

# 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 7th – October 11th , 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

Thursday

Friday Friday # 3

### What's inside!

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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
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](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  
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 Students A to Har

**Wendy Cooper** Counsellor  
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 Students Me -Z

**Kazia Highton** - Counsellor  
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 Students Has-Mc + International

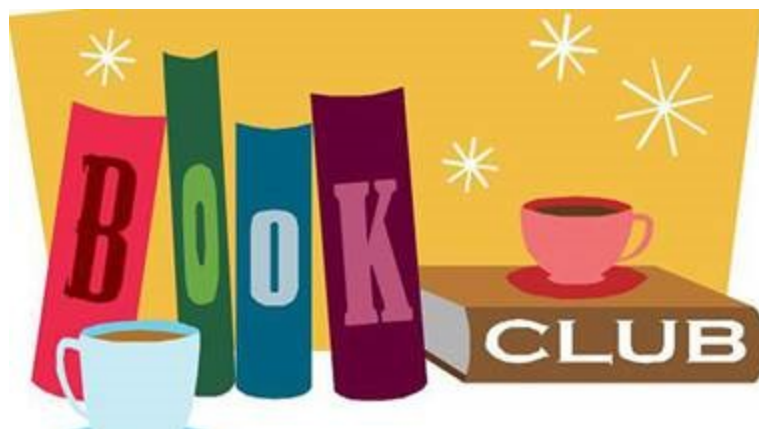


# October 7th —October 10th



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>HOT SIDE</b>	<b>Breakfast</b>	Hash browns with fried egg and bacon	Eggs Bennie	Pancakes with whipped maple butter	Burrito
	<b>Hot main</b>	Mac and cheese	Beef stew	Soup and sandwich	Jerk chicken with cous cous
	<b>Vegetarian</b>	Mac and cheese	Spanakopita with side salad	Soup and sandwich	Ratatouille
	<b>Soup</b>	Cream of tomato	Borscht	Carrot	Chicken noodle
<b>COLD SIDE</b>	<b>Wrap</b>	Cold cut trio	Turkey and brie	Black bean and feta	Pastrami and Swiss
	<b>Appie</b>	Edamame	Sushi cone	Squid and tomato	Fried wontons
	<b>Salad Bar</b>	Marinated tomato and Boccioni	Lohbrunner bean	Potato	Cous cous

**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 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, 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](mailto:royalbaypac@gmail.com)

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## **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 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

### Careers 9:

Take Our Kids to Work Day is happening on  
**Wednesday, November 6<sup>th</sup>, 2019**  
 Permission forms are due.

<http://royalbay.web.sd62.bc.ca/wp-content/uploads/sites/4/2019/10/PARENT-INFORMATION-Take-Our-Kids-to-Work-Day.pdf>

### Leadership Update

The Royal Bay Leadership group is in full swing, meeting on Tuesday and Thursday mornings. We are looking ahead at a busy October, having started out with our first ever ROYAL BAY OLYMPICS! Teams are competing in Dodgeball, Basketball, Volleyball, Futsal, Handball, & 4 Corner Soccer. There's even a couple of rogue teacher teams who have joined in the fun. The first week saw the *Cuda-Trouts* and the *E-Lemon-Ators* walk away victorious and ready for the next round. Stay Tuned for updates on the results and for more exciting news about events happening around the school.



# 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.



## ***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](mailto: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*



-----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\*\*

### Noon Hour Supervision

#### Assistants On-Call

These are school district paid positions, whereby adults are hired to assist schools in supervising students. Qualified candidates must be a holder of a valid Standard First Aid Certificate or willing to get it at their earliest possible convenience. The hourly rate of pay is \$23.94.

If you think you might be interested in applying, please complete a non-teaching application form which you can obtain from the school district website at [www.sd62.bc.ca](http://www.sd62.bc.ca) and forward it to Dawn Israel at the School Board Office, 3143 Jacklin Road, Victoria, BC, V9B 5R1, [dpsrael@sd62.bc.ca](mailto:dpsrael@sd62.bc.ca).





