SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER



October 16, 2026

Principal's Message

I hope everyone enjoyed the long weekend and had an opportunity to spend some time with family and friends, recharge, and enjoy the beautiful weather as we settle into fall.

It's been a busy and exciting few weeks at Seycove! Our fall athletics are well underway, with volleyball, swimming, and soccer in full swing. It's wonderful to see our student-athletes representing Seycove, building connections, and demonstrating commitment and teamwork. Thank you to our coaches and staff who make these opportunities possible.

A special highlight was seeing our PLP 10 students take on the important role in preparing for and of moderating an all-candidates meeting for the upcoming municipal election. What a fantastic example of student voice, leadership, and authentic learning in action! Opportunities like these remind us of the importance of creating spaces where students can engage thoughtfully with their community and see the impact of their contributions.

Our Seycove School Planning Team has also come together for its first meeting of the year. An important focus of our work will be gathering student perspectives to better understand how our Seycove values of Creativity, Respect, Inclusivity, and Community are not only visible throughout our school, but genuinely experienced by students in their everyday learning and interactions. We look forward to involving students in this process and learning from what they have to share.

Looking ahead, our staff have two important opportunities for professional learning and collaboration this month. Provincial Pro-D Day on Friday, October 23, provides time for staff to pursue professional learning that deepens their practice and supports student success. Our first Staff Collaboration Day on Wednesday, October 28, will give our teams dedicated time to work together, build on our school-wide priorities, and plan for the learning ahead. A reminder that students do not attend school on October 23, and October 28 will be a late start for students.

Finally, a reminder that November 1 is the deadline to contribute to our Power of a Name legacy project! Inspired by their learning in BC First Peoples, Seycove students Adam and Neko have taken the initiative to help make our gifted name, sáyəmətən, meaning "place of good water," more visible throughout our school. We are so proud of Adam and Neko for turning their learning into meaningful action and helping us continue our journey of Reconciliation. Thank you to everyone who has already supported this student-led initiative! We have currently already raised $250!

Thank you, as always, for being part of our Seycove community. We look forward to all that the coming weeks will bring!

Meghan Downie

M. Downie

Principal Seycove at sáyəmətən

COMING UP @ SEYCOVE

Oct 20	PAC Meeting 7pm Library
Oct 21	Sports Nutrition Seminar - 7pm Caf
Oct 22	Athletics Photos 3:15pm - Cafeteria
Oct 23	District Pro D Day No school for students
Oct 28	Staff Collaboration Late Start - 09:50
Oct 28	Sports Nutrition Seminar - 7pm Caf
Nov 2-4	Grade 12 Literacy Assessments
Nov 4	Take Our Kids to Work Day - Grade 9 students
Nov 5	Parent Conferences 1:05 Student Dismissal
Nov 6	1:05 Student Dismissal

Seycove Calendar
NVSD Calendar

Creative, Respectful & Inclusive Community

Updates & Reminders

Parent Teacher Learning Conferences - Nov 5



Seycove's Parent Teacher Learning Conferences are taking place on Thursday, November 5. The two session times for the conferences are 2:00 - 4:00 pm and 5:30 - 7:30 pm. Conferences will take place in Seycove classrooms and will last 5 minutes each.

Seycove uses an online appointment-booking system as it allows parents or guardians to select their own appointments and book them online. Please note this is a "first-come-first-served" system and appointment slots fill up very quickly.



As outlined in the letter sent home on October 14th, **the first booking window opens on October 21st** at 4pm. A second booking window will be open October 27th at 4pm.

Book your appointments HERE.

Please note there will be early dismissal on both Thursday, November 5th and Friday, November 6th at 1:05 pm to accommodate Parent Teacher Conferences.

Provincial Assessments - Grade 12 Literacy Nov 2-4



Provincial Assessments are scheduled to be written this year during the weeks of November 2-4, 2026, January 11-13 and April 12-14, 2027.

