

This Week in the Raven's Nest



Royal Bay Secondary School

3500 Ryder Hesjedal Road

Victoria, BC. V9C 0J6

royalbay@sd62.bc.ca T: 250-474-2377

April 15th—April 19th, 2019

We would like to acknowledge the traditional territories of the Coast Salish, specifically Esquimalt Nation and Songhees Nation on which Royal Bay Secondary is built, and the nations that SD62 works with, Beecher Bay SCIA'NEW Nation, T'Sou-ke Nation, and Nuu-chah-nulth Pacheedaht Nation to the west.

We recognize the territory, the First Nations peoples, and thank them for sharing this beautiful land. Hych'ka – Coast Salish Kleco Kleco – Nuu-chah-nulth



ROYAL BAY SECONDARY SCHOOL'S 2ND ANNUAL

KARMA YOGA CLASS

ALL PROCEEDS RAISED GO TO THE VICTORIA
SEXUAL ASSAULT CENTRE

Wednesday, April 24th
9-10:20 (C block)
Small Gym

PLEDGE FORMS AVAILABLE FROM BRIAN
HOBSON, KIRK MAGRAE AND MOLLY



This week:

Monday

Tuesday Dr. Boe 9:30—1:00

Wednesday Island Sexual Health 12:00-4:00

Thursday End of Term 3

Friday Good Friday—no school

What's inside!

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Important dates to Remember:

April 19	Good Friday—(no school)
April 22	Easter Monday—(no school)
April 26	Report cards available on line
May 10	NID—Professional Development (no school)
May 11	Dry Grad—Carnival
May 20	Victoria Day (no school)
May 31	R&B Dinner and Dance
June 2	Grad
June 6	Music Year End Concert
June 7	Prom
June 21	Last Day of classes
June 24-26	Provincial Exams (grades 10-12)
June 27	Last day of School



RBSS CONTACTS

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Students Has-Mc + International

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Students A to Har

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Students A to Har

Wendy Cooper Counselor
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Students Me -Z

Kim Hogan - Counselor
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Students Has-Mc + International

April 15th to April 18th, 2019



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Breakfast	Sandwich	Shakshuka	Waffles with whipped cream and berry compote	Hash
	Hot main	Hot meat sandwich with winter veg puree	Spaghetti and meatballs	Ramen	Lemon grass pork with rice and sweet sauce
	Vegetarian	Winter veg puree with poached egg and all the garnishes	Raviolo	Ramen	Green mango lettuce wrap
	Soup	Winter veg puree	Black bean	Leek and potato	Red curry squash
COLD SIDE	Wrap	Ham and cheese	Mexi chicken	Tuna salad	Bahn mi
	Appie	Sushi	Arancini	Edamame dip with crispy wontons	Pork and shrimp salad roll
	Salad Bar	Grilled marinated zucchini		Soba noodle	Green mango salad

Friday Pizza \$3.00 per slice or 2 for \$5.00



RBSS Student Book Club!!

New members are always welcome! Join us for some great reads.

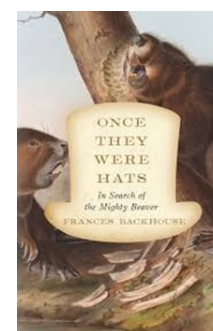
Join us in the Breakout Room in the Learning Commons

during Focus Block, on Thursday, April 18th, 2019.

Sign up to Mrs. Phillips' Focus Block.

