

# 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 23rd – September 27th , 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



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### This week:

Monday	NID—no school District planning day
Tuesday	Dr. Boe 9:30-1:00
Wednesday	Island Sexual Health 12:00-4:00
Thursday	
Friday	Friday # 3

## 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](mailto:mbobbitt@sd62.bc.ca)

**John Mennie** Term Vice-Principal  
[jmennie@sd62.bc.ca](mailto:jmennie@sd62.bc.ca)  
Students Has-Mc + International

**Mark Johnston** -Vice-Principal  
[mjohnston@sd62.bc.ca](mailto:mjohnston@sd62.bc.ca)  
Students Me—Z

**Dante Di Ponio/Danielle Huculak** -  
TIC ( Teacher in Charge)  
[ddiponio@sd62.bc.ca](mailto:ddiponio@sd62.bc.ca)  
[dhuculak@sd62.bc.ca](mailto:dhuculak@sd62.bc.ca)  
Students A to Har

**Steve Jones** Counsellor  
[sjones@sd62.bc.ca](mailto:sjones@sd62.bc.ca)  
Students A to Har

**Wendy Cooper** Counsellor  
[wcooper@sd62.bc.ca](mailto:wcooper@sd62.bc.ca)  
Students Me -Z

**Kazia Highton** - Counsellor  
[khighton@sd62.bc.ca](mailto:khighton@sd62.bc.ca)  
Students Has-Mc + International

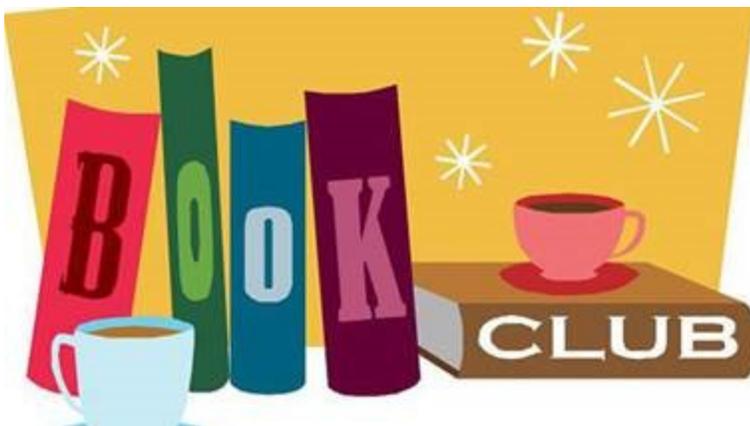


# September 23rd—26th



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>HOT SIDE</b>	<b>Breakfast</b>	<b>Closed for pro d</b>	Burrito	Pancakes	Sandwich
	<b>Hot main</b>		Fettucine Alfredo with garlic toast	Burger with roast potatoes	Ramen
	<b>Vegetarian</b>		Fettucine Alfredo with garlic toast	Veggie Burger	Ramen
	<b>Soup</b>		Carrot	Squash	Red pepper tomato
<b>COLD SIDE</b>	<b>Wrap</b>		Cold cut	BLT	Chicken brie and apple
	<b>Appie</b>		Guacamole with plantain	Ceviche	Arancini
	<b>Salad Bar</b>		Mediterranean quinoa	potato	Fennel and apple

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



**The RBSS Student Book Club meets every second Thursday at lunch in the Learning Commons.**

**First meeting of the 2019/2020 School Year will be Thursday, September 26, 2019.**

## RBSS PAC Corner

## 2019/2020 PAC Executive Members:

Meetings will be held the 1<sup>st</sup> 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](mailto: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 Tuesdays and Thursdays 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](mailto:bhobson@sd62.bc.ca) or [kmacrae@sd62.bc.ca](mailto:kmacrae@sd62.bc.ca) .

# Careers Department

## SpotLight Session

<u>Date</u>	<u>Session Name</u>	<u>Presenter(s)</u>	<u>Room</u>
October 4th	Bigger Than That— School Wide Presentation	Country music star, Ryan Laird	1168
October 11th	New Cannabis Legislation	Constable Don McIntosh	1168
October 18	Budgeting /savings	Kari Brewer from Van City	1168
November 1	Career in Broadcast Journalism	Robyn Burns from CBC Radio's All Points West	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](http://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](http://thelearningpartnership.ca)

# Sidestepping the Power Struggle

Popular Parenting Course comes to the Westshore



- Understand how to work with your child's unique temperament.
- Learn effective discipline approaches and discard ineffective habits.
- Help your child mature with emotional awareness and resilience.

Presented by

**Dr. Allison Rees**

**When:** Wednesday Evenings from Oct. 16<sup>th</sup> to Dec. 4<sup>th</sup>, 2019

7:00 pm to 9:00 pm

**Where:** Royal Bay Secondary School

Go to [lifeseminars.com](https://lifeseminars.com) to register.



### UVic Grade 11 Women in Engineering Free Event

First the **University of Victoria** is hosting a free evening event for **Grade 11 girls**, full details and to register here: <https://www.eventbrite.ca/e/women-in-engineering-and-computer-science-day-tickets-71722165929>



**October 21<sup>st</sup>, 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**



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 24<sup>th</sup>, 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](mailto: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](http://www.familysmart.ca/in-the-know)  
In person at community sites: [www.familysmart.ca/events/](http://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 not-profit agencies providing good quality information to help individuals and families maintain or restore their mental well-being. The BC Partners are funded by the Provincial Health Services Authority. For more information, visit [www.heretohelp.ca](http://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 25<sup>th</sup>, 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](mailto: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](mailto: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](mailto:jfroess@sd62.bc.ca).

