

This week in The Raven's Nest



École Royal Bay Secondary School

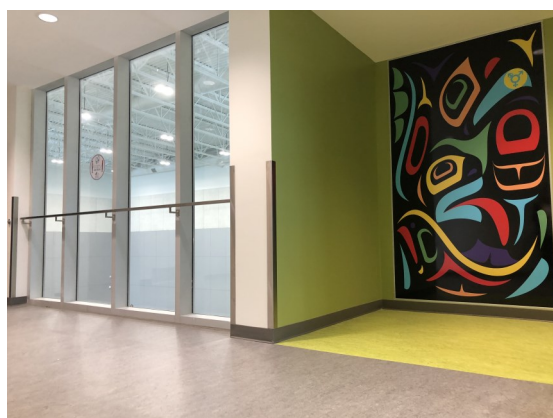
3500 Ryder Hesjedal Way
Victoria, BC V9C 0J6
royalbay@sd62.bc.ca T: 250-474-2377



November 14 to November 18, 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



Published in MyEd Friday, November 18, 2022

This week :

Monday	Term 2 Starts
Tuesday	Wellness Centre 9:30-3:00 Post Secondary Event Gr. 12
Wednesday	
Thursday	Wellness Centre 9:00-3:00
Friday	Reports Published in MyEd

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Important dates to Remember:

November 14	Term 2 starts
November 15	Post Secondary BC Visit
Nov 21– Dec 2	Grad Photos
November 22	Fire Drill # 3 @ 9:20 am
November 24	Early Dismissal 3 Hrs—Learning Conferences
November 25	NID—Pro-D—no school
November 30	Careers 10 “Life Skill Symposium”
November 30	10 000 Tonight
December 1	Music Program’s Winter Concert @ 7:00 pm
December 7	PAC Meeting @ 6:30 pm
December 14 & 15	Winter Dance Performance @ 7:00 pm
December 15	Winter Formal
December 16	Santa Breakfast
December 16	Last Day before Winter Break
Dec 19– Jan 2	Winter Break
January 3, 2023	School Reopens
January 4	PAC Meeting @ 6:30 pm
January 16-20	Capstone Presentations
January 19 & 20	Grade 9 Immunization Clinic
January 23– 27	Literacy 10, Numeracy 10 and Literacy 12 Assessments
January 30-February 3	Grad Photos Retakes
January 31	Term 2 and Semester 1 End
February 6	School Planning Day—no school
February 7	Report Cards published in MyEd
February 9	Fire Drill at 9:20 am
February 17	NID Tri District Pro– D—no school
February 20	Family Day—no school
March 1	PAC Meeting @ 6:30 pm
March 8—11	Black Wing Theatre Production
March 17	Last Day before Spring break
April 3	School reopens
April 7	Good Friday
April 10	Easter Monday
April 20	Early Dismissal 3 hours—Learning Conferences

RBSS CONTACTS

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Students Ph to Z



From the Admin



École Royal Bay Secondary School

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Dear RBSS Students and Parents/Guardians,

We are looking forward to everyone completing Term One (November 10th) and the beginning of Term Two on November 14th. Make sure that you have been in contact with your student's teachers and that you have a clear idea of how your student has been progressing in their courses. If you have any questions or concerns, please work with the teacher or reach out to the supports listed below.

Reports for Term One will be published in the [RBSS MyEd Family Portal](#) on November 18th by 4pm.

Student Learning Conferences:

On November 24th, we look forward to welcoming families into the building for Student Learning Conferences from 2-4 pm and 5-7 pm. Please note that if it is difficult to meet face to face, we do still have MS teams (virtual meetings) as an option. Please indicate your preferred method for meeting when you book your appointments.

Book student learning conferences [HERE](#)

Please be sure to select the teacher that you wish to meet with, as step one with booking. Also reference the attached, 'How to Guide'.

