

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

October 19 - October 23, 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 Nuu-chah-nulth Pacheedaht Nation to the west.

We recognize the territory, the First Nations peoples, and thank them for shar-



Contact Information

It is important for the school to have current and accurate email and phone numbers for all parents/guardians, as well as emergency contact people in the instance that we cannot reach a parent or guardian. Please ensure that contact details are up to date in the Parent Portal (<http://royalbay.web.sd62.bc.ca/parents/my-education-bc/>) and contact office staff with changes at royalbay@sd62.bc.ca . **It is also imperative that all families have a pick-up plan for their children in case of road closures, inclement weather, or emergency.**

This week:

Monday

Tuesday Wellness Centre—Appt. only

Wednesday

Thursday Report Cards Published —My ED
Photo Retakes

Friday NID - no school

What's inside!

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Important dates to Remember:

October 22	School picture retakes
October 22	Reports cards published
October 23	NID—Provincial Pro-D
October 31	Halloween
November 4	PAC Meeting
November 11	Remembrance Day—no school
November 18	Octa 2 ends
November 19	Octa 3 starts
November 19	Early Dismissal—Learning Conferences
November 20	NID—Pro-D
November 20	Music Winter Show
November 25	Report cards published
December 2	PAC Meeting
December 7-16	Grad Pictures
December 18	Last Day before Winter Break
December 18	Octa 3 ends
January 4	School Reopens
January 4	Octa 4 starts
January 8	Report cards published
January 29	Semester 1 Ends
February 1	Semester 2 Begins
February 1	Octa 4 ends
February 2	Octa 5 begins
February 12	NID—Tri-District
February 15	Family Day
March 3-6	Theatre Production—TBD
March 5	Octa 5 ends
March 8	Octa 6 starts
March 12	Report cards published
March 12	Last Day before Spring Break
March 15-26	Spring Break—no school
March 29	School Re-opens
April 2	Good Friday—no school
April 5	Easter Monday—no school

RBSS CONTACTS

Mike Huck - Principal

mhuck@sd62.bc.ca

Mike Bobbitt - Vice-Principal

mbobbitt@sd62.bc.ca

Students A to G

Martin Lait - Vice-Principal

mlait@sd62.bc.ca

Students H to N + International

Mark Johnston - Vice-Principal

mjohnston@sd62.bc.ca

Students O to Z

Tebeth Barbour - Counsellor

tbarbour@sd62.bc.ca

Students A to G

Kim Hogan - Counsellor

khogan@sd62.bc.ca

Students H to N + International

Wendy Cooper - Counsellor

wcooper@sd62.bc.ca

Students O to Z



RBSS PAC Corner

Meetings will be held the 1st Wednesday of each month at 6:30 pm via MS Teams

Please join us at our next RBSS PAC meeting

November 4, 2020 @ 6:30 pm

If you wish to attend the online meeting please contact royalbayPAC@gmail.com if you have not previously attended a meeting, all previous guests are forwarded automatically.

Thank you

2020-2021 PAC Executive Members:

President: Larissa Coates
Vice President: Marianne Chase
Treasurer: Salome Crowley
Secretary: Cindy Fizzard
SPEAC Rep (District PAC):
Paula Wilson
Communications Officer:
Marie Worden
PAC email: royalbaypac@gmail.com

Remaining Meeting Dates for the 2020-2021

PAC Year:

December 2

February 3

March 3

April 7

May 5

(Election of President and Treasurer)

June 2



Outdoor Education Grades 9/10

Rock Climbing

“Mr. MacRae and the Outdoor Ed 9/10 class ventured down to Crag-X Climbing Gym to test their appetite for heights during an introductory lesson in belaying and rock climbing”.



This and That



Student Parking is the lot past the turf fields ONLY.

The front parking lots are for staff and guests.

Here is the new link for students to register their
vehicles

for a parking pass

<https://forms-reg.sd62.bc.ca/royal-bay-vehicle-reg>

2019-2020 Yearbooks

The 2019-2020 RBSS Yearbooks are here. If your student has purchased and not received their book please ask them to come to the school office.

Last year graduates are welcome to come to the school to pick their books up. Please call into the school office and a clerical member will bring it to the front door of the school for you. 250-474-2377

We do have some yearbooks available for purchase. Please contact the school office. The cost is \$55.00.



Wellness Centre hours will be

Tuesdays from 9:00-3:30 .

Students will need to make an appointment.

