

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 29th — May 3rd, 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 Nuuchahnulth 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 – Nuuchahnulth



Extra UVic Grad Ceremony Tickets

Extra Tickets will go on sale at the UVic Ticket Centre starting at 9.30am on Monday, May 6th. Tickets can be purchased in person at the UVIC Ticket Centre or over the phone 250-721-8480 (no online sales available).

All tickets must be booked in the student name and will only be emailed to the email on file that was provided to school.

Each student will be limited to an additional
2 tickets on a first come first serve basis.

Report Cards published 3pm Friday, April 26, 2019

Dear RBSS Students, Parents and Guardians,

Report Cards will be published today at 3:00pm. Students received an information sheet in homeroom today which provides log-in information to access the MyEd Student Portal for those students/parents that have previously logged in as well as for the those who have never logged in.

You will have 5 attempts to log-in, after the 5th attempt your account will locked and you will need to contact the school on the next business day to have the account reset. Ensure you are entering the information correctly.

What's inside!

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This week:

Monday

Tuesday Dr. Boe 9:30—1:00

Wednesday Island Sexual Health 12:00-4:00
PAC meeting @ 6:30

Thursday

Friday

Important dates to Remember:

May 6	Extra Grad Ceremony Tickets go on sale
May 10	NID—Professional Development (no school)
May 11	Dry Grad—Carnival
May 20	Victoria Day (no school)
May 29	Grad Ceremony Rehearsal
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

Mike Bobbitt Term Principal
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Students Has-Mc + International

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Students A to Har

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Students Me -Z

Kim Hogan - Counselor
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Students Has-Mc + International

April 29th to May 2nd, 2019



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Breakfast	Blueberry Pancakes	Bennies	English Breakfast	Ravenous Scramble
	Hot main	Buffalo Chicken with Potato Salad	Pepperoni Mushroom Pizza	B.L.T.C and Oven Roasted Potatoes	Shrimp Stir Fry On Basmati Rice
	Vegetarian	Curry Roasted Cauliflower And Lentils	Gluten Free Veggie Deluxe Pizza	Veggie Poutine	Stuffed Tofu with Sweet Tomato Sauce
	Soup	Butternut Squash Puree		Cream of Broccoli	
COLD SIDE	Wrap	Roast Beef	Salami	Smoked Turkey	Tuna Salad
	Appie	Chicken Strips	Calamari	Baked Potato	Rice paper Rolls
	Salad Bar	Roasted red Pepper Balsamic		Pickled Pear Slaw	

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



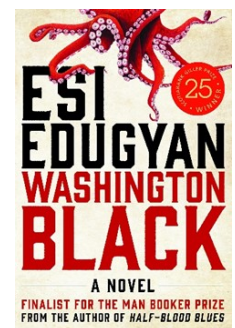
RBSS Student Book Club!!

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, May 2nd, 2019.

Sign up to Mrs. Phillips' Focus Block.
Our final book for the school year will be the 2018
Scotiabank Giller Prize winner:

Washington Black



Royal Bay Families Invite the District and Community to an Information Night

“Consider the Consequences”

We are please to have a number of amazing speakers presenting on this evening.

There will be:

Dave Hepburn, a national specialist on cannabis research. Dave will be discussing the dangers of cannabis use in teens with regards to brain development and early usage. He is one of the leading authorities on medicinal cannabis and is a bit of a celebrity in the medical world. Dave had a show on CBC called "Wisequacks" and has made Oprah appearances and worked with high level athletes throughout his career. Currently....

"One of Canada's foremost medical cannabis educator of physicians and the scientific and lay communities. He is a member of the Society of Cannabis Clinicians (SCC), International Association for Cannabinoid Medicines (IACM), The International Cannabis Research Society (ICRS), Physicians for Medical Cannabis (PMC) and the American Academy of Cannabinoid Medicine (AACM)."

**Dr. John K. Reid, Site Chief & Division Head
Respirology, Island Health, South Island** speaking on the effects of vaping, educating parents on youth vaping and the dangers of high nicotine juicing.

Constable Don McIntosh will also be present with legal information for parents on both Vaping and Cannabis possession in youth.



GET THE FACTS

Vaping is becoming an epidemic among teens and SD62 is no exception. Who can smoke the highest dosage of nicotine? Who smokes cannabis from it? Learn about what's happening in our schools.
Speakers:

- Island Health Representative
- Dave Hepburn, national specialist on cannabis research
- RCMP Constable Don McIntosh

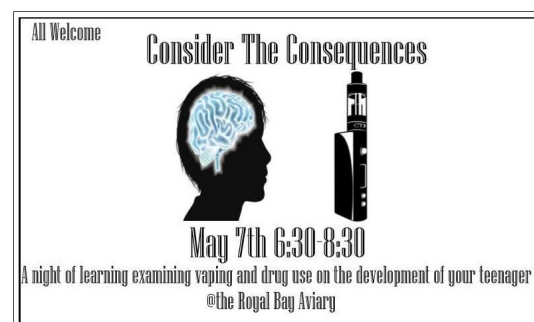
LET'S COME TOGETHER AS A COMMUNITY

Topics include: doses of vape juice, health risks associated with nicotine, how to talk to your kids about vaping, cannabis use and teen brain development, legal information about vaping and cannabis possession in youth.