Bell Schedule for November 24th Early Dismissal and Learning Conferences

<u>Bell Schedule</u>	<u>Block Rotation</u>
Block B	9:00 – 9:40
Block A	9:45 – 10:25
BREAK	10:25 – 10:40
Block D	10:40 – 11:20
Block C	11:25 – 12:05

Semester Breakdown – 2022/2023

Semester 1	Sept. 7 – Jan. 31
Term 1	Sept. 7 – Nov. 10
Term 2	Nov. 14 – Jan. 27
Semester 2	Jan. 31 – June 23
Term 3	Jan. 31 – April 14
Term 4	April 17 – June 23

November 24th Busses and Student Pick-Up

This first busses for student pick-up start arriving at RBSS is at 12:20 pm.

From the Admin, cont.

Remembrance Day 2022

Today, at École Royal Bay Secondary School, we acknowledge the sacrifices made in service by Canadian soldiers fighting for freedom and the challenges faced by Canadian Peacekeepers around the world.

Across Canada, and in many other countries, people gather on November 11th to honour the courage and devotion of brave men and women who made the supreme sacrifice of serving and dying for their country.

The year 1918 and the end of the First World War—the origin of Remembrance Day—seem so long ago in the context of many of our lives today. However, at the same time, the reality of war and conflict, is only as far away as a veteran, a family member, friend or neighbour who has been touched by that war or those that have followed.



So today, we take the time to reflect, remember and honour those who fought for our freedom in the First World War, the Second World War, the Korean War, our numerous peacekeeping operations and most recently, the war in Afghanistan. More than a million-and-a-half Canadians served overseas and more than 100,000 died in these conflicts. We also remember those who stayed in Canada, and served and continue to serve on our soil.

Today we gather to honour those who fought for our country and to remind ourselves that the freedom we unquestionably enjoy today was not without sacrifice. We are happy that once again we can gather as a school community to acknowledge the magnitude and the meaning of our past.

At the same time, we recognize the absence of veterans, not just on our campus but in our communities. As a school community, we have come together in remembrance—

From the Admin, cont.

RBSS Hosts the Island Soccer Championships

École Royal Bay Secondary School has hosted the Island Championships this past Thursday and Friday.

Our students and staff have been treated to some incredible soccer matches these past two days.

In fact, Royal Bay just defeated Oak Bay Secondary in a penalty kick shoot out to advance to the Finals at Starlight Stadium against Reynolds.



It has been fun watching the excitement around the school, as our students cheer on their classmates!



School cash on line link for cash donations:

[School cash on line—10 000](#) Tonight Donations

RBSS PAC Corner

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

PAC meetings for 2022-2023

December 7, 2022
January 4, 2023
February 1, 2023
March 1, 2023
April 5, 2023
May 3, 2023 (elections)
June 7, 2023

2021-2022 PAC Executive Members:

President:	Michelle Alexander
Vice President:	Kim Strandlund
Treasurer:	Salome Crowley
Secretary:	Melissa Da Silva
SPEAC Rep	Paula Wilson Kari Moslehi
Communications Officer:	Caroline Aked
PAC email:	royalbaypac@gmail.com



The 1st RBSS **Dry Grad Carnival Committee meeting** is next
Wednesday, November 16th at 7:00 p.m.

in the Learning Commons.

ALL parents are welcome to join this exciting committee which
organizes the Carnival for the graduating class in the spring.

The more the merrier!

For more information contact
rbparentgradcommittee@gmail.com



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot main	Chicken fajitas	Eggs Bennie with hash browns	Seafood chowder with puff pastry topping	Perogies with all the toppings
	Vegetarian	Ratatouille	Eggs Bennie with hash browns	Corn chowder with puff pastry topping	Perogies with all the toppings
COLD SIDE	Wrap	Chicken ranch	Ham	BLT	Trio
	Appie	Croquettas	Croquettas	Croquettas	Croquettas
BAKING	Desserts	Pavlova/ chocolate layer cake	Pavlova/ chocolate layer cake	Pavlova/ chocolate layer cake	Pavlova/ chocolate layer cake



[Click here to go to the official Royal Bay Instagram page](#)

Around the Raven's Nest!