Please call 250-519-3580

The Library Learning Commons Welcomes Students



Accessing the Library Catalogue

Google: rbslc and click
on this image



- Log in using your SD62 login credentials
- Add holds to your next great read and pick up from here:



If students require a quiet place to get caught up on some school work or need access to technology, they are welcome to enter the school with the morning or afternoon cohort and use the Library/Learning Commons for the time they are not in class. *Please note: Masks must be worn at all times and students must sanitize hands and sign in and out upon entry and exit.*

Our Library collection is not open to physically browse, but we encourage students to browse using our online library catalogue and select their next great read. We will have their books ready for pick up the next day.



Scholarship Info



Link for the scholarship information / forms:

rbssscholarships.weebly.com

For more information visit the Career Commons or contact

Ms. Harrington

or

Mrs. Glanfield

lharrington@sd62.bc.ca

mglanfield@sd62.bc.ca

<u>Name of Scholarship</u>	<u>Date Due</u>
Remax Quest for Excellence Scholarship	Open Now
Loran Scholars Foundation	October 22, 2020
Schulich Leader Scholarships	January 15, 2021

Watch this space for upcoming information about scholarships!

Indigenous artist Jamin Zuroski worked with teachers, staff and the Royal Bay GSA, to design and create a welcoming mural for our new gender neutral bathroom. This piece draws inspiration from the rainbow colours of the LGBTQ2+ Pride Flag and is representative of our local Coast Salish Nations. The mural depicts the Frog, which symbolizes communication; the Salmon, which represents life and abundance; and the Raven, our school symbol that represents creation, transformation and knowledge. The mural includes the male, female and transgender/non-binary symbols to indicate that all students are welcome. Hych'ka to Jamin for his incredible vision!

New Mural



'intheknow'
Information and Support

For families and caring adults who are parenting a child or youth with mental health challenges.

IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES. CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION - JOIN BY COMPUTER OR PHONE.

PARENTING WHEN OUR KIDS CAN'T GO TO SCHOOL

Parenting when our kids won't (or can't) go to school is hard for everyone; mental health challenges can be what is creating the barrier to them attending. This is hard and complex – we talk about the pieces we have some control over, remembering how much relationships matter, and who we can look to for support.

Registration Required:
<https://www.getostage.com/channel/intheknow>

Communities: Victoria & Comox Valley
 Cost: Free of Charge
 Date: Thursday, October 22, 2020 – 6:30 PM

Discussion facilitated by FamilySmart Parent in Residence

Watch a video with us and come together with other families for a facilitated discussion.

familysmart.ca

Can't Find a Job?

Are you 15 to 30? We can help!

JUMPSTART YOUR CAREER WITH JETS

7 week pre-employment class aimed at gaining skills to land that job!

START: OCT. 26th
778-265-2585
JETS@beaconcs.ca
 Covid safety protocols in place

WHO IS ELIGIBLE?*

- 15-30 years old
- Legally entitled to work in B.C.

WHAT TOPICS ARE COVERED?

- Career Exploration
- Personal Goal Setting
- Healthy Lifestyle Awareness
- Team Building
- Communication Skills
- Budgeting & Personal Finance
- Computer Skill Building
- Hidden Job Market & Networking
- Resumes & Cover Letter Support
- Interview Preparation
- Paid Certification Opportunities
- Individual Job Search Planning
- Active Job Search Support

GET PAID MINIMUM WAGE
5 DAYS/WEEK
7 WEEKS
BOTH IN-PERSON & ONLINE COURSEWORK**

*Participants are also required to be Canadian citizens, permanent residents or protected persons as defined by the Immigration and Refugee Protection Act
 **Participants are supported with appropriate technology to manage the online components of the program

 **Canada**



'In the Know': Parenting When Our Kids Can't Go To School
Additional Resources

Anxiety Canada - www.AnxietyCanada.org

HANDOUT: [Coping Strategies for Supporting Students PDF](#)

HANDOUT: [Build A Fear Ladder](#)

Lives in the Balance - www.livesinthebalance.org

WEBSITE: [Collaborative & Proactive Solutions \(CPS\)](#)

ARTICLE: [The Paperwork](#) - by Dr. Ross Greene

HANDOUT: [ALSUP - Assessment of Lagging Skills and Unsolved Problems](#)

HANDOUT: [Drilling Cheat Sheet](#)

BC Confederation of Parent Advisory Councils - www.bccpac.bc.ca

HANDOUT: [Speaking Up! 2008 - A Parent's Guide to Advocating for Students in Public Schools](#)

MORE FROM FAMILYSMART - www.familysmart.ca/itk

VIDEO: [Start with Strengths - with Chris Wejr, Principal](#)

