

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

May 13th — May 17th , 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 Nuuchah-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 — Nuuchah-nulth



This week:

Monday

Tuesday Dr. Boe 9:30—1:00

Wednesday Island Sexual Health 12:00-4:00

AP Exams

Thursday Compass Survey

Friday

What's inside!

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Important dates to Remember:

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
mbobbitt@sd62.bc.ca

John Mennie Term Vice-Principal
jmennie@sd62.bc.ca
Students Has-Mc + International

Martin Lait Vice- Principal
mlait@sd62.bc.ca
Students Me-Z

Mark Johnston -Vice-Principal
mjohnston@sd62.bc.ca
Students A to Har

Tebeth Barbour Counselor
tbarbour@sd62.bc.ca
Students A to Har

Wendy Cooper Counselor
wcooper@sd62.bc.ca
Students Me -Z

Kim Hogan - Counselor
khogan@sd62.bc.ca
Students Has-Mc + International

May 13th to May 16th, 2019



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Breakfast	Hash	Kaiserschmarn	Dinner for breakfast	Avocado toast with fruit salad
	Hot main	Honey garlic wings with Caesar salad	Pierogis with sausage, green onions and sour cream	Beef teriyaki with rice	Bacon poutine
	Vegetarian	Grilled cheese with tomato soup	Lentil Dahl	Baked beans	Veggie poutine
COLD SIDE	Wrap	BLT on cheese Kaiser	Chicken bacon ranch	Spicy chicken	Shawarma
	Appie	Bacon wrapped jalapeno poppers	Sushi	Lasagna rolls	Mozzarella stick with marinara
	Salad Bar				

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

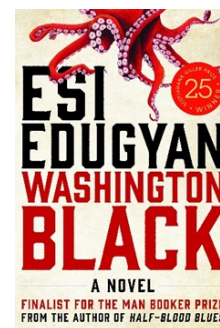
during Focus Block, on Thursday, May 16th, 2019.

Sign up to Mrs. Phillips' Focus Block.

Our final book for the school year will be the 2018

Scotiabank Giller Prize winner:

Washington Black





2019 Grad's Important Dates/Deadlines

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– doors open 6:00 ish pm

Hello Grade 12's,

There is still time to check out upcoming [May](#) and [June Scholarships](#) listed on the **PSP 12 Weebly**. You can access them via the links below. Try to put aside 30 minutes this weekend to look for, complete, and submit as many applications as you can *before* their due dates.

Upcoming scholarships to consider:

Rotary Club of Victoria Harbourside – **Deadline: May 31st**

Remember, some applications need letters of reference, scholarship resumes, essay responses, or other criteria. Ensure you give yourself ample time to complete all that you need to.

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

For those of you who have links to the Canadian Armed Forces, the [Royal Canadian Legion Scholarships](#) may be of some interest to you. They are due at the **end of June**.

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

Finally, click on the **“more...”** tab if you are looking for information on taking a GAP year, Aboriginal scholarships, or scholarships for people with health issues and/or disabilities.

Good luck!

Mr. Froess

CAREERS 9 Information

For Catch up:

**FIVE 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
5. "Pathways to a Career" Assignment – using myBlueprint to research post-secondary options

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.

RBSS PAC Corner

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

The last meeting date is June 5, 2019.



2018/2019 PAC Executive Members:

President: Larissa Coates

Vice President:

Treasurer: Salome Crowley

Secretary: Kim Mayoh

SPEAC Rep (District PAC): Caroline Aked

Communications Officer: Marie Worden

PAC email: royalbaypac@gmail.com

Election Results--By acclamation, we welcome our two newest executive members:

Larissa Coates, President

Salome Crowley, Treasurer

Our heartfelt thanks to departing Sarah Melanson and Kim Stewart for their mentorship and many years of dedicated and enthusiastic service.

Reminder that all other executive position elections will take place at the annual general meeting in September.

¡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



Japanese Sisterhood Exchange

On Tuesday, May 28th, we have over a hundred students from Japan visiting us for a one-day cultural exchange. We need volunteers who will meet these students in the morning in the Aviary, then buddy up and take them to their Block 2 (A Block) classes to experience what high school life is like for Canadian students. Volunteers will also be expected to have lunch with them in a group setting.

