



Seycove News

January 2011

*Welcome to our January 2011 electronic bulletin. Please note only brief information is listed here.
For more detailed news, please go to our website: www.seycove.ca.*

First Nations Carving

As staff and students entered Seycove after the winter break they saw our new First Nations carving mounted inside the front entrance. The 'seyhawk' marks the completion of a two year vision to prominently display First Nations artwork acknowledging the traditional territory of the Tseil-Waututh Nation.

Last year we completed the 'wolf' carving that is suspended above the inside rear entrance. Both carvings were done by Ray Natraoro with the assistance of our own students. These two pieces are very much a part of Seycove's identity and can be appreciated by Seycove students, staff and parents - past, present and future.



New Course Offerings

Seycove is pleased to announce the following new courses for 2011/2012. Full course descriptions will be available online in our 2011/2012 Course Selection Book late January. Courses are subject to sufficient enrolment.

Electronics 12: Robotics

This is a multidisciplinary course open to Grade 11 and 12 students, introducing electronics through engineering and robotics. No previous engineering knowledge is required.

Jazz Studies 11/12

This course is intended to be an extension of music composition and a companion to vocal and instrumental jazz courses. It is highly recommended that students have prior music knowledge to register for this course. Please see Mr. Lee for specific admission requirements and pre-registration interview.

Digital Immersion 9

The Digital Immersion program is a Grade 9 cohort program designed to be a pilot project for actively integrating technology within specific curriculum. The vision behind the program involves learning together as a cohort how to harness the power of technology for research, collaboration and personal expression. Students participating in the program will be using their own computing device.

PE

Things are happening in Phys Ed!

- Our gym floor has been resurfaced. Please bring indoor shoes for PE classes to help preserve its shine.
- Our cardio room got a boost with the addition of 4 more spin bikes, bringing our cardio machines to 16.
- The second term has kicked off with guest instructors coming into all PE 9/10 classes.
- The students have flexed their muscles and minds in yoga and also self defense classes.
- In Jan/Feb all students in PE 9 to 12 classes will be heading to Ice Sports on skating field trips.



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Seycove's European Cultural Trip 2012



It's time once more for Seycove Humanities' March Break 2012 trip to take to the air. An enthusiastic group of culture explorers are invited to explore Renaissance Italy and Ancient Greece for ten days with Kerry Henderson and Geoff Russell.

Highlights will include the grandeur of sights such as St. Peters, the Coliseum, Pompeii, and the Parthenon, as well as the joys of smaller European towns.

If interested, please come to an important meeting **January 31st at 7:00 pm**. Over the past ten years this trip has always sold out, so that is why we're emphasizing the importance of this meeting in this newsletter.

Over the years, we have seen so many kids transformed by the experience of world travel. It encourages students to open their hearts and minds to new people and values, while creating greater self-confidence and an appreciation for what we already have.

We're looking forward to meeting our new travel parents.

Kerry Henderson and Geoff Russell

Home Ec

Check out these cool projects happening in Home Ec!

"Kozy Koshka"



"Daffodile Sunrise"

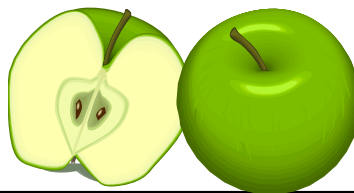


Polish Plum cupcakes



January's Free Fruit Delivery - Mixed Organic Apples

Organic fruits and vegetables are good for the planet and for you too! Certified organic fruits and vegetables are better for the environment because they are grown without the use of pesticides and synthetic fertilizers. Even so, you still need to wash organic fruits and vegetables before eating them. The fruits and vegetables provided to you in the School Fruit and Vegetable Program have been washed for you. Both organic and non-organic produce provide similar amounts of vitamins and minerals. Aim for 6-8 servings of fruits and vegetables per day.





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Youth Exchange – Mark Fetterly



The North Shore Lions Youth Exchange program is open to grade 10 students on the North Shore and is designed to promote cultural understanding and friendship between the sister cities of North Vancouver City and Chiba City, Japan. This will be the 41st year of the Youth Exchange. Successful applicants will visit Japan for approximately 14 days starting in early August 2011. While in Japan, students will stay with a host family selected by the Chiba City International Association and participate in a variety of activities planned by both the Chiba city International Association and the student's host family. Application forms are available from Mark Fetterly.

Athletics

The Winter season is well under way and we have again fielded a full complement of teams. There is a lot of basketball taking place this month in our gym along with our gymnastics team. We encourage the community to support our athletes over the next few weeks and attend as many games and meets as possible.

For updates please check our school maintained web-site as well as our Seycove Athletic Facebook page. There has been a lot more activity on the Facebook page which has been greatly appreciated. It is a fantastic method to keep our community apprised of the many accomplishments of our coaches and athletes throughout the year.