Completing the Grade 10 Graduation Literacy Assessment, Grade 10 Graduation Numeracy Assessment and Grade 12 Graduation Literacy Assessment is mandatory for graduation.



The purpose of these assessments is to measure the extent to which students are literate and numerate. Rather than assess specific course curricula, the graduation assessments measure the application of numeracy and literacy skills to realistic situations. These assessments look at a students' ability to apply their knowledge and skills.

More information can be **FOUND HERE.**

Grade 12 Graduation Literacy Assessment Dates and Locations by Last Name

- Last name A-J: November 2, 2026 A-F in Room 317, G-J in Library on Laptops
- Last Name K-S: November 3, 2026 K-N in Room 317, O-S in Library on Laptops
- Last Name T-Z: November 4 , 2026 T-Z in Room 317

Updates & Reminders

Fuel Your Game: Sports Nutrition Seminars





Parents and student athletes are invited to attend an upcoming nutrition seminar focused on helping teens fuel their bodies for growth, development, training and sport performance.

Learn 10 simple eating habits to support energy, improve recovery and get the most out of your sport. The presentation will share easy, teen-friendly meal and snack ideas in a positive, diet-free environment.

Two FREE sessions will be offered on separate evenings:

- Wednesday, Oct 21 7pm - Geared towards girls
- Wednesday, Oct 28 7pm - Geared towards boys

Come learn practical ways to fuel your game and feel your best on and off the field!

Thank you to our Seycove PAC for sponsoring this presentation by Cristina Sutter at Elite Dietitians.

Cristina Sutter is a leading BC sport dietitian whose clients include the Vancouver Canucks and Canadian Olympic athletes. With over 20 years of clinical experience, including pediatric nutrition at Vancouver Coastal Health, she makes nutrition science practical for teens and families. She founded Elite Dietitians to help young athletes fuel their bodies for sport, growth and development.

Community Comes Together

Seycove was happy to welcome Grade 7 learners from Dorothy Lynas after a fire unexpectedly displaced them from their school.

Our elementary guests were able to continue their learning in Seycove classrooms and enjoy time in the gym, offering them a little preview of what high school will look like when they transition next year.

We are proud of how smoothly everyone came together and grateful for the flexibility, adaptability and teamwork shown by students and staff. Opening our doors to support our neighbours was a wonderful example of Seycove's values in action and a reminder of the strength of our school community.



Updates & Reminders

Take Our Kids to Work Day - November 4



Mark your calendars — Take Our Kids to Work Day is happening Wednesday, November 4th.

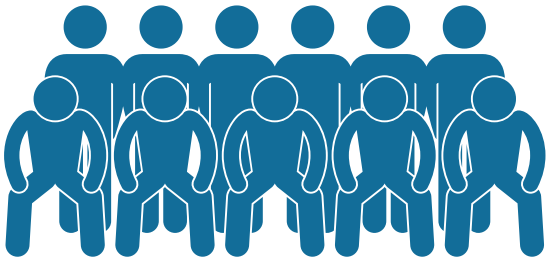
Since 1994, this Canada-wide event has given Grade 9 students a firsthand look at the working world. Each year, over 200,000 students and 75,000 workplaces take part in this one-day job shadow experience, offering a chance to explore careers, learn new skills, and see what a "day in the life" looks like beyond the classroom.

We're excited for our Grade 9 Seyhawks to take part in this incredible opportunity to connect learning with the real world and maybe even spark future career dreams!

Information has been sent home to Grade 9 families, or find more information **HERE.**

Consent forms should be returned to the main office by 3:00 pm on Friday, October 30, 2026.

Fall Athletics - Team Photos - October 22



Team Photos | Oct 22 | 3:15 PM | Cafeteria

Note: We do not allow students to wear hats or sunglasses in photos.