Please email jwong@sd62.bc.ca if you are interested in this exciting opportunity!

Keeping our Children Safe from Gangs

Gang
Reduction
through
Informed
Practice

GRIP

For Parents of School-Aged Children

British Columbia's gang landscape is vastly different from other jurisdictions, this is why this presentation is so important. Children from all socio-economic backgrounds can be vulnerable to gang recruitment and involvement. Youth are being recruited in ways that our communities have never seen before. You will leave this presentation with a greater understanding of what you can do to prevent your child from getting involved in gang activity.

Please join us for this FREE informative presentation which will cover the following topics and more!

- What is a youth gang?
- Understanding why youth are attracted to the gang lifestyle
- What does gang membership entail?
- Warning signs to look for
- What to do if you think your child is involved in gang related activity
- How to keep your children safe from youth gang involvement

May 14th , 2019

**Archie Browning Sports Centre
Esquimalt, BC**

Session from 6:00pm – 8:00pm



Want to join a Royal Bay **BEACH CLEAN-UP**? May 23rd 12:30- 3:15 (B block, A block, or Both)

Royal Bay will be participating in a Beach Clean-up with schools in the Royal Bay School “family,” helping to clean the entire stretch of beach from Esquimalt Lagoon to Albert Head Lagoon. We will go from Royal Bay Beach to Albert Head Lagoon. If you would like to volunteer, **sign up outside of the office**, and complete and submit the teacher permission forms to the office for A block, B block, or both. For questions, contact Ms. Wood: mwood@sd62.bc.ca

There will be an info/prep meeting on Wednesday, June 22nd at lunch in Portable 7 for those who sign up.





Music Notes



Members of the Royal Bay Music Program had a great festival trip this year to Sun Peaks Mountain which is just outside of Kamloops, and the Sundance Guest Ranch in Ashcroft. The students performed very well. The Concert Choir and Jazz Band received gold medals for their performances and the Concert Band a silver medal. They did a great job of representing! The Ranch is a fabulous place. We rode horses, did karaoke, line danced, played some fierce soccer games, hung out in the games room and did a talent show to name a few. It was a wonderful time for all of us.



R & B Social

The Royal Bay Music Department is excited to be host their annual **R&B Social** on Friday, May 31st from 7pm – 10pm in the aviary at Royal Bay.

The event is an opportunity to put on your dance shoes or sit back and tap your toes to classic and modern R&B tunes performed by Soul 62 and R&B Too!

Along with the great music, snacks, deserts and beverages will be provided throughout the evening.

Tickets: Adults - \$10 Students - \$5

Bring out your friends and family for an entertaining evening of music at Royal Bay!

