

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

October 21th — October 25th , 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



School Course Fees

If your student is participating in a course that has a required course fee, fees are due :

October 31, 2019.

Once you have created a school cash online account you can pay online or send cash or cheque payable to School District 62 to the office.

This week:

Monday

Tuesday Dr. Boe 9:30-1:00

Wednesday Island Sexual Health 12:00-4:00

Thursday

Friday NID—no school—Professional Development Day

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Important dates to Remember:

October 25	NID—Professional Development
November 11	No School—Remembrance Day
November 21	Early Dismissal—Learning Conferences
November 22	NID—Professional Development
November 28	Fall music concert
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 6	Music Concert
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
May 29	R & B dinner and dance
June 4	Year End music concert
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)

ddiponio@sd62.bc.ca

dhuculak@sd62.bc.ca

Students A to Har

Steve Jones Counsellor

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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

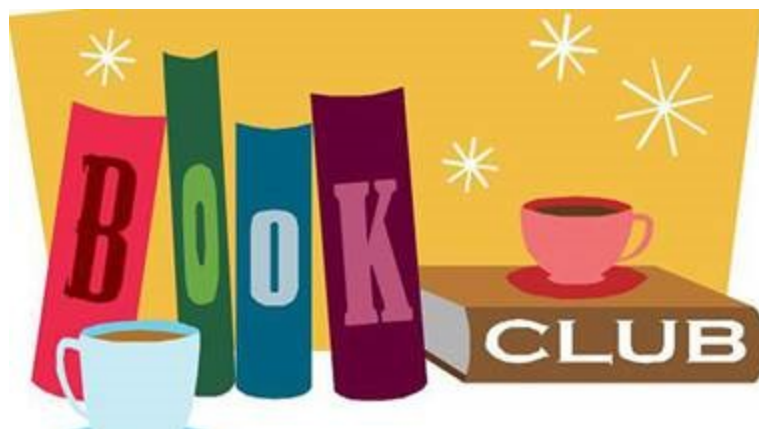


October 15th —October 17th



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Breakfast	Burrito	Vegetable quiche	Toad-in-a-hole with bacon	Bowl
	Hot main	Thai green curry with chicken	5 spice teriyaki chicken wings with Asian slaw, crispy wonton strips and steam bun	Roasted root vegetables, romesco with whipped feta and toasted seeds	Squash gnocchi with arugula pesto
	Vegetarian	Thai green curry with tofu	5 spice Kabocha squash	Roasted root vegetables, romesco with whipped feta and toasted seeds	Squash gnocchi with arugula pesto
	Soup	Probably nothing,	no one	ever	orders it...
COLD SIDE	Wrap	Chickpea	Kimchi chicken	Pastrami with horseradish	Ham and cheese
	Appie	Meatballs with tomato red pepper sauce	Zucchini pancakes with yogurt dip	Bruschetta	Spinach and cheese pinwheels
	Salad Bar	Edamame		Roast veg	

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!



Royal Bay Votes!!

A HUGE thank you to all of the student volunteers who worked the RBSS Polling Station to make the Student Vote a success.

We engaged and supported students with their civic responsibilities and allowed them to experience a typical voting experience. The ballots listed candidates for our local riding.

The results from our Student Vote will be announced on Tuesday, October 22, after the results of the Federal Election.

We had 645 students out to participate in the vote.



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, November 6, 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.



MEDIA DESIGN

Media Design students just returned from a virtual vacation! Check out some of their chosen destinations and amazing work! Well done everyone!





Careers Department



SpotLight Session

<u>Date</u>	<u>Session Name</u>	<u>Presenter(s)</u>	<u>Room</u>
November 1	Career in Broadcast Journalism	Robyn Burns from CBC Radio's All Points West	1168
November 1	Bishop's University	Marie-Antoinette Bretrand	1168
November 15	Lattitude Global Volunteering	Zahida Machan	1168
November 15	Canadian Coast Guard	Kiera Vannaver	1168
November 29	Veterinary Medicine	Lauren Di Ponio	1168

Focus Block

Parents,

All of our students are expected to sign up for a Focus Block session that occurs every Friday from 9:58 AM to 10:58 AM.

Please encourage your child to be **proactive** and plan a **month's worth** of Focus Block sessions **in advance**.

The link is: <https://royalbay.myweeklyplanner.net/> and they should know how to log in.

If they are having difficulty logging in or have forgotten their password, please direct them to the main office or the Learning Commons at Royal Bay for assistance, from Monday to Thursday.

Upcoming Scholarships and Links to Post-Secondary Institutions

To all Royal Bay Parents & Grade 12's:

Access the **Post-Secondary Preparation Weebly** at

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

It can help your child:

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

Grade 12's

Check out these links regarding scholarship application deadlines for October & November.

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

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

If you have any questions, please e-mail me at **jfroess@sd62.bc.ca**.

Mr. J. Froess



Grad Corner



December 9 to 18, 2019

Grad Photo sessions

December 19, 2019

Winter Formal

April 28, 2020

All forms and fees are due

May 9, 2020

Carnival—Dry Grad

June 7, 2020

Grad

June 19, 2020

Prom

FUTURE HEROES
JDF Fire/Rescue Cadet Camp
For Teens 15-18 ~ March 16 – 21, 2020



Do you have what it takes to...
Run into a burning building when everyone else is running away?
Handle a hose so powerful it takes two people to hold it?
Dangle off the end of a rope 50 feet in the air?
Use the Jaws of Life and other tools to save someone trapped in a car?

For information and applications go to:
metchosinfire.ca or sooke.ca or call 250.478.1307

Application deadline: December 31, 2019

Made possible by area Fire Departments:



BAKE SALE OCTOBER 30, 2019

"COME OUT AND SUPPORT THE STUDENTS TRAVELING TO GREECE THIS SPRING BREAK OF 2020, BRING YOUR CHANGE AND EXCHANGE IT FOR A HALLOWEEN TREAT ON WEDNESDAY OCTOBER 30 IN FRONT OF THE LEARNING COMMONS"



'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

Thursday October 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 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

"The Impact of Screen Time, Social Media and Video Gaming on Today's Families"

Join us for an In-Person Presentation

Social media and video gaming is an ever-changing world. This presentation will provide tips and strategies to help families manage their struggles around these concerns.

Topic Presenters:

Shannon Husk Prevention and Community Engagement Service Provider BC Gaming

Tuesday November 19th, 2019
6:30pm – 8:30pm

Military Family Resource Centre
2610 Rosebank Rd
Victoria, BC

FREE OF CHARGE

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

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Managing Screen Time for Kids



TODDLERS to TEN YEAR OLDS

This is a **FREE INFORMATIONAL SESSION** open to all parents in our community. Goto www.centralesaanichunited.ca for more information.

Dr. David Erickson PhD is a former child psychologist who brings over 40 years' experience including years with the Faculty of Medicine, University of Alberta and the Glenrose Rehabilitation Hospital. He offers fresh insights for parents and other interested adults. Dr. Erickson is the developer of six apps in the Child Behavior Toolbox Series.



Thursday, November 14, 2019
7-8 p.m.
Central Saanich United Church
7180 East Saanich Road, Saanichton

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Social media and video gaming is an ever-changing world. This presentation will provide tips and strategies to help families manage their struggles around these concerns.

Topic Presenters:

Shannon Husk Prevention and Community Engagement Service Provider BC Gaming

Wednesday October 30th, 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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