

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 6th — May 10th , 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



Soul 62 performing at the opening
of the new Thrifty Foods at
Belmont. Great Job!



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 |
| Thursday | |
| Friday | NID—Pro— D—no school |

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

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Students Has-Mc + International

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Students Me -Z

Kim Hogan - Counselor
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Students Has-Mc + International

May 6th to May 9th, 2019



| | <u>Item</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> Jamaican day | <u>Thursday</u> |
|-----------|-------------|----------------------|------------------------------|--|---|
| HOT SIDE | Breakfast | Sandwich | Omelets | Bammie bread and eggs | Wrap |
| | Hot main | Bacon spinach pasta | Thai curry with coconut rice | Jerk chicken with Jamaican cabbage salad | Meat pie with mash potatoes and gravy |
| | Vegetarian | Creamy spinach pasta | Thai curry with coconut rice | Ackee and vegetables | Mushroom pie with mash and veggie gravy |
| | | | | | |
| COLD SIDE | Wrap | Porchetta wrap | Pastrami and provolone | Ham and cheese | Muffaletta |
| | Appie | Gazpacho | Shrimp toast | Jamaican beef patty | Pig in a blanket |
| | Salad Bar | Soba noodle | | Jamaican cabbage | |
| | | | | | |

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

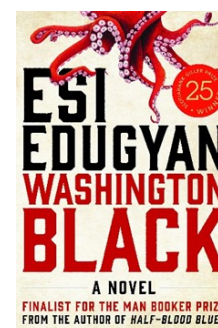
during Focus Block, on Thursday, May 16th, 2019.

Sign up to Mrs. Phillips' Focus Block.

Our final book for the school year will be the 2018

Scotiabank Giller Prize winner:

Washington Black



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

| | |
|------------------------------|---|
| May 6 th | 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

Now it is time to check out upcoming **May** and **June Scholarships** listed on the **PSP 12 Weebly**. You can access them via the links below. Put aside 20 minutes each day to look for, complete, and submit as many applications as you can *before* their due dates.

Upcoming scholarships to consider:

Sooke Principals' and Vice-Principals' Association Bursary (for children of SPVPA members only)

Deadline: Submit to the **Sooke School Board Office** by **4:00 pm** on **May 6th**

Sooke Principals' and Vice-Principals' Association (SPVPA) LEGACY Scholarship (for **all** graduating students)

Deadline: Submit to the **Sooke School Board Office** by **4:00 pm** on **May 6th**

Metchosin Foundation Scholarships – **Deadline: May 17th**

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:

**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.

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

NO MORE VOLUNTEERS!

HUGE THANK YOU!!!

On behalf of the

ROYAL BAY SECONDARY

DRY GRAD CARNIVAL

COMMITTEE

Due to yesterday's amazing response to our plea for more volunteers, ALL TIME SLOTS ARE NOW FULL! And we no longer need any more volunteers!

Thank you to all those that have generously offered their time!

Parent Grad Committee

¡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!

WATT



WORKPLACE ALTERNATIVE TRADES TRAINING

WATT is a **FREE** Pre-Apprenticeship Electrical Training Program

HOW DOES IT WORK?

- 3 Weeks of Hands-On Electrical Training
- Paid Work Experience
- Apprenticeship Sponsorship
- Ongoing Mentorship and Support
- Breakfast and Lunch Provided on Classroom Days
- Basic Toolkit and Steel-Toe Boots

CERTIFICATES YOU WILL EARN:

- Occupational First Aid Level 1
- Fall Protection
- Elevated Work Platform
- WHMIS 2015
- Construction Safety Training Systems 09

Additional Supports May Be Available

To apply or for more information call, text or email us today! 250-418-0984
wattewjets.ca



Art 9 & 10

IMAGINE A CANADA ZENDOODLE display on the 3rd floor beside the ARTROOM



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

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



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"



'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 understand 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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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 Rydier Hesjedal Way

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

 **avi**
ADS ADULT DRUG SERVICES

'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 Tillikum Road
Victoria, BC

FREE OF CHARGE

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

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