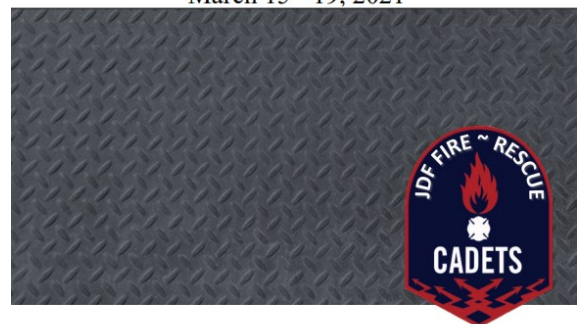
VIDEO: [Teens and Schools - Jeremy Church, Keli Anderson and Colleen Clark](#)

HANDOUT: [FamilySmart Practice Tools - Some Ideas for Helping Conversations Go Better](#)

1000 - 355 Burrard St., Vancouver, BC V6C 2G8 t: 604.878.3400 tf: 1.855.887.8004 w: FamilySmart.ca

FUTURE HEROES

JDF Fire/Rescue Cadet Camp
 For Teens 15-18
 March 15 - 19, 2021



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: October 23, 2020

Made possible by area Fire Departments:





WORKSHOPS & EXHIBITS FOR THOSE AGE 15-24 WHO SELF-IDENTIFY AS FEMALE

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

Thursday, November 5, 2020
10:00 am – 2:30 pm
Coming to you at YOUR SCHOOL!

Presented by



Thank You to Our Event Sponsor!

To register, see your Career Counsellor



Presentations to Inspire & Enlighten You



This conference is a Soroptimist "Dream It Be It" Program

Conference Includes:

- Fabulous Interactive Workshop Sessions
- Virtual Career Library – visit any of 50+ women sharing their careers & lives
- Scavenger Hunt – post pics to win prizes

Schedule:

- 9:45-10:00 Registration
- 10:00-10:45 Virtual Career Library
- 10:45-11:00 Break
- 11:00-11:45 Careers Panel & Q&A
- 11:45-12:45 Your choice of Workshop
- 12:45-1:15 Lunch by Touque Catering (all dietary options available)
- 1:15-2:15 Keynote Workshop
- 2:15-2:30 Scavenger hunt prizes, evaluation & 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 named entrepreneur, Anne-Lia Tamburini 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.

—Anne-Lia Tamburini,
Founder, Hux Consulting

Cost of Registration: FREE!

Please bring one item of non-perishable food for our Seasonal Hampers for women. Talk to your school's Career Counsellor to register. For more info email: lp@slvw.ca.

Choose any 1 Workshop Session from the list below:

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?

— Bridges for Women

What Do I Value?

In a world with so many influences, knowing yourself is the first step to making choices that will make you happy. This workshop will help you answer the questions: "Who am I?" and "What's most important to me?"

— Carrol Ecker, Spark New Life Coaching

Get Out of Your Own Way

You can't see future possibilities if you're talking negatively to yourself! You CAN retrain your mind to make room for your own wisdom and potential. Learn the tools to decrease "stuck thinking" and activate your wise centre to turn on your potential.

— Pamela Syham, Mojo Mojo

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 craziness 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.

— Serena Klarer, Klarer Consulting

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.

— Pat Masters, Masters & Boyd Consulting

Balancing Stress: Tips and practices to help you tame it!

School, relationships, work, finances, 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.

— Marnie Dengerfeld,
Marnie Dengerfeld Coaching

It's Okay to Say NO

Set your own boundaries for school, for work and in life. Know when and where you want to draw the line and say No - respectfully, clearly and firmly.

— Rubra Algodori, Victoria Immigrant & Refugee Centre Society

Simple Tools for Emotional Well Being

Learn and practice specific tools with very positive outcomes to get balanced and control, and control anxiety. Discover the power of gratitude, breathing and energy to maintain your emotional calm.

— Nadine Handcar, Progressive Edge Plus

Dealing with Gender & Racial Microaggressions

They happen all the time, those "little" words and actions that put you off balance. They are not little! How to challenge the prejudices you live with every day.

— Lisa Gaudreau, Our Love Consulting

Rising Above Obstacles

Have you ever felt "shut down" or disrespected 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.

— Suzanne Mendy - Life Coach & Entrepreneur

Soroptimist International is the largest group of women in the world totally 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 (SIWV) - is 10 years old and responsible for the award-winning program Anne's Closet, a free store for women transitioning to a new home; Dream It Be It; scholarships to women; and much more.

Proudly sponsored by



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