

This week in The Raven's Nest



École Royal Bay Secondary School

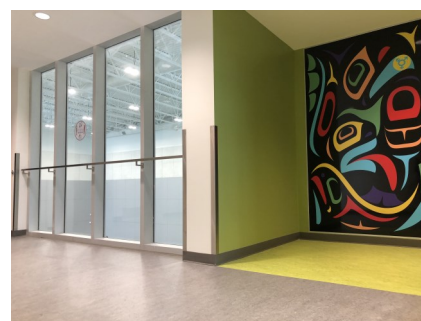
3500 Ryder Hesjedal Way
Victoria, BC V9C 0J6
royalbay@sd62.bc.ca T: 250-474-2377



April 11 – April 15 2022

We would like to acknowledge the traditional territories of the Coast Salish, specifically Esquimalt Nation and Songhees Nation on which Ecole 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



This week :

Monday

Tuesday Wellness Centre

Wednesday

Thursday Wellness Centre

Friday Good Friday - no school

What's inside!

Page 2 Admin Staff Info, Important Dates

Page 3 PAC

Page 4 Ravenous Café,

Page 5 From the Learning Commons

Page 6, 7 & 8 This and That

Page 9 Grad Corner

Page 10 & 11 Counsellors' Corner

Page 12 Scholarships

Page 13 & 14 Opportunities

Important dates to Remember:

April 15	Good Friday—no school
April 18	Easter Monday—no school
April 22	Grad Bottle Drive
April 25-29	Graduation Assessments
May 4	PAC Meeting @ 6:30
May 4	AP Literature Exam
May 10	AP English Language Exam
May 13	NID—Professional Development—no school
May 14	Dry Grad
May 23	Victoria Day—no school
May 25	Grad Rehearsal At UVic
June 1	PAC Meeting @ 6:30
June 5	Grad @ UVic 11:00 and 2:00
June 9	Year—End Music Concert
June 10	R & B Social (tentative)
June 13-17	Graduation Assessments
June 16	Music Dept. Final Concert (tentative)
June 17	Prom at The Crystal Gardens
June 29	Last Day of School



RBSS CONTACTS

Mike Huck - Principal

mhuck@sd62.bc.ca

Tanya Phillips -Vice-Principal

tphillips@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 Ei

Kim Hogan – Counsellor

khogan@sd62.bc.ca

Students Em to Jc + International

Christina Kadin - Counsellor

ckadin@sd62.bc.ca

Students Jd to Pg

Wendy Cooper - Counsellor

wcooper@sd62.bc.ca

Students Ph to Z

RBSS PAC Corner

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

Please join us at our next RBSS PAC

**May 4 (elections) @ 6:30
TBD**

Meeting Dates for 2021-2022

June 1

2021-2022 PAC Executive Members:

President: Marianne Chase
Vice President: Michelle Alexander
Treasurer: Salome Crowley
Secretary: Peggi-Ann Marcoux
SPEAC Rep (District PAC): Paula Wilson
Communications Officer: Caroline Aked
PAC email: royalbaypac@gmail.com



**Our parent run Dry Grad Committee will be hosting the
Dry Grad Carnival at Royal Bay Secondary on May 14, 2022.**

**We have a fun-filled event planned with give-away prizes available to
win.**

**We have already received monies and some prizes from various
community donors. But we would also like to canvass our Royal Bay
parent community to help us give our students a positive send off!
We understand that some families have been hit harder than others.
If your family is able to make a gift card donation that you think a
graduate would like, please contact Salome Crowley at
rbssdrygrad2022prizes@gmail.com.**

Thank you for your support!



