

# This Week in the Raven's Nest



## Royal Bay Secondary School

3500 Ryder Hesjedal Way

Victoria, BC V9C 0J6

royalbay@sd62.bc.ca T: 250-474-2377

### February 10 to February 14, 2020

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



Grad Ceremony Tickets go on sale as of

Monday, February 10, 2020.

Forms available from your grad, in the school office or on the website.

All forms must be handed into the office **no later than Monday, May 4, 2020.** Payment by cash or cheque payable to School District 62 only.



### This week:

Monday

Tuesday Dr. Boe 9:00-1:00

Wednesday Island Sexual Health 12:00-4:00

Thursday

Friday NID—no school

### What's inside!

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## Important dates to Remember:

February 14	NID—Professional Development
February 17	No School—Family Day
February 18	Grad Ski Trip to Mt. Washington
February 19, 20	Grad Photo Retakes
February 26	Women in Trades and Technology @ Camosun
March 6	Skills Canada Reginal Event @ Camosun
March 12	Living in Colour SOGI Conference @Journey
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 16	Imagining Possibilities Conference—Esquimalt
April 23	SD61 Career Fair for Grade 11s @ Archie Browning
April 27	NID—Professional Development
May 9	Carnival—Dry Grad
May 15	NID—Professional Development
May 18	No School—Victoria Day
May 27	Aboriginal Grad Recognition Celebration
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 Huck—Principal**

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Students A to Har

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Students Has-Mc + International

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Students Me—Z

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Students A to Har

**Kazia Highton** - Counsellor

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Students Has-Mc + International

**Wendy Cooper** Counsellor

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Students Me -Z



## **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.schoolcashonline.com/>

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## **School Course Fees**

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

**February 28, 2020.**

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.

## **RBSS PAC Corner**

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, March 4, 2020.  
Room 2117

## **2019/2020 PAC Executive Members:**

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)



## **FREE draw!**

Interested in attending the Vancouver Island Parent Conference ([vipc.ca](http://vipc.ca)) on Saturday, February 29, 2020.

To get your name in the bucket for 1 of 2 tickets, simply send an email to

[Royalbaypac@gmail.com](mailto:Royalbaypac@gmail.com)

Draw date:

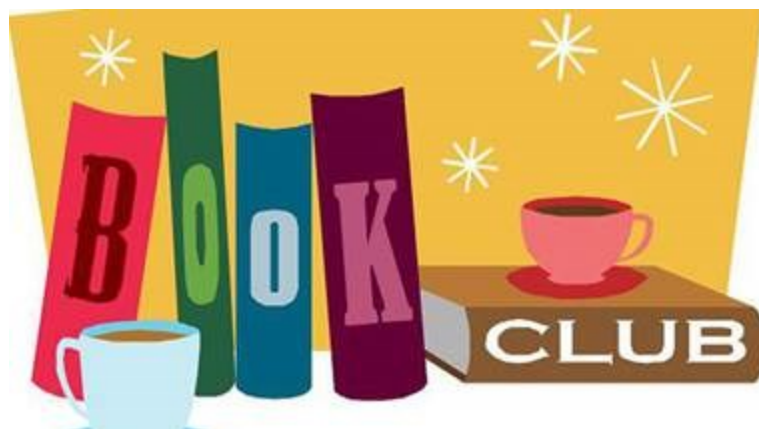
February 12, 2020.

# February 10 to February 13, 2020



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>HOT SIDE</b>	<b>Breakfast</b>	Egg and sausage with toast	Rosati potato with poached egg and hollandaise	Waffles with fruit compote and whipped cream	Bowl
	<b>Hot main</b>	Vegetarian lasagna with salad	Grilled cheese with potato soup	Cajun chicken wrap	Chili with cornbread
	<b>Vegetarian</b>	Vegetarian lasagna with salad	Grilled cheese with potato soup	Cajun veggie wrap	Tomato Boccioni Panzanella
<b>COLD SIDE</b>	<b>Wrap</b>	Beef with horseradish	Smoked turkey	Ham and cheese	Pastrami
	<b>Appie</b>	Crispy pasta fritter	Double baked potato	Nachos	Shrimp something
	<b>Salad Bar</b>	Grilled pepper salad			

**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 Secondary's Black Wing Theatre Company Presents:

# **CABARET**

**CABARET** takes audiences deep into the seedy nightlife of the Kit Kat Klub on the eve of Hitler's rise to power in Weimar Germany. Based on Christopher Isherwood's *Berlin Stories*, **CABARET** follows the interlocking stories of a cabaret singer, a writer from America, and the people of Berlin as they are caught up in the swirling maelstrom of a changing society. Led by the enigmatic and dazzling Emcee, **CABARET** is a riveting theatrical experience, featuring well-known classic musical theatre songs such as "Don't Tell Mama," "Maybe This Time," and of course "Cabaret". This dark, haunting musical drama remains as thought-provoking and relevant today as ever.