Royal Bay Secondary School

May 7, 2019

6:30 - 8:30 p.m.





2019 Grad's Important Dates/Deadlines

April 29 th	Final Deadline for Ceremony comment form and \$50.00 graduation fee; Prom and Dry Grad fees and forms. 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 6	Extra Grad Tickets available (see page 1 for details)
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,

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:

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

CAREERS 9 Information

For Catch up:

**FOUR Assignments are on the Google Classroom 'Classwork' section. ---
> Due Thursday, May 9th, 2019.**

1. myBlueprint Surveys: Introduction Activity
2. Creating Portfolios on myBlueprint
3. Take Our Kids to Work Day Assignment/ Alternate Assignment
4. "Eggstreme" Challenge Assignment/ Alternate Assignment

myBlueprint LOGGING In

Please read through ALL of the information below about how to log into myBlueprint.

If you have followed these steps, and you are still unable to access myBlueprint, please see Ms. ten Hove in Room 2105B during A or B Blocks.

1) Consent:

- a. Ensure that your parents have provided consent. You do not have consent if you see the following when you try to log in: "PEN does not match" or spinning wheel.
- b. The link to the 'Consent' portal: <https://consent.sd62.bc.ca/apps/OnlineConsent>

2) Logging in:

- a. Go to the link attached (use Google/Google Chrome): <https://app.myblueprint.ca/?sdid=sd62>
- b. Select "School Account Log in" - in the **green bar**, middle of the screen page.
- c. This will take you to the Sooke Potholes picture and single sign on.
Use your wifi log in credentials, and if you have consent, you are in. --->Your wifi login and password are what you use when you access the school wifi on your phone. It should be your first name initial and your last name initial, plus four digits from your student number (ex.Jacqui tenHove: jt5564).
- b. You should not need a PEN number to sign up. If you do, it may be because you don't have parent consent. See point #1 above.

Bus Registration Opened April 12th

School bus registration for the 2019/20 school year opened 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.



Teams

Futsal

Interested in playing Futsal? Royal Bay is hosting the 3rd Annual Co-Ed Futsal Tournament on May 3rd/4th. Registration is \$100 per team and there are no limits on roster size. Interested teams can fill out following google form at:

https://docs.google.com/forms/d/1rmAN0BrhyljnBPHqkHwHr3Z3Y5QVCV_MY_i_eh4SaHc/edit

or email Brian Hobson (bhobson@sd62.bc.ca).

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!!

¡Vamos a viajar! (Let's travel)

AMAZING TRAVEL OPPORTUNITY FOR STUDENTS

The Royal Bay Language department is planning another amazing trip to SPAIN for Spring Break 2021. We will fly in to Madrid and travel south for a ten day tour of Seville, Granada, Malaga and the Costa del Sol (sunshine and beach time). There are limited spots available as we would like to keep the group under 25 students. Monthly payments are available and cost includes flights, hotels, transportation and all meals except lunch. This is a fantastic opportunity for students to learn about Spanish culture and practice speaking the language. For more information about the trip, or to sign up go to: www.explorica.ca/Haddon-9052



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.

18 cell phones collected so far.

Each cell phone dropped off = 1 entry to the draw for a \$25 gift card to Tim Hortons

GOAL: 500

*** each phone = \$1 for the school**



Volunteers Needed Victoria Highland Games

It takes a large team of enthusiastic volunteers to put on the Victoria Highland Games and Celtic Festival and we need... **YOU!**

Volunteering for the Games is a great way to experience Scottish and Celtic culture, music, arts and athletics and many volunteers look forward to doing it year after year. For more information or how to sign-up visit:

<http://victoriahighlandgames.com/games/participate/volunteers/>

Focus Block Spotlight Session



Learn more about
the **NEW Cannabis**
Laws and Rules!!



Know your rights
and responsibilities

Date: May 28th, 2019
Teacher: Ms. MacKinnon
Location: Room 1168



Focus Block Spotlight Session



Jack Talks are mental health presentations delivered by **young people to young people**.

Trained and certified youth speakers use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers.

When: May 16th, 2019

Room: 1168

Host Teacher: Mr. Steadman



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



Focus Block Spotlight Session

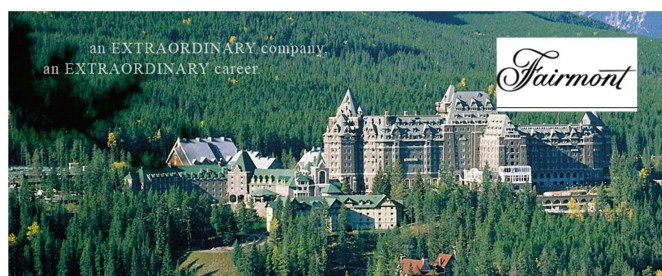
Looking for a Summer Job?