Our new book will be:

Once They Were Hats





2019 Grad's Important Dates/Deadlines

April 18th	Grad Sleepover at the school
April, 24 th	"O Canada" and Original Grad Song audition at lunch in the Choir room. A copy of the lyrics MUST be presented at the time of audition.
April 29 th	Final Deadline for Ceremony comment form and \$50.00 graduation fee; Payments can be cheques (payable to SD62), cash, or school cash on-line
April 22 nd - April 26 th	Valedictorian Nomination Week (20 signatures required)
May 7 th	Vote for Valedictorian during lunch
May 11 th	Carnival / Safe Grad @ Royal Bay Secondary
May 29 th	Graduation ceremony rehearsal at UVic Auditorium University Centre. Buses will depart RBSS at 9am and return when complete (approximately 1pm)
Sunday, June 2 nd	Graduation ceremony at UVic Auditorium University Centre @ 11:00 am
Friday, June 7 th	Prom at Empress

Hello Grade 12's,

April and May are busy months as there are **numerous upcoming scholarships** listed in the **PSP 12 Weebly**. Access them via the links below. Make space in your evenings and weekends in order to give yourself time to complete and submit your applications *before* their due dates.

<https://scholarship12dl.weebly.com/april.html>

<https://scholarship12dl.weebly.com/may.html>

Remember, some applications need letters of reference, scholarship resumes, essay responses, or other criteria.

Scholarships to note:

Sooke Teacher's Association Scholarships = (Valued at \$1000 each)

District Scholarships (Valued at \$1250 each)

Due Date: April 15th

Coast Capital Standing Tall and Youth Get It Awards (2 valued at \$3500 each)

Due Date: April 18th

Sooke District Elementary and Middle School PAC Bursaries (Values vary)

Due Date: April 26th

Peninsula Co-op

Due Date: May 1st (Value: \$1000)

Rotary Sunrise Scholarship (Value: \$1000)

Due Date: May 1st

Royal Bay Secondary School Scholarships (Value varies)

Due Date: May 1st

If you wish to look at **financial aid** resources, click on this link: <https://scholarship12dl.weebly.com/financial-aid-info1.html>

Good luck. If you have any questions, please e-mail me or book an appointment to see me in Room 2125 during **Focus Block**.

Mr. Froess

District Scholarship Award

This grade 12 scholarship is worth \$1250.00 and is based on a student showing outstanding achievement in one or more of these areas below rather than high academic marks.

There are 116 of these to be awarded to students in our District.

A student must have a concrete plan for attending post-secondary in the near future **or** have confirmation of acceptance by a post-secondary school for next year.

If your teen is interested in applying for this scholarship, please go to the following link:
Deadline is Monday April 15, 2019.

Areas of Achievement and Examples

Area of achievement	Examples
Indigenous Languages and Culture	Demonstrated at school or in the community
Fine Arts	Visual Arts, Dance, Drama, Music
Applied Design, Skills, and Technologies	Business, Technology, Home Economics, Information Communication Technology
Physical Activity	Athletics, Dance, Gymnastics, not limited to Physical Education
International Languages	International Languages Curriculum or External Assessments, including AP and IB courses
Community Service (Volunteer Activity)	Includes awareness of local, global, and cultural issues
Technical and Trades Training	Automotive, Robotics, Coding, Woodwork, Culinary Arts

Link to information on the Royal Bay website

<http://royalbay.web.sd62.bc.ca/wp-content/uploads/sites/4/2019/03/District-Scholarships-Application-and-Guidelines-2018-19-RBSS.pdf>

Bus Registration Opens April 12

School bus registration for the 2019/20 school year opens at **9 a.m. on Friday, April 12!**
(This is for school bussing starting in September)

Many of our buses and routes fill quickly. Please register close to opening so that you get a spot!

As in previous years, we will be using the School Cash Online system for school bus registration. Registration is of course, free for families.

[Register here](#)

Please note:

- Registration will open on time
- Parents will not be able to select bus routes.
- Experienced Transportation staff will place your child(ren) on the best routes as per your home address and school.
- If you register by June 1, you will be notified as to which bus routes your child(ren) will be on before the end of the school year.
- Bus passes will be handed out to middle and secondary students prior to or during the first week of school in September
- Bus passes only apply to middle and secondary school students. Attendance will be taken in the elementary grades.
- Drivers will begin enforcing passes during the first week of school in September.

