

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

September 16th — September 20th , 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

Verification Sheets

The school **will not** be sending home verification sheets this school year.

Verification sheets will be available in the My Ed parent portal shortly.

Please review your family contact information . Any changes can be emailed to the school on the email address provided.

This is very important information in the event of an emergency.

Thank you.

This week:

Monday

Tuesday

Wednesday Island Sexual Health 12:00-4:00

Thursday

Friday Friday # 1

What's inside!

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Important dates to Remember:

September 23	NID—Professional Development
October 14	No School—Thanksgiving Day
October 17	Retake Photo Day
October 25	NID—Professional Development
November 11	No School—Remembrance Day
November 21	Early Dismissal—Learning Conferences
November 22	NID—Professional Development
December 19	Winter Formal
December 20	Last Day before Winter Break
December 20	Santa Breakfast
December 23-January 3	Winter break
January 6, 2020	School reopens
January 21-24	Graduation Assessments (gr.10-12)
January 27	Second Semester Begins
February 14	NID—Professional Development
February 17	No School—Family Day
March 13	Last day before Spring Break
March 16— 27	Spring Break
March 30	School Re-opens
April 9	Early Dismissal—Learning Conferences
April 10	No school—Good Friday
April 13	No school—Easter Monday
April 27	NID—Professional Development
May 9	Carnival—Dry Grad
May 15	NID—Professional Development
May 18	No School—Victoria Day
June 7	Grad
June 19	Prom
June 19	Last day of full classes
June 22-26	Graduation Assessments (Gr. 10-12)
June 25	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

Mark Johnston -Vice-Principal
mjohnston@sd62.bc.ca
 Students Me—Z

Dante Di Ponio/Danielle Huculak -
 TIC (Teacher in Charge)
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 Students A to Har

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 Students A to Har

Wendy Cooper Counsellor
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 Students Me -Z

Kazia Highton - Counsellor
khighton@sd62.bc.ca
 Students Has-Mc + International



September 16th - 19th



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Breakfast	Closed for prep See y'all tomorrow!	Pancakes with whipped maple butter	Waffle W/ compote and whipped cream	Bowl
	Hot main		Turkey Pot Pie W/ side salad	Pulled pork W/ Bun and Slaw	Calzone
	Vegetarian		Garden vegetable quiche W/ side salad	Pulled Jack Fruit W/ Bun and Slaw	Veggie Calzone
	Soup		Leek and Potato	Apple and Roasted Squash	Carrot
COLD SIDE	Wrap		Ham and cheese	Turkey bacon	Chicken Caesar
	Appie		Devilled eggs	Smoked fish dip	Sous vide octopus
	Salad Bar		Lohbrunner Farm bean salad	Shaved fennel	

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



Payment of fees

All students require a school cash online account to make payments of fees, yearbook, events and workbooks. All payments will be tracked through the school cash online program.

Parents do not have to use the online banking or credit card option this program provides. The student can still make payments at the school office using cash and cheques payable to School District #62 on their account.

There is no cost to set up an account for your student. Setting the account up is a one-time process.

Thank you.

<https://sd62.schoolcashionline.com/>

RBSS PAC Corner

2019/2020 PAC Executive Members:

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



Please join us at our next RBSS PAC meeting
Wednesday, October 2, 2019 .

President: Larissa Coates
Vice President: Marianne Chase
Treasurer: Salome Crowley
Secretary: Cindy Fizzard
SPEAC Rep (District PAC):
Caroline Aked
Communications Officer:
Marie Worden

PAC email: royalbaypac@gmail.com

.....►I'M A◄.....
LEADER
NOT A FOLLOWER
.....
UNLESS IT'S A
DARK PLACE.
THEN YOU'RE
GOING FIRST.
.....

Royal Bay Leadership has started up for the 2019/2020 school year. We are currently meeting on Tuesday and Thursday at 8am in the Learning Commons. All students are welcome to come and participate. We are flexible and understanding of student commitments, recognizing that the early meeting times may be a challenge for some due to transportation constraints. If this is the case, and your child really wants to be a part of the leadership team, please come and see either Mr. Hobson (PE Office) or Mr. MacRae (Rm. 2108) to find out how we can make this opportunity work for you. Alternatively, we can be reached via email with any questions you may have: bhobson@sd62.bc.ca or kmacrae@sd62.bc.ca .

