



Seycove News

March 2010

Welcome to our March 2010 electronic bulletin. Please note only brief information is listed here. For more detailed news, please go to our website: www.seycove.ca.

Seycove Auction

Don't miss out...the Seycove Auction online bidding started March 15th and ends today, March 25th! You don't need tickets to bid online!

Check out items: go to: www.seycoveauction.org/



The Auction Committee is still collecting Canadian Tire dollars in the Main Office. This money is used to purchase raffle prizes for the Auction.



Parent Awareness Forums

SPONSORED BY WINDSOR/SEYCOVE PACs NVSD SAFE AND CARING SCHOOLS COMMITTEE

Focus: Intermediate and Secondary parents and students

**TICKETS AVAILABLE
NOW AT WINDSOR AND
SEYCOVE AND FOS
SCHOOL OFFICES**

\$3.00 per family for one
forum *or*
\$5.00 per family for both
forums

For further information call:
Seycove 604-903-3666
Windsor 604-903-3700

INTERNET SAFETY – SOCIAL NETWORKING

SPEAKER: JESSE MILLER – Miller Consulting Services
LOCATION: SEYCOVE SECONDARY SCHOOL
DATE: **TUESDAY, MARCH 30, 2010**
TIME: 7PM – 9PM

ALCOHOL AND TEENS – REALITIES AND IMPLICATIONS

PANEL DISCUSSION WITH “Q&A” – AGENCY INFORMATION
AVAILABLE
LOCATION: WINDSOR SECONDARY SCHOOL
DATE: **THURSDAY, APRIL 8, 2010**
TIME: 7PM – 9 PM

BC School Fruit & Vegetable Nutritional Program - Eat Your Colours Every Day

For Breakfast: sprinkle blueberries (blue/purple) on your cereal or add frozen strawberries or raspberries to your breakfast smoothie (red) or add green pepper to your scrambled eggs (green)

For Snacks: pack carrot sticks (yellow/orange), or a red apple, or some green grapes

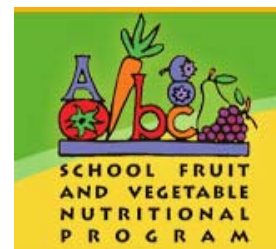
For Lunch: try cherry tomatoes (red), a kiwi (green) or nectarine (yellow/orange)

For Dinner: have a green salad, some potatoes (white), corn (yellow), or beets (red)

For Dessert: make a multi-coloured fruit salad or try an apple and berry crisp.

You get the picture - try to eat a rainbow of colourful fruits and vegetables every day.

For further information please go to: <http://www.aipc.ca/bc/>





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Parent Resources

Navigating Support Services for Children, Youth and Families – April 14th @ 6:30pm (Lucas Centre)

As part of an ongoing initiative to connect families with local support services, we invite you to this free information-sharing event. This workshop provides an opportunity to hear from multiple North Shore professionals. If you are interested in learning more about community services for your child, this is an event worth attending. There will be an opportunity for questions and discussion following the presentations.

To register, please call Jacquie: 604-903-4621

Vancouver Coastal Health



Don't forget, Vancouver Coastal Health inserts & newsletters are posted on our website, under Parent Resources...click [HERE](#).

Seycove Toque Sale

Last chance to get an Olympic pack to go with your Seycove toque! *Only \$10!*



Seycove is Online – Lesley Edwards



Join Seycove as it embraces social media. What better way to pass information on and celebrate our successes than by meeting the students on their own turf: Facebook. Students and parents can follow Seycove's page on Facebook by using the link on the main page of the school website, or click [HERE](#).

Some of our students have begun to use Twitter. This 140-character micro-blogging tool can be another great way to pass on information. Follow Seycove on Twitter by going to <http://twitter.com/seycove>. Don't have a Twitter account? You can use Twitter Search (<http://search.twitter.com/>) and by putting in the term 'seycove' you'll see all the Tweets associated with our account.



The Seycove Library Wiki is set-up to provide information and support for students. To access it go to: <http://seycovelibrary.wikispaces.com/>. You'll find research suggestions, assignment links, how-to's, reading suggestions, access to databases (ask your student for the password), instructions on how to use information ethically and much more.





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One Act Play Festival



After six months of rehearsals, stage cues, lighting, and line memorization, the One Act Play Festival is ready for an audience. The students and directors have been working tirelessly to make this year's performances some of the strongest yet. We hope that parents, grandparents, aunts, uncles, cousins, and friends will join us on opening night and every other night in the Vortex Theatre to experience for themselves the hard work and passion these student actors have invested in each of the seven different plays.

Gala Awards Evening: Saturday, April 3rd at the Deep Cove Yacht Club 7:00 – 11:30 p.m.