April 11—April 14, 2022

	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot main	Linguini with a mushroom cream sauce	Turkey burger with roast wedge potatoes	Jerk chicken with bean salad	Duo of lamb with mashed potatoes and veg
	Vegetarian	Linguini with a mushroom cream sauce	Veggie burger with roast wedge potatoes	Jerk cauliflower bowl	Tamales
COLD SIDE	Wrap	Turkey	Ham and calabrese	Chick pea curry	Chicken bacon Caesar
	Appie	Spring rolls with sweet chili sauce	Spring rolls with sweet chili sauce	Spring rolls with sweet chili sauce	Spring rolls with sweet chili sauce
BAKING	Desserts	Cheesecake/ mint Nanaimo bars	Cheesecake/ mint Nanaimo bars	Cheesecake/ mint Nanaimo bars	Cheesecake/ mint Nanaimo bars



From the Library Learning Commons



Be a team player- return your overdue items!!

**Your fellow students need those calculators, textbooks
and library books.**

**The Learning Commons cannot sign out ANYTHING to
you until you bring those items back.**



**New to the Learning Commons...a giant floor chess set!
Come play your game with a bird's-eye view.**



Upcoming Book Club Dates

There are only three Book Club meetings left this year!

Fri. April 22

Fri. May 6

Fri. May 20

at lunch in the Learning Commons

See you then!



This and That

Rugby

The boys and girls RUGBY team participated in the SD62 EARLY BIRD Tournament before March break.

The boys fought hard with some outstanding effort from Owen A., Elliot B., Brighton F., Ryan S., and Hamid A. The new players of Liam E., Carter F., Noah P. and Adrian M. along with Jason G., and Aiden D. showed their hard work and never giving up over some stiff competition.



Girls are SD62 BOWL CHAMPIONS.

The girls played some hard-fought teams throughout the day and scored some brilliant team try's along with some outstanding individual efforts. The girl's offence was led by Emilia and Lucie who put the opposition on the back foot all day. Charlotte, Victoria and Teagan lead up front with their experience giving Ngoc, Savaya and Leilani plenty of opportunities to counter attack opposing teams, while Merle, Julia and Jade kept injecting energy into the group with their strong scrummaging and big ball carries. Big shout out to Maren for her physicality and being named defensive player of the tournament along with Carla who walked away with top attacker with her 5-team try's.



This and That, cont.

ROYAL BAY GIRLS SOCCER - She shoots...she scores!



Our Junior (9/10) and Senior (11/12) girls soccer teams “kicked off” their respective seasons recently with some impressive results.

After a tough opening game against St. Michael’s, the Junior Girls bounced back to beat our rivals at Belmont 5-2 in our first home game. Great job girls! They have a tough match-up against perennial favourites Reynolds and a huge home game on Monday, April 11th against Oak Bay. Come cheer them on!!

The Seniors started their season in fine style on Tuesday, April 5th with a 5-1 win against EMCS. Amelie N. (x2), Kattia B., Talia S., and Kaylen P. produced the goals, while Karla I. and Ainsley S. combined in goal for the win.

It was a great start to the season, with our LAX girls turned soccer players leading the way from some great energy on and off the field.



Save the Date

Grad Class of 2022 is having a bottle drive

Grad Bottle Drive—Friday April 22, 2022

Earth Day

More details to follow

This and That, cont.

CALLING ALL PARENTS, GRANDPARENTS, TEACHERS ETC

ROYAL BAY SECONDARY

DRY GRAD CARNIVAL

Saturday, May 14th 6:30pm-2am

REQUEST FOR VOLUNTEERS

In order for Royal Bay's Sixth Annual Dry Grad Carnival to be successful, we need approximately 140 volunteers to work a variety of stations throughout the evening. The shifts are in two-hour increments from 6:30pm-2am. We are looking for parents, grandparents, etc... from **ANY** grade willing to volunteer their time to ensure the Carnival runs safely & smoothly. Let's give the grads of 2022 an amazing and memorable event!!

Please email RBSSdrygradvolunteer@gmail.com if you can help! Please indicate approximately what time of the evening you can help out, as well as how many hours you would be willing to volunteer.

Don't miss out on being a part of this awesome event!

Thank you in advance for your support!

