

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 30th — October 4th , 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



Attendance

Royal Bay families, you are able to view your student's attendance record in the My Ed parent portal.

Please email or call the school to excuse your student absences.

If you have an concerns please contact the teacher or your child's VP of record.
This information is available on page 2.

Thank you

This week:

Monday

Tuesday Dr. Boe 9:30-1:00

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

Thursday

Friday Friday # 1
Bigger Than That @ 10:00



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Important dates to Remember:

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
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Students Has-Mc + International

Mark Johnston -Vice-Principal
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Students Me—Z

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Students A to Har

Steve Jones Counsellor
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Students A to Har

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September 30th —October 3rd



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Breakfast	Two egg breakfast: sunny eggs/bacon and potato hash	waffles w/ fruit compote and whipped cream	vegetable frittata	breakfast bowls
	Hot main	chicken stir fry	shrimp tacos	pulled pork w/ slaw and bun	curry with spiced rice
	Vegetarian	tofu stir-fry	potato/squash tacos	vegetarian sloppy joe w/ slaw and bun	curry with spiced rice
	Soup	potato & leek	tomato & red pepper	curried cauliflower	carrot & ginger
COLD SIDE	Wrap	curry chickpea	shrimp salad	turkey & swiss	ham & cheese
	Appie	grilled green and white beans w/ bacon aioli	patatas bravas w/ garlic aioli	grilled roast squash w/ salsa verde	loaded double baked potato
	Salad Bar	fennel & apple with lemon vinaigrette	quinoa & vegetable	potato	Greek

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.**

**New members are always
welcome!**

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

SPC Card Fundraiser for the PAC!!!!!! Each card only \$10!!!!

The PAC is selling SPC discount cards again this year!

We are fundraising to pay for our membership fees and to help with various school initiatives.

Purchase an **SPC card** for only **\$10**, taxes included!! You will receive offers and discounts at over 120 retailers and restaurants!!

There are two ways to buy your card:

1. Through school cash online, **PRINT YOUR RECEIPT**, bring it to the office, and receive your card.
2. Directly at the office by cash.

Cards valid until July 31, 2020.

Deadline for purchasing Cards is

December 6, 2019.



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	Large gym
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



-----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

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

-----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****

PARENTS AS EDUCATION AND CAREER COACHES

Are you the parent of a high school student? Would you like to help them with their post-secondary choices? This is an interactive workshop designed to give you the skills and confidence you need.

Date: October 15, 2019
Time: 6:00-8:30 pm
Location: Belmont Secondary 3041 Langford Lake Rd.
Registration: [FREE - Click here to register](#)

For more information, contact:
Ryan Dube SD62 Trades & Training
rdube@sd62.bc.ca
<https://forms.gle/RBCAqEe4eQPTCMPH9>

www.EducationPlannerBC.ca/help/contact

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



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

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 BiggerThanThat! 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

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. 16th to Dec. 4th, 2019

7:00 pm to 9:00 pm

Where: Royal Bay Secondary School

Go to lifeseminars.com to register.



Sharing some pictures of the 3rd floor art room acknowledging, learning, and exploring orange shirt day through art.

Once done there will be 160 feathers to make one large orange collaborative raven:)

Special thanks to Ms. Paul, our Block D Visual Arts student teacher, for volunteering her time and helping with raven come to life.





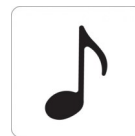
Grad Corner



<i>December 9 to 18, 2019</i>	<i>Grad Photo sessions</i>
<i>December 19, 2019</i>	<i>Winter Formal</i>
<i>April 28, 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>



Music Notes



A huge congratulations to the R&B Band for their great performance at the Q Centre on Monday. You sure represented Royal Bay well!

Fundraisers for the Music Program

Saturday, October 5 – Bottle Drive beginning at 9:00 a.m.

We are in need of parent drivers and students to sign up for a route. The hours that a parent works gets added to their child's time (eg. if student makes \$10/hour and 1 parent works then the student would make \$20/hour)

Purdy's Chocolate fundraiser is happening now. Brochures are available in Miss Snowsell's room. Orders can also be placed online. Our account 33055.

Paper orders need to be in November 14th. Pick up orders November 26th from Miss Snowsell's room.

Forms Due:

- ◆ Student Data sheet
- ◆ Student Info sheet
- ◆ Permission Form for Comox Valley Concert Band/Concert Choir festival with \$25 deposit
- ◆ Uniform Contracts
- ◆ Music program clothing orders (if interested)

A reminder that practice records have now started and are due, with parent signature, the first class of the week.



WORKSHOPS & EXHIBITS FOR WOMEN AGES 15-24

**Take Charge of Your Future
Believe in Yourself
Find Your Way Forward**

Thursday, October 17, 2019
9:00 am – 2:15 pm
Chiefs' & Petty Officers' Mess, 1575 Lyall St., Esquimalt

Presented by



Thank You to Our Event Sponsors!



To register visit <https://signup.com/go/pJanaGb>

Presentations Designed to Inspire & Enlighten



"Imagining Possibilities" is a Soroptimist "Dream It Be It" Program

Conference includes:

- Keynote Speaker Presentation
- Choice of any 2 Workshop Sessions
- "Live Your Dreams Show" – 50 exhibitors with information to enlighten & support

Schedule:

8:45-9:30 Registration
9:00-10:30 Live Your Dreams Show
10:30-11:25 Workshop Session 1
11:25-11:35 Break
11:35-12:30 Workshop Session 2
12:30-1:00 Lunch by Toque Catering (all dietary options available)
1:00-2:30 Keynote Workshop
2:10-2:15 Complete evaluations and Pick up your swag bag!

