

This week in The Raven's Nest



École Royal Bay Secondary School

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Victoria, BC V9C 0J6
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May 9—May 13, 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 Nuuchah-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 – Nuuchah-nulth



This week :

Monday	
Tuesday	Wellness Centre AP Exams
Wednesday	
Thursday	Wellness Centre
Friday	NID— Pro-d Day—no school
Saturday	Dry Grad Carnival

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Important dates to Remember:

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

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Students Em to Jc + International

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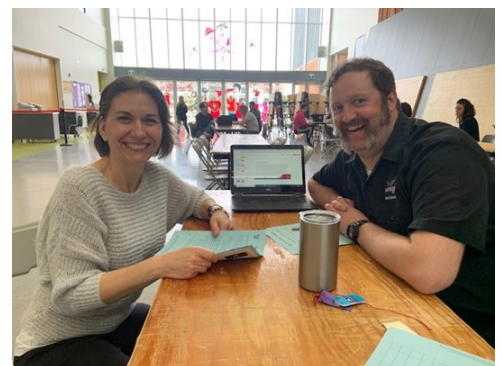
Students Ph to Z

From the Admin.

Grade 12 Career Life Connections Capstone Presentations



Teachers and students reported that it was “the best day of the year”. On May 3, our Grade 12 students met with their mentors to share their Capstone Presentations. This was the culminating step in the completion of Career Life Connections 12 course. The opportunity for students to present to a role model and supportive adult, made the experience much more meaningful and allowed students to self-reflect and genuinely contemplate their journey.

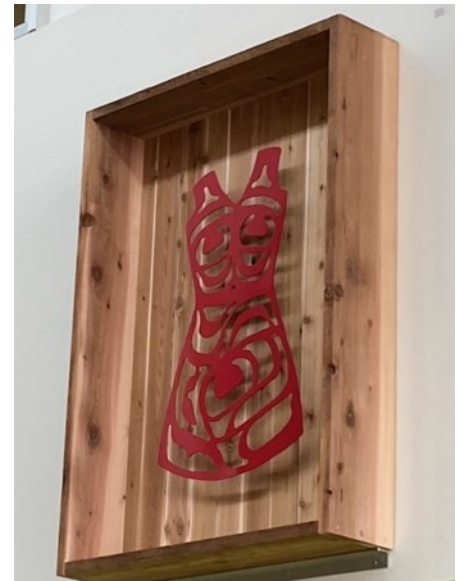


From the Admin. Cont.

National Day of Action for Missing and Murdered Indigenous Women



To bring awareness to the National Day of Action for Missing and Murdered Indigenous Women, an art install, RBSS's Little Red Dress Project, created by the District's Metal TASK program, was unveiled. This unveiling was celebrated by a gathering of students, staff and Indigenous leaders. Additionally, Ms. Lockhart, RBSS's Indigenous Support Teacher, arranged a virtual presentation, attended by many classes throughout the school, by Ecko Aleck from Sacred Matriarch Creative to honour Red Dress Day.



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

**June 1 @ 6:30
TBD**

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!



May 9 -May 12, 2022

	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot main	Spaghetti and meat sauce	Ramen	Shepherds pie	Cuban sandwich
	Vegetarian	Spaghetti and tomato sauce	Ramen	Buddha bowl	Stuffed peppers
COLD SIDE	Wrap	Turkey	Ham	Chicken bacon ranch	Salami
	Apple	Chicken wings	Chicken wings	Chicken wings	Chicken wings
BAKING	Desserts	Crème Brule/ cake pops	Crème Brule/ cake pops	Crème Brule/ cake pops	Crème Brule/ cake pops

From the Library Learning Commons

Upcoming Book Club Dates

There is only one Book Club meeting left this year!

Fri. May 20

at lunch in the Learning Commons

See you then!



Around the Raven's Nest!

#LetsGetReal about Mental Health

DYK Mental Health Literacy has 4 Key Components?



When it comes to looking after one's mental health, here are some basics that are key – and great news, what's good for our mental health is good for our health overall – and helpful in supporting your child's learning journey.

Get active! Any kind of movement works – what matters is it's fun and enjoyed (whatever one's age!)

Get your Zs Quality sleep – and enough of it, matters a lot for us all. And some, like teens, need more than others. These [tips](#) can help.

Fuel up. Enjoying a [balanced diet](#) and some [family meals](#) offers tons of benefits – including good mental and physical health.

It's (almost) all about relationships. Making time to connect with friends and family isn't always easy in to-day's busy world, but it's worth it. Check out all the [benefits](#) of human connections – and here's a [few ideas](#) for helping you or your kids nurture connections.

Before you weigh in, tune in. This year's theme for [national mental health week](#) is about empathy – something that can help us know ourselves and our own feelings. It can help us lead, help us communicate and help us support and connect with others. This [short, humorous video](#) helps explain empathy and how it's different than sympathy.