Rugby Update:

The rugby season will be starting in the next month and we will be fielding both SR and JR rugby teams this spring. We will be a very competitive JR rugby side this season and have many outstanding players returning this year, led by JD Lloyd, Oliver Smith and Nigel Ching. For the SR team I anticipate a much improved side this year lead by Darian Fung, Andrew Macdonald and Ryan Weafer.

It is also an exciting time for rugby as we are in the midst of finalizing our agenda for the 2012 rugby tour of England. This is an excellent opportunity for our current grade 10 and 11 rugby players. We had our parent meeting Tuesday, January 18th, but if you are still interested in joining the tour please contact Mr. Shtenko at your earliest convenience.

If you have any questions in regards to athletics I would appreciate the message via my email or please leave me a message on my voicemail.

Sincerely,

Paul Shtenko
Athletic Director
pshtenko@nvsd44.bc.ca



Gymnastics Update: Another exciting year of high school gymnastics is underway with regular practices posted on the board outside the boys side of the gym. While most practices are at Seycove some are held at the Flicka gymnastics club. The sport is for both boys and girls grade 8-12 with or without experience. The only requirement is an enjoyment of movement, strength, creativity, and a willingness to learn and improve. There is more room for new members so if you are interested, come to one of our practices! For more information, please speak to Mr. Shtenko or one of our gymnasts.



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Seycove Auction – Heroes & Villains!

The Seycove Auction is a fundraiser organized entirely by parent volunteers from Sherwood Park, Dorothy Lynas, Cove Cliff and Seycove Secondary. This is a VITAL source of funds for our school, which helps to pay for such items as library books, gym equipment, sports uniforms, crossing guard training, arts programs and performances, musical equipment and MORE!! Can you help? We are looking for sponsors, donations, and volunteers. Please visit www.seycove.ca or contact Helene Mears (hmears@telus.net). Tickets go on sale: Feb. 1st (www.seycoveauction.org)

MARCH 5 2011 **29th ANNUAL**

and villains!

HEROES

SEYCOVE AUCTION, DINNER & DANCE

Uncover your secret identity; dig out your boots and utility belt and get involved in an evening of dancing, music, live & silent auction, great food and raffles! Whether you're a crime fighter or have gone to the dark side... come join forces in fundraising!

TO VOLUNTEER OR FOR MORE INFORMATION CONTACT:
info@seycoveauction.org

Counselling Update

Course Programming for 2011-2012 is starting soon! Counsellors will be going into classes starting in February to begin programming for next year. It will be important for students to be in attendance during their programming classes. Please watch the website for specific dates for each grade level.

Course Selection sheets are due into Student Services on March 4th.

Parent Programming Evenings are as follows:

Current Grades 8, 9, 10 – February 22nd @ 7:30pm

Current Grades 7 & 11 – February 24th @ 7:30pm

Digital Immersion Parent Information Session (Current Grade 8s) – February 28th @ 7:00pm

Seycove Mobile Blood Clinic

Seycove's January 24th Blood Clinic was another huge success...there were 45 donors – well done!

The next clinic is May 16th. Call 1-888-2-DONATE and sign up today!

Please email ayeo@nvsc44.bc.ca if you have questions.





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Vow of Silence

iamsilent.com



Today, Thursday, January 27th is the VOW of Silence. Over 180 students took the pledge to be silent for 24 hours in honour or memory of someone who had no one to tell their story to.

Students had 3 options of Silence: no talking, no texting, and/or no emailing.

For more information please email ayeo@nvsd44.bc.ca.

Postcards for Peace

Eagle Park Health Care Facility thank our students for their participation in the Postcards for Peace project. The postcards were distributed to the residents, many who served in the Canadian Forces as well as with allied forces in England and Italy. [Read more...](#)

Dates to Remember:

- | | |
|--------|---|
| Jan 27 | Vow of Silence |
| Jan 31 | Homeroom: Parent-Teacher Interview request forms distributed; 7:00pm Europe Trip Parent Meeting |
| Feb 4 | Parent-Teacher Interview request forms DUE |
| Feb 8 | 7:30pm PAC Meeting |
| Feb 10 | Early Dismissal; Parent-Teacher Interviews |
| Feb 11 | Early Dismissal |
| Feb 22 | Parent Programming Meeting @ 7:30pm (Parents of current Grades 8, 9, 10) |
| Feb 24 | Parent Programming Meeting @ 7:30pm (Parents of current Grades 7 & 11) |
| Feb 25 | District Professional Day (no school) |
| Feb 28 | Digital Immersion Parent Information Session@ 7:00pm
Spring Blues Concert (Mt Seymour United Church) |

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