Keynote Workshop:

You Create Your Own Future

The stories we tell ourselves about ourselves and our world have the power to shape our future. That means that you have the power within you to change your life and create the future you want. In this workshop, run by an epidemiologist turned entrepreneur, Anna-Lu Tamborini will challenge you to look at the stories you are telling yourself and bravely ask the question: What is the future I want for myself? Gain inspiration as she shares her own story of transformation, then dive in to rewrite your own story and create a future with endless possibilities.

—Anna-Lu Tamborini, Founder, Hum Consulting

Cost of Registration: FREE!

Please bring one item of non-perishable food for our Seasonal Hamper for women. Visit <https://signup.com/go/pJanaGb> to register. For more info email info@sivw.ca.

Soroptimist International is the largest group of women in the world united to improve the lives of women and girls. "Soroptimist", a Latin-based word meaning, "best for women" is our call to continuous action. Our club - Soroptimist International of Victoria Westshore (SIVW) - is eight years old and responsible for the award-winning program Anney's Choice, a free meal for women transitioning to a new home. Imagining Possibilities scholarship to women and much more.

Choose any 2 Workshop Sessions, 1 from each time slot indicated below:

Workshop Session 1 10:30-11:25 am	Workshop Session 2 11:35 am-12:30 pm
Healthy Relationships How do you build a healthy relationship? What are some red flags warning you that it might be unhealthy? If you're worried, how do you get support - or give it? —Sara Radford & Mia Gidley, Pacific Centre Family Services Association	Healthy Relationships How do you build a healthy relationship? What are some red flags warning you that it might be unhealthy? If you're worried, how do you get support - or give it? —Sara Radford & Mia Gidley, Pacific Centre Family Services Association
Imagining YOUR Possibilities You hold your future in your hands. Learn how to let go of the past and visualize your future. Learn how to raise your mind and create the future of your dreams. You CAN make it happen! —Patricia Haskins, Author, VP, Ashmore Inc.	Build Resilience and Thrive Life is full of ups and downs. What happens when you hit a snag? How do you bounce back from all the crashes that life throws at you... every day? In this workshop, you will learn how the power of being resilient can help you navigate the world with more calm and less chaos. —Sandra Searing-Wedder, Director of First Housing Services
Creating Achievable Goals Setting goals gives you long-term vision and short-term motivation. Try out the SMART model of goal setting - set your goals so that the steps you need to achieve them are right in front of you. —Jennifer Brown, Jennifer Brown Consulting	Stress Happens: Tips and practices to help you tame it! School, relationships, work, future, decisions, your inner critic, parents! Who doesn't feel stressed? Learn tools to manage everyday stress so you can be empowered to enjoy your life. —Marisa Dungefield, Marisa Dungefield Coaching
Job Search Boot Camp Get ready to look for the job you want! Here's the latest info on creating a resume that rocks and tips from the employment experts on how to put yourself out there so your resume stands above the rest! —Kim Dalton, WorkLink Employment Society	Making it Real: Turning Dreams into Reality Let's get your dreams and goals transferred into a workable, practical Action Plan. Bring your big vision or dream and together we'll work on the action steps, small tasks, and support that can move your dream into reality. —Anna Harvey, Anna Harvey
Embrace Change: Move from Fear to Freedom Why do we fear change? Learn what happens when we resist rather than embrace change and a practical 3-step process to help you navigate any change. —Patricia Thompson, "The Change Artist", Creative Life Coaching & Consulting	Rising Above Obstacles Have you ever felt "blue" or "down" or "discouraged" because you are female? Our culture values men over women and makes discrimination in work, school, life, seem normal. Learn strategies to combat unfair obstacles to your career success. —Summer Mandy - Probst

To learn more about Soroptimist International, visit www.sivw.ca

What is Youth League Bowling?

The Langford Lanes Youth League offers a competitive and recreational bowling program for youth and young adults.

When does the League bowl?

- The League starts Sept 7
- Registration is always open
- The League bowls Saturdays 10am-12pm
- Practices are Saturdays from 6am-10am
- The seasons run until mid April

How much does the League cost?

- FREE one week trial for new bowlers
- \$10.75 per week each including shoes, or
- \$279.50 for the season (Two weeks FREE)
- \$10 registration - \$30 CTF membership

What does the League include?

- 84 games of bowling, friends and fun!
- Tournament and Provincial Trials
- Canadian Certified Coaching
- FREE Bowling Shirts
- Season Banquets and Awards Ceremonies
- Bowling Discounts
- League Special Events

Where can I get information?

leagues@citycentrepark.ca
langfordlanesyouthleague.ca
langfordyouthleague@gmail.com



Langford Lanes
3097 Langford Parkway
Victoria, BC V9B 6A5
langfordlanesyouthleague.ca

Greater Victoria Minor Ball Hockey



Registration for our Drop-In Program is now open!

Drop-in games on Sunday mornings
at Eagle Ridge Arena
Girls and Boys ages 6 – 11 yrs
Only \$95 for the season
Sept. 15th to the end of January
All levels of ability welcome!
For registration and further
information, please visit
gvmbha.com