Details:

### **CABARET**

March 4, 5, 6 at 7:00pm, doors at 6:30pm

March 7 at 2:00pm, doors at 1:30pm

Teechamitsa Theatre at Royal Bay Secondary

3500 Ryder Hesjedal Way

Tickets:

\$12.50 for adults

\$10.50 for students/seniors

\$5.00 for all SD62 students

\$5.00 for RBSS Theatre Alumni

\$10.00 for SD62 staff

Tickets are for sale in the Royal Bay school office,  
250-474-2377.



"Cabaret Club Pack" ticket deal—buy any four adult/senior tickets for \$40.00. This ticket deal is only available until Friday February 28<sup>th</sup> so buy your tickets early to avoid disappointment.

Please note that **CABARET** deals with mature subject matter and language, and is not suitable for a younger audience.





## Music Notes



On Saturday, February 1<sup>st</sup> Ms. Snowsell's Vocal Jazz ensemble participated in a fantastic festival held at Oak Bay High School. Thanks to all the families that attended. What a great day and evening it was! This is a picture of the workshop we had with members of an American college groups called "Soundsations". They, along with their director Kirk Marcy, were so wonderful to listen to and work with.



Here is one picture of the Showcase concert Saturday night.

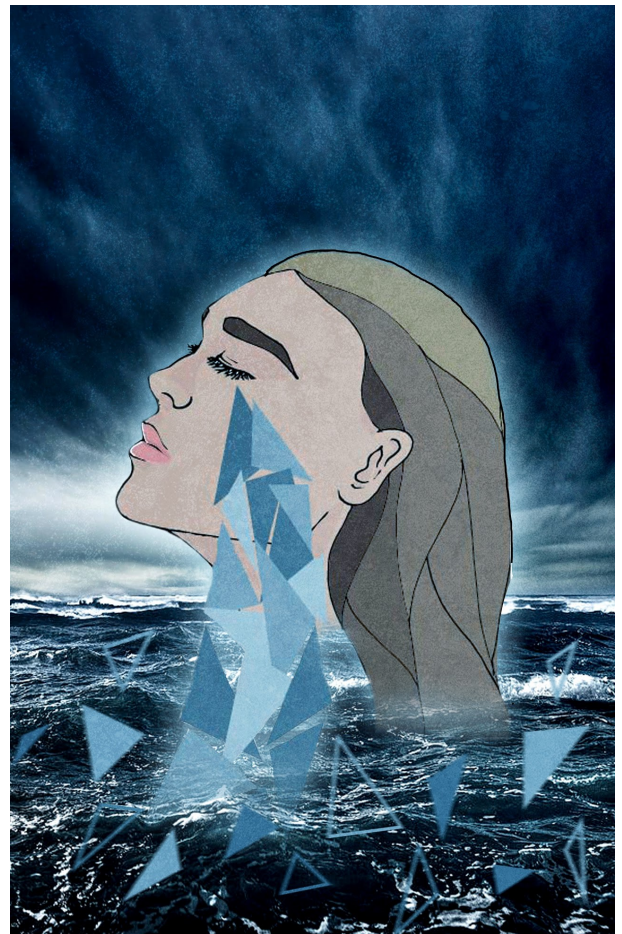
## Images with Reflection



With my project I'm trying to show the ups and downs of creativity. As an artist you sometimes get a creative block and you get frustrated and you feel like your project that you're working on won't ever turn out the way you want it or you run out of ideas and don't know what to do anymore. It feels like your mind is empty and your inner artist has just left you. But after a while, the creativity comes back and new ideas start to "grow" in your head, hence the forest behind the eye and the ivy growing from the mouth. The person sitting in the eye represents the inner artist that lives inside you. - Lee Delles

In my composition I am trying to communicate grief, and how it feels. I am also trying to communicate the other emotions that go along with grief, such as sadness, isolation and even a little bit of anger. The triangles represent tears and a waterfall, which symbolizes sadness. In addition, the ocean symbolizes isolation, being stuck in the middle of nowhere without anyone or anything there. I also used a stormy picture of the ocean to symbolize unrest, or anger and conflict.