This is an evening of celebration and recognition for the actors, directors, and backstage crew involved with the One Act Play Festival. The Gala Awards Evening begins at 7:00 pm with food and refreshments and an opportunity to socialize. This will be followed by awards and a dance. As the Gala Awards Evening is a school-sponsored event for students, the use of alcohol, drugs, or tobacco is strictly prohibited. Parents who are interested in attending the gala evening, can do by contacting Darcy Grant or by purchasing tickets at any of the shows during the week. Tickets are \$20 for parents and participating students.



Athletics

The Athletic Department wants to wish all our athletes and coaches good luck for the spring season. Once again Seycove has fielded a full slate of teams, with tennis, track and field, mountain biking, golf, soccer and rugby well underway.

For updates on the season please check our web-site and esportsdesk for results and game locations.

Rugby Europe Tour 2012 Meeting – Wed., March 24 @ 7:00pm in Room 213

This was a meeting for those rugby players in grade 9/10 who are interested in going on tour for 2012. If you missed it, please contact Paul Shtenko at 604-903-3666.

Ski/Snowboard Update

The ski and snowboard teams had another extremely successful year. With more than 80 participants it is by far, the largest team in the school! At the zone race in January the girls' ski team won a zone banner, and we qualified two teams for the Provincial championships at Red Mountain in Rossland: Girls' ski and Boys' snowboard teams. Our girls' team consisted of Hannah Kapur, Caroline Wisheart, Alex Southam, Celine Bonenfant, and Chantal Mears. Rupert Jasper, Jake Lamare, Mac Eldon, Josh Howatt-Grossman, Cole Cooper, and Michael Andrews made the boys' team.

Both teams competed at Red; the girls won a Provincial championship banner for the second consecutive year - an amazing feat! Overall, Caroline Wisheart was 3rd and Hannah Kapur was 4th in the Province. The boys finished a respectable 11th and are deserving of our congratulations! All of our Provincial competitors represented Seycove in the finest tradition. *Well done!*



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Europe Cultural Trip 2010 – A Huge Success, by Kerry Henderson



Ah, France and Spain. We are 47 people in withdrawal right now. Where is our morning cafe au lait? How do we replace our addiction for chocolate crepes? Why can we not see the Sagrada Familia in the distance?

This March Break, 42 Seycove students and their five chaperones experienced some remarkable adventures and came home changed people. Textbook material came alive. We could point out Gothic architecture. Mona Lisa smiled at us. The Eiffel Tower sparkled upon us. We walked in the fictional steps of Quasimodo. Our ears plugged as we travelled 300 km. an hour on the TGV to Avignon. We stood behind the walls of a One Hundred Years War fortification. Medieval cobblestones tripped us up in Carcassone. And Barcelona's seaside offered us seafood, a fabulous soccer game, some naked locals, and Gaudi's visionary garden.

Travel demands flexibility and the right attitude, two characteristics that our student travellers exhibited par excellence. As chaperones, we couldn't have been more proud.

New friendships were formed, and lifelong memories were created.

For me personally, the only way to recover and slide back into daily life is to start planning Europe 2012. Stay tuned for news in the fall, Seycove families.

Adieu.

Kerry Henderson, Geoff Russell, Nancy Roberts, Shirley Fraser, and Kerry Findlay

Seycove Choirs Perform at Paralympics Ceremonies

A big Thank You to all the choir participants for their amazing performance at the Paralympics Opening Ceremonies. Also congratulations to the Jazz in the Box group for being invited to perform at the closing ceremonies VIP reception at the Vancouver Art Gallery...check our website soon for more pics...






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Dates to Remember:

- Mar 23 One Act Play Festival (Mar 23-Apr 1)
- Mar 26 Socials 10: Victoria Trip
- Mar 27 Seycove Auction 
- Mar 30 Parent Forum: Internet Safety
& Social Networking
(7:00pm @ Seycove)
- Mar 31 HOMEROOM (Report Cards
Distributed); Grade 7 Programming
Meeting (7:30pm)
- Apr 1 One Act Play Gala Evening
- Apr 2 Good Friday (no school)
- Apr 5 Easter Monday (no school)
- Apr 8 Parent Forum: Alcohol & Teens
(7:00pm @ Windsor)
- Apr 13 PAC Meeting (7:30pm – Library)
- Apr 14 Pink Shirt Day
- Apr 15 Show Offs!
- Apr 21 Grad Parent Meeting (7:30pm)
- Apr 22 Banff Music Tour
- Apr 23 District Professional Day (no school)
- Apr 28 Talent Show (7:00pm – Cafeteria)

For a complete calendar, please follow this [link](#).