

# This week in The Raven's Nest



## École Royal Bay Secondary School

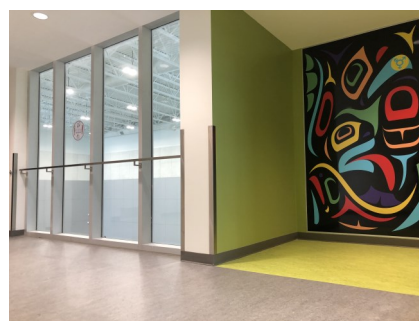
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Victoria, BC V9C 0J6  
royalbay@sd62.bc.ca T: 250-474-2377



### April 25 – April 29, 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	Graduation Assessments
Tuesday	Wellness Centre
Wednesday	Graduation Assessments
Thursday	Wellness Centre Graduation Assessments
Friday	Graduation Assessments

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## Important dates to Remember:

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](mailto:mhuck@sd62.bc.ca)

### Tanya Phillips -Vice-Principal

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Students A to G

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Students H to N +International

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Students A to EI

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Students Em to Jc + International

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Students Jd to Pg

### Wendy Cooper - Counsellor

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Students Ph to Z

# From the Admin.

## Red Dress Day - May 5: Honours Canada's Missing and Murdered Indigenous Women, Girls and Two-Spirit people

May 5 marks the National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit people (MMIWG2S) in Canada. Also known as Red Dress Day.

On **May 5**, people across North America hang red dresses in private and public spaces in solidarity with family members and loved ones of the missing people. The red dresses act as a visual reminder.



Royal Bay Secondary is proud to have this amazing Art work permanently on display to honour Canada's missing and murdered Indigenous women, girls and two-spirited people. This art work unveiling will take place in a ceremony at RBSS on May 5.

## **RBSS PAC Corner**

Meetings will be held the 1<sup>st</sup> 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](mailto: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](mailto:rbssdrygrad2022prizes@gmail.com).**

**Thank you for your support!**



## April 25—April 28, 2022

	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot main	Spaghetti surprise	Eggs Benedict with hash browns	ABLT with side salad	Lunch will be available from Camosun's Cuisine machine food truck
	Vegetarian	Spaghetti surprise	Eggs Florentine with hash browns	Tofu Baan mi with side salad	
COLD SIDE	Wrap	Turkey	Ham	Salami/pastrami	
	Appie	Calamari with tzatziki	Calamari with tzatziki	Calamari with tzatziki	
BAKING	Desserts	Cream puffs/ rhubarb apple crumble	Cream puffs/ rhubarb apple crumble	Cream puffs/ rhubarb apple crumble	





# Around the Raven's Nest!

## Home Economics and Culinary Arts Spring 2022



In theory classes we are learning about food systems and food marketing. We also spend time in the garden and have done some community service removing invasive species in the neighborhood. Here are some photos of some great kids!

Taking care of our seedlings and harvesting food for our programs.

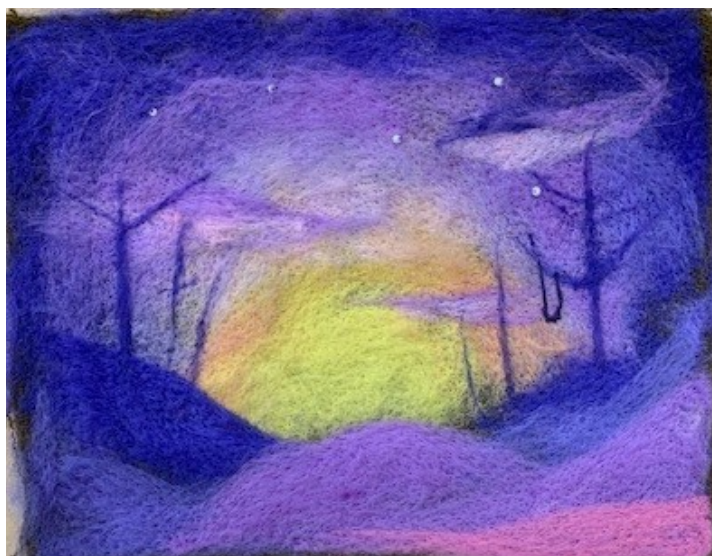


The best part - getting to sit down and enjoy the fruits of our labour!