Parent Grad Committee



Grad Corner



2022 Grad's Important Dates/Deadlines

Saturday, May 14	Dry Grad Carnival at RBSS
Wednesday, May 25	Grad Rehearsal at UVic
Sunday, June 5	Grad Ceremony at UVic 11:00 and 2:00
Friday, June 17	Prom at The Crystal Gardens

We are pleased to announce that your graduation ceremony will occur on Sunday, June 5th at the Farquhar Auditorium at the University of Victoria.

Due to the size of the grad class, there will be two ceremonies.

One at 11 am and one at 2 pm.



Grad 2022 Mask!

The price is \$10 and we only have a limited number.
The mask can be purchased in Mr. Burgess' room (2146) or at the school store on Wednesdays.

Counsellors' Corner

Spring Programs:

Here are a few programs for parents happening in the next few weeks

(1) Our April Parent Event - "A Conversation for Families About Digital Wellbeing and Mental Health"

As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. **Join us for a conversation and viewing our new video** with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

Dr. Kristy Goodwin, Digital Wellbeing and Productivity Researcher, Speaker, Author and Consultant.

Time & Dates:

April 12, 2022 at 5:00pm

April 20, 2022 at 12:00pm

April 26, 2022 at 6:30pm

April 28, 2022 at 5:00pm

Cost: Free

Registration Required: <https://familysmart.ca/monthly-events/>

Digital Wellbeing Watch Now: <https://youtu.be/oeVSgvi7BKg>

(2) Help For The Hard Times Workshop: These run every month for parents and caregivers whose children have been at the ER or have had a hospital stay for mental health or substance use issues.

Dates & Times:

April 12, 14, 19, & 21--- 6:00 pm - 7:00 pm

May 9, 11, 16, & 18 --- 12:00 pm - 1:00 pm

June 7, 9, 14, & 16 --- 4:00 pm - 5:00 pm

For more information & Register: <https://familysmart.ca/help-for-the-hard-times-workshop/>

(3) New BGC Parenting Programs Starting up in April

April 12th ongoing **Parents Together Daytime** 12-1:30 PM & 6:30-8 PM Tuesdays

April 13th-Jun 15th: **Parents in the Know Daytime** 12-1:30 PM & 6:30-8 PM Wednesdays

April 14th-Jun 16th: **Parenting Without Power Struggles** 6:30 PM—8 PM Thursdays

All groups cover a variety of topics including:

- Attachment and relationship-based practices
- Communication and 6 critical messages
- Developmental changes in pre-adolescence
- Adolescent brain development
- Boundaries, and turning over responsibility as appropriate
- Self-care – taking back your life
- Adolescent mental health
- Substance use and teens
- Connection and understanding
- Capacity building
- Technology
- Working towards independence

To register: parentingprograms@bgcsvg.org



Counsellors' Corner, cont.



Scholarship Opportunities

Upcoming Scholarships

Junior Achievement BC Award for Oratory and Presentation Skills **Due: April 11, 2022**

Sooke School District Awards **Due: April 14, 2022 by noon**

District Authority Scholarships **Due: April 14, 2022 by noon**

4-H British Columbia Provincial Scholarships **Due: April 15, 2022**

Ian Paton Sr. Memorial Scholarships **Due: April 15, 2022**

BCIT Entrance Scholarships **Due: April 15, 2022**

Victoria Diocesan Catholic Women's League Bursary **Due: April 15, 2022**

Personal Guardian and Trustee Educational Assistance Fund **Due: April 15, 2022**

Girl Guides of Canada **Due: April 25, 2022**

Sooke District Elementary, Middle and Secondary School PAC Bursaries **Due: April 29, 2022**

West Shore RCMP Community Policing Advisory Committee Sarah Beckett Scholarship **Due: April 29, 2022**

BC Soccer Association Scholarship **Due: April 29, 2022**

Juan de Fuca Soccer Association Dick Darley Scholarship **Due: April 30, 2022**

The Educational Facility Managers Association of British Columbia Bursaries **Due: April 30, 2022**

BC Lower Island Soccer Association Scholarships **Due: April 30, 2022**

BC Housing – Education Awards Program **Due: April 30, 2022 at 2:00 pm**

myBlueprint Scholarships **Due: April 30, 2022**

BC Hockey Scholarships **Due: April 30, 2022**

More information on these scholarships (and others) can be found on the school scholarship page: <https://rbssscholarships.weebly.com/>

Visit the Career Commons or email Ms. Harrington at lharrington@sd62.bc.ca for help.