Here's what you will need on photo day:

- Ensure uniforms (if applicable) are complete. All team members have the proper uniforms and are prepared for the photo.
- Please stand in height order (tallest to smallest). This helps the photographer compose a well balanced image where each student is visible.



https://artona.com/schools/SEYC

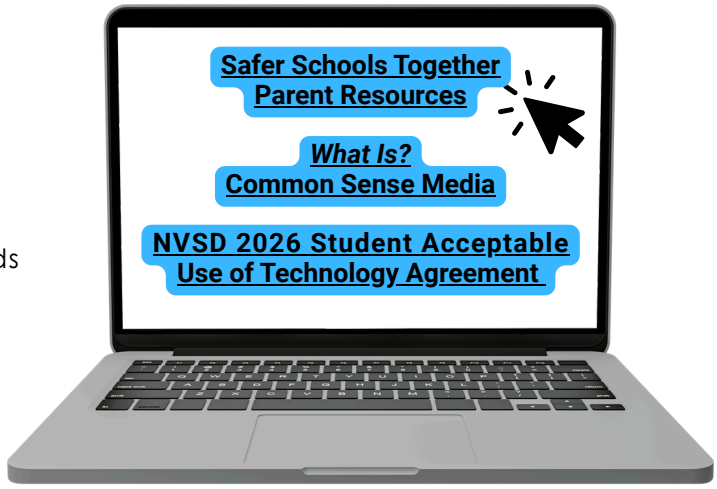
Updates & Reminders

Tech-Savvy Caregiver Tips - Privacy & Security

Being safe online is an important part of being a digital citizen. Be prepared this year for ***Media Literacy week*** from October 26-30.

Explore these resources *(right)* for practical tips on privacy, security, password protection, and helping our kids recognize potential online risks.

MEDIA LITERACY WEEK



The Power of a Name: A New Seycove Legacy Project

DONATE NOW

A reminder about our exciting new student-led legacy project.

As part of their BC First Peoples learning, Seycove students Adam and Neko have been exploring *the power of names* and how their learning can help others see their role in Reconciliation. Their work led them to notice that while our school was gifted the name sáyəmətən, "place of good water," by the Tsleil-Waututh Nation in 2022, that name is not yet consistently represented in the signage around our school.

More visibly representing sáyəmətən is one way we can honour this important gift and recognize the deeper history of the place where we learn each day. Long before Seycove Secondary existed, the Tsleil-Waututh people lived on, cared for, and maintained an enduring relationship with these lands and waters. Carrying the name sáyəmətən gives our school community an opportunity, and a responsibility, to acknowledge that history and relationship, and to ensure the gifted name is not simply something we know, but something we continue to learn from and honour in meaningful and visible ways.

We have set a goal of $600, and families and community members who would like to be part of the project can find the full story and more donation information in our Power of a Name letter, linked below and posted on our *Seycove Legacy Projects webpage.* **Donations accepted until November 1.**

Read more & support the project: Seycove Legacy Project 2026: The Power of a Name

SEYCOVE SECONDARY

SÁYƏMƏTƏN
place of good water

Celebrations of Learning

PLP 10 Students Bring Democracy to Life at All-Candidates Forum

On Tuesday, October 13, Seycove's PLP 10 students hosted an All-Candidates Forum for the upcoming local elections, welcoming candidates for school trustee, municipal council, and mayor.



The forum was part of CommYOUnity, a project built around the driving question "How do we make a community work?" Over the past several weeks, students interviewed community members, investigated local issues, and researched the candidates, then used what they learned to write the evening's questions.

More than just an opportunity to learn about democracy, the forum gave students the chance to put it into action. Students ran the event themselves, from planning and hosting to moderating panels, managing the technology, and welcoming guests. Candidates responded to their questions on housing, transportation, the environment, education, and the future of North Vancouver. Several candidates and attendees told us it was the best-organized forum of the campaign, with the strongest questions they'd been asked.





For most of these students, it was their first time taking part in the process of an election, and they did it by giving voters a chance to hear directly from the people asking for their support. Their work continues this Friday, October 16, when they'll run Seycove's Student Vote and help their peers make informed choices of their own.

