

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 28 to December 2, 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	Grad Photos
Tuesday	Wellness Centre 9:30-3:00 Grad Photos
Wednesday	Grad Photos
Thursday	Wellness Centre 9:00-3:00 Grad Photos
Friday	

What's inside!

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Important dates to Remember:

Nov 21– Dec 2	Grad Photos
November 30	Careers 10 “Life Skill Symposium”
November 30	10 000 Tonight
December 7	Music Program’s Winter Concert @ 7:00 pm
December 7	PAC Meeting @ 6:30 pm
December 13 & 14	Winter Dance Performance @ 7:00 pm
December 14	RB Lacrosse Alumni Game @ 3:30 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
April 20	Report cards published in My Ed
April 21	NID—Professional Development -no school

RBSS CONTACTS

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Students A to G

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Students H to N +International

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Students Jd to Pg

Wendy Cooper - Counsellor

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Students Ph to Z



From the Admin

A great big congratulations to Kade, Keiran, and Reid as they sign off on the next chapter of their academic journeys. The three members of the Royal Bay Lacrosse Academy recently signed letters of intent to play lacrosse and attend colleges in the US. This achievement is the result of many of hours of hard work, both in the classroom and on the fields. Royal Bay, wishes these three students luck as they start a new adventure.

Congratulations.



6 of our grade 11 students with former Raven, Alec Billings while he gave them a tour of his current school at Johns Hopkins University while on a trip in Baltimore.



Kade Hoogstraten signing his National Letter of Intent to play division 1 lacrosse at Monmouth University.



Kieran Sawyer signing his National Letter of Intent to play division 2 lacrosse at Mars Hill University.



Reid Hinds MacDonald signing his National Letter of Intent to play division 1 lacrosse at Long Island University.

From the Admin, cont.

As we cruise into December, the students and staff at École Royal Bay Secondary would like you to be aware of some upcoming events for our school community.

After a couple of “different” years we are thrilled to see our Fine Arts Department (FAD) get back to doing what they do best! - entertaining people and making lasting memories for our community. THE FAD is busy putting together shows and events for students, staff and visitors over the next couple of weeks .

- December 7 Music Program’s Winter Concert @ 7pm
- December 13 and 14 Dance Academy Winter Dance Performances @ 7:00 pm

Our Athletics programs are back in action. So far we have had great showings from our soccer and volleyball teams and Lacrosse Academies. In fact our Boy’s Senior Soccer AAA team is currently taking part-in the BC Provincials in Burnaby and are currently 1-0. Basketball is also well underway, as are drop in Rugby skill sessions. We have also had representation in several individual athletic pursuits like golf, swimming, wrestling and skiing.

- Basketball Referee Clinic – November 25 8 am – 3 pm
- Gravel Pit Classic – December 2 & 3 at RBSS
- Lacrosse Alumni Game December 14 @ 3:30 pm

In addition to Soccer, Volleyball and Basketball sports action bringing our gym to life we look forward to events at Royal Bay in December that have not been available for over 2 years!

Grad Events

- Our grade 12 grad class of 2023 will have a Winter Formal Event on December 15 from 6 pm to 10 pm
- Grad Movie Night—December 9 (TBD)

School Events

- 10,000 Tonight November 30 5 pm – 9 pm
- Grade 10 Careers Symposium November 30 – afternoon
- Santa’s Breakfast December 16 starting at 8:00 am

Seeing the school come to life with in person opportunities, and allowing our students to perform in front of audiences is something we have looked forward to for a very long time! Stay tuned for more opportunities in the coming weeks.

RBSS Admin

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

	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot main	Prawn pesto pasta	Shepherds pie	Beef dip with Caesar	Chicken papasa with side salad
	Vegetarian	Pesto pasta	Veg pie	Spanakopita	Bean papasa with side salad
COLD SIDE	Wrap	Trio	Ham	Turkey and brie	Chicken
	Appie	Smoked salmon dip	Smoked salmon dip	Smoked salmon dip	Smoked salmon dip
BAKING	Desserts	Tiramisu/ crème brulee	Tiramisu/ crème brulee	Tiramisu/ crème brulee	Tiramisu/ crème brulee

Around the Raven's Nest!