Opportunities



Jump Rope Provincials April 22 to 24th

**Volunteers needed Saturday 23rd and
Sunday 24th from 8:30 am to 5:00 pm**

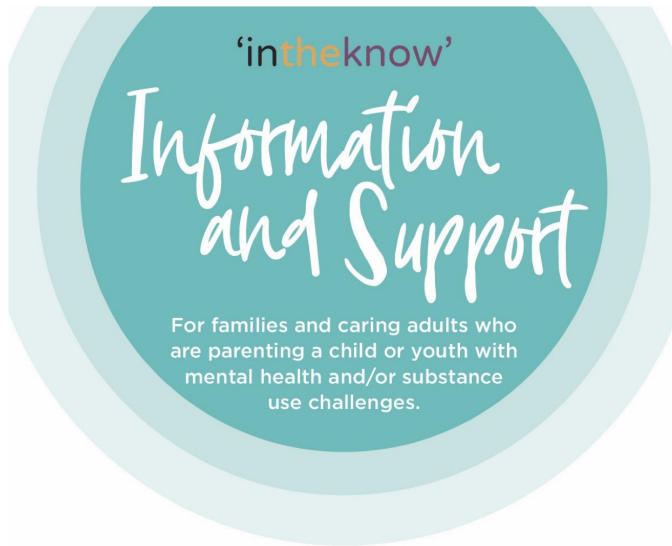
We will need help with the following:

- Concession sales
- Swag table
- Silent auction table
- Raffle table sales
- possibly lunch distribution duties.

To sign up contact Kim at: stewartkandp@hotmail.com

Volunteer hours are a credit to required 30 hours for graduation

Opportunities, cont.



EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

A Conversation for Families About Digital Wellbeing and Mental Health

As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.



Dates (BC Time):

April 4, 2022 at 6:30pm
April 12, 2022 at 5:00pm
April 20, 2022 at 12:00pm
April 26, 2022 at 6:30pm
April 28, 2022 at 5:00pm

Cost: Free of Charge

Registration Required: www.familysmart.ca/events

familysmart.ca



MINI MED SCHOOL 2022

VANCOUVER ISLAND:
NANAIMO & VICTORIA



LEARN. ENGAGE. BE INSPIRED

Are you a grade 10-12 student with a passion for science and health research?

Join BC Children's Hospital Research Institute for a day of presentations and hands-on activities that explore the newest discoveries and innovations in health research.

At Mini Med School, you'll have the opportunity to:

- Engage with world-class researchers and health professionals
- Learn about the latest medical research happening in BC
- Explore the diverse careers available in science and medicine
- Network with like-minded students from across Vancouver Island

WWW.MINIMEDSCHOOLBC.CA

Admission is free but space is limited!



NANAIMO

Thursday, April 28, 2022
8:30 am - 3:30 pm
Coast Bastion Hotel
11 Bastion Street

VICTORIA

Friday, April 29, 2022
8:30 am - 3:30 pm
Coast Victoria Hotel & Marina
146 Kingston Street

Proof of vaccination is required to attend.

Mini Med School is a special event held outside the classroom. Students will be expected to make their own arrangements to miss a day of classes and transportation.

Volunteer to Serve a Meal at the Mustard Seed

May 14, 2022
5:30pm-8:30pm
808 B Viewfield Rd
Esquimalt BC



Earn volunteer hours and goodies while you work.
See the Career Commons for more info.