Seycove, we would like to remind our students, families and neighbours what to do when you encounter a bear. [\(From the North Shore Black Bear Society\)](#)

### IF YOU MEET A BEAR

- Try to **remain as calm as possible**. Black bears are calm animals and by staying calm, you reduce startling the bear.
- Communicate that you are not a danger by **using a calm tone to speak to them** in any language.
- Show the bear you are respectful of their personal space by **slowly distancing yourself**.
- Ensure the bear has an exit.

Never approach a bear intentionally.

[REPORT BEAR ACTIVITY HERE](#)

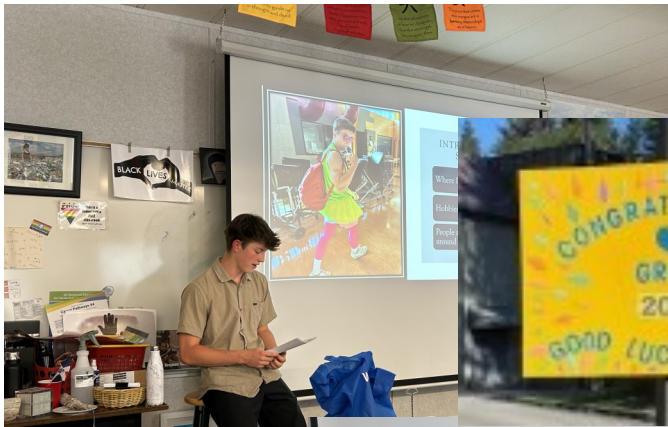




# Celebrations of Learning

## Grade 12 Capstone Presentations

The Seycove staff and student community gathered together for a special afternoon to watch all of the grade 12 Capstone presentations. It was so wonderful to learn about their growth throughout high school, their learning in various curricular and non curricular areas and their plans for after graduation. Well done Grads! - Ms. Yeo





# Celebrations of Learning

## Drama 11/12 - Virtual Platform Performance

On May 15<sup>th</sup> our Drama 11/12 and Theatre Production 10/12 students performed "Virtual Platform" by Claire Broome that explores the pros and cons of online learning in this comedic one-act play.

Students explored themes of isolation, confusion, resilience and adaptability and tested their character building and public speaking skills.



*Online learning is a world of its own that  
doesn't come with a map!*

*Will "Student" be able to navigate this world of rotating  
classes, overwhelming assignments and only knowing  
their fellow students by initials?*

*How can anyone make sense of a virtual platform?*

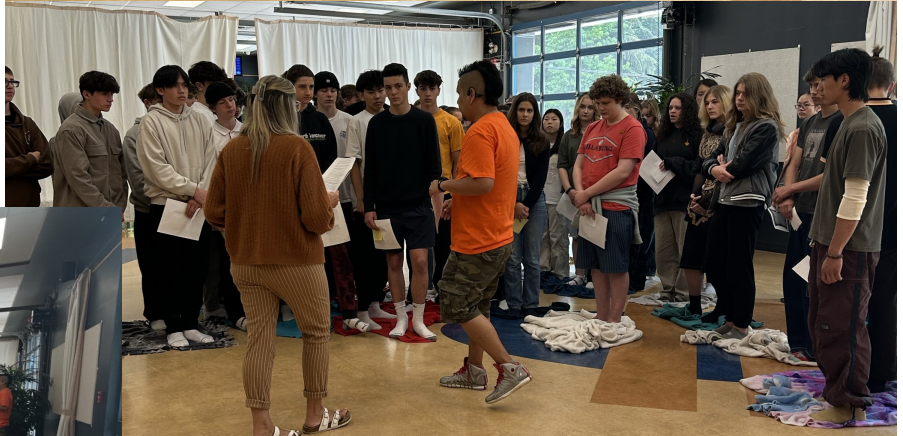


# Blanket Exercise

## Grade 10 Kairos Blanket Exercise

"The Blanket Exercise is based on using Indigenous methodologies and the goal is to build understanding about our shared history as Indigenous and non-Indigenous peoples in Canada by walking through pre-contact, treaty-making, colonization and resistance. Everyone is actively involved as they step onto blankets that represent the land, and into the role of First Nations, Inuit and later Métis peoples. By engaging on an emotional and intellectual level, the Blanket Exercise effectively educates and increases empathy."

[Blanket Exercise Workshop - KAIROS Canada](#)





# Careers & Work Experience

## Summer Volunteer Applications Open at Parkgate

Is your student looking volunteer in the community this summer and gain valuable interpersonal, leadership and communication skills? Parkgate Society is gearing up for summer day camps and they are looking for more volunteers to help make the camper experience fun and safe.

