SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER

October 2, 2026

Principal's Message

It has been a full and meaningful couple of weeks at Seycove as we close out September and begin to settle into the rhythm of the school year.

This week, our school community came together for our National Day for Truth and Reconciliation assembly. Gathering as a whole school gave us an important opportunity to honour the day collectively, to reflect on our ongoing learning and responsibilities, and to consider the role each of us has in Reconciliation. I really appreciate the prominent student voice in our school wide activities and am grateful for the staff involved in planning for and teaching about Truth, Healing, and Reconciliation.

Last week, Our Grade 8 students headed to Cheakamus for their Grade 8 Retreat. While it was definitely a wet day for the group, it was also one filled with connection: to one another, to the land, and to the values that shape our Seycove community. A huge thank you to the student leaders who helped lead the day and welcomed our newest Seyhawks into our community.

We were also very happy to attend our first PAC meeting of the year. It was a great opportunity to reconnect with our parent community, share some of what is happening around the school, and begin another year of working together to support our students.

Speaking of student leadership, our Grade 10 PLP students have been busy learning about local government and the upcoming municipal election. As part of their learning, students are researching local issues, engaging with the electoral process, and preparing to host an All-Candidates Meeting at Seycove later this month. Their work was recently highlighted in the North Shore News and in our NVSD spotlight and it is wonderful to see their learning extending beyond the classroom and into our community. For those who vote in the North Van District, we encourage anyone who is interested to attend the all candidates event on October 13th in our Cafeteria.

Finally, October also brings cooler weather and, sadly, darker mornings and afternoons! As visibility begins to change, we ask everyone travelling to and from Seycove to take a little extra care. Whether driving, walking, cycling, or rolling, please slow down, stay alert, and be aware of those around you, particularly during our busy arrival and dismissal times.

As always, there is lots happening at Seycove, and lots to look forward to as we head into October!

M. Downie

Meghan Downie
Principal
Seycove Secondary at sáyəmətən

COMING UP @ seycove

Oct 12	Thanksgiving Stat Holiday - School Closed
Oct 13	All Candidates Meeting 4:45-8:30pm - Cafeteria
Oct 16	Photo Retakes
Oct 20	PAC Meeting 7pm Library
Oct 23	District Pro D Day No school for students
Oct 28	Staff Collaboration Late Start - 09:50

Seycove Calendar
NVSD Calendar

Creative, Respectful & Inclusive Community

Updates & Reminders

School Fees Posted

School course fees have now been posted to student accounts. Please visit **SchoolCash Online** to review and pay any outstanding fees.

If you have questions or notice an issue with a posted fee, please contact the school office.

Athletics fees will be posted soon.

For more information about school fees, please visit the School Fees information page on the Seycove website.

Apple Fundraiser

Our PAC is excited to announce our Fall Okanagan Apple Fundraiser!



Order 10 lb boxes of farm-fresh Ambrosia or Honeycrisp apples and help support Seycove PAC. Each box earns $8–$10 for our PAC!

Order by: Tuesday, October 6
Delivery: Wednesday, October 21 at Seycove

Share the fundraiser with friends and family. Thank you for supporting our school community!

Campaign details: **Seycove Apple Campaign**
Order here: **Order Apples!**

Dates of Significance in October

Dates and events that our school community may recognize, observe, or celebrate for the month of October:

- National Principals' Month
- Canadian Library Month
- Circular Economy Month
- Cyber Security Awareness Month
- 5: World Teachers' Day
- 10: World Mental Health Day
- 12: Thanksgiving Day
- 26: Canadian School Library Day
- 31: Halloween

2026 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Updates & Reminders

PLP 10 Learners Municipal Election All Candidates Meeting

Performance Learning Program 10 learners are in the news! The North Shore News recently featured their work in "Seycove Secondary students are organizing their own all-candidates forum." You can **read the story here**

The forum grows out of CommYOUnity, a project built around one driving question: **How do we make a community work?** With a municipal election on October 17, learners did not have to look far for a way to test their answers. Rather than studying local democracy from a distance, they chose to take part in it by planning, organizing, and running an All Candidates Forum for you community.

