SEYCOVE SECONDARY
at sáyəmətən

SCHOOL NEWSLETTER



October 30, 2026

Principal's Message

It's hard to believe we're already at the end of October! With Halloween just around the corner, there's lots happening at Seycove, and we're looking forward to welcoming families into the school for Parent-Teacher Conferences. These conversations are such an important opportunity to connect, celebrate student learning, and work together to support our students. Thank you for being part of these conversations and for your continued partnership.

A huge congratulations to our Seyhawk athletes on an exciting week in sports! Our Senior Girls Field Hockey team captured the Lower Mainland Championship and is heading to the BC Provincial Championships, where they will compete for what could be their third provincial title in four years! We're also thrilled to celebrate our Junior Boys Soccer and Senior Boys Volleyball teams, who have both earned spots in the playoffs! These are tremendous accomplishments for our Seycove teams and a wonderful reflection of the hard work, dedication, and teamwork of our student-athletes and coaches. We're so proud of you all and will be cheering you on!

Yesterday afternoon, our Seycove School Planning Team came together for an important working session focused on student voice. Building on our school values of Creativity, Respect, Inclusivity, and Community, we worked to develop a plan to hear directly from students about how they experience these values in their everyday lives at Seycove. Our goal is to better understand what's working well, where there may be gaps, and how we can continue to strengthen our school community. I'm excited about the opportunity to bring more student perspectives into this work.

With Halloween approaching, a quick reminder to families – as was sent out in the school communication on Monday - to have conversations with your students about making safe and responsible choices, whether they're out celebrating with friends or travelling through the community. We want everyone to enjoy the festivities and make it home safely!

We've also had a recent cougar sighting in the area, so please remind students to be aware of their surroundings when walking to and from school, particularly along trails and wooded areas. With the mornings and evenings getting darker, this is also a good time to remind everyone about pedestrian safety. We encourage students to use marked crossings, stay alert around traffic, and make themselves visible to drivers. We also ask families driving near the school to take extra care and watch for students, especially during our busy drop-off and pick-up times.

Thank you, as always, for your support and for being part of our Seycove community. Wishing everyone a safe and happy Halloween weekend!

Meghan Downie

Principal
Seycove Secondary at sáyəmətən

COMING UP @ SEYCOVE

Nov 2-4	Grade 12 Literacy Assessments
Nov 4	Take Our Kids to Work Day - Grade 9s
Nov 5	Parent Conferences 1:05 Student Dismissal
Nov 6	1:05 Student Dismissal
Nov 10	Remembrance Day Assembly
Nov 11	Remembrance Day Stat - School Closed
Nov 17	PAC Mtg - 7pm Library
Nov 23	School Based Pro-D No school for students

Seycove Calendar
NVSD Calendar

Creative, Respectful & Inclusive Community

Updates & Reminders

Parent Teacher Learning Conferences - Book Now



The booking window is open for Seycove's **Parent-Teacher Learning Conferences on Thursday, November 5**, with sessions from 2:00–4:00 pm and 5:30–7:30 pm. Appointments are five minutes each and fill quickly, so book early!

The booking window closes Monday, November 2, at 11:00 pm.
Book your appointments HERE.



Please note: Early dismissal at 1:05 pm on both November 5 and 6.

Reminder: Grade 12 Provincial Assessments Next Week



Provincial Grade 12 Literacy Assessments are coming up November 2–4.

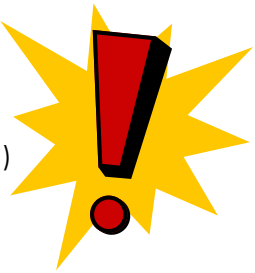
These assessments are mandatory for graduation, so make sure you know your scheduled date and come prepared! Students can check their Grade 12 MSTeam for more information.

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

GRAD PARENTS: Yearbook Dedications - Optional



Want to include a special dedication and photo for your grad in the yearbook? **Participation is optional**. Please follow the steps below to submit your dedication.