Questions? Please check out some of the Frequently Asked Questions near the bottom of the [Transportation page](#) or contact the Transportation Department [via email](#) or call (250) 474-9845. Due to volume of inquiries, please allow 3-4 business days to receive a response.



Travelling opportunity for 2020

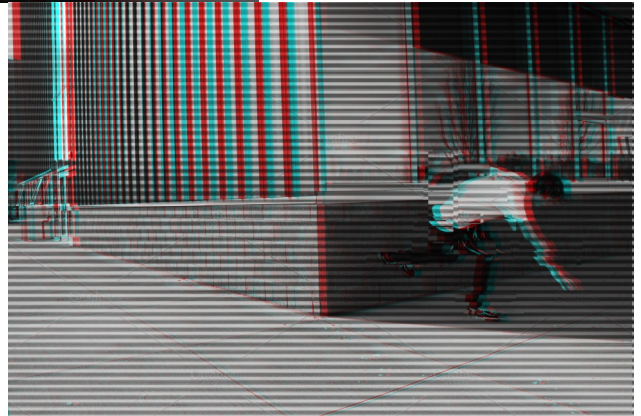
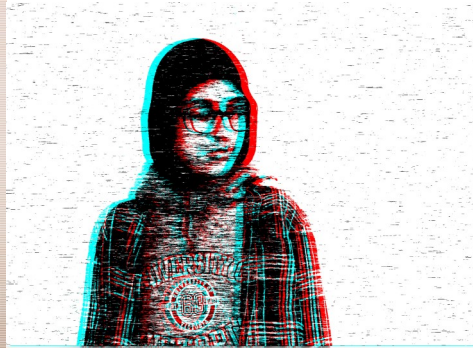
Students, would you like to go to Los Angeles next year? The tentative departure date is March 16, 2020. The trip is 6 days. Trip included Venice Beach, 2 days at Disneyland, Universal Studios, Griffith Observatory, Warner Brothers Studio tour and lots more. If you have any questions, please come and talk to Miss Snowsell.

The cost is \$3274.00. There are many payment options from bi-monthly, monthly, terms etc.

Royal Bay's tour number is: 2174220HE.

www.eftours.ca/bc. Or to register for the trip eftours.ca/enrol

DIGITAL ART STUDENTS ARE GLITCHING OUT!!



Glitch art started the conversation about how much our technology controls us. It makes us question how involved technology is in our lives. Glitch art gives us a level of control over our technology but at the same time the technology still has power. How much do we control and how much is controlled by technology? The main goal of glitch art is to represent technology's role on our lives in a creative way.

-Marin Crane

Teams

Athletic Team Pictures

All teams- Fall, Winter,
and Spring

In the main gym

D block

Tuesday April 23rd, 2019

See schedule and we will
try and stick to it as best
we can.

Jr. Girls VB	12:30
Jr. Boys VB	12:35
Sr. Girls VB	12:40
Sr. Boys VB	12:45
Sr. Girls BB	12:50
Sr. Boys BB	12:55
Jr. Girls BB	1:00
Jr. Boys BB	1:05
Sr. Boys Soccer	1:10
Sr. Girls Soccer	1:15
Ultimate	1:20
Track and Field	1:25
Rugby	1:30
Swimming	1:35
Golf	1:40



Senior Girls Soccer

The Senior Girls Soccer team got their season off to a great start last week with two victories. In the first game of the season, a hard fought 2-1 victory saw Grade 12 Kate Yakamovich score the opening goal, while Grade 9 student Amanda Russell scored a last minute free kick to win it. In their second game, the girls beat Belmont by a score of 6-0. Next up is a the UVic Invitational Tournament on April 11th/12th.