[Sign up here](#) or contact Christina Thai: [cthai@parkgatesociety.ca](mailto:cthai@parkgatesociety.ca)



## New Work Experience Opportunity - Automotive Sampler



Is your grade 9-11 student interested in a career in the automotive repair industry?

The North Vancouver School District has teamed up with Craftsman Collision and CSN/Elite Collision to offer an Automotive Trades Sampler opportunity. The program will include training and experience in auto body repair and finishing, auto glass and safety systems, mechanics, servicing, ADAS and emerging technology. Students will also participate in a repair project.

This opportunity is **open to students in grades 10, 11 or 12 enrolled in the Work Experience (WEX) course.**

**Pre-placement coursework must be finished by September 23, 2024.**

See [Mrs. Knapp](#) for more information.

## Youth Police Academy - Applications Open



north shore youth  
POLICE ACADEMY



**WHO CAN APPLY?**

- students age 14-17
- students interested in front-line policing

**WHEN IS IT?**

- August 12-15 or 19-22

**WHERE DO I GET MORE INFO?**

- Message Mrs. Knapp for the application package or visit her office

Is your current grade 9-11 student interested in a career in policing?

West Vancouver Police and North Vancouver RCMP are offering a North Shore Youth Summer Police Academy in August. The four-day event is designed for students interested in operational or front-line policing and will include physical training such as running, hiking and weightlifting, as well as learning about K9 services, traffic services, community policing, forensics and other specialty units.

Applications are due May 31st.

See [Mrs. Knapp](#) for the application package.





# GRAD 2024



## Important Upcoming Grad Dates & Events

- ⇒ June 13 - Grad Ceremony Rehearsal & Gown Pick Up
- ⇒ June 18 - Grad Ceremony
- ⇒ June 25 - Grad Banquet - Dinner & Dance

For the most up to date grad information, please visit  
Seycove.ca: [Grad Information - Seycove Secondary](#)

## SEYCOVE SECONDARY CLASS OF 2024



## Graduation dinner & dance

JUNE 25, 2024  
PINNACLE HOTEL AT THE PIER  
NORTH VANCOUVER



# Seycove Snapshots



## SEYSA Clothing Swap in Support of Women's Centre

The Green Club recently collaborated with Girls For Impact, a student-run club aimed at bettering our community, hosting a Clothing Swap. The clothing swap aimed to encourage sustainability amongst our students, while also raising donations for the Downtown East Side Women's Center. With the help of the Seycove students and community, nearly \$200 was raised, alongside a dozen bags of clothing, accessories, and toiletry donations, all of which will benefit the Women's Center. Thank you to everyone who came out to support and to those who donated. Making a difference for the planet and for the community one step at a time! - Ms. Kadi



## YELL Canada Venture Challenge

YELL Canada recently held its 11th Annual Venture Challenge for Metro Vancouver YELL Classes and two Seycove Students were part of a team that competed. Congratulations to Elle Hartman and Kalan McKie for taking part in the competition and pitching their business venture to judges and investors against 39 other teams. Elle and Kalan collaborated in a group of four students to pitch their business idea *Nosh*, a healthy and delicious new prepared lunch program to help busy parents. Or as the budding entrepreneurs put it during their pitch, *Nosh* is "Hot lunch, redefined."

YELL stands for Young Entrepreneurship Leadership Launchpad and it is offered at Sutherland and Handsworth secondary schools. For more information on the program, [visit here](#).



Elle, above left, and Kalan, far right, with their teammates at the YELL Venture Challenge





# Seycove Snapshots



## SEYSA Pollinator Garden

Grade 12 student Ryder Oliver-Green along with his brother Luca, Seycove Grad 2021, are shown here tending to the pollinator garden out front of Seycove.

The garden was designed to grow native species which will attract pollinators. Ryder's goal for the garden is for it to be used as a tool to enhance learning experiences. "My hope is that the produce from the garden can be used in foods classes as part of food literacy, but also in humanities and math classes alike," says Ryder.

The garden has also been a rich learning resource for the preschoolers at the neighbouring preschool. Earlier this spring, Ryder invited the preschoolers to visit the garden and he taught them about soil, seeds, insects and vegetables. Ryder hopes that students from Cove Cliff will come to get involved as well as seniors from the local seniors facilities.

Ryder understands there is a lot that goes into designing curriculum but believes that "gardens bring people together and connect us back to our bodies, nature, the desire for a sustainable future and most importantly connect us all through a common sense of belonging."



*"I believe that this vegetable garden can be a resource for teachers throughout all classes to incorporate into their lessons whether it be modelling exponential growth and decay of tomatoes growth in pre-calculus or learning about agriculture in the context of Canadian economics or geography in social studies." - Ryder Oliver-Green*



As Ryder continues to sow the seeds of his passion for gardening and tend to the pollinator garden, he is also working with Ms. Kadi and SEYSA (Seycove's sustainability club) to cultivate a learning resource for all classes. "My ultimate goal is to use this garden as a framework for making garden-based learning a perennial part of the entire education system."