Congratulations to our PLP 10 students on an excellent evening, and thank you to the candidates and community members who took part. The full forum is available to watch on the Seymour Community Association YouTube channel.

Celebrations of Learning

PLP 8 🏔️ Peak Potential: More Than a Mountain to Climb

This fall, PLP 8 learners launched their first full PLP project, Peak Potential, with one big question: What helps us keep going when the path gets steep? Through reading Banner in the Sky, a novel about a young climber attempting an unclimbed peak, and through exploring their own identities, worldviews, and the different ways people look at challenges, learners began discovering what motivates people to take on difficult journeys, and what helps them persevere.



In early October, the class took that question to the Canadian Rockies for an eight-day field study in Banff and Lake Louise. Each day included a hike, and learners explored glaciers, mountain trails, and the stories of the people and places they encountered along the way. They also collected photographs, observations, interviews, and reflections to use as evidence for their thinking about the Driving Question.



Back at school, each learner is now building a multimedia book that connects the novel, the landscape, and their own experiences into a lesson worth passing on. Families will have a chance to see this work at Trail Tales on October 20.



It's been a strong start for our newest PLP cohort, and we're looking forward to seeing where the rest of the year takes them. Thank you to the teachers and staff who gave their time and energy to make this field study possible.

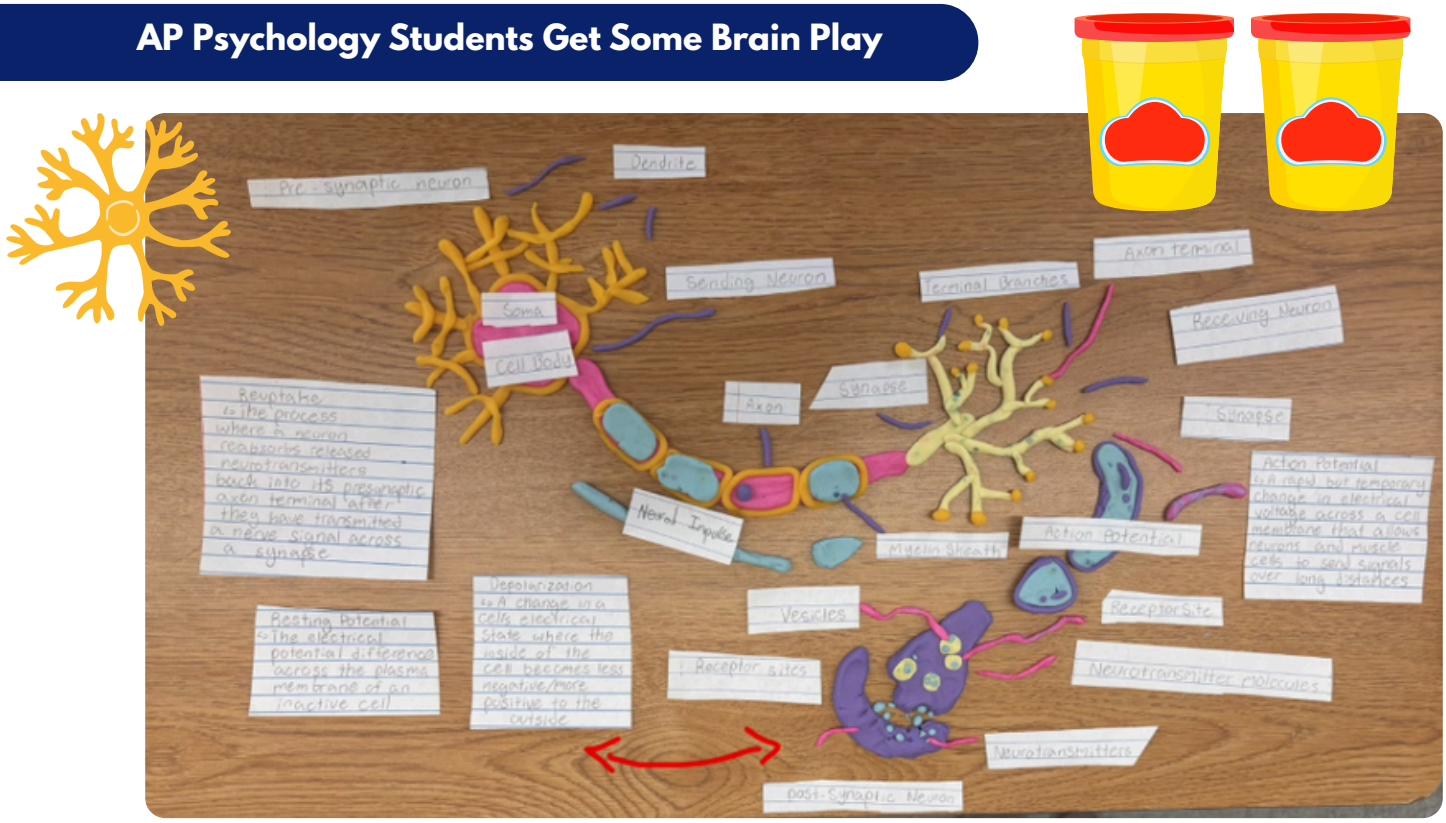






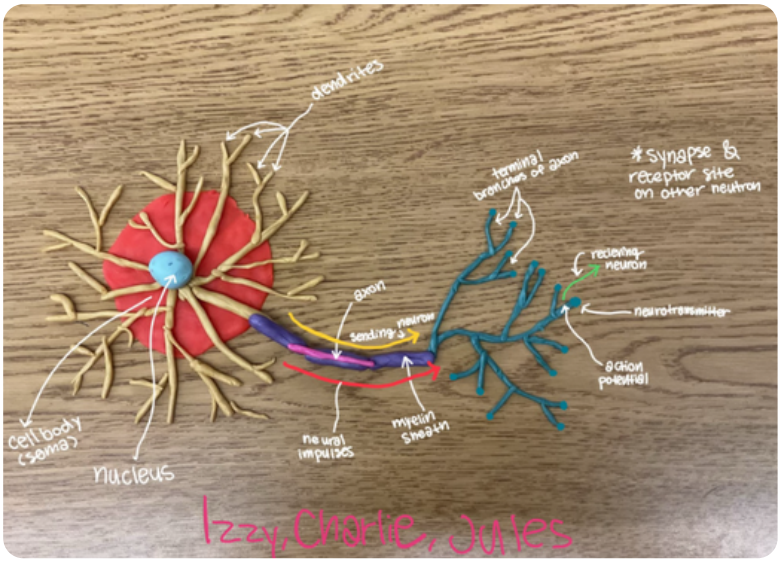
Celebrations of Learning

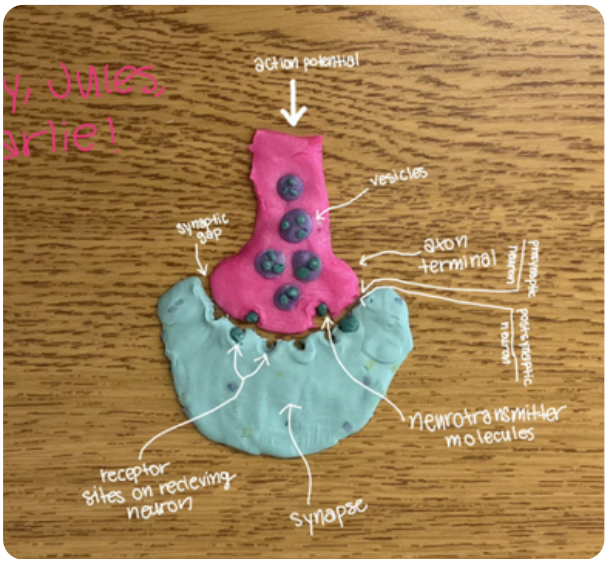
AP Psychology Students Get Some Brain Play



AP Psychology students got hands-on with brain science, using Play-Doh to model neurons and explore how action potentials send electrical impulses from one neuron to the next.