For 2 months it's been smooth sailing -- the weather has been beautiful, classes have enjoyed the sunshine, and our gym spaces have been a hub of activity. Sure enough, reality hit us hard with the dramatic switch to rain, even harder still when the snow fell on Monday. Luckily, it hasn't dampened our spirits, just our shoes!



Brother Rick teaching PHE 10 students how to play Lahal (the Bone Game)

Our schedule is jam packed, with every block full and students engaging in physical activity everywhere you look. Mr. Hobson, Mr. Harris, and Ms. Torbohm's PHE 9, PHE 10, and Active Living 10-12 students have been taking part in a variety of units including traditional sports like volleyball and basketball, as well as unique units participating in Indigenous games, games from around the world, and select Paralympic sports (check out the game of 'Goalball' below!).

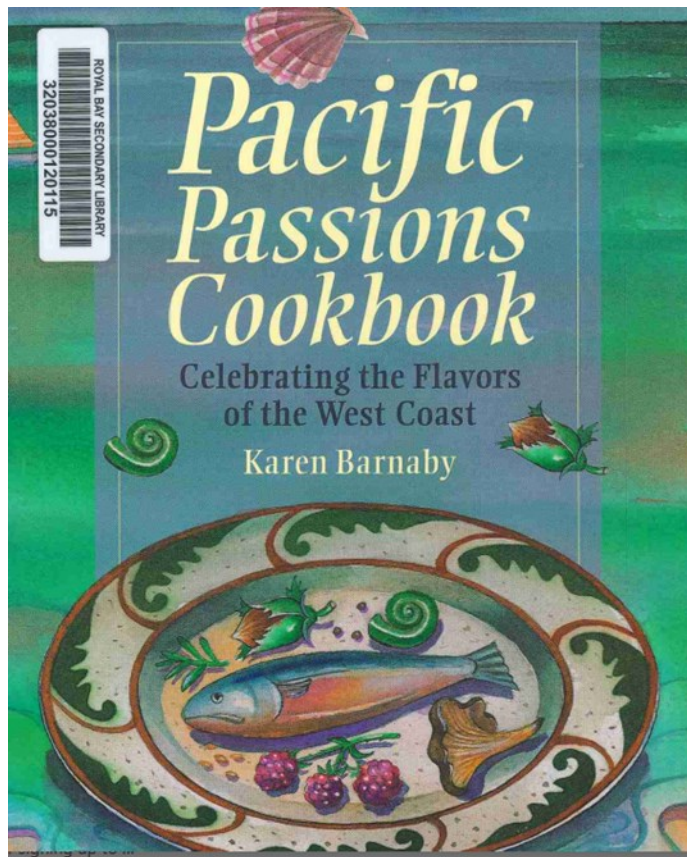
Our sports performance basketball and volleyball classes are busy improving their skills with Mr. Sundher and Ms. MacKinnon respectively. Mr. Harrington and Mr. Schwertfeger have their classes working hard in the weight room learning to perform a variety of different lifts, while also designing their own fitness programs.





We encourage all families to look at our department offerings and be aware of the extensive variety of courses we provide at Royal Bay. The benefits of being physically active are paramount to our physical, emotional, and mental health. Not to mention, our department loves to laugh and have fun!

From the Learning Commons

Continuing our theme of cooking this month, we'd like to present the following cookbook that students are welcome to check out. This week is.....



Curious what is inside? Check out this delicious dessert.



Blueberry Lemon Loaf

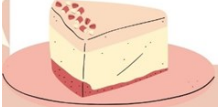
Try sandwiching slices of this loaf with strawberry ice cream for a deluxe ice cream sandwich.