*¡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](http://www.explorica.ca/Haddon-9052)

# DO YOU FEEL UNSURE OF HOW TO **SUPPORT** YOUR TEEN?

## JOIN OUR PARENTS IN THE KNOW PROGRAM

**WHERE:** 345 Wale RD

**WHEN:** Mondays, October 7th, 6:30-8:30pm  
for 10 Weeks

**COST:** \$60/person or \$90/couple Subsidies  
available (Please Inquire)

**REGISTRATION:** Must pre-register

**FOR MORE INFORMATION AND TO REGISTER:**

Miriam Miller

P: 250.384.9133 ext.222

E: [parentingprograms@bgcvc.org](mailto:parentingprograms@bgcvc.org)



Boys & Girls Clubs  
of Canada



Boys & Girls Club  
of Greater Victoria

BIGOC - Parenting Programs were developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Canada. Provincially, Parenting Programs are generously funded by the Ministry of Children and Family Development.



# British Columbia Framework for Accessibility Legislation

You are invited to participate in a community meeting to provide feedback into legislation and to explore ways to build a better B.C. for people with disabilities.

## **COMMUNITY MEETING: Victoria, B.C.**

Location: Central Middle School, Cafeteria, 1280 Fort Street, Victoria

Date: Saturday October 5, 2019

Time: 2:30 PM to 5:00 PM

Register Online: <https://engage.gov.bc.ca/accessibility>

**Supports are available** to help you participate including ASL & CART captioning, funding for child care support, transportation, as well as other disability and health supports.

If you are *unable* to attend this community meeting, we will be hosting a virtual town hall.

For more information and to register, please visit:

<https://engage.gov.bc.ca/accessibility/register-for-a-virtual-townhall/>

## **For more information and to arrange supports, please contact:**

Lorraine Copas, Executive Director, SPARC BC 604-718-7736 • [lcopas@sparc.bc.ca](mailto:lcopas@sparc.bc.ca) or

Jayd Ursulak, External Stakeholder Relations, SPARC BC 604-718-7745 • [jursulak@sparc.bc.ca](mailto:jursulak@sparc.bc.ca)



## 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-Li Tumbouris 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-Li Tumbouris, Founder, Hume 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 [sp@ivw.ca](mailto:sp@ivw.ca).

Soroptimist International is the largest group of women in the world usually focused 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 Ansey's Choice, a free meal for women transitioning to a new home. Imagining Possibilities scholarships 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
<b>Healthy Relationships</b> 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? <i>See Redford or Mia Gidlin, Pacific Centre Family Services Association</i>	<b>Healthy Relationships</b> 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? <i>See Redford or Mia Gidlin, Pacific Centre Family Services Association</i>
<b>Imagining YOUR Possibilities</b> 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! <i>Patricia Hulsebos, Author, VP, Ashmore Inc.</i>	<b>Build Resilience and Thrive</b> 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. <i>Sandra Searing-Wedder, Director of First Housing Services</i>
<b>Creating Achievable Goals</b> 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. <i>Jennifer Brown, Jennifer Brown Consulting</i>	<b>Stress Happens: Tips and practices to help you tame it!</b> 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. <i>Marnie Dungefield, Marnie Dungefield Coaching</i>
<b>Job Search Boot Camp</b> 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! <i>Kim Dillon, WorkLink Employment Society</i>	<b>Making it Real: Turning Dreams into Reality</b> 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. <i>Anna Harvey, Anna Harvey</i>
<b>Embrace Change: Move from Fear to Freedom</b> 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. <i>Patricia Thompson, "The Change Artist", Creative Life Coaching &amp; Consulting</i>	<b>Rising Above Obstacles</b> Have you ever felt "stuck 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. <i>Suzanne Mandy - Probst</i>

To learn more about Soroptimist International, visit [www.sivw.ca](http://www.sivw.ca)

# 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 laws of life and other tools to save someone trapped in a car?

For information and applications go to:  
[metchosinfire.ca](http://metchosinfire.ca) or [sooke.ca](http://sooke.ca) or call 250.478.1307

Application deadline: December 31, 2019

Made possible by area Fire Departments:

## 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](mailto:rdube@sd62.bc.ca)  
<https://forms.gle/RBCAQEe4eQPTCMPh9>

[www.EducationPlannerBC.ca/help/contact](http://www.EducationPlannerBC.ca/help/contact)