

# 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



## February 13 - 17, 2023

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 9:30-3:00

Wednesday

Thursday Wellness Centre 9:00-3:00

Friday Pro- D—no school

### What's inside!

Page 2 Admin Staff Info, Important Dates

Page 3 & 4 From the Admin

Page 5 PAC and Ravenous Café

Page 6 Around the Raven's Nest

Page 7 & 8 Athletics/Teams

Page 9 & 10 Grad Corner

Page 11 & 12 Opportunities

Page 13 & 14 Careers Department

Page 15 Counsellors' Corner

## **Important dates to Remember:**

February 17	NID Tri District Pro- D—no school
February 20	Family Day—no school
March 1	PAC Meeting @ 6:30 pm
March 1	Band/Choir Concert 7:00 p.m. Theatre
March 10	Naval Reserve—Table in Aviary during Lunch
March 14	Year Book Pre Orders Deadline
March 8—11	Black Wing Theatre Production
March 17	Last Day before Spring break
April 3	School reopens
April 5	PAC Meeting @ 6:30 pm
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
April 24—28	Assessments
April 25	Term 3 Ends
April 26	Term 4 Begins
May 3	PAC Meeting @ 6:30 pm
May 6	Dry Grad Carnival
May 16	Fire Drill at 9:20 am
May 22	Victoria Day—no school
May 23	Grad Rehearsal @ UVIC
May 24	Indigenous Graduation Event in Theatre
May 29	NID—Pro- D Day—no school
June 4	Grad at UVic
June 7	PAC Meeting at 6:30 pm
June 23	Prom At The Crystal Gardens

## **RBSS Contacts:**

### **Mike Huck - Principal**

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

### **Tanya Phillips -Vice-Principal**

[tphillips@sd62.bc.ca](mailto:tphillips@sd62.bc.ca)

Students A to G

### **Martin Lait - Vice-Principal**

[mlait@sd62.bc.ca](mailto:mlait@sd62.bc.ca)

Students H to N +International

### **Ryan Dube - Vice-Principal**

[rdube@sd62.bc.ca](mailto:rdube@sd62.bc.ca)

Students O to Z

### **Tebeth Barbour - Counsellor**

[tbarbour@sd62.bc.ca](mailto:tbarbour@sd62.bc.ca)

Students A to EI

### **Kim Hogan – Counsellor**

[khogan@sd62.bc.ca](mailto:khogan@sd62.bc.ca)

Students Em to Jc + International

### **Christina Kadin - Counsellor**

[ckadin@sd62.bc.ca](mailto:ckadin@sd62.bc.ca)

Students Jd to Pg

### **Wendy Cooper - Counsellor**

[wcooper@sd62.bc.ca](mailto:wcooper@sd62.bc.ca)

Students Ph to Z



# From the Admin

Dear RBSS Parents and Guardians,

Our second semester is well underway, the students and the staff are busy working and focusing on their new courses. Our second semester startup was smooth, with the students both enjoying the new classes and the shift in weather.

We are coming to the end of our course selection process in the next couple of weeks. All student course selections should be complete the week before Spring Break (March 17th). Our grade 10's entering grade 11 will go through the course selection process with our counselling team next week. Please make sure to touch base with your student to ensure that you are aware of your student's course choices and are part of the process. If you have any questions please reach out to your student's Counsellor or Admin – we are here to help.

RBSS is in the process of setting up a Youth Equity Team to continue the conversations and steps addressing diversity, equity and inclusion. If you have a student who wants to be part of this amazing working group consisting of community members, staff and students please ask them to connect with Mr. Huck. Our first meeting of semester two will take place on Friday, February 24th in the RBSS Conference Room at Lunch.

RBSS is also in the process of re-starting our RBSS Mountain Club. We will have our first meeting next week Thursday at lunch in room 2108. We will ride one day a week after school. All levels are welcome. Please contact Mr. McRae if you are interested [kmacrae@sd62.bc.ca](mailto:kmacrae@sd62.bc.ca)

(or attend the meeting at lunch).

## **We have several school events coming up in the next weeks:**

- Friday, Feb. 17 Pro-D (No School)
- Monday, Feb 20 Family Day!
- February 27 – March 3 Healthy Relationships and Consent Workshops – Grade 11 and 12 Students
- Thursday, March 9 Lock Down Drill @ 10am
- Monday, March 14 Year Book Pre-Order Deadline
- Wednesday, March 15 On-line Voting for RBSS Valedictorian
- Wednesday, March 15 Grad Comments and Fees due!
- Friday, March 17 Last Day before Spring Break
- Monday, March 20 – April 2 SPRING BREAK!
- Monday, April 3 – School Reopens
- April 7 – Good Friday – No School
- Monday April 10 – Easter Monday – No School

We hope that you all can enjoy some time with family and friends (warm weather too!) over the weekend.

