

This Week in the Raven's Nest



Royal Bay Secondary School

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May 24 — May 28, 2021

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



This week :

Monday	Victoria Day—no school
Tuesday	Wellness Centre—Appointments only
Wednesday	
Thursday	Octa 7 ends
Friday	Octa 8 begins

What's inside!

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Important dates to Remember:

May 24	Victoria Day—no school
May 27	Octa 7 ends
May 28	Octa 8 begins
May 28	R n B Night—tentative
June 3	Report cards published— MyEd
June 3	Year End Music Concert—tentative
June 5	Dry Grad Livestream Prize Giveaway
June 9-10	RBSS Spring Dance Performances—tentative
June 16	Year End Dance Show—tentative
June 18 & 19	Grad Ceremonies—times to be announced
June 28	Octa 8 Ends
June 29	Last Day of school

RBSS CONTACTS

Mike Huck - Principal

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Mike Bobbitt -Vice-Principal

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Students A to G

Martin Lait - Vice-Principal

mlait@sd62.bc.ca

Students H to N

Mark Johnston - Vice-Principal

mjohnston@sd62.bc.ca

Students O to Z + International

Tebeth Barbour - Counsellor

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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

2021-2022 PAC Executive Members:

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

June 2, 2021 @ 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

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



EVERY FRIDAY IS SPIRIT WEAR DAY

Get Your Spirit Wear!

You can purchase Spirit Wear using the [school cash online system](#) or by bringing your payment to the office!

Visit us in the school store every Wednesday from 11:40-12:40! Bring your receipts to pick up your clothing!

Sizes include:
S, M, L, XL

Mugs \$10

T-Shirts \$10

Hoodies \$40

From the Admin.

May 20, 2021

Dear Students, Parents, and Guardians;

Thank you for your patience as we navigate the current guidelines and directions for our Graduation Commencement Ceremonies. We have been planning to hold ceremonies during instructional time on June 23, 24, and 25 as per the guidelines provided by the health authorities. The current guidelines allow for after school ceremonies and Royal Bay teachers have chosen to move the ceremonies to **Friday, June 18** after school and **Saturday, June 19**.

The Ministry and Health mandate limits those in attendance to just grads and supporting staff, and does not allow any spectators during the ceremonies we are planning. Fortunately, this year's ceremonies will be live streamed, recorded and available after the completion of the ceremonies.

We are still waiting on clarification from the PHO and Ministry of Education on a few points regarding the actual ceremonies, including details around student groupings. We will communicate with grads and families when we are certain.

Thank you for your understanding and patience; we know this has been a difficult year.

Please feel free to contact me if you have any questions.

Thank you,

Martin Lait

Royal Bay Vice Principal

Around the Raven's Nest!

COUNSELLORS CORNER

CULTIVATING MENTAL RESILIENCE

GROUNDING: Create personal calm

What is Grounding?

Grounding is a set of simple strategies that can help you detach from emotional pain (e.g., anxiety, anger, sadness, self-harm). It is basically a way to distract yourself by focusing on something other than the difficult emotions you are experiencing. You may also think of grounding as centering, distracting, creating a safe place, or healthy detachment.

Although grounding does not solve the problem that is contributing to your unpleasant emotions, it does provide a temporary way to gain control over your feelings and prevent things from getting worse. Grounding anchors you, gives you a chance to calm down, and allows you to eventually return and address the problem that is triggering the unpleasant emotions to begin with. And grounding can be done anytime, anywhere, and no one has to know.

If you're interested, please check out this link:

<https://www.winona.edu/resilience/Media/Grounding-Worksheet.pdf>

MINDFULNESS: Ways to ground yourself back to the present moment

Our mind can generate uncomfortable thoughts that carry us into the past and future, but our body is always anchored in the present moment.

Mindfulness is about increasing awareness of our mind's tendency to wander, and helping it to realign with our body in the present moment. This can help interrupt the pattern of worrisome, negative thoughts connected to the past and future.