A fun way to bring the science of the brain to life!





GRAD 2027

Grad Spirit Week













Our grads brought the looks to last week's Spirit Week, coordinating their outfits each day for Kindies, Mathletes vs. Athletes, Adam Sandler, Neon and Fancy Day.

From creative costumes to coordinated group looks, it was great to see the Class of 2027 embracing the fun, showing off their creativity and building community along the way!

Post Secondary & Careers

Post Secondary Visits to Seycove - University of Calgary



UBC Midwifery Info Sessions

Oct 16 & 23 | 6-7pm | Zoom
Oct 30 | 6-7pm | BC Women's Hospital

REGISTER/MORE INFO



Passionate about maternal and newborn care? Curious about what a career in midwifery could offer? Join us at one of the UBC Midwifery Information Sessions to explore the possibilities and learn how to become a part of this dynamic profession.

Post Secondary Information Night - Hosted by Windsor

Wednesday, October 28th | 5:30-7pm | Windsor Secondary

Save the date for this informative event with over 28 post secondary institutions ready to share infromation on their programs, admissions processes and scholarship opportunities.

Explore CapU Open Houses

Squamish Campus: Saturday, November 7, 10:00AM to 1:00PM | RSVP Squamish

Students can meet faculty and staff, tour the campus, and connect with Student Services. Programs include Business Administration, Early Childhood Care and Education, Outdoor Filmmaking, and more.

North Van Campus: Saturday, November 28, 10:30AM to 2:30PM | RSVP North Van

Students can explore 100+ programs, tour our labs, studios, and our incredible Bosa Centre dedicated to our Film, Animation and Costuming programs. Visit our new on-campus housing, and learn about financial aid and entrance award, too.

Family and friends are welcome at both events!

Post Secondary & Careers

VGH Youth Careers in Health Open House - October 23

Friday, October 23 | 11am-2pm | VGH |



Vancouver Coastal Health (VCH) invites secondary students to learn more about careers, educational pathways, and professions across the health care system. The open house will take place on October 23 from 11 a.m. to 2 p.m. in the Blusson Spinal Cord Centre on the Vancouver General Hospital campus. Registration is not required. Questions? Please email **careerpathways@vch.ca**.

University Application Seminar - October 24

Saturday, October 24 | 2pm-5pm | UBC Buchanan Bldg | REGISTER



The Mentorship Department at UBC Ennovate invites students to an upcoming opportunity: **the University Application Seminar**, an interactive workshop designed to help high school students feel confident and well-prepared as they navigate the post-secondary application process.

Last year, we welcomed 90+ students from high schools across the Lower Mainland, and we're looking forward to hosting an even more engaging and informative session this year.

Cost: Free

Learn more by clicking the **registration link**. Register by October 18.

Healthcare Horizons Career Exploration Course - BCIT

Nov 30 - Dec 17 | Fee: $374.54 | Online | REGISTER



Healthcare Horizons: Career Exploration is a first-of-its-kind, fully online, healthcare career exploration course for BC high school students.

This competency-based course introduces Grades 10–12 students to healthcare career pathways while building foundational knowledge of Canada's healthcare system and essential workplace skills. Students explore five healthcare career clusters and develop skills in patient-centred care, professionalism, communication, safety, health information, and healthcare technology, culminating in a personalized education and career action plan.
An optional one-day experience at BCIT's Health Sciences Centre in Burnaby will include facility tours, hands-on activities, and opportunities to connect with instructors and current students.



Seycove Snapshots

Ms. Yeo's Psychology 12 class wrote warm welcome messages for the grade 7s from Dorothy Lynas who came to Seycove for the week.