Mikayla Morgan, getting smokey results



At Royal Bay



Boiling water lab with Bryden Baird



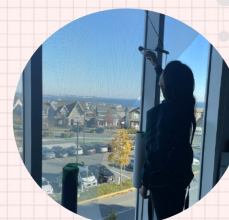
DUAL CREDIT BIOLOGY 103

Students in dual credit Bio103/Anatomy and Physiology 12 are nearly through the Camosun credit of this course. Miguel, Emma and Alexa are enjoying the hands-on experience of doing labs at the Camosun Campus.



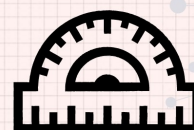
SCIENCE 9 ECOSYSTEMS

Ms. Furdal's Science 9 class constructed aquatic ecosystems and are enjoying finding what is still living and relating the interconnectedness of the spheres to how everything can still be alive... or dead as the case may be.



PHYSICS WITH A VIEW

Ms. Andersen's Physics 11 class performing their "Mystery Mass Lab"... can't beat that view while you're measuring angles.



Ms. Acacia's Chemistry 11 class has been working through single replacement and stoichiometry!



Les scientifiques francophones font des études sur la plage de Royal Bay.



Pumpkin Dissection, Life Science 11



Ms. Funk's Life science 11 class carefully dissected pumpkins, made sketches and of course got into the spirit of Halloween!



Ms. Lemmen's Life Science 11 class enjoyed some of the summer weather we had creating scientific drawings of our neighbourhood plants.

From the Learning Commons


DELICIOUS Pasta Sauce

Makes 4 servings

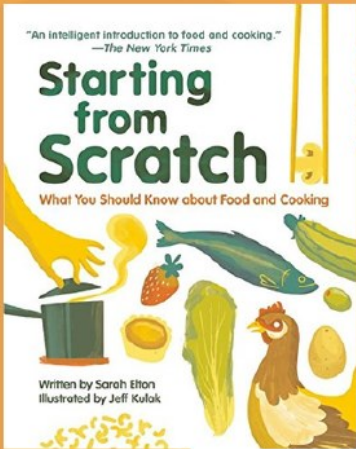
- 1 small onion
- 1 garlic clove
- 1 28 oz. (796 mL) can whole or diced tomatoes, or 1 lb. (450 g) fresh tomatoes
- 2 tbsp. (30 mL) olive oil
- salt and pepper to taste

- 1 Finely chop the onion and garlic. If you are using fresh tomatoes, cut off the stems and remove the hard white core. Cut tomatoes into small pieces.
- 2 Heat the olive oil in a medium saucepan. Add the onions and garlic to the pan. Cook, stirring occasionally, until lightly browned—about 5 minutes.
- 3 Add tomatoes to the pan. Sprinkle with salt. Lower the heat to a simmer and cook for about 20 minutes, until mixture has thickened. Your sauce will look a bit chunky. For a smoother sauce, simmer on very low heat for about an hour.

Note: Eat this basic sauce as is or jazz it up with fresh or dried herbs such as basil or oregano. For a bolder sauce, try adding chopped olives, slivers of anchovy, or dried chili flakes.



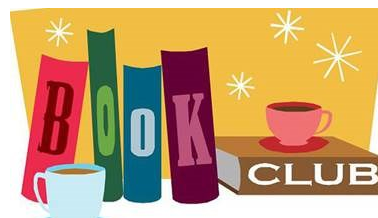
Teach your teen how to cook a simple meal with this choice from the book below which can be signed out from our cooking books display this month!



Book Club Upcoming Dates:

December 2nd, December 16th

Room 1192



This and That



Feeling like giving to people in need this season while also getting new clothing, jewelry and other accessories?

Come visit Royal Thrift, a non-profit thrift store located in RBSS's aviary in front of the library. Donations for Royal Thrift are open now. Please check posters posted around Royal Bay Secondary School to know what items are accepted .

All profits and donations will be given to the Salvation Army Victoria to help those in need this holiday season.

The store will be open during lunch December 5th, 7th, 8th, 12th, 13th and 14th. Help support a community by donating and shopping at Royal Thrift.



International students made pancakes and enjoyed some pure Canadian maple syrup!