PLP 10 has been our surveying North Vancouver residents to find out which issues matter most to the people who live here, and each learner has been following one candidate through the campaign—reading platforms, tracking positions, and watching how a campaign unfolds. That research shaped will shape questions candidates will be asked on the during the forum.

Candidates for Mayor, Councillor, and School Trustee are all participating. We invite you to join the event! Everyone is welcome—families, neighbours, and anyone who wants to hear from the candidates before casting a ballot.





Tuesday, October 13, 2026
In the Seycove Cafeteria

School Trustee candidates:
4:45 pm meet and mingle,
5:00 pm forum

Mayor and Council candidates:
6:15 pm meet and mingle,
6:30 pm forum

Updates & Reminders

The Power of a Name: A New Seycove Legacy Project

We have an exciting new student-led legacy project with our community.

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 sə́yəmətən, "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 sə́yəmətən 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 sə́yəmətən 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.*

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

SEYCOVE SECONDARY

SƏYƏMƏTƏN
place of good water

Terry Fox Foundation Donations

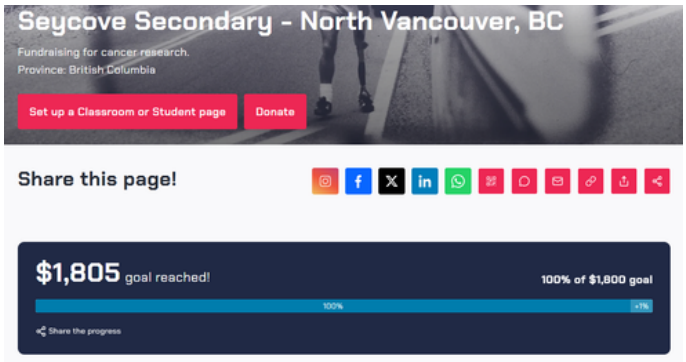
HOORAY!

We did it, Seycove!

A huge thank you to everyone who donated to the Terry Fox Foundation. Thanks to your generosity, our school community reached our goal of $1,800!

It's wonderful to see our Seycove community come together to support the important work of the Terry Fox Foundation and cancer research.

Thank you, Seyhawks, for making a difference! ❤️



Celebrations of Learning

Truth & Reconciliation Assembly

Seycove came together for a meaningful Truth and Reconciliation Assembly to honour the experiences, histories, and cultures of First Nations, Métis, and Inuit peoples.

The morning began with a traditional land acknowledgement and a beautiful performance of the Coast Salish Anthem by our Concert Choir.

Students shared their learning through the *Calls to Action Zine Project, Pathway to Healing, and My Heart Soars*, followed by a heartfelt song and reflection from Robbie George. The assembly also included a minute of silence to acknowledge the impact of residential schools and their lasting effects on Indigenous communities, followed by a compelling performance from the Seycove Drama Program.

The morning closed with thoughtful reflections from our school community and a final singing of the Coast Salish Anthem. It was a solemn and meaningful opportunity for Seycove students and staff to learn, listen, reflect, and consider our shared responsibility toward truth and reconciliation.







Celebrations of Learning

Truth & Reconciliation Assembly & Social Justice 12 Pathway to Healing



Celebrations of Learning

Rain, Teamwork & a Whole Lot of Fun at Cheakamus Centre

Our Grade 8s headed to Cheakamus Centre for a full day of nature, games, challenges, and plenty of rain! Arriving to a very wet morning, students quickly embraced the day and headed out in groups to take on a series of challenge games designed to get everyone moving, working together, and getting to know their new classmates.

Our senior student leaders were there to help plan and run the activities, bringing plenty of energy and encouragement to the day. After a busy morning of activities, there was nothing better than gathering around the fire with a warm drink and taking a well-earned break.

It was a great day of building connections, making memories, and coming together as a grade. A huge thank you to our staff and student leaders for all their work in making the day such a memorable experience for our Grade 8s. We are looking forward to having them as part of the Seycove community!