Join us and learn about the many positions in the Hospitality industry, including:

Room Attendant
Turndown Attendant
Banquet Porter

Houseperson
Steward's Helper

DATE: May 2nd, 2019
TEACHER: Mr. Steadman
LOCATION: Room 1168



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

reconciliation: a journey from the heart

**Join us to explore the role that
you can play in reconciliation:**

- » Weekly meetings with free dinner
- » Monthly retreat workshops
- » Make new friends
- » Work with world class theatre producer
- » Learn from Elders
- » Be part of the change

**Contact
Rachel Barr
rbarr@videa.ca**



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Government of Canada and the
Government of British Columbia
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Government of Canada and the
Government of British Columbia



DECOLONIZE
Creation
BUILDING
Imagine
ACTING
WRITING
STAGE
DIVERSITY
creative
FRIENDSHIP
TRAGEDY
theatre youth-led
BE YOURSELF
BE SOMEONE ELSE
reconciliation
DIRECTING
creating
HUMOUR

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



Spotlight Session

Author, Activist and Transgender Warrior

Bodhi Thompson-Gardner

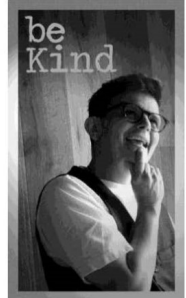
Uniting Human Hearts

When: May 7th

Where: Room 1168

Host: Mx. Fisher

*"thanks for showing up with
an open heart and openmind"*



WorkBC Centre WorkBC Centre Langford JOB FAIR

May 1st | 4:00 - 6:00 PM

#102 - 3179 Jacklin Rd | WorkLink



4:00 - 4:30 PM | Panel forum - Job seekers have the opportunity to ask industry questions
4:30 - 6:00 PM | Meet with employers - On the spot interviews and inquiring

Network with some of Victoria's best employers!



McDonald's

Dress for success and bring a copy of your resume / cover letter!

A special thank you
to our Sponsor!



Canada



This program is funded by the Government of
Canada and the Province of British Columbia

NICE PEOPLE TAKE DRUGS

HARM REDUCTION LEADERSHIP TRAINING

Have you ever used drugs?
Or do you have people in your life who do?
Do you want to learn how to keep yourself and others in your life safer?
Join us for this 6 week peer leadership training! We'll be talking about everything
from harm reduction to sexual health to the life-saving medication Naloxone!
Space is limited and pre-registration is required.
Participants receive per session \$10 honoraria, food & bus tickets

THURSDAYS 4:00-6:00PM

May 2nd - June 6th, 2019

Room 1168, Royal Bay Secondary School - 3500 Ryder Hesjedal Way

To register, call/text 250-480-8823
or email heather.mckenzie@avi.org



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."



City of Victoria Youth Council

Culture Day 2019

Centennial Square, Victoria BC

Saturday, May 25th 2019 12-4pm



Call for volunteers!

Interested in learning about different cultures while gaining volunteer hours? Come help out and volunteer at Culture Day 2019!

Culture Day is about celebrating multi-culturalism with performances and food from different cultures

We need volunteers for:

Event Set up/Tear down
Guiding/Leading

If interested please email info@cvyc.ca



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.

'intheknow'

information + support

"Marijuana and How it Relates to Mental Health: A Discussion for Parents and Caregivers of Youth"

Join us for an In-Person Presentation

This presentation will discuss marijuana and how it relates to mental health including anxiety, depression, psychosis. The presenters will describe the changing landscape of marijuana with legalization and offer tips for how to help youth cope with stressors in ways other than substance use.

Topic Presenters:

Dr. Carol Ann Sari, Psychiatrist &
Cindy Lazaar, Counsellor

Wednesday May 15th, 2019
6:00pm – 8:00pm
Foundry Victoria
818 Douglas Rd, Victoria BC

FREE OF CHARGE

Please RSVP by or 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.

'intheknow'

information + support

"Start With Strengths: Change the Lens, Change the Story"

Join us for a Video Presentation

When we focus on the strengths and abilities of young people who experience school-related challenges, this can help build skills and increase confidence in our youngsters. In this presentation, we share real-life stories of the positive impacts that come with focusing on strengths when working with kids, and how this can help create the conditions for their success.

Topic Presenters:

Chris Wejr, Principal, James Hill Elementary School, Langley

Thursday May 23rd, 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

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'intheknow'

information + support

"The Three C's of Teen Mental Health & Wellness: Conversation + Connection= Change: How to Support your Teen in their Mental Health Journey"

Join us for an In person Presentation

Our speaker will help parents understand what it is like to be a teen with mental health issues, how to break down the stigma and barriers with mental illnesses and how parents can help support their children during this difficult time.

Topic Presenter:

Shilpa Narayan, Psychology Student, Youth with lived experience

Thursday May 16th, 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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