Makes 2 small loaves		
2 cups	all-purpose flour	500 ml
2 tsp.	baking powder	10 ml
1/2 tsp.	salt	2.5 ml
1/2 cup	unsalted butter, softened	125 ml
1 cup	sugar	250 ml
2	large eggs	2
2 tsp.	vanilla	10 ml
2 Tbsp.	finely grated lemon zest	30 ml
2/3 cup	milk	160 ml
1 1/2 cups	blueberries, fresh or frozen	375 ml

Preheat the oven to 350°F (180°C). Butter and flour two 6- by 3-inch (15- by 7.5-cm) loaf pans.

Sift the flour, baking powder and salt together. Cream the butter and sugar until light and fluffy. Add the eggs one at a time, beating well after each addition. Beat in the vanilla and lemon zest. Add half the flour mixture, beating well, then half the milk. Add the rest of the flour, then the rest of the milk. Gently fold half the blueberries into the batter.

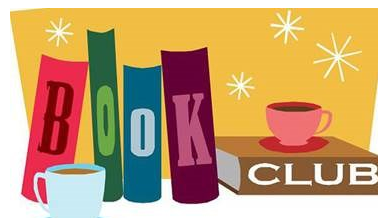
Spoon the batter into the prepared pans. Sprinkle the rest of the berries over the tops of the loaves. Bake for 45-50 minutes, until golden brown and a toothpick inserted into the middle of the loaves comes out clean. Cool in the pans for 10 minutes, then remove to a rack to finish cooling.



Book Club Upcoming Dates:

November 18th

December 2nd, December 16th



This and That

Get Your Spirit Wear!

The following students have items they have paid for, waiting to be picked up from the Raven Store on Wednesday at lunch. Please come and claim your paid-for items!!

Begum A.

Liam L.

Keegan F.

Haydin G.

Soyoka A.

Mason L.

Isabelle W.

Anna B.

Ella R.

Emma M.

Jack I.

Tahlia F.

Christopher O.

Lauren M.

Amber B.

Ngoc, L.

Ronan S.

Maya W.

Rylan I.

Anna B.

Diego P.

Elyse P.



Grad Corner

RBSS Grad Wear

TAKE THE COMPLETED ORDER FORM & PAYMENT TO MR.BURGESS IN ROOM 2146

OR DROP FORM & PAYMENT OFF AT THE SCHOOL OFFICE.

LAST DAY TO ORDER CLOTHING IS WEDNESDAY, NOVEMBER 30, 2022

ALL CHEQUES MUST BE PAYABLE TO SCHOOL DISTRICT #62

[Graduation Forms | Royal Bay \(sd62.bc.ca\)](https://sd62.bc.ca)



Grad Corner



ONLINE BOOKING OPEN NOW

School Name:

Royal Bay Secondary

Date(s): November 21-December 2
Monday through Friday

Time: 8:30AM – 8:50PM

Location: Trailer*

*Our trailer is accessible only by stairs. If a student requires assistance or a different location, please let Lifetouch know so we can make arrangements.

GOOD TO KNOW:

- You may include a plus-one or pet for one photo if your school allows.
- Please arrive to your appointment wearing your outfit of choice. For the cap & gown photos, it is suggested to bring a scoop or V-neck top to wear under the gown unless wearing a collared top with a tie. You may include a plus-one or pet if your school allows.
- See FAQ for more information.

PLAN & PREPARE FOR YOUR SESSION AT
<https://schedule.prestigeporraits.ca/schedule/home.html?BC&Victoria>



If you have any further questions regarding booking an appointment or what to expect, please contact us:

604-294-1005



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604-294-1005

FREQUENTLY ASKED QUESTIONS:

What is included in the sit session?

The Deluxe Sit Session includes 10 to 12 poses. Students will receive a diploma folio and a copy of the grad composite.

What do I bring?

Please arrive to your appointment wearing your outfit of choice. For the cap & gown photos, it is suggested to bring a scoop or V-neck top to wear under the gown unless wearing a collared top with a tie. You may include a plus-one or pet if your school allows.

What if my name does not appear on the list when booking?

If you run into any problems when booking your appointment online, please reach out to us here at Lifetouch. We will manually add you in to the system and can help book the appointment for you.

How will I get my photos afterwards?