# Around the Raven's Nest!, cont.

## Textiles

In the past number of weeks, students in Textiles have been exploring methods of creating images out of fabric and textile materials. Some of the processes and techniques have included applique quilt making, fabric painting, and needle felting.



# 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.

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



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## Upcoming Book Club Dates

**There are only two Book Club meetings left this year!**

**Fri. May 6**

**Fri. May 20**

**at lunch in the Learning Commons**

**See you then!**





# This and That

**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](mailto: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.

# Counsellors' Corner

## MENTAL HEALTH:

TOP TIPS FOR SUPPORTING YOUR FRIENDS AND CARING FOR YOUR OWN MENTAL HEALTH BY MCCREARY'S YAC



[www.mcs.bc.ca](http://www.mcs.bc.ca)



[mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca)



[@mccrearycentre](https://twitter.com/mccrearycentre)



[mccrearycentre](https://www.youtube.com/mccrearycentre)



[mccrearyyouth](https://www.instagram.com/mccrearyyouth)

# Scholarship Opportunities

## Upcoming Scholarships

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**  
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**  
Juan de Fuca Minor Hockey Association Scholarship **Due: April 30, 2022**  
Canadian Agri-Business Education Foundation **Due: April 30, 2022**  
The Trevor Linden Community Spirit Scholarship **Due May 1, 2022**  
Beacon Community Services Scholarship **Due May 1, 2022**  
Chiropractic For Life Scholarship **Due May 2, 2022**  
Coast Capital Insurance Western Inspirational Award **Due May 2, 2022**  
Colwood Women’s Institute Scholarship Application **Due May 2, 2022**  
Frank Gower Memorial Bursary **Due May 2, 2022**  
Gablecraft Homes **Due May 2, 2022**  
Gesslein Mini Excavating Ltd. **Due May 2, 2022**  
Harris Law and Company **Due May 2, 2022**  
Iris Reis Memorial Scholarship **Due May 2, 2022**  
Juan de Fuca Veterinary Clinic Scholarship **Due May 2, 2022**  
Juan de Fuca Masters Football Club Scholarship **Due May 2, 2022**  
Lassner Family Scholarship **Due May 2, 2022**  
Metchosin Fire Department Delaney Dunlop Memorial Scholarship **Due May 2, 2022**  
Pardell Electric Scholarship **Due May 2, 2022**  
Rainbow Scholarship - Created by the Grad Council of 2021 **Due May 2, 2022**  
Ravenous Café Culinary Arts Scholarship **Due May 2, 2022**  
Rotary Club of Westshore Sunrise Scholarship **Due May 2, 2022**  
Vancouver Island Soap Works Kindness & Compassion Scholarship **Due May 2, 2022**  
West Shore Developers Association Bursary Application **Due May 2, 2022**  
West Shore Lions Club: Lion H. Ralph Day Bursary **Due May 2, 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](mailto:lharrington@sd62.bc.ca) for help.



# Opportunities



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

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



# Opportunities, cont.



## National Child & Youth Mental Health Day

CONNECT AND LEARN WITH US - Online Events for Parents & Caring Adults

### It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy (EFFT)

With **Dr. Adele Lafrance**, clinical psychologist, author, scientist, and developer of emotion-focused treatment modalities, including Emotion-Focused Family Therapy

Time: 6:30pm - 7:30pm

MAY  
2

### Building Connection With Our Kids When It Feels Impossible

With **Diane Evans**, FamilySmart Parent Peer Support Worker, BC Children's Hospitals Kelty Mental Health Resource Centre.

**Tammy Music**, Family Smart Parent Peer Support Worker, Surrey Memorial Hospital, Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and Short Term Assessment Response Treatment (START) Fraser North.

Time: 12pm - 1pm

MAY  
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### The ABCs of Substance Use and Connecting With Our Kids

With **Cindy Andrew**, senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools

**Angela Lawrence**, educator and registered clinical counsellor

**Art Steinmann**, Senior Associate, Youth Substance Use Health Promotion, Bunyaad Public Affairs.

Time: 6pm - 8pm

MAY  
4

REGISTER AT: [FAMILYSMART.CA/EVENTS](https://familysmart.ca/events)



[may7icare.ca](https://may7icare.ca)