Lend a hand. Acts of kindness and helping others is not only a nice thing to do – it's great for your mental health too! Check out this [site](#) for why it matters and ideas to spark action.

Have questions about your child's mental health? Kelty Mental Health Centre addresses [the common questions](#) that families ask about accessing mental health supports and services in BC for their child or youth. You'll find suggestions about where to go and what to expect when looking for support options.



Any grade 12's who are wondering if they have all the credits / courses to grad or think they may be missing any of Ministry Assessments - Literacy 10, Literacy 12 or the Numeracy 10 Assessment, please see their counsellor immediately.

Around the Raven's Nest!, cont.



Royal Bay lacrosse academy students recently spent an afternoon at Ruth King Elementary, reading to multiple classes as part of their literacy week. A huge part of this academy includes giving back to the community of where the students come from.



École Royal Bay Welcomes Ivan Coyote!



The Gender and Sexuality Association (GSA), through the generous support of a United Way Youth In Action grant and our admin team, are proud to bring Ivan Coyote, author and activist, to our school on May 19th. This virtual presentation will explore identity, inclusivity and our roles as allies. Parents are invited to join the livestream which will occur at 10:30am. To obtain a link to the livestream, please contact Danielle Huculak

at dhuculak@sd62.bc.ca.

Ivan Coyote is a writer and storyteller. Born and raised in Whitehorse, Yukon, they are the author of thirteen books, the creator of four films, six stage shows, and three albums that combine storytelling with music. Coyote's books have won the ReLit Award, been named a Stonewall Honour Book, been long-listed for Canada Reads, and been shortlisted for the Hilary Weston Prize for non-fiction, and the Governor General's Award for non-fiction twice. In 2017 Ivan was given an honorary Doctor of Laws from Simon Fraser University. Coyote's stories grapple with the complex and intensely personal topics of gender identity, family, class, and queer liberation, but always with a generous heart, and a quick wit. Ivan's stories manage to handle both the hilarious and the historical with reverence and compassion, and remind us all of our own fallible and imperfect humanity, while at the same time inspiring us to change the world. Ivan's 13th book, *Care Of*, was released in June 2021 by McClelland and Stewart.

website: www.ivancoyote.com

Facebook: <https://www.facebook.com/ivanecoyote>

Twitter: <https://twitter.com/ivancoyote>

Instagram: <https://www.instagram.com/ivancoyote/?hl=en>

Emily Cooper Photography

Around the Raven's Nest!, cont.

The Making of a Little Library

Earlier in the school year, our librarians expressed an interest in having a little library made for Royal Bay. This seemed like a great design opportunity for students in the grade 11 & 12 Housing and Living Environments class. Students began by interviewing the librarians to have a better understanding of their needs. The librarians wanted a mobile little library that could travel around open spaces inside the school with the goal of encouraging student readership. Since the librarians were the clients, not the users, the class created surveys to better understand reading habits and features of a little library that would drive student interest. The collected data was used as a starting point for brainstorming and ultimately led to the designs that were presented to our librarians for feedback. Students wanted a little library that would be colorful, fun, and interactive, that would feature some Indigenous artwork and reflect our location along the ocean and that would connect with our school culture at Royal Bay. Mr. Sorenson offered to build the chosen design and students found the inspiration to paint it from an Indigenous story about ocean stewardship. This story resonated with the students as they saw a parallel with the idea of being good stewards of the ocean by “only taking what you need,” and being good stewards of our new little library. Students worked with a local indigenous artist, Jaymin Zuroski, who helped students bring their ideas to life. So here is the finished product we are very proud to present! You will find “The Whale of a Tale Little Library,” around and about the open spaces of our school. Help yourself to a good book and enjoy the read!



Athletics /Teams

ROYAL BAY GIRLS RUGBY

In the last two weeks, we've had two huge games against Cowichan High and Brentwood College. Our growth as a young girls' team has been exponential where we showed our defensive prowess against a tough Cowichan side. Stand-out players were Merle, Maddy, Emilia, Belle, and Jade.

This week versus Brentwood our attack was dominant along with a solid defensive effort. The halftime score was 12-7 for Brentwood, with our lone first-half try coming from Belle.

In the second half our attack showed its life with a large possession, where we saw Julia get over the line and Belle get her second try of the day. Merle kicking great conversation. Outstanding players on the day Lauren, Charlotte, Isaac, Carla and Sadia.

RB vs Cowichan: Top Player: Belle Ryan's Raven of the game: Merle

RB vs Brentwood: Top Player: Teagan Woman of the match: Charlotte Ryan's Raven of the game: Tori



Special thanks to



This and That

A photograph of a garden scene. In the foreground, a metal trowel with a wooden handle is filled with dark soil. To the left, there is a bundle of light-colored twine. In the background, several potted plants are visible, including a small green plant in a clear plastic tray and a larger plant in a brown pot. The overall scene is set against a dark, textured background of soil.