- Amanda Russell







For my surrealism project, I decided to focus on the idea of envy, one that is used for positive change in a person. I believe that if someone can keep control of their jealousy for someone who has something they don't, then they can use this typically negative emotion to spur a positive change. - Remy Lassner



I am trying to communicate being in a environment that you are not used to, and how it can be lonely sometimes. - Brendyn Wilmshurst



## **Upcoming Scholarships – February & March Deadlines**

**Hello Grade 12's:**

Here are some upcoming scholarship deadlines to consider:

**BC Excellence Scholarships** – February 13<sup>th</sup> (hand into the Counselling Suite)

**BC School Superintendents Association Education Scholarship** – February 14<sup>th</sup>

**BC Pathway to Teacher Education Scholarship** – February 15<sup>th</sup>

**Island Savings Scholarships** – February 15<sup>th</sup>

**RBC Indigenous Student Awards** – February 28<sup>th</sup>

**BCCPAC Educational Award** – February 28<sup>th</sup>

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

**University of Victoria Entrance Scholarships** – February 28<sup>th</sup>

<https://www.uvic.ca/registrar/safa/index.php>

**BC School Trustees Association** – March 2<sup>nd</sup>

**Sooke Teachers Association** – March 13<sup>th</sup>

**Trevor Linden Community Spirit Scholarship** – March 15<sup>th</sup>

**Peninsula Co-op** – *Application process now open*

**Coast Capital Savings** – *Application process now open*

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

If you need assistance or have any questions, book yourself into my Friday Focus Block or drop by Room 2125.

Mr. Froess



## Grad Corner



*February 10 to May 4, 2020 Grad Ceremony Tickets on sale*

*February 18, 2020*

*Ski Trip to Mt. Washington*

*February 19, 20, 2020*

*Grad Retakes*

*April 28, 2020*

*All forms and fees are due*

*May 9, 2020*

*Carnival—Dry Grad*

*May 22, 2020*

*Grad Rehearsal UVic (morning)*

*June 7, 2020*

*Grad @ UVic*

*June 19, 2020*

*Prom @ The Empress*



## Grad fees and forms

If you have paid your grad fees online, please remember to hand in your signed papers/forms to the office, we require the payment and forms.

All grad forms and payments are due no later than April 28, 2020.

Please meet this deadline so you are not disappointed.





## Careers Department Spotlight Session



<u>Date</u>	<u>Session Name</u>	<u>Presenter(s)</u>	<u>Room</u>
February 21	RentSmart– Learn the ins and outs of renting	Michelle McElroy	1168
February 28	Athletic Therapy and Chiropractic	Back-to-Back Chiropractic	1168
April 17	All Grade 11		Theatre
April 24	All Grade 10		Theatre

### ROYAL BAY MINDFULNESS GROUP

FEBRUARY 7 TO MARCH 13  
FRIDAYS ~ FOCUS BLOCK

RM 1174A  
SIGN UP FOR MS COOPER'S  
FOCUS BLOCK

DROP IN OR ATTEND 6 WEEKS

MORE INFORMATION: TEXT OR EMAIL  
ANDREA @ (250) 216-7175  
AWEEKES@SD62.BC.CA



### ‘intheknow’ information + support

#### “Suicide Prevention”

##### Join us for an In-Person Speaker

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  
NEED2 Suicide Prevention

**Tuesday February 11th, 2020**  
**6:30 pm - 8:30 pm**

**Military Family Resource Centre**  
**2610 Rosebank Rd**  
**Victoria, BC**

##### FREE OF CHARGE

Please RSVP by or 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 list of reviews is provided as a service to the public. The reviews are not intended to be used for legal or financial purposes. The BC Reviews are provided by the Provincial Health Services. Authority for more information, visit [www.healthbc.ca](http://www.healthbc.ca)



### (1) Suicide Prevention for Parents - Tuesday, February 11th.

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.

**Presenter:** Liz Radermacher from NEED2 Suicide Prevention

**Date & Time:** Tuesday, February 11th - 6:30 pm - 8:30 pm

**Location:** The Military Family Resource Centre ( Westshore ) - 2610 Rosebank Rd - <https://bit.ly/2S0rlgW>

**RSVP:** <https://bit.ly/2NLmRiz>

### (2) "Worries and Woes: Identifying and Preventing Anxiety in Children" Thursday, February 20th

#### **Video Presentation and Discussion**

Anxiety disorders are the most common form of psychological problems reported and can interfere significantly in the lives of children.