- **Focus** on 5 things you can see, 4 things you can hear, 3 things your body can physically feel and 2 things you can smell.
- **Touch** is a great way to be present- touch and feel a variety of textures in your surroundings, find a sensory fidget that you like the sensation of or take a warm bath or shower.
- **Get absorbed** in the moment through physical activity - go for a walk, run, hike, or bike ride.

Around the Raven's Nest cont.

RECONNECTING WITH NATURE: Feel the Sun on your back!!

Go For a Walk or a Hike

Regional Park Maps | CRD check out this website for printer friendly park maps
<https://www.crd.bc.ca/parks-recreation/culture/parks-trails/crd-regional-parks/park-maps>

East Sooke Park Irwin Ponds Goldstream Park Havenwood Mt Wells
Mount Stewart Scafe Hill Mount Baldy (Shawnigan Lake) Thetis Lake
Aylard Farms (Sooke) Swan Lake Loop Matheson Lake Loop
Gowlland Tod Provincial Park Sooke Hills Wilderness Regional Park
Langford Lake Mill Hill Frances King Lone Tree Hill

Stroll on the Beach and Have a Picnic



Cadboro Bay Willows Dallas Road
Royal Bay Witty's Sooke Potholes
Taylor Ella French China Botanical



This and That



To purchase viewing access please
purchase your ticket at

[SchoolCashOnline.com: Items](https://schoolcashonline.com/items)

For a preview see link below:

<https://youtu.be/vVmvvBF11QI>

All links and codes will be sent during regular school
office hours.

Anyone interested in trying something new? We are looking to start a wrestling team at Royal Bay. Everyone is welcome, no experience required. Wrestling has some outstanding benefits both mentally and physically, and being an individual sport you are still part of a team. Our goal is to eventually get a team together and attend as many tournaments as we can, and you don't have to compete if you don't want to. If you choose to wrestle beyond secondary school, scholarships, and even Olympics are possibilities. No experience required, just a desire to show up, work hard, and just have fun.

You won't regret it! - wrestling is so much fun.

Please contact Jack Pye @ jp0152@sd62.learns.org

if you are interested in being part of a Royal Bay Wrestling team.



WRESTLING



Grad Corner



2021 Grad's Important Dates/Deadlines

Friday, June 18 and Saturday, June 19	Grad Ceremonies will be held in the Royal Bay Theatre More information and times to follow
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This is the last call for grads to provide us with a baby/childhood picture. The photo will be included in the slideshow presented before the ceremony.

Send the picture to mlait@sd62.bc.ca



PRIZES!  PRIZES!  PRIZES!

"To all current grads: the dry grad committee will be holding an **Instagram livestream prize giveaway on June 5.** Every grad is eligible to win prizes from gift cards all the way to our grand prize of \$1000 cash!! Please follow "royal bay dry grad" on Instagram for updates and to participate in this year's giveaway! Your name will be automatically entered"

Opportunities



Saanich Neighbourhood Place

Mom's Mental Health Toolkit is a five week series, every Monday from May 31st to June 28th, 12-1:30pm, facilitated by Brianna Halstead and Robin Kiernan. For more information and registration details, please contact family@snplace.org



Opportunities



It's really tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis – and we want to help you. We know what it's like because we've been there.

TOPICS

Session 1 & 2:

How to Support a Safety Plan at Home

Session 3:

How to Take Care of Yourself and Family After a Crisis

Session 4:

How to Find the Resources You Need

There is no cost to families. Registration is required:
www.familysmart.ca/workshops

Region: South Vancouver Island

Dates: June 7, 9, 14, & 16
Times: 6:00PM to 7:00PM

Dates: July 13, 15, 20, & 22
Times: 4:00PM to 5:00PM

Dates: August 10, 12, 17, & 19
Times: 12:00PM – 1:00PM

Help for the Hard Times workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator.