Photos: Yearbook Maggie










Celebrations of Learning

Cheakamus Grade 8 Retreat



Photos: Yearbook Maggie

GRAD 2027

Grad News

Grad Wear

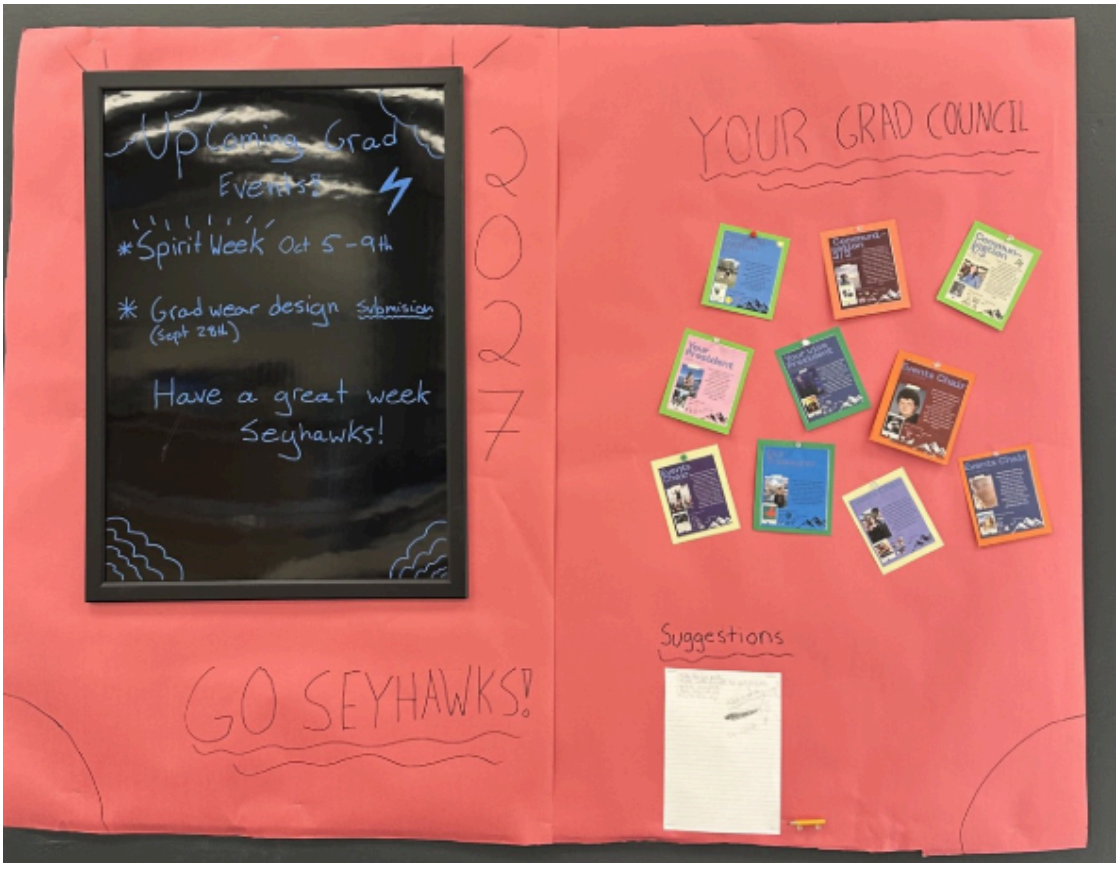
Grad designs have been extended to Sunday, October 4 so if any grade 12 wants to submit a logo design for the grad wear, please do so by then. The link to upload the grad logo has been put on the Grade 12 MS teams.

Spirit Week

Our first spirit week is next week! Monday October 5th to Friday October 9th

Monday: Kindie day
Tuesday: Adam Sandler Day
Wednesday: Mathletes vs Athletes
Thursday: Neon day
Friday: Formal friday: wear your fanciest clothes.

Be creative, make if fun and school appropriate! We can't wait to see the spirit seniors!



Post Secondary & Careers

North Shore University Fair

Tuesday, October 6 | 6pm-7:30pm | Collingwood School

Collingwood School is hosting the 3rd annual North Shore University Fair at their Morven campus on Tuesday, October 6th from 6-730pm.