DEADLINE: January 8 (no exceptions - due to publication submission requirements)

Step 1: Complete payment and consent
- Log in to SchoolCashOnline and pay the $21 publication fee.
- Complete the Personal Information Consent Form on SchoolCashOnline.
  If this form is not completed, your grad's photo cannot be published in the yearbook.

Step 2: Email your submission to EShoop@sd44.ca
Include the following:
- Subject line: Your grad's full given name + "YB Dedication & Photo" (e.g., Peter Parker YB Dedication & Photo)
- Attachment: A high-resolution photo of your grad (approximately 900 × 1200 pixels)
- Email body: Your dedication, with a maximum of 100 words. *Please proofread carefully! Dedications will be published exactly as submitted. Spelling, grammar and typos will not be corrected.*

You will receive a confirmation email with any further instructions, such as resubmitting your photo if needed.

Updates & Reminders

Donate Your Costumes to Seycove Drama



Let your Halloween costumes enjoy a second Act!

We are grateful to accept any of your unwanted costumes, props, hanging racks & clothes hangers.

Below are some examples of things we'd love to have in our prop and costume closets in addition to any clothes hangers, standing full length mirrors (1-2) and rolling racks:

oddities (skulls, treasure chests, etc.)
mannequins
foliage/silk flowers
vases
small medical
med bottles (apothecary jars)
instruments
strings of lights
walker
crutches
steering wheel
cash register
retail/ branded shopping bags
paddles
Costume hats (witch, wizard, baseball, helmets etc.)
Costume pieces (think Halloween costumes)
Store signage (open, hours, exit etc.)
Bench seating
toy weapons
wigs...

Anything questionable - please send a picture and email to **eshoop@sd44.ca**

Last Chance to Support Seycove's Power of a Name Project

Help us reach our $600 goal by November 1! Seycove students Adam and Neko are leading a legacy project to make our gifted name, sə́yəmətən ("place of good water"), more visible throughout our school and honour its significance to the Tsleil-Waututh Nation.

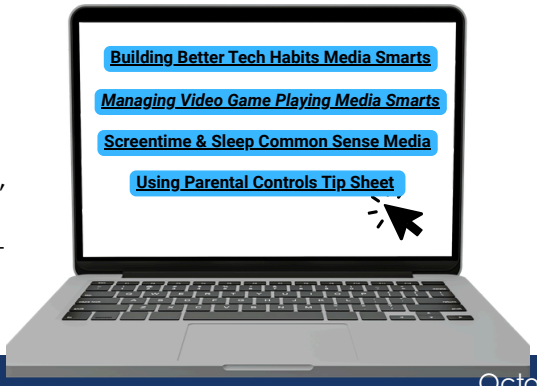
Donate here and
read the full story.

SEYCOVE SECONDARY SƏ́YƏMƏTƏN *place of good water*

Tech-Savvy Caregiver Tips - Screen Time & Balance

Finding a healthy balance with technology is an ongoing conversation for many families.

We invite families to explore these resources *(right)* for tips on fostering positive tech habits, setting boundaries around screen use, and supporting your child's health, sleep, and well-being.



Updates & Reminders

Wildlife Reminder in Our Community



As we continue through the fall season, we would like to remind families and students to be aware that wildlife, including bears and cougars, are occasionally seen in our neighbourhood and surrounding natural areas.

When travelling to and from school, students are encouraged to:

- Walk with others whenever possible.
- Stay on well-used roads, sidewalks, and designated pathways.
- Avoid wearing headphones at high volume so they can remain aware of their surroundings.
- Never approach, feed, or attempt to photograph wildlife.



Report any wildlife sightings to a trusted adult and authorities: North Shore Black Bear Society, the BC Ministry of the Environment Phone (RAPP Line): Call 1-877-952-7277, RCMP (604) 985-1311 & 911

Families are encouraged to review wildlife safety practices with their children and consider travelling together or in groups when possible. By staying alert and making safe choices, we can help ensure everyone gets to and from school safely.