You will receive an email containing an access code to view your proofs online approximately 1 week after your images are received by the lab. You will then receive the physical proof package in the mail approximately 2 weeks after your photo date.

Who can I contact regarding photo order inquiries?

If you have any inquiries regarding access codes, proof whereabouts, photo orders, etc., please reach out to our Prestige Customer Service Experts by phone (1-888-876-1647) or through live chat on shop.prestigeporraits.ca (click on Chat with an Expert in the bottom right-hand corner).



“Grad Lanyards are now available!! Only \$5 – CASH!”

“Act quickly!! Only a limited number available.”

“Drop by Mr. Burgess’ room (2146) with the cash for pick-up”





Grad Corner



2023 Grad's Important Dates/Deadlines

Nov. 28—Dec. 2	Grad Photos
Thursday, Dec. 15	Winter Formal
Jan. 30– Feb. 3, 2023	Grad Photo Re-Takes
Friday, February 10	Valedictorian Nomination packages sent to mlait@sd62.bc.ca
Tuesday, March 7	Online Voting for Valedictorian
Wednesday, March 15	Grad Comments and Grad Ceremony graduation fee due!
Saturday, May 6	Dry Grad Carnival at RBSS
Tuesday, May 23	Grad Rehearsal at UVic
Sunday, June 4	Grad Ceremony at UVic
Friday, June 23	Prom at The Crystal Gardens

Counsellors' Corner



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

Region: South Island
Dates: November 14, 16, 21, 23
Times: 12:00pm- 1:00pm
Dates: December 12 & 14
Times: 5:00- 7:00 pm
Dates: January 23 & 25
Times: 9:00- 11:00 am

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.

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



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.

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

When we experience relationship challenges with our children, it can be stressful for all involved, leaving parents confused, frustrated, even walking on eggshells. Dr. Adele Lafrance provides techniques to support parents to heal relational ruptures with kids and teens using an emotion-focused approach.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Event Date(s):

Thursday, November 3 at 5:00pm (PST)
Monday, November 6 at 6:30pm (PST)
Tuesday, November 15 at 5:00pm (PST)
Wednesday, November 23 at 12:00pm (PST)
Tuesday, November 29 at 6:30pm (PST)

Registration required:
www.familysmart.ca/events
Cost: Free of Charge



Counsellors' Corner, cont.



CONCERNED ABOUT YOUR TEEN?

ONLINE GROUP

**JOIN OUR
PARENTS IN THE KNOW
PROGRAM**
VIA ZOOM

**23 NOV - 1 FEB
WEDNESDAYS, 6:30PM-8:30PM**

FOR MORE INFORMATION CONTACT
Deanna Riedke: 250.686.9122
referrals@bgcsvi.org



DO YOU FEEL UNSURE OF HOW TO SUPPORT YOUR TEEN?


**JOIN OUR
PARENTS TOGETHER
PROGRAM**
VIA ZOOM

ONGOING SUPPORT

**TUESDAYS
12PM - 1:30PM**

ONLINE GROUP

FOR MORE INFORMATION CONTACT
Deanna Riedke: 250.686.9122
referrals@bgcsvi.org



VIRTUAL ONLINE GROUP FOR PARENTS OF PRETEENS

**PARENTING
WITHOUT
POWER
STRUGGLES**

EVENING • VIA ZOOM

**24 NOV - 2 FEB
THURSDAYS, 6:30PM - 8PM**

FOR MORE INFORMATION CONTACT
Deanna Riedke: 250.686.9122
referrals@bgcsvi.org



DO YOU FEEL UNSURE OF HOW TO SUPPORT YOUR TEEN?

**JOIN OUR
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**TUESDAYS
6:30PM - 8PM**

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Careers Department



WHAT MAKES A GOOD SIDE-HUSTLE?