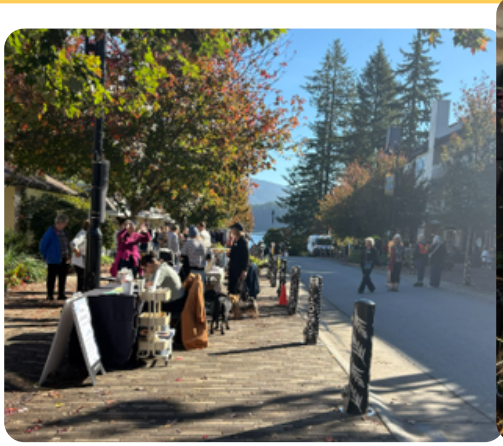






Student Council Kick Off Meeting

Below: Several Seycove students volunteered at the inaugural *Harvest in the Cove* event on October 3. With the sun shining and Gallant Avenue buzzing with shoppers and vendors, it was a great day to be part of this new community event.
Our students helped with set-up, clean-up, and sales, with proceeds from their sales returning to Seycove. It was wonderful to see our students giving their time, supporting local businesses, and helping make the first Harvest in the Cove a success!







Seycove Snapshots

Making Safe Choices: RCMP Youth Liaison Visit

The RCMP Youth Liaison Team visited Seycove this week to speak with Grade 8 and Grade 9/10 students in separate assemblies. Cpl. Arreaga covered a range of important topics, including e-bike and scooter safety, online bullying, sextortion, substance use and Halloween safety.

His message was simple but powerful: ***"Do the right thing, even when no one is watching."*** Students were reminded that actions can have serious consequences, with criminal responsibility beginning at age 12 under Canadian law. He also emphasized the importance of online safety, thinking carefully before sharing anything online, and looking out for one another.

A timely reminder that making good choices and taking care of our community are everyone's responsibility.

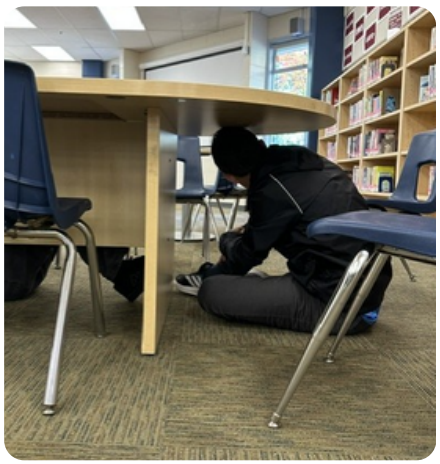


The Great British Columbia ShakeOut™



Seycove Shakes Things Up!
Staff and students took part in the *Great BC ShakeOut* yesterday, practising the important steps of **Drop, Cover and Hold On**. Preparing for an earthquake is about more than knowing what to do. Physically practising these steps helps build confidence and muscle memory, making it easier to react quickly and safely in an emergency.





Seycove Clubs



Art Club
Student Contact: Hazel
Staff Sponsor: Mr. Lunny
Open to all students
Meeting Time: Fridays at lunch in the Art Room (253)



BIO-Explorers Club
Student Contact: Sara I
Staff Sponsor: Ms. Jodi
Meeting times will be posted in the Teams.



Business Club / Entrepreneurship Club
Student Contact: Sasha N
Staff Sponsor: Ms. Pitches
Meeting Time: Tuesdays at Lunch in the Foods Room



Chess Club
Student Contact: Roy
Staff Sponsor: Ms. Taylor
Meeting Times: Tuesdays and Thursdays at lunch in the LAC Room (263)



Feminism FWD Club
Student Contacts: Tyler M & Cece M
Staff Sponsor: Ms. Burns & Ms. Pitches
Meeting Time: Wednesdays at lunch in the Foods Room



Gender Sexuality Alliance Club (GSA) Club
Staff Sponsors: Ms. Allie & Ms. Yvette
This club is open to all students, grade 8-12
Meeting Time: Wednesdays at lunch. Location TBA



Green Club (SEYSA) Club
Student Leads: Shir E & Diya Z
Staff Sponsor: Ms. Kadi
Meeting Time: Fridays at lunch in Room 310