With Ryder's dedication, this garden will not only flourish but also root itself deeply to help show the community that knowledge and sustainability grow together for generations to come.





# Seycove Snapshots



## Thank You Seycove PAC

A huge **thank you** to our amazing Seycove PAC for the generous and delicious staff lunch last week. It was such a treat to enjoy lunch together and staff thoroughly enjoyed all the incredible homemade goodies and desserts. Thank you to everyone involved in organizing, setting up, cleaning up and baking, it was much appreciated!

Thank

You





# Seycove Seyhawks



## Mountain Bike Team

The Seycove Mountain Bike Team had a great series of races in 2024! We had a large team with one girl for the first time in years. (\*\*NOTE: Congratulations to Tyler McIntosh who just won the bronze medal in the Whistler NSSA Bantam Girls category!) We really got lucky with the weather, each Wednesday was hotter than the last, and we didn't have any rainy races, yeehaw! This year we had two Enduro events where kids are timed on the downhill and can ride the uphill slowly. The other four races were real cross-country with rather brutal uphills.

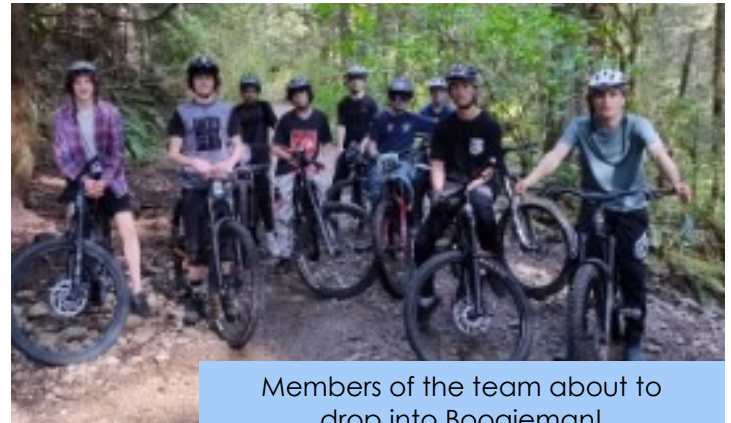
One example of team spirit was when Magnus broke a chain and the other grade ten riders stopped to help him fix it. The group finally got riding again, but sadly did not finish within cut-off time, oh well. From the coach's perspective, I think most of the team were happy to leave school early on a sunny day to go mountain biking on some of the best terrain in the world! This may be Mr. H's last year and he leaves on a high note! - Mr. Hansell



Grade 8s at the Squamish Enduro about to start the BIG climb!



Mr. H and some Grade 10s about to drop into Angry M at the Squamish Enduro



Members of the team about to drop into Boogiemán!



Keaton Winning Gold!

**Congratulations to Keaton Schisler** on his first place finish in Whistler making him the Junior Boys mountain biking champion.

Mr. Hansell says Keaton has shown incredible sportsmanship all season. He recalls a story from the first race of the season where Keaton finished second place. However, Keaton calmly approached officials to let them know the first place finisher only completed two of the three laps, "Keaton didn't freak out like most kids might," says Hansell. Fortunately, the other rider agreed and Keaton was declared the winner.

**Way to go Keaton!**



# Seycove Seyhawks

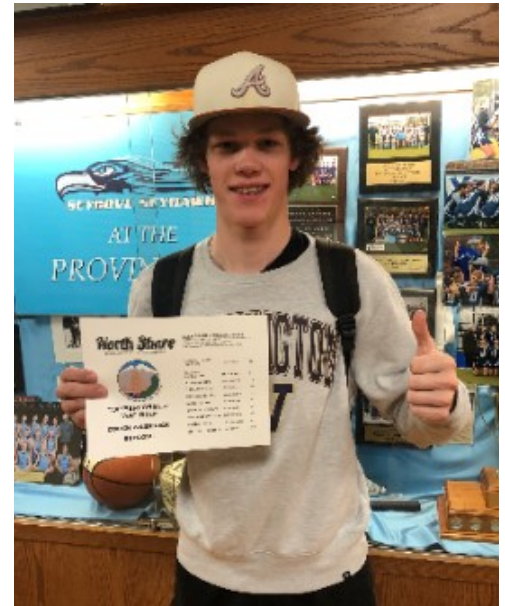


## North Shore AA Golf Top Performer All-Stars



**Congratulations** to Seycove Golf Team members **Griffin Iwasaki and Cohen Wiederick** for being named All-Stars in 'AA' Golf this year by the North Shore Secondary School Athletics Association. Griffin shot a team low of 79 at Blue Ocean last week and Cohen shot a very respectable 84 to help the team qualify for the Zone Playoffs.