Congratulations to all members of the team this year: Kate Yakamovich, Maren Konrad, Terezka Sibbald, Bella Vedova, Taiya Scorey, Brynne Smith, Mikayla Strandberg, Madi Marsh, Maya Landers, Charlotte Strickland, Luzia Henkelman, Gesa Stanwick, Laurianne Chiasson, Maddie Yakamovich, Macey Thoroughgood, Vivienne Detambel, Dawson Aune, Alex Buckham, Kattia Bingham, Amanda Russell, Talia Sitar.



RBSS PAC Corner

Meetings will be held every 1st Wednesday of the month at 6:30 pm in the RBSS Learning Commons.

The meeting dates are:

May 1 (elections for President and Treasurer)

June 5

It's PAC election time! Positions available (incumbents NOT returning ... funny they want to graduate with their kids?) are;

President
Treasurer

Nominations and voting will take place at the PAC meeting on May 1st. All parents welcome!

Questions can be directed to royalbaypac@gmail.com.

2018/2019 PAC Executive Members:

President: Sarah Melanson

Vice President: Larissa Coates

Treasurer: Kim Stewart

Secretary: Kim Mayoh

SPEAC Rep (District PAC): Caroline Aked

Communications Officer: Marie Worden

PAC email: royalbaypac@gmail.com



CALLING ALL PARENTS, GRANDPARENTS, TEACHERS, ETC.....

ROYAL BAY SECONDARY

DRY GRAD CARNIVAL

Saturday, May 11 7PM-2AM

REQUEST FOR VOLUNTEERS

In order for Royal Bay's Annual Dry Grad Carnival to be successful, we are needing more than 100 volunteers to work a variety of stations throughout the evening. As well as daytime set up (10am-4pm) and evening clean up (11:30-2:00am) The shifts are in two hour increments from 6:30pm to 2:00am during the event. We are looking for parents, grandparents, older siblings, etc... from ANY grade, willing to volunteer their time to ensure the Carnival runs safely & smoothly and is an amazing and memorable event for the grads of 2019!!!

Please email rbparentgradcommittee@gmail.com if you are able to help! Please indicate approximately what time of day/evening you can help out, as well as how many hours you would be willing to volunteer.

Don't miss out on being a part of this awesome event!

Thank you in advance for your support!!

Girls STEM Leadership Conference at St. Margaret's School

Sustaining Our Future

*Inspiring young leaders by
environmental stewardship*



– April 26, 2019

*sharing stories integrity,
and green innovation*

- **For female-identifying students in grades 7-10**
- **\$35/student (possible sponsorship available)**
- **Students must provide own transportation**
- **Register by March 15th**

For more information, or to register, see Ms. Huculak in the Careers Office.



**Bring your old cell phones and accessories to the Learning Commons
for Recycling and raise money for RBSS!**

What can be collected?

The Challenge will accept all old, damaged and out-of-use cell phones, smartphones, wireless PDAs, and pagers. We will also accept rechargeable cell phone batteries and accessories, but these will not count towards your total.

We do not accept cordless phones, walkie-talkies, non-wireless PDAs, Mp3 players, any battery not commonly found in a cell phone (example: single use batteries, rechargeable AA batteries), laptop computers or answering machines.

What happens to the phones and other items that we collect?

Mobile devices that are collected are sent to GREENTEC for processing. Shipments arriving at GREENTEC are sorted, evaluated and tested to assess their functionality.

Phones are first tested to assess their ability to power on. Devices which power on then receive a data wipe to remove any confidential information which may have been left on by the consumer. Components, including the LCD screen, keypad, battery, antenna and casing, are evaluated. Phones deemed to be in good condition are then inspected for water damage and "call tested" to confirm their functionality. Phones that pass as functional are then sold for reuse.

Phones that do not power on, or do not pass the functionality evaluation, are separated for material recovery by recycling. Devices are broken down to their base components (metals or plastics), and then sent to approved processors.

The money raised will go to the Leadership Class, with the request that it be put toward another environmental initiative in our school.