Mr. J. Froess



## Grad Corner



*December 9 to 18, 2019*

*Grad Photo sessions*

*December 19, 2019*

*Winter Formal*

*April 27, 2020*

*All forms and fees are due*

*May 9, 2020*

*Carnival—Dry Grad*

*June 7, 2020*

*Grad*

*June 19, 2020*

*Prom*

### LA 2020

Disneyland, LA  
Tours, Universal  
Studios



**Date:** March 16-21, 2020 (Approximate)  
**Who:** Grade 7-12 Royal Bay & Dunsmuir students. Also open to parents!  
**Price - Student:** \$3,374  
**\*Price - Adult:** \$3,714  
\*Paying adults will not have chaperoning duties; you are just there to enjoy the trip!

#### Itinerary: 6 Days

Venice Beach  
Santa Monica Pier  
Guided Tour of LA  
Hollywood Walk of Fame  
Griffith Observatory  
Madame Tussaud's Wax Museum  
Disneyland 2 Day Park Hopper Pass  
Universal Studios 1 Day Pass  
Warner Brothers Studio Tour

#### INCLUDES:

Round Trip Airfare from Victoria  
On-tour transportation  
Safe, quality hotel rooms  
Professional Night Security  
Full-time tour director  
Breakfasts & Dinners  
3 Lunches (Disneyland x 2, Universal)  
24-hour on-tour assistance  
All gratuities for tour director & guides  
Global Travel Protection Plan:  
- Tour cancellation/interruption  
- Illness & Accident  
- School Board Cancellation  
- Baggage & Property

**SAVE \$150 IF YOU REGISTER BY SEPTEMBER 20TH!!!**

#### How to register

Visit [www.efours.ca/2223856be](http://www.efours.ca/2223856be)

### LA 2020 Trip:

Looking for somewhere to go for Spring Break? Want to hang out with thousands of friends and cartoon characters? Join us for our six-day, two-school trip to Los Angeles, CA, including two days in Disneyland and one day in Universal Studios! Open to students and parents. For more information, see the information poster attached. **If you register by Friday, you will get \$150 off the price!**

# City of Victoria Youth Council



Scan to apply!



**Tuesdays  
5:30-7:30PM**

**Ages  
14-24**



## About us

Youth are powerful. We are a youth-led council advocating for social change and opportunities to empower youth to foster a vibrant Victoria

The City of Victoria Youth Council is committed to forming a group that represents the diversity of youth in Victoria and surrounding communities. We strongly encourage youth of colour, youth with disabilities, young mothers, First Nations youth, LGBTQ2+ youth and youth from all socio-economic and ethnic backgrounds to apply.



info@cvyc.ca  
901 Kings Road, Victoria BC  
Hosted by: Quadra Village Community Centre



# I am Bigger Than That!™

Bullying Prevention & Youth Empowerment

with 2-time Canadian Country Music Award Artist, Ryan Laird

AT OUR SCHOOL on October 4th at 10am!

## Ryan Laird's Music

You can check out Ryan Laird's music from the presentation on Spotify or YouTube!

"Hey Ashley"

"Bigger Than That"

"I'm Your Man"

"I'm In The Band"

Songs also available at:

[www.BiggerThanThat.org/music](http://www.BiggerThanThat.org/music)

## Autographs

Ryan is happy to meet with students following the presentations for autographs at the school's discretion.

Merchandise Available:

CD: \$10 / Poster: \$2 /  
Guitar Pick / Guitar Pick  
Necklace: \$5 Sticker: \$1

All proceeds go towards the Bigger Than That! tour program.



## We are Bigger Than That!

We are pleased to be able to bring Canadian Country Music Recording Artist, Ryan Laird, to our school during his national BiggerThanThat! Bullying Prevention & Youth Empowerment Tour.

Ryan Laird is known for his Top 10 Canadian hit, "I'm Your Man," and for taking a risk to make his dreams come true by putting up a billboard on Nashville's Famed Music Row asking Taylor Swift to produce his album, which led to a record deal and eventually becoming one of Sirius XM's original Highway Finds.

### *A New, Engaging, Motivational Musical Program*

Ryan talks about his experience of being bullied throughout his school years, how he overcame it, and how he made his dreams come true by always believing in himself and having resiliency. He encourages every student to do the same, beginning with his own belief in each and every student he meets.

Please JOIN US for the concert! For more information on our special guest, please visit:

[www.BiggerThanThat.org](http://www.BiggerThanThat.org)

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.

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

SCAN THE QR CODE TO GET YOUR FREE TICKETS!



CONTACT INFO:

**START THE CONVERSATION**  
STARTTHECONVERSATION18@GMAIL.COM  
PHONE: (250)-886-0624

11 - 18 YEARS



# Trans\* & Queer

YOUTH DROP-IN

**WEDNESDAYS**  
4:30-6:30 PM  
at Centennial Center

This is a fun hangout space to meet new people, make new friends, socialize and just be you! A safe and inclusive space for all youth, Trans, Queer and Allies. Activities will be youth directed and snacks will be provided.

facebook/westshorerecreation @wsrecreation wsrecreation teen@westshorerecreation.ca



# 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