Thank you for your support in helping keep our school community safe. Supporting the coexistence of people and bears. We live in bear country. Black bears can be found anywhere on the North Shore.

♻️ Seycove Girls Basketball Bottle Drive! 🏀

Help support Seycove Girls Basketball for the upcoming season! Donate your refundable cans and bottles to help fundraise for the team.

Every can and bottle makes a difference!

📅 Pick-Up Date: November 14

For more information or to arrange a donation, call 604-317-7274.

Thank you for supporting our Seyhawks!



Updates & Reminders

Dates and Events of Significance in November



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

- Indigenous Disability Awareness Month
- 6-10: Diwali
- 8: National Indigenous Veterans Day
- 11: Remembrance Day
- 13: World Kindness Day
- 20: Transgender Day of Remembrance
- 25: International Day for the Elimination of Violence Against Women and Girls

Student Inclusive Education Sub-Committee Opportunity



The Student Inclusive Education Committee is a sub-committee of the school district's Inclusion Committee and was created in 2022. The sub-committee will provide neurodivergent students and students with disabilities an opportunity to share their experiences and perspectives and provide advice to the NVSD on all matters pertaining to students with autism and/or intellectual disabilities to ensure support for their education and school journey.

Participation is open to students in Grades 6-12 with intellectual disabilities and autistic students. All students have the option to attend meetings with the support of a family member, peer or support person.

The sub-committee meets three to four times per year, with meetings taking place after school usually at the Education Services Centre on Lonsdale Avenue.

If your student would like to participate on this sub-committee for the 2026-2027 school year, please email, inclusiveeducation@sd44.ca and provide the student's name, school, grade and contact information.

The number of sub-committee participants will depend on the number of applicants.

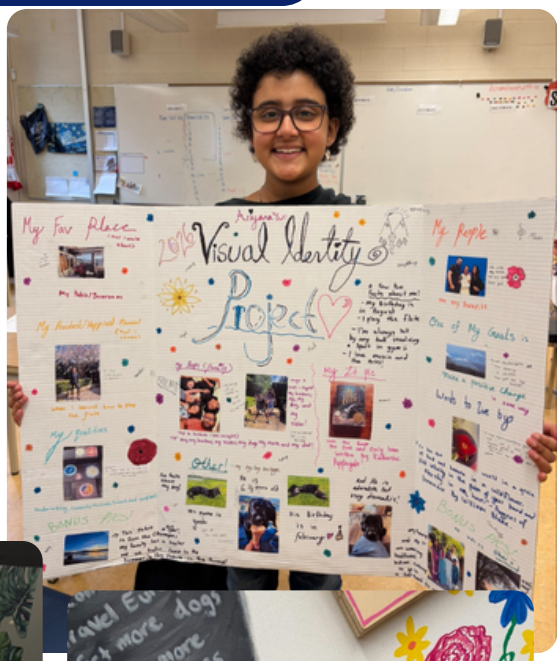


Celebrations of Learning

Exploring Identity Through Words and Art

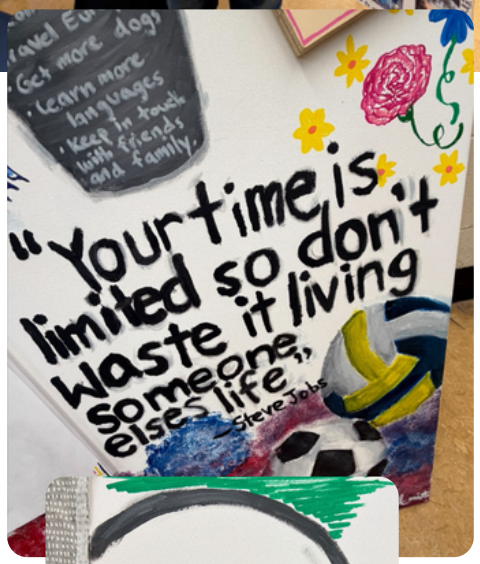
Students in Ms. Helen's English 8–12 classes recently completed a rich identity unit where they explored how time, people, and personal experiences shape who they are today.