Grad Council
Staff Sponsor: Ms. Yeo
Meeting times: Tuesdays at lunch in Portable 25



Musical Theatre Club
Student Lead: Shir E
Staff Sponsor: Ms. Shoop
Meeting Times: Mondays at lunch and Wednesdays during tutorial – in the Vortex



Newspaper Club
Student Lead: Eleanor M
Staff Sponsor: Mr. Ruben
Meeting Time: Tuesday at lunch in room 204

Seycove Clubs



Philosophy Club
Student Lead: Pete Y
Staff Sponsors: Mr. Lunny
Meeting Time: Wednesdays at lunch in Portable 25



Photography Club
Student Lead: Adam G
Staff Sponsor: Mr. Lunny
Meeting Time: Thursdays at Lunch in Room 254 (Digital Media Lab)



Service Club
Student Lead: Sara I
Staff Sponsor: Ms. Jodi
Meeting Time: Tuesdays at 08:40. Location TBA



Seycove Senate
Student Contact: Sara I & Izabelle R
Staff Sponsor: Ms. Madsen
Meeting Time: TBA in Room 204



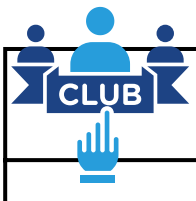
Seycove Tutors
Staff Sponsor: Ruby
Meeting Time: Talk to Ruby



Student Council
Student Leads: Matteo A & Tyler M
Staff Sponsor: Mrs. Knapp
Message Mrs. Knapp to get added to the MSTeam.
Meeting Time: Mondays @8:30am in Room 220
*Always check Teams to confirm if meeting is on.



YuJo Friendship Club
Student Contact: Liv L
Staff Sponsor: Ms. Drew
Meeting Time: Every day at lunch in the Hawk's Nest



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUTORIAL	Student Council 220		Musical Theatre - Vortex		
LUNCH	Musical Theatre - Vortex YuJo - 262	Business Club - 208 Chess Club - 263 Grad Council - P25 Newspaper - 204 YuJo - 262	Feminism Fwd - 208 GSA - Youth Lounge Philosophy - P25 YuJo - 262	Chess Club - 263 Photography - 264 Senate - 204 Gals & Pals - Youth Lounge Yujo-262	Art Club - 253 Green Club - 310 YuJo - 262

NEWSLETTER

Seycove Seyhawks

Senior Boys Soccer



















Photos: Yearbook Maggie



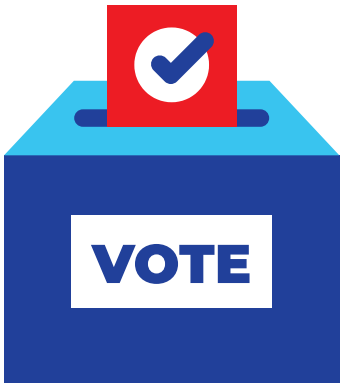






In Our Community

General Local Election – October 17



Tomorrow, Saturday, October 17, General Local Elections are happening across B.C.

Eligible City of North Vancouver and District of North Vancouver residents can vote in their municipality for the following positions: Mayor (1), Councillor (6), and School Trustee (number differs between municipalities).

Please visit your municipality's website for information on when, where and how to vote.

City of North Vancouver: cnv.org/vote
District of North Vancouver: dnv.org/vote

Provincial General Election – October 24



A provincial general election has been called.
Final Voting Day is October 24, 2026.

You can vote if you are:
- a Canadian citizen,
- 18 or older on October 24, 2026, and
- a resident of B.C. since April 23, 2026.

Voters will elect 93 Members of the Legislative Assembly (MLAs). Each Member represents an electoral district (or riding) and has a seat in the provincial Legislature.

Advance Voting: October 16-21 | 8 a.m. to 8 p.m.
- **List of advance voting places**

Final Voting Day: October 24 | 8 a.m. to 8 p.m.
- **Final Voting Day voting places**