Teams

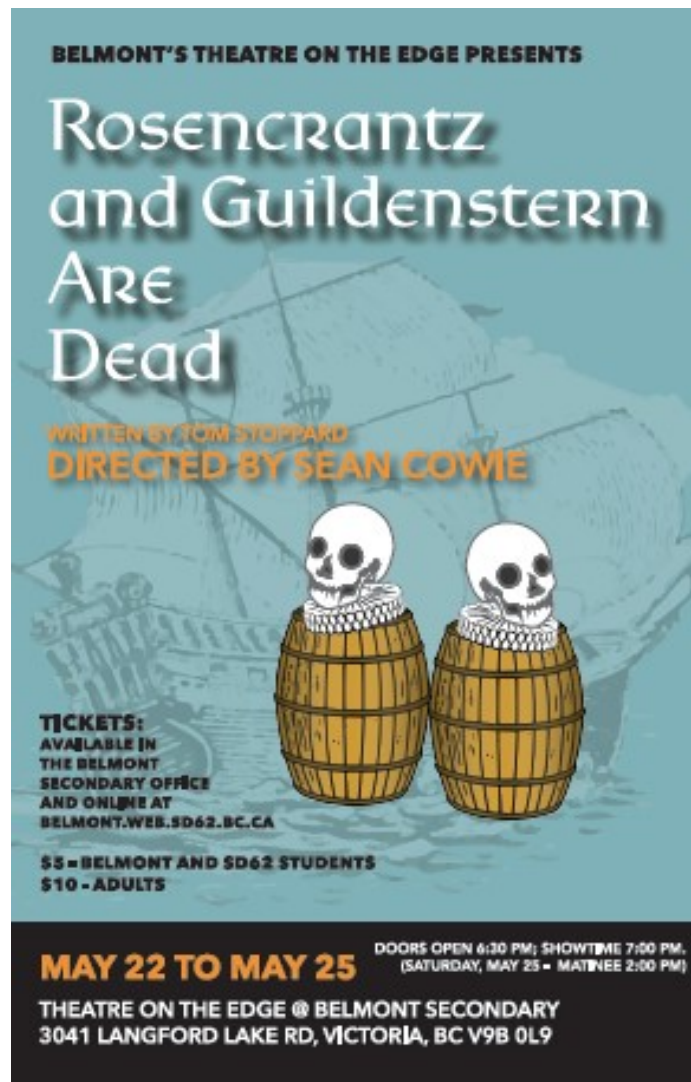
Sr. Girls Soccer Team

The Sr. Girls Soccer team is getting prepared to compete in the Island Championships at Oak Bay and Braefoot fields on Monday and Tuesday, May 13th and 14th. After winning the league with an undefeated record, the girls moved into the Ryan Cup city championships last week. After defeating EMCS, the girls lost a tough match to Oak Bay in the semi-finals. The bright spot was that the girls finished the week ranked #5 in all of British Columbia. An amazing accomplishment and the highest an RBSS school soccer team has ever been ranked. Well done girls!



Karma Yoga

On April 24th, the leadership group hosted their 2nd annual Karma Yoga class in support of the Victoria Sexual Assault Centre. With over 50+ students participating, we were able to raise a total of \$800! Thank you to Molly for leading the class and for all the staff/students who provided their support.



Dear Sooke District 62 Colleagues and Community

Belmont Secondary's repertory theatre company, **Theatre on The Edge**, is producing another challenging and exciting year-end production for 2019: Tom Stoppard's ***Rosencrantz and Guildenstern Are Dead***. This well regarded and popular play respectfully turns *Hamlet* on its head in an intelligent, hilarious and playful way.

Our run for the show is May 22nd-25th. Tickets are \$5 for students and \$10 for adults. Tickets are available online on the Belmont website and in person at the Belmont Office. Tickets are currently on sale and can be pre-purchased using cash or credit. Tickets will also be available at the door.

Showtime is 7:00 every evening (lobby open from 6:30); we will close the production on May 25th with a **unique, \$35 three course brunch and matinee combo in partnership** with **House of Boateng Café**.

The students and I look forward to seeing you attend our production and thank you in advance for your supporting theatre at **Belmont Secondary and Theatre on the Edge! Bravo!**

Sean Cowie

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



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



Meet Trista Smith
owner/designer/creator

Reclamation Design Company

From Nurse to creative
Entrepreneur

Date: May 14, 2019
Teacher: Ms. Burrows
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

Spotlight Session

Interested in Careers in Management, Human Resources or Health and Safety?



JOIN US

Date: June 2
Location: 1168
Host Teacher: TBD

Overdose Prevention & Response

FREE naloxone kit



Next Training:

9:50-10:50am June 13th, 2019

Room 1168 - Teacher: Ms. Anderson

Spotlight Session

****learn how to prevent, recognize, and respond to an overdose****



Spotlight Session Documentary Viewing

Tuesday, May 14
PORTABLE 9



Sign up with: Mr. Carr

Also learn about a Beach Clean-up Opportunity with



Spotlight Session

Planning for a Summer Job?



Gain Interview Skills and find out what employers are looking for!



Date: May 30th
Location: 1168
Host Teacher:



'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.

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.

'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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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



'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
Saatchi Neighbourhood Place
3100 Tillicum Road
Victoria, BC

FREE OF CHARGE

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

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