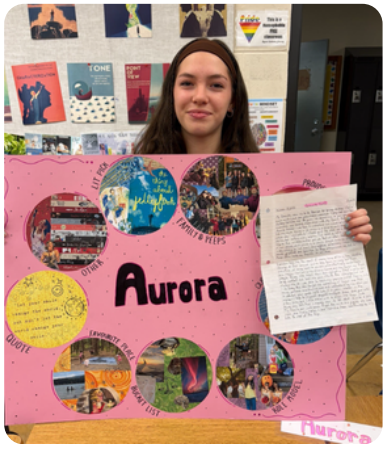
Students chose to write narrative or reflective essays, creative stories and poetry to express their voices with honesty and creativity. They also designed a small visual art piece to represent their identity in symbolic or metaphorical form. Many students went far beyond the expectations, producing work that was thoughtful, polished, and deeply personal. The pride they felt while sharing their writing and art made this unit a standout highlight of the term.

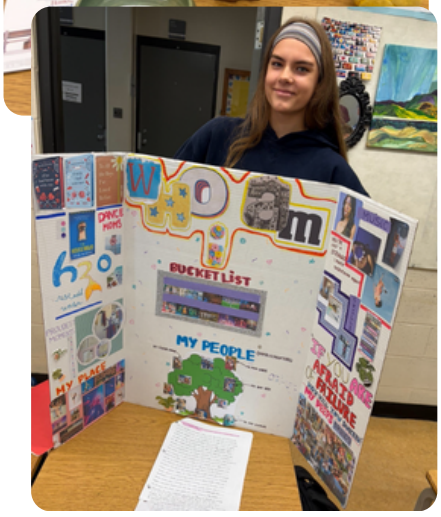


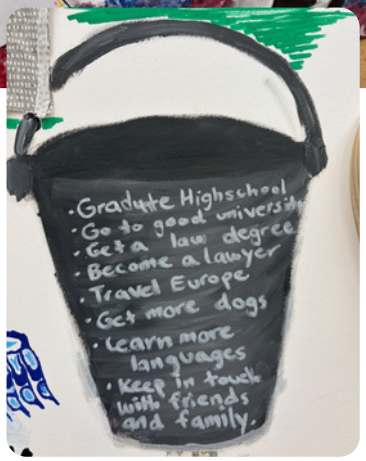












Celebrations of Learning

Culinary Cakepop Creations

Senior Foods got creative with cake pops this week! Their spooky edible creations were part art, part sugar rush, and all kinds of fun. So much creativity from everyone!

















Senior Artists of the Month

More Than a Face: Exploring Identity Through Self-Portraiture

We are celebrating two student artists nominated by their peers for their thoughtful and engaging responses to the question: **How can artists use obscured self-portraiture to represent reality, explore identity, and challenge the way we see ourselves and others?**

Evelyn Song (Grade 11) was recognized for her original choice of materials, drawing with charcoal on newsprint. Working with such a delicate surface required care and creative problem-solving to avoid smudging, unwanted transfer marks, or damage while developing her highly detailed work. Her range of tone, use of emphasis, and up-close-and-personal point of view help build a compelling visual story. Her peers praised the way her work "draws in the viewer" and "leaves me asking a lot of questions."



Inspired by Belgian artist René Magritte who's work directly explores the relationship between appearance, reality, concealment, and identity, our senior students have completed their first assignment.