Careers Department

SpotLight Session

<u>Date</u>	<u>Session Name</u>	<u>Presenter(s)</u>	<u>Room</u>
September 27	Camosun College opportunities for students	Colin Scott-Moncrieff from the South Island Partnership.	1168
October 4th	Lattitude: Global Volunteering Gap Year	Zahida Mahan	1168
October 11th	New Cannabis Legislation	Constable Don McIntosh	1168
October 18	Budgeting /savings	Kari Brewer from Van City	1168



Are you currently working or planning on getting a job this school year? Did you know there is an opportunity to get grade 12 credits for working in a paid or volunteer position?

In an effort to promote authentic workplace experiences, Royal Bay Secondary offers two courses, Work Experience 12A, and 12B. These optional 4 credit courses provide students with an opportunity to earn credits towards graduation.

Students who are interested can visit the Careers office by the end of September to receive the necessary information to get started.

Careers 9

"Take Our Kids to Work Day takes place on **Wednesday, November 6th, 2019**."

This is an annual, national event where students.... The day involves students in Grade 9 ... spending the day in the workplace of a parent, relative, friend or volunteer host, where they experience and learn about the world of work.

Launched in 1994, Take Our Kids to Work Day is the most recognized career education event in Canada, with an estimated 200, 000 students visiting workplaces every year..."

Parents and Guardians

Take Our Kids to Work Day provides parents and guardians with the opportunity to engage with their children about their education and make connections to their child's career goals. The day allows parents and guardians to begin conversations with their children about career options and to come together to explore future career pathways.

Where can my child go for the day?

We encourage parents and guardians to invite their own child to spend a day on the job.

- If you are unable to host your own child, your child can still participate. Here are some suggestions:
 - Ask a relative, neighbour or family friend to host your child at his or her workplace.
 - Ask the parent of another Grade 9 student who is participating, if your child could join them for the day.
 - Contact local businesses, ask if they are hosting students for Take Our Kids to Work, and inquire if someone within their organization would be willing to host your child, providing you make the necessary transportation arrangements.
 - Contact the school, speak with the principal, career studies or co-op teacher and ask if they can assist you with finding a suitable placement.

Signed **Permission is REQUIRED.**

- Forms are available in the office and counselling suite. The form is also attached.

Please return the completed form to the school by **Monday, October 21st.**

For more information, please visit the Learning Partnership's website.

<https://www.thelearningpartnership.ca/events/take-our-kids-to-work-day>

We need your consent

To be filled out and signed by a parent or guardian and student, then returned to the school.

To the Parent/Guardian: Your child has the right and responsibility to have a safe and educational workplace visit. Health and safety education is an important element of this program. Review this form with your child and sign below. If you have additional questions about safety, contact the school or workplace.

Student's name: Teacher's name:

My child has my permission to participate in this program.

- ☐ My child may be photographed, interviewed or videotaped on Take Our Kids to Work day by the workplace or by The Learning Partnership for the purpose of promotion, advertising and public relations related to Take Our Kids to Work Day.
- ☐ My workplace is aware that I am bringing my child to work on Wednesday, November 6, 2019, between the hours of _____ and _____. We have discussed lunch arrangements and appropriate clothing/safety attire.

Parent's name: Workplace name:

Telephone:

Address:

OR

My child will accompany a: (check one)

- ☐ relative ☐ friend ☐ community host

Contact's name: Telephone:

Workplace name:

- ☐ A colleague at my workplace would be willing to host another student in need of a placement.

Colleague's name: Telephone:

Elements of risk

All experiential learning programs, such as field trips, cooperative education, job shadowing and Take Our Kids to Work participation, involve certain elements of risk. Injuries may occur while participating in this activity without any fault of the student, the school board or the host employer. By allowing your child to take part in this activity, you are accepting the risk that your child may be injured. For more information see the recommendations for Workplace Health & Safety at thelearningpartnership.ca.