This talk will help to:

- Increase awareness of the anxiety disorder spectrum,
- Identify basic behavioral indicators of anxiety in children,
- Develop a preliminary understanding of the current research,
- Understand the efficacy of psychological treatment and be aware of techniques that are useful to implement immediately with an anxious child and become aware of resources in our community.

Topic Presenters:

**Date & Time:** Thursday, February 20 - 7:00 pm - 9:00 pm

**Location:** Saanich Neighbourhood Place ( Inside Pearkes Rec. Centre)

**RSVP:** <https://bit.ly/2GVRiP5> **Watch at Home anytime:** <https://bit.ly/3742X98>

### (3) Vancouver Island Parent Conference 2020 - Saturday, February 29th

\*\*\* Register by February 10th for Early Bird Pricing\*\*\*

Vancouver Island Parent Conference 2020 is planned to be a wonderful event! The focus this year is the 'Balancing Act' we live daily as parents. Being a parent is a rewarding part of our lives. We see what we do as significant work, BUT it is not the only thing we do. How can we balance all the things in our lives and help our children be all they can be while finding their balance too? No guilt trips here - we are only talking about how to balance it all. Our kids are worth it and so are we. Join us on February 29.

**Date & Time:** Saturday, February 29th - 8:30 am - 4:00 pm

**Location:** Belmont High School - Langford

**RSVP:** <https://vipc.ca/> or email: [info@vipc.ca](mailto:info@vipc.ca)

**Cost:** Early Bird - \$75.00 by Feb. 10th after \$100.00

**1-855-887-8004**

[www.familysmart.ca](http://www.familysmart.ca)

Find us on [Twitter](#), [Facebook](#) and [Instagram](#)

# UBC Engineering Upcoming Events for Girls

## Changing the World: Engineering the Future

**Saturday, March 28, 2020**

**Grades 10-12**

Explore why engineering is an amazing career for women who want to change the world, help improve the lives of others and the environment around us, and who like teamwork and problem-solving. Solve real engineering challenges, learn about different types of engineering, talk to current students, hear from recent alumni and tour the campus.

## Engineering Explorations 11:

### ECE & the Future of Tech

**Saturday, February 1, 2020**

**Grade 11**

As technology continues to expand its presence in our daily lives, engineering allows us to leverage new technologies for more applications.

## Engineering Explorations 10:

### Sustainability for Our Future

**Saturday, February 22, 2020**

**Grade 10**

Using the engineering design cycle and a focus on environmental engineering, you'll ideate new solutions to an engineering problem that many countries face today.

## Engineering Explorations 8:

### The Variety of Engineering

**Saturday, March 14, 2020**

**Grade 8**

Debunk your perceptions of engineering and experience what engineers do everyday!



## Technovation Girls

**February 7, March 6, or April 17**

**Ages 10-18**

Build an app to solve a problem you identify within your community. Offered through UBC Geering Up.

## Girl Powered Design Club

**Saturdays starting January 25**

**Grades 8-10**

It includes activities from all streams of STEM (Science, Technology, Engineering, and Math) in the form of hands-on activities, engineering design projects, and student competitions.

To RSVP or learn more: [women.engineering.ubc.ca/events](https://women.engineering.ubc.ca/events)



THE UNIVERSITY OF BRITISH COLUMBIA  
**Engineering**



**Info Night**

**Where: Edward Milne Community School**

**When: Tuesday February 11 from 4:30-6:00pm**

**Snacks and applications will be available**

**EMCS Metal TASK 2020**

This Dual Credit program combines courses at both Camosun College and EMCS!

**Trades Sampler Courses**

Welding\* Heavy Duty Mechanics\* Plumbing\* Metal Fabrication

Brand new program for 1st semester 2020-2021

**DISCOVER TECTORIA**

A SHOWCASE OF GREATER VICTORIA'S #1 SECTOR

**THE CRYSTAL GARDEN FEBRUARY 27, 2020**

Discover Tectoria is an exposition of more than 75 Greater Victoria tech companies, research projects, interactive displays and community partners... under ONE roof. It's one of the only events where locals and visitors come together to discover the innovation that's stemming from right here in "Tectoria". Attendees get to interact with the people and their creations to better understand who and what is driving Victoria's largest industry... leading to potential careers, connections or just an appreciated knowledge.

To join us on this exciting field trip, please see the Careers Office for a parent permission form or email Ms. Huculak at [dhuculak@sd62.bc.ca](mailto:dhuculak@sd62.bc.ca).