A Zoom-based entrepreneurship workshop for students, grades 10-12, by UVIC's Gustavson School of Business

- Side-hustles are micro businesses you can run out of your home to make some money
- How do you know if you have a good idea for a side-hustle business?
- Learn from UVIC, TV and industry experts how to evaluate side-hustles and other new business ideas
- Consider applying what you learn in the session in your own side-hustle this summer

See what a university entrepreneurship class is like and learn why you might want to consider UVIC's Gustavson School of Business.

This free entrepreneurship workshop for grade 10 and 11 students allows attendees to test drive what it's like to be in a UVIC Business classroom. This workshop is being led by Entrepreneurship faculty members Brock Smith and Claudia Smith, and will give you a taste of Gustavson and entrepreneurship through a fun and engaging session.

This workshop is a good fit if one or more of these apply to you:

- You are in grade 10-12
- You've seen some neat ideas on Tik Tok or Insta and wonder about doing something similar
- You want to learn some entrepreneurial skills, or about business in general
- You are interested in what a university class might be like
- You and your friends want to make some money this summer with an idea of your own

The workshop will be delivered on Zoom on **Tuesday, November 22nd at 6:00 pm (PST)**

[CLICK HERE TO REGISTER ON OUR EVENTS PAGE](#)

Contact Recruitment Manager, Daniel Nair, at bizrecruit@uvic.ca for more information

Contact Daniel Nair, UVIC Business advisor at bcom.admissions@uvic.ca for more information



uvic.ca/gustavson



[@gustavsonuvic](https://www.instagram.com/gustavsonuvic)



ADULTING 101: PERSONAL FINANCE FOR STUDENTS PREPARING FOR COLLEGE & UNIVERSITY

A Zoom-based financial literacy workshop for grade 10-12 students from UVIC's Gustavson School of Business

Surveys routinely show Canadians **struggle** with their finances—over half **are within \$200** of not being able to cover their bills and debt payments.

High school and university students particularly face struggles. **Rising student debt**, increasing housing costs, and surging inflation are barriers to success. **Generation Z** not only faces the burdens of climate change, the pandemic, and global uncertainty—but costs alone are a barrier to progress in careers and life.

So, how can students prepare for the costs of "adulting" and identify opportunities while at university?

The Gustavson School of Business at UVIC invites all grade 10/11 students to join a free financial literacy workshop. Dr. Michael King leads this interactive session for students to strengthen and prepare their financial footing to enter university life. This workshop will give you a taste of Gustavson and finance through a fun and engaging session.

This workshop is a good fit if one or more of these apply to you:

- You are in grades 10-12
- You want to take responsibility for your financial life, starting with mobile banking and day-to-day spending, and are curious about where to start.
- You have questions about your credit score and how it is used to evaluate you for: mobile phone, credit card, apartment rental, summer job, car loan, and much more.
- You want to build up savings and start investing in stocks, bonds, ETFs...
- You are interested in what a university class might be like

The workshop will be delivered on Zoom on **Thursday, November 17th at 6:00 pm (PST)**

[CLICK HERE TO REGISTER FOR THE SESSION](#)

Contact Recruitment Manager, Daniel Nair, at bizrecruit@uvic.ca for more information



uvic.ca/gustavson



[@gustavsonuvic](https://www.instagram.com/gustavsonuvic)



GREATER VICTORIA POLICE FOUNDATION
PRESENTS

POLICE CAMP

MARCH 18-25, 2023

APPLICATION DEADLINE: DEC. 12, 2022

Police Camp is a unique youth leadership program for students in Grade 11 or 12 that have an interest in exploring policing and public safety. Students will spend one week experiencing classroom lectures, physical activity, group discussions and simulations supervised by dozens of police staff!

Police Camp is staffed by police officers, reserve officers of the local municipal police services (Victoria, Saanich, Central Saanich and Oak Bay) as well as the RCMP.

Contact your Career Centre for more information

PICK UP AN APPLICATION FROM YOUR CAREER CENTRE



EXPLORE UVIC

Come see what we're all about.

VICTORIA | SATURDAY, NOVEMBER 26, 2022

Register for Explore UVic at uvic.ca/explore