I understand that there are risks associated with my child visiting a workplace and I have reviewed the Elements of Risk section above with my child.

Parent/Guardian signature: Date:

Student signature: Date:

To learn more about any of the initiatives mentioned in this guide, or to download Take Our Kids to Work Day resources, visit our website: thelearningpartnership.ca




Tuesday September 17

Volunteers needed!

Children's Health Foundation of Vancouver Island is honoured to be the official charity for this year's Fuel Good Day at Peninsula Co-op stations across the Island! 5 cents from every litre of gas/diesel sold will support Island kids, youth, and their families.

Shifts throughout 7 am - 7 pm are available between Victoria and Campbell River

We are looking for enthusiastic volunteers to encourage drivers to fuel up, to help out at gas bars, and to thank Peninsula Co-op customers for supporting Island families!






Show your support for Island families by signing up to volunteer

Email volunteer@islandkidsfirst.com or call 250-940-4950 ext 106



Visit us at islandkidsfirst.com
Follow us @[@islandkidsfirst.com](https://twitter.com/islandkidsfirst.com)



October 21st, 2019

Workers needed for Federal Election Polls

Must be 16 years of age

Canadian Citizen

Must be available for a pre-training session as well the approx. 14-hour voting day

Daily rate up to \$247.50

To sign up or learn more please see the Career Center

YOUR **ONE-STOP** WELLNESS HUB.

This is the place to find timely, clinically-based mental health articles for you and your family. Whether you're seeking help with conditions like anxiety and depression, or how to cope with grief or trauma, we have down-to-earth information you can trust.

To explore the resources see:

<https://familysparks.com/resources/>



Here are some great resources for dealing with **mental health** or **issues of grief and loss**. Please do not hesitate to reach out to your school counsellor if you have questions:

Anxiety Canada: <https://anxietycanada.com/>

Child and Youth Mental Health: <http://www.ementalhealth.ca/index.php?m=record&ID=12959>

Kelty Mental Health: <https://keltymentalhealth.ca>

Learning through Loss <http://learningthroughloss.org>

'intheknow'

information + support

"A Young Adult's Mental Wellness Journey"

Join us for a Live Presentation

In this presentation parents will gain a new perspective and understanding on how one youth overcame addiction while struggling with complex PTSD and Depression.

Topic Presenters:
EJ Weston, Stigma Free Society

Tuesday September 24th, 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 navigate 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

"Need2 Suicide Prevention"

Join us for an In-Person Presentation

In this presentation we will discuss suicidality in youth and help parents understand how they can best guide their children who might be thinking or talking about suicide, and what services exist in the community.

Topic Presenters:
Liz Radermacher from NEED2 Suicide Prevention

Wednesday September 25th, 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

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Start
the
Conversation
2019
Mental Health
Conference

TIME: 10AM-2PM
DATE: OCT 10TH, 2019

-----**FEATURED SPEAKERS**-----



JON WILLIAMS
THE ZONE AT 91.3



MICHELLE ROGERS
BODY POSI POWER

PLEASE EMAIL TO REGISTER YOUR CLASS FOR SPEAKER PRESENTATIONS.
SEATING IS LIMITED

-----**ORGANIZATIONS**-----

CHILD AND YOUTH MENTAL HEALTH
VICTORIA EATING DISORDERS
THRESHOLD HOUSING
AIDS VANCOUVER ISLAND
PACIFIC CENTRE FAMILY SERVICES
ASSOCIATION
ABORIGINAL CHILD AND YOUTH
MENTAL HEALTH
& MUCH MORE!

EMAIL TO REGISTER
STARTTHECONVERSATION16@GMAIL.COM

****TRANSPORTATION PROVIDED BY START THE CONVERSATION AND SD62****

Post-Secondary Preparation/Information – Weebly Link

To all Royal Bay Parents and Students,

The **Post-Secondary Preparation 12DL Weebly** is open to *all* students at *any* grade level (and any parents) who would like direct access and information as to what educational and career avenues are available after graduation. Students *do not* have to be registered in the course (PSP 12DL) in order to visit/use the site, however, **all Grade 12 students** are encouraged to sign up for this Semester One, 4-credit, mostly online, course in order to benefit from all it has to offer. Grade 12's can register by e-mailing me at jfroess@sd62.bc.ca.