Royal Bay is having a

**student market
and plant sale**

Thursday, May 12
830am-330pm

In the Garden

www.reallygreatsite.com

This and That, cont.

District International Program

The School District's International Program is looking for great host families who are interested in welcoming an international student into their home next school year. Students come from many different countries (Germany, Mexico, Thailand, Spain, Brazil, Japan, Italy, China, and more), and typically stay for 5 or 10 months, attending one of the high schools in the district. If you are interested in learning more, contact homestay@sd62.bc.ca. Families are encouraged to apply now, as placements are currently being made for September. To apply directly, use the QR code in the image below or visit <http://www.sooke-schoolsvictoria.com/homestay/>



HOMESTAY FAMILIES NEEDED
BELMONT, ROYAL BAY & SMCS
SECONDARY SCHOOLS

You will provide an experience of a lifetime, build lifelong relationships, and learn about other cultures.

APPLY TO HOST
sooke-schoolsvictoria.com/homestay

Take a photo with your phone to apply!

BASIC EXPECTATIONS: Clean, safe, welcoming, supportive home environment. Private furnished bedroom (furnishings provided), 3 meals per day plus snacks. Participation in family activities. Monthly honorarium provided.

Sooke Schools
Sooke, Royal Bay, SMCS
Victoria, British Columbia

This and That, cont.

Contact Information

It is important for the school to have current and accurate email addresses 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 email the 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.



PARKING

Just a reminder that students need to register their vehicles to drive and park at the school. Please see more information here:

<https://royalbay.web.sd62.bc.ca/students/student-parking/>

STUDENT PARKING: Lot behind the fields. Students are NOT permitted to park in the staff or guest lots.



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.

*Congratulations to Brooklyn E., Jackin C. and
Makayla B. who won random draw prizes for
handing their Carnival forms in on time.*



Prom at Crystal Gardens

June 17, 2022

Arrival 5:15 – 6 pm

Dinner 6:30 pm

Dance starts at 8:00 pm

Event concludes at 10:00 pm

Tickets will be on sale until Friday, May 6, 2022. NO LATE SALES.

The ticket sales are a **two-part** process, the office must have **BOTH** the parent/guardian signed yellow form (pick up from the school office) as well as proof of school cash online payment, cash or cheque payable to SD62.

Graduates will NOT be able to attend without BOTH parts – payment and signed form.

Please note that parent/guardian will need to escort their student to the event.

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



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

Junior Achievement BC Awards

Dr. Donald Rix Inspiring Business Excellence Scholarship **May 8th, 2022**

Jan Bell-Irving Award for Women's Leadership **May 8th, 2022**

Sooke Principals' and Vice-Principals' Association (SPVPA) Bursary

(for children of SPVPA only) **May 10th, 2022 by 4:00pm at Sooke School Board Office**

Sooke Principals' and Vice-Principals' Association (SPVPA) LEGACY Scholarship

(for all graduating students) **May 10th, 2022 by 4:00pm at Sooke School Board Office**

Judy Bourne Memorial Scholarship **May 13th, 2022**

Pacific Leadership Scholarship for Students of Public Servants **May 13th, 2022**

Rotoract Club of Victoria Foundation Scholarship **May 13th, 2022**

Rick Thomas Memorial Scholarship **May 15th, 2022**

Health Auxiliary Bursary **May 15th, 2022**

The Lou Williamson Scholarship **May 16th, 2022**

Metchosin Foundation Scholarships

Community Citizenship **May 20th, 2022**

Moralea Milne Beecher Bay Community **May 20th, 2022**

Environmental Stewardship **May 20th, 2022**

Indigenous Engineering Student Scholarship **May 20, 2022**

Jim Hebden Chemistry Bursary **May 20, 2022**

Alpha Chi Theta Orchid Bursary **May 30, 2022**

Sooke Fine Arts Society Scholarships **May 31, 2022**

Harbourside Rotary Scholarship **May 31, 2022**

Bernice Harriet Osborne Memorial Basketball Scholarship **May 31, 2022**

4-H British Columbia National Scholarships **May 31, 2022**

Lime Connect Pathways Scholarship **May 31, 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



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:

Region: South Island

Session 1 & 2:

How to Support a Safety Plan at Home

Dates: May 9, 11, 16 and 18 2022
Times: 12:00pm – 1:00pm

Session 3:

How to Take Care of Yourself and Family After a Crisis

Dates: June 7, 9, 14, and 16, 2022
Times: 4:00pm – 5:00pm

Session 4:

How to Find the Resources You Need

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

There is no cost to families. Registration is required:

www.familysmart.ca/workshops



coastmountaincollege.ca

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Freda Diesing School of Northwest Coast Art is the only school of its kind in Canada. Focusing on traditional Indigenous Northwest Coast art and instructed and mentored by world-renowned artists.

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FREDA DIESING

SCHOOL OF NORTHWEST COAST ART

coast mountain college