Leah Grant (Grade 11) captured her peers' attention with a graphite drawing on paper that reflects her personal journey as a ballet dancer at different stages of life. Her attention to detail, unique "bugs eye" point of view, and sensitive use of shading bring depth and meaning to her work. Her peers responded to how her piece prompted reflection, commenting, "It made me think how quickly we grow up" and highlighting "the importance of finding something you like to do."



Both artists show how thoughtful artistic choices can do more than create an illusion of reality. They can challenge our perceptions, spark curiosity, and invite us to look more deeply at the stories behind the work. You can see Evelyn and Leah's featured self-portraits on display, along with many other fantastic pieces created by our Senior Art students!

GRAD 2027

Halloween Fun!

















Post Secondary & Careers

Taking Learning to New Heights

Two Seycove students joined peers from across the district for a three-day Careers in Aviation program at YVR.

Students explored a range of aviation careers, from pilots and aircraft mechanics to designers, ground crew and border security. Behind-the-scenes visits to YVR and Harbour Air gave students a closer look at the industry and the many career paths available.

A great opportunity to take learning beyond the classroom and experience the real world of work!









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!

CAPU

Post Secondary & Careers

Finance 101: Get Ready for University

Preparing for college or university? Join Dr. Michael King from UVic's Gustavson School of Business for a practical, interactive online workshop on personal finance.

Learn the basics of budgeting, building a credit score and managing money as you prepare for life after high school. Parents and teachers are welcome, too!



Choose a session:

- Thursday, November 19: 5:30–7:00 pm
- Friday, November 20: 10:00–11:00 am

Register for your preferred session HERE!

LGH MED-Ed Event for Youth - November 21

Saturday, November 21, 2026 | 9:30am - 12pm |$25| LGH Paul Myers Tower

Interested in a Career in Medicine? The Med-Ed Conference brings participants together with healthcare professionals and educators to explore the real opportunities to enter the field of modern medicine.

Med-Ed 2026 will focus on Medical Imaging, introducing participants to the people, technology, and expertise behind this specialized field of health care.

Learn More and Register

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 students in grades 10 to 12 to diverse healthcare career pathways while building foundational knowledge of Canada's healthcare system and essential workplace skills. Through guided self-assessment, exploration of five healthcare career clusters, and interactive learning activities, students develop career clarity alongside core competencies in patient-centred care, professionalism, communication, clinical safety, health information literacy, and healthcare technology, culminating in a personalized education and career action plan.



Seycove Snapshots

Halloween Fun



Seycove Snapshots

Halloween Walk-Off



Seycove Seyhawks

Senior Girls Volleyball









Junior Boys Soccer Off to a Strong Start This Season



The Junior Boys Soccer team has had a fantastic season and earned a spot in the playoffs, which kick off next week!

Congratulations to the players and coaches on a great season so far. Best of luck in the playoffs, Seyhawks! Go get 'em!



Seycove Seyhawks

A Historic Win for Seycove Field Hockey!

The Seycove Senior Girls Field Hockey team has made history, winning both the North Shore Banner and the Sea-to-Sky Zone Banner over the past two weeks for the first time ever!

Led by captains Nova Walker and Eloise Gray, whose exceptional skill, determination, and leadership have been instrumental to the team's success.

Next week, the team heads to Shawnigan Lake School to defend their provincial title from last year and pursue an incredible milestone: their third provincial championship in four years!

Best of luck to the team as they take on the province's best!





Seycove Seyhawks

Senior Boys Volleyball Serving it Up!

The Seycove Senior Boys volleyball team is enjoying a strong season, currently sitting first for AA schools in North Shore Sea to Sky league play.

Competing against top programs from across BC, the team finished in the top half at the LGCA tournament and captured consolation titles at both the CapU and Burnaby Central tournaments. A special thank you to Seycove Senior Girls player Morgan W. for stepping in as libero at LGCA and making an immediate impact.

Congratulations as well to Kai Smilgis and Logan O'Dea who were named Tournament All-Stars.

Great work, Seycove Seyhawks Senior Boys, and best of luck in the playoffs!