9 cell phones
collected so far
GOAL: 500
*** each phone = \$1
for the school**

Focus Block **Spotlight** Session

Registration 101 Workshop



**University
of Victoria**

Learn about the registration system and how students
can prepare for registration opening in mid-June

Focus Block on:

Tuesday May 28th, 2019
Room 1168
Host Teacher: Ms. Cooper



Do you...
Love art & design?
Enjoy being creative and original?

Graphic Design Program

July 2019 :
Skill Development & Software
Training
(4 credits) @
Pacific Design Academy

August 2019:
Work Experience
(4 credits)
Local Companies

8 week program:
Foundation of graphic
design knowledge,
connection to local
industry, advance soft
skills, and gain life
experience and passion
for the industry.

Apply today with your career coordinator
Applications due: April 2019

Scholarships Available

Due: April 15th, 2019

- * Coast Capital Standing Tail Scholarship
- * Monk Office Supply Scholarship
- * District Authority Scholarships - Fine Arts, Community Service, Applied Design, Physical Activity, Indigenous, Languages & Culture, International Languages
- * Ron Warder Memorial Scholarship
- * Reid Kyfluk Memorial Scholarship

SEE THE COUNSELLING SUITE OR ROYAL BAY WEBSITE UNDER THE STUDENT TAB
FOR MORE INFORMATION

AVID ROYAL BAY SECONDARY

AVID TUTOR AVAILABLE

*Struggling in one or more of your academic
classes? Come for tutoring!*

SCIENCE

TUES & THURS FOCUS BLOCK | RM 3128

MATH

TUES FOCUS BLOCK | RM 3108

THURS FOCUS BLOCK | RM 3117

Tutors are available for subjects including: Math, Science, English, Social
Studies, and more!

Contact Mr. Froess (room 2125) if you have any questions.

Focus Block Spotlight Session



Medical School: Debunking Myths

Date: April 25th

Room: 1168

Host Teacher: Mr. Froess



Spotlight Session

Author, Activist and Transgender Warrior

Bodhi Thompson-Gardner

Uniting Human Hearts

When: May 7th

Where: Room 1168

Host: Mx. Fisher

*"Thanks for showing up with
an open heart and open mind"*



Focus Block Spotlight Session

Focus Block Spotlight Session



Meet Trista Smith
owner/designer/creator

Reclamation Design Company

**From Nurse to creative
Entrepreneur**

Date: May 14, 2019

Teacher: Ms. Burrows

Location: Room 1168

Careers in Athletics & Wellness

**Learn more about Career Opportunities in
Athletic Wellness**

Back 2 Back Chiropractic Inc.

Athletic Training, Massage Therapy, Athletic Therapy,
Chiropractic Care, Acupuncture & Chinese Medicine,
Concussion Assessment and more.

Date:

April 18, 2019

Host Teacher:

Mr. Harrington

Room: 1168



Focus Block Spotlight Session

SAT PREP

Thinking about attending University or College in the United States? Learn about SAT's

Date: April 30th, 2019
Teacher: Mr. MacNeil
Room: 1168



'intheknow'

information + support

"Social Media & Gaming: How it affects our Kids"

Join us for a Live Presentation

Social media and video gaming is an ever changing world for our children and a challenge for parents to monitor and set limits around usage.

Topic Presenters:

Shannon Husk, BC Gaming

Tuesday April 16th, 2019
6:30pm – 8:30pm

Military Family Resource Centre
2610 Rosebank Rd
Victoria, BC

FREE OF CHARGE

Please RSVP by email: lisa.tate@familysmart.ca

what is the
'intheknow'?

'intheknow' provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.

The Institute of Families is proud to be affiliated with heretohelp. heretohelp is a project of the BC Partners for Mental Health and Substance Use Information, a group of non-profit agencies providing good quality information to help individuals and families maintain or improve their mental well-being. The BC Partners are funded by the Provincial Health Services Authority. For more information, visit www.heretohelp.ca.