Students: If you are planning to go onto *any* form of post-secondary education, or if you are unsure of what you want to do after you leave Royal Bay, click on the **PSP 12 Weebly link** at <https://scholarship12dl.weebly.com/> It can help you:

- a) figure out what you want to study
- b) discover which universities/colleges/technical schools offer the program(s) best suit your needs/interests/aptitudes
- c) find career paths that interest you
- d) investigate which post-secondary institutions you might want to attend *and* how/when to apply
- e) understand what a GAP Year entails and which national/international program best fits your needs
- f) access direct links to a variety of scholarships and bursaries, in addition to government financial aid.

Parents: Feel free to access the Weebly at <https://scholarship12dl.weebly.com/>. If you have any questions, please e-mail me at jfroess@sd62.bc.ca.

Mr. J. Froess



Grad Corner



<i>December 9 to 18, 2019</i>	<i>Grad Photo sessions</i>
<i>December 19, 2019</i>	<i>Winter Formal</i>
<i>April 27, 2020</i>	<i>All forms and fees are due</i>
<i>May 9, 2020</i>	<i>Carnival—Dry Grad</i>
<i>June 7, 2020</i>	<i>Grad</i>
<i>June 19, 2020</i>	<i>Prom</i>

CanWES Update

This week saw recent grad, Bella Vedova, travel to Nepal to visit Sanitar and work with the students of the Everest English School. She arrived in the village on the morning of Friday, September 13. Bella plans to experience all that Nepal has to offer for over six weeks through September and October.

Bella's connection to Nepal is through the Canadian World Education Society (CanWES). CanWES was founded in 2007 by Royal Bay teachers, Troy Harris, Kevin Harrington and Jacqui ten Hove. In 2008, the Canadian World Education Society built a school in the hope of providing quality education to students in the remote village of Sanitar, Nepal. Together, they have worked hard for the past 12 years to help educate and create awareness for impoverished youth in developing nations.

During her time in Sanitar, Bella will work closely with both staff and students, teaching inside and outside of the classroom. Bella is very excited to be heading to Nepal, and looks forward to the challenges that await her.

"I'm very nervous about leaving and going into the unknown, but I'm also excited about being able to experience and live somewhere that is very different than where we live; I look forward to having the chance to help people along the way"

- Bella Vedova -

In addition, her time in the village will allow her to experience the true Nepali culture and get to know people of Sanitar.



START THE CONVERSATION PRESENTS:

BRAIN INJURY AND MENTAL HEALTH

My child has suffered a brain injury. What are the chances of them developing mental health difficulties? What are the indicators? How can I support them? What are our options?

Brain Injury and Mental Health is an informative presentation on the risks and signs of mental health issues after suffering a brain injury. Join us on October 9th as we learn about the risks, indicators, and recovery options for mental health concerns developed from a brain injury.

SCAN THE QR CODE TO GET YOUR FREE TICKETS!



CONTACT INFO:

START THE CONVERSATION

STARTTHECONVERSATION16@GMAIL.COM

PHONE: (250)-886-0624

When: October 9th, 2019
Where: Theatre, Belmont Secondary School
Time: Doors open at 6:30PM
Presentation 7-8:30PM

Our Presenter:

LYNN DAWSON

Lynn Dawson is a Physiotherapist with Neuromotion and has extensive knowledge and expertise in the neurological development and rehabilitation field.