**Way to go Griffin and Cohen!**  
- Mr. Yip



## Track & Field - Sea to Sky Zone Meet



Congratulations to our senior boys relay team on their fourth place finish at a very wet Zone Meet this week.



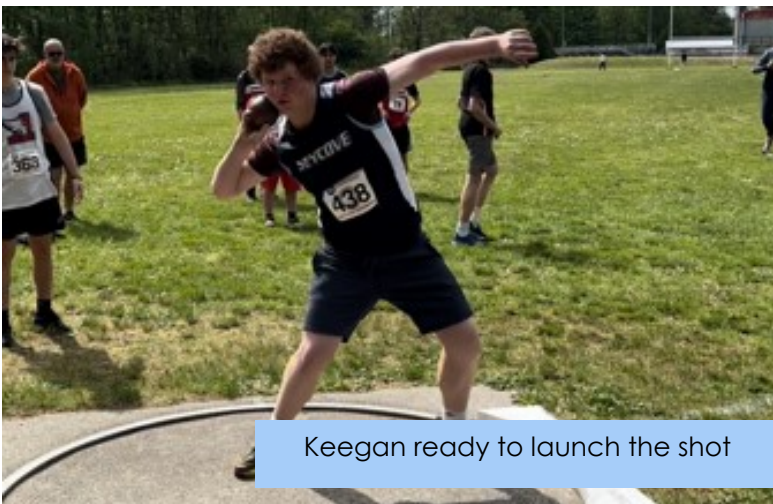
# Seycove Seyhawks



## Seycove Track & Field

The Seycove Track and Field Team competed in the Day 2 of the North Shore Championships, and the Vancouver Sea to Sky Championships.

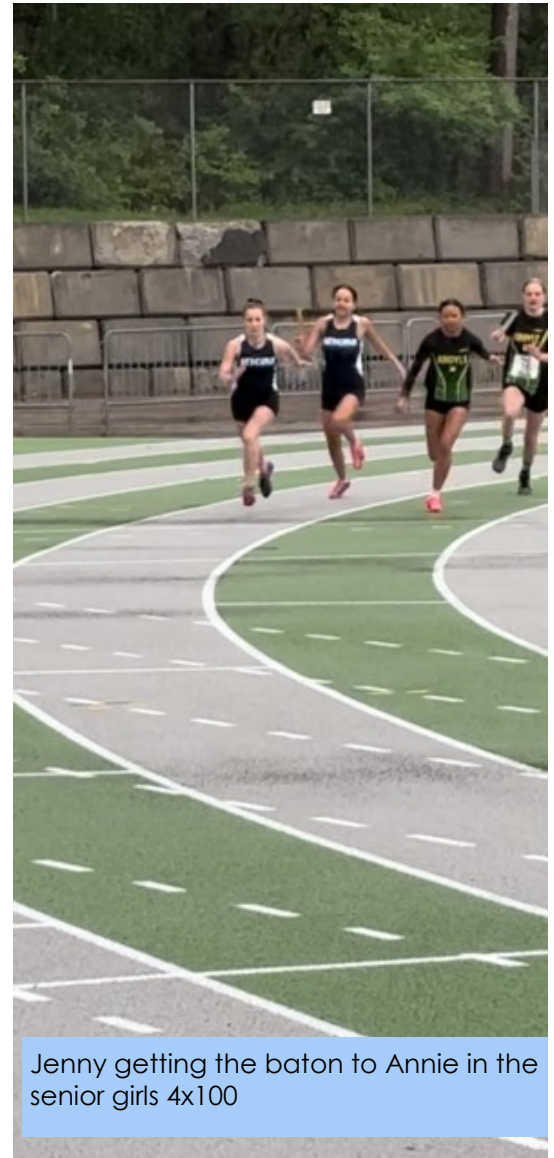
Some highlights from the Vancouver Sea to Sky Championships, include the Junior Boys Javelin, in which we had four competitors. Dylan Wooles 11th, Pasha Gundchenko 7th, Sylas Anderson 3rd and Jonah Louie who finished first with at throw of 40.01. Charlie Mortimer finished 2nd in the Junior Boys racewalk. Keegan McIntosh finished 2nd in the Junior Boys Hammer and 4th in the Junior Boys Shot Put. Another highlight was having two Senior Boys relay teams compete in the 4 x 100 with one team made up of Raymond Lima, Curtis Tattrie, Landon Gonzalez and Max Rasmussen finished fourth which also qualified them for the BC High School Championships. - Mr. Cardle



Keegan ready to launch the shot



Liam & Ashton running steeplechase



Jenny getting the baton to Annie in the senior girls 4x100