Focus Block Spotlight Session

March 14th, 2019

April 23rd, 2019

Pacific Animal Therapy Society



Pacific Animal Therapy Society (PATS) is an animal therapy program serving Greater Victoria for over 25 years.



Host Teachers:

March 14th, 2019 Ms. Cooper

April 23rd, 2019 Mr. Moyes &

Ms. Leswal

Room: 1168



Canadian World Education Society Spotlight Session

Date:
Tues. April 16th

Location:
Room 1168

Learn more about Volunteering & Scholarship Opportunities as well as social justice initiatives in the developing world.

Host Teacher:
Mr. Di Ponio

Sign up for this presentation through the App.

Focus Block Spotlight Session

Queer Sexual Health

Right now, Queer youth do not have access to proper and informative sexual health education. We are targeting this by facilitating conversations and presentations on Queer Sexual Health.

We at Island Sexual Health believe in change.

Join EJ Weston from Island Sexual Health as they deliver a trans* and non-binary inclusive queer sexual health session. Topics that will be explored include proper use of contraceptives, consent, health/wellness, STIs and queer-friendly facilities.

Date: May 9th, 2019

Teacher: Ms. Funk

Room: Room 1168



"The rainbow flag, commonly known as the gay pride flag or LGBTQ+ pride flag, is a symbol of Queer pride and Queer social movements. Other older uses of rainbow flags include a symbol of peace. The colors reflect the diversity of the Queer community, as the flag is often used as a symbol of Queer pride during Queer rights marches. While this use of the rainbow flag originated in Northern California's San Francisco Bay Area, the flag is now used worldwide.

Originally devised by San Francisco artist Gilbert Baker, the design has undergone several revisions since its debut in 1978, first to remove colors then restore them based on availability of fabrics. The most common variant consists of six stripes: red, orange, yellow, green, blue, and violet. The flag is typically flown horizontally, with the red stripe on top, as it would be in a natural rainbow."



'intheknow'

information + support

"Worries and Woes: Identifying and Preventing Anxiety in Children"

Join us for a Video Presentation

Anxiety disorders are the most common form of psychological problems reported and can interfere significantly in the lives of children.

This talk will help to:

- Increase awareness of the anxiety disorder spectrum,
- Identify basic behavioral indicators of anxiety in children,
- Develop a preliminary understanding of the current research,
- Understand the efficacy of psychological treatment and be aware of techniques that are useful to implement immediately with an anxious child and become aware of resources in our community

Topic Presenter:

Lynn D. Miller PhD, RPsych,
Associate Professor, Education and Counseling Psychology and Special Education, UBC.

Thursday April 18th, 2019

7:00 pm – 9:00pm

Saanich Neighbourhood Place
3100 Tillicum Road
Victoria, BC

FREE OF CHARGE

Please RSVP by email to: lisa.tate@familysmart.ca



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www.familysmart.ca/events/

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PARENTING WITHOUT POWER STRUGGLES

PARENTING A PRETEEN?

Would you like to feel better prepared for adolescence?

JOIN US TO:

Learn about what to expect in the teen years

Receive support from other parents

Boost your confidence as a parent

Parenting Without Power Struggles

offers parents information on:

BRAIN DEVELOPMENT | TEMPERAMENT | SELF-CARE | BOUNDARIES
COMMUNICATION | DEVELOPMENTAL TASKS | RESPECT | EMPATHY

LOCATION: Westshore Child, Youth, and Family Centre - 345 Wale Rd.

DATE: Mondays 6:30-8:30pm starting April 29th (9 weeks)

COSTS: \$60/person, \$90/family - subsidies available

REGISTRATION: Please contact for more information on registration

CONTACT: Beth at (250) 384-9133 ext 222 or parentingprograms@bgcvc.org



Boys & Girls Club
of Greater Victoria

Parenting Without Power Struggles was developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Canada - Pacific Region. Funding for this program is generously provided by the Ministry of Children and Family Development.