Masters, Physical Therapy
Certificate, Neuro-Developmental Treatment
Certificate, MyndMove Therapy
Certificate, NDT/Bobath

VICTORIA PRIDE SOCIETY YOUTH LEADERSHIP COUNCIL
INVITES APPLICATIONS TO

PRIDE YOUTH LEADERSHIP COUNCIL

CONNECT WITH OTHER LGBTQ2A YOUTH
AGE 14-24

*GET INVOLVED IN QUEER COMMUNITY

*LEARN AND PRACTICE ORGANIZING SKILLS, MEDIA RELATIONS, AND MENTORSHIP

*ADVISE THE PRIDE SOCIETY

Group meets monthly (Last Wed. of the Month) through out the school year for a catered working meeting. Members work as project cells organizing things like workshops, parties, zines, film projects, shows, skill shares.

Applicants should be able to commit to participating throughout the year including monthlies and project commitments between meetings.

We strongly encourage applications from QTPOC youth, individuals with disabilities, and trans, non-binary, and two-spirit youth.

Access support in place for needs including transit tickets and digital log-in, do not hesitate to communicate other accommodations that you may need to participate in this group in the access section of the application

APPLICATION: [HTTP://BIT.LY/YLC2020](http://bit.ly/YLC2020)
MORE ABOUT THE COUNCIL:
[HTTPS://VICTORIAPRIDESOCIETY.ORG/YOUTH-LEADERSHIP-COUNCIL/](https://victoriapridesociety.org/youth-leadership-council/)

QUEER PEERS

education, empowerment,
and snacks for queer
youth 13-25

Find us on
Facebook!

TUESDAYS 6-8PM, OCT-MARCH
CONTACT HEATHER TO REGISTER
HEATHER.MCKENZIE@AVI.ORG
TEXT/CALL 250-480-8823

AVI Health and
Community Services
where harm reduction works



The PREMIER Basketball program for youth. Developing Vancouver Island's top talent!


REGISTRATION & INFORMATION
www.westshorebasketball.com
bball.westshore@gmail.com

RAIN - NIGHT LEAGUE - CAMPS - 3X3 LEAGUE


Night League Teams
 Girls & Boys
 U11, U13, and U15
 All experience levels
 All Players Welcome!

Rain Basketball
 U9 Basketball Club
 Girls & Boys
 Weekly Skills and games for K-3
 Join the fun and learn to play basketball!

SKILLS CAMPS
 Winter Break, Spring Break,
 & Summer Break
 High Performance Camps



Presented by Sooke Skating Club



Instructor Garry Knox

Garry Knox has recently relocated to Sooke, BC and comes with 25+ years of coaching skating (power skating and figure skating). Garry is a NCCP Level 3 National ranked skating coach. He has had athletes competing at a national level for the past 15 years.

Garry has developed hockey players from beginner to elite levels by improving skating skills.

Garry is also a certified strength and conditioning specialist with National Strength and Conditioning Assoc. and has a Bachelor of Science degree in health, physical education and recreation.


CAMP FEATURES

- Increased foot speed
- Increased speed, agility and control while changing direction and transitioning from forward to backward
- Increased stride length and efficiency while maintaining control in upper body for improved puck control
- Quick tight balanced pivot turns with acceleration out of turns

Monday Mornings
 7:00am - 7:30am Novice
 7:30am - 8:00am Atom
 Session 1 Sept 9 - October 28 (no skating October 14)
 Session 2 - November 4 - December 16 (no Skating November 11)
 Session 3 - January 6-Feb 17
 Pricing for Session 1, 2 or 3 - \$65 each plus \$38 Skate Canada fee

Bundle Pricing:
 If you registered for Session 1 & 2 - \$110.00
 If you registered for Sessions 2 & 3 - \$130.00
 If you registered for ALL sessions - \$185.00

Limited Spaces Available
 Registration in person
 September 5th, 2019 5:30pm-7:00pm
 Contact - sookeskatingclub@gmail.com



Players may wear full gear or may choose to wear helmet, gloves, sweats and shin pads. Players should bring their stick. Sticks will be incorporated once specific skills are learned.



B E A S T A R

SKILLS

☆

TESTS

☆

ACHIEVEMENT

☆

RECOGNITION

☆



☆ Learn at your own pace

☆ Learn from Professionals

☆ All ages welcome



WANT MORE INFO?

✉ sookeskatingclub@gmail.com

🌐 sookeskatingclub.com