“FAMILY NIGHT OF LACROSSE”.

We have an alumni game December 14th from 5-6pm, followed by our purple vs white game at 6-7pm between our grade 11 and 12's.

ROYAL BAY SECONDARY SCHOOL PRESENTS

10,000 TONIGHT



**DOOR to DOOR COLLECTION
ACCEPTING NON-PERISHABLE ITEMS &
MONETARY DONATIONS**

**NOV 30th
5-9 PM**

VISIT THE SCHOOL WEBSITE
FOR MORE INFORMATION OR
TO DONATE ONLINE



Goldstream Food Bank

VISIT: www.royalbay.web.sd62.bc.ca

Made with PosterMyWall.com

School cash on line link for cash donations:

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

10,000 TONIGHT is Back!

We are excited to announce that 10,000 Tonight is officially back on **Wednesday, November 30th from 5 – 9 PM** at Royal Bay Secondary.

Students will be going door to door around Colwood asking for non-perishable food items or monetary donations (cash or cheque) to help support the Goldstream Food Bank during this holiday season. As we know, the need in our community is greater than ever. This even has played a major role in helping support our local food bank for 15+ years, ever since it's inception in 2006.

There are some key ways that you can provide support:

VOLUNTEER! We need drivers (50 of them!) to help take our volunteers on routes throughout the community. There is also a need for volunteers to help sort and organize when it arrives back at Royal Bay. Sign up through our google form to provide your support via this link: <https://forms.gle/ZexjGprA6XLwaqSc6>

BRING IN FOOD! We will have a drop-off box located in the aviary for students to bring in their non-perishable food item donations over the next couple of weeks.

- **DONATE!** We accept cash donations, cheques (payable to the Goldstream Food Bank Society or School District 62), or you can choose to donate directly online via the link to our school cash online system).

<https://sd62.schoolcashonline.com/Fee/Details/14546/137/False/True> (No account needed to donate! All donations completed in increments of \$10).

SPREAD THE WORD. Do you have a business that would be willing to donate? We are looking for door prizes for our volunteers as well as donations that can go to the food bank (either non-perishable items or monetary donations). We can also send you posters to put up to help raise awareness!

For more information, please contact Brian Hobson (bhobson@sd62.bc.ca) or Robyn White (rwhite@sd62.bc.ca)

Thank you in advance for your support!!



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)





Winter Formal



To attend Winter Formal 2022 grads will need to have handed in BOTH their permission form and payment in to the office.

Payments can be in cash, cheque (payable to SD62) or school cash online.



*All forms and payments are due
Friday, December 2, 2022.*

No exceptions



Grads only

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
PARENTS TOGETHER
PROGRAM**
VIA ZOOM

ONGOING SUPPORT

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

ONLINE GROUP

FOR MORE INFORMATION CONTACT
Deanna Riedke: 250.686.9122
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Careers Department

Life Skills Symposium Career Life Education 10 November 30th, 2022



The Career Education Department at École Royal Bay Secondary is excited to announce our first ever Life Skills Symposium! This month, all students who are currently enrolled in English 10, will participate in this event.

Session Topics

We are exceedingly grateful to our **community presenters**! Because of their generosity, we are able to offer twenty-five different sessions! Students will get to attend three of these sessions that are of interest to them. Some of the topics that will be explored include:

- Changing a tire
- Cooking and eating on a budget
- Greening up your home
- Life as a new parent
- Budgeting and banking
- Sexual health
- Mental health
- Starting your own business
- Cultural awareness
- Taking a GAP year
- Bike maintenance
- Interpersonal communication
- And so much more!!



Do you have a life skill you want to share?

If you have a skill that you'd like to share for our 2nd semester Life Skills Symposium, please reach out to the Career Education Department at École Royal Bay Secondary School by emailing dhuculak@sd62.bc.ca.

Opportunities

Victoria GreenTeam

Upcoming Volunteer events

Ocean View Park Colwood:
Saturday December 3rd from 9:45am-1:00pm
We will be removing invasive species.

All ages, abilities, backgrounds, and experience
levels are welcome.

We will provide training, tools, and
gloves for volunteers
There will also be snacks!