You're invited to hear from universities from Canada, the UK, the US and other international destinations. The full list of schools is available here.

Summer 2027 Student Work Exchange

Looking for an unforgettable summer experience? The YMCA Summer Work Student Exchange (SWSE) gives 16–17-year-olds the chance to spend six weeks working, travelling and making new friends in another part of Canada.

Students from the Lower Mainland can be matched with a host family in Quebec, where they'll:

- Gain paid summer work experience
- Earn provincial minimum wage
- Explore a new community and culture
- Improve their French
- Make friends and create lasting memories



The program costs just $200, with students keeping the money they earn from their summer job.

Virtual Information Night: October 15 at 6:30 PM

Learn more and **register through the YMCA SWSE information session.**

Career Discovery Event for Girls - Build Her Future

Build Her Future: A Career Discovery Event for Girls in Grades 10–12
Thursday, October 29, 2026 | 9:30AM – 1:00 PM | BCIT – Burnaby Campus



Not sure what your future career looks like? You're not alone.
Most girls don't consider construction or trades simply because no one told them these careers were even an option. But the truth is: the construction industry needs creative thinkers, problem-solvers, team leaders, and entrepreneurs and women are in demand.

At This Event, You'll Meet Women in:
Architecture • Engineering • Trades • Project Management • Business Ownership

Interested? **Talk to Mrs. Knapp in the Work Experience Office**. Application deadline: Oct 16

Seycove Snapshots

Seycove Student Council hosted our annual Club Fair yesterday at lunch, and the cafeteria was packed with students exploring all the ways they can get involved at school. Club leaders set up booths to share what their clubs are all about and connect with students looking for something new to try.

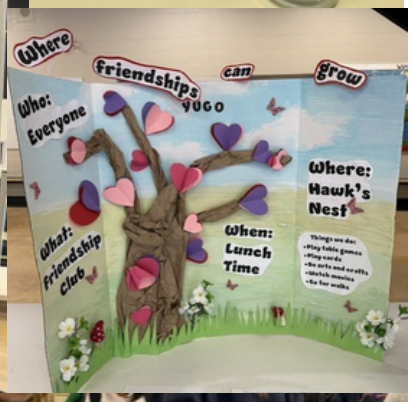
With clubs focused on arts, sports, business, government, service, and more, there is something for everyone at Seycove. It was great to see students from all grades discovering new interests, meeting people, and finding ways to connect with their school community.

Club information and meeting times will be updated soon on the school website. Keep an eye out and find your thing!















Seycove Snapshots



Above: A little support can make a big difference. Cooper, our (unofficial) school support dog, is always ready to lend a comforting presence when students need a little extra encouragement, even during a challenging math day.



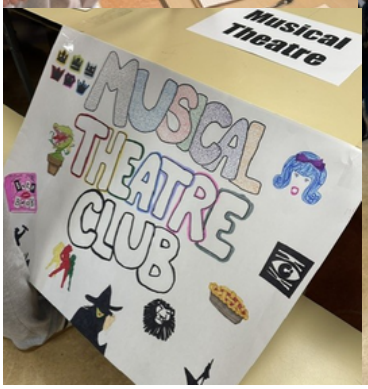






More Club Day Snaps







Seycove Seyhawks

Strong Start for Defending Champs!

The defending Sr. Girls field hockey provincial champions started off the year strong with a 1-0 victory over Sentinel. The team would like to express their gratitude to the school community for their ongoing support. - *Coach Yip & Coach Reid*





A special thank you to the Seycove PAC that helped the team purchase much needed goalie equipment



Photos: Yearbook Maggie





In Our Community

The Deep Cove Heritage Society Presents

Harvest in the Cove

October 3rd, 2026 10am - 2pm
Gallant Ave, Deep Cove



Come wander Deep Cove, explore local businesses, mingle with the community and most importantly support local!

Heritage Hunt!
Using clues, explore the Cove's heritage and collect info. Prizes for the best collectors!

Who will be there?
~North Shore Black Bear Society
~Ocean Ambassadors
~Deep Cove Music
~Mt Seymour
~Locally Fed
~Still Waters Homestead
~Asahi Mushrooms

Live Music!