RBSS Admin

## From the Admin, cont.

Today our Teacher Librarian, Tiffany Campbell, and our French Immersion Program got together to discuss literature. Students and staff were welcomed in the Learning Commons throughout the day to look at all the French books that are on hand for our students.





## RBSS PAC Corner

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

in the Learning Commons

**PAC meetings for 2022-2023**

**March 1, 2023**

**April 5, 2023**

**May 3, 2023 (elections)**

**June 7, 2023**

*PAC's Peninsula Co-op number 134056*



## 2022-2023 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](mailto:royalbaypac@gmail.com)

### **February 13-17**

	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>HOT SIDE</b>	<b>Hot main</b>	Smoked turkey sando with potato squash soup	Beef lasagna	Butter chicken with Naan	Smoked salmon poke bowl
	<b>Vegetarian</b>	Potato squash soup with garlic croutons and herb oil	Lasagna	Veggie curry with Naan	Veggie poke bowl
<b>COLD SIDE</b>	<b>Wrap</b>	Ham	Greek veggie	Salami	Pastrami
	<b>Appie</b>	Hummus and pita	Hummus and pita	Hummus and pita	Hummus and pita
<b>BAKING</b>	<b>Desserts</b>	Chocolate banana cookie sandwich	Chocolate banana cookie sandwich	Chocolate banana cookie sandwich	Chocolate banana cookie sandwich

# Around the Raven's Nest!

## Career Education Semester 1 Highlights

### Careers 9

Take Our Kids to Work Day – November 2, 2022

Our grade 9's were able to participate in this exploratory event for the first time in two years. Students selected a workplace and adult to attend work with to learn what a day in the life of a working adult might look like. Thank you to all the workplaces and families that adapted to make this day a success for our students. A special thank you to the following organizations who hosted groups of students:

- Westshore Parks and Recreation
- The Langford RCMP Detachment
- Seaspam
- CFB Esquimalt
- School District 62



### Career Life Education 10

Life Skills Symposium – November 30, 2022

This event was specially designed to support students' development of basic life skills. Students selected from 25 stations, each supported by a community volunteer and explored topics like:



- How to change a tire
- Cooking on a budget
- Financial literacy
- Basic sewing

This event will run again in March for all grade 10's in social studies 10.

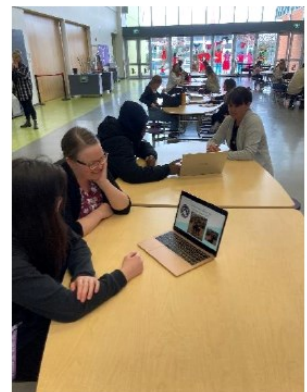
### Career Life Connections 12

#### Spotlight Sessions

All grads had a chance to attend lunchtime Spotlight Sessions hosted by various organizations, post-secondary schools and the like. These presentations provide students with resources and information to support their transition out of high school. Thank you to all the community presenters who volunteered their time to make this program a success.

#### Capstone Presentation Week January 23rd-26th, 2023

All grads shared their Capstone Projects with their in-school mentor in the month of January. These projects provide students with an opportunity to reflect on their lives thus far and explore their next steps after high school. Grads will continue to have access to their mentor for support in semester 2.



# Athletics /Teams



A huge congratulations to our very own **Ella Ballard**. Ella is a grade 12 student who also competes in Cross Country/Track & Field at an extremely high level. Ella has just been named Team Canada to compete in Bathurst, Australia at the World Cross Country Championships Friday, February 17<sup>th</sup> and Saturday, February 18<sup>th</sup>.

What an amazing accomplishment for Ella! We wish her the best of luck!!

GO RAVENS!

<b>U20 Women</b>			
Erin Vringer	Saint John, NB	Saint Johns Red Track Club	Kyle Kepler
Marika Couture	Québec, QC	Club d'athlétisme de l'Université Laval	Vincent Filion
Ella Ballard	Victoria, BC	Prairie Inn Harriers	Bruce Deacon
Emily Cescon	Toronto, ON	University of Toronto Track Club	Ethan Davenport
Muriel Lovshin	Toronto, ON	Toronto Olympic Club	Brian Lovshin
Michelle Gray	Mississauga, ON	Mississauga Track and Field Club	Paul Carter
<i>Non-travelling reserves</i>			
<i>Sierra Rodrigues</i>	<i>Bolton, ON</i>	<i>Saint John Track Club</i>	<i>Chris Belof</i>
<i>Léane Baril</i>	<i>Rouyn-Noranda, QC</i>	<i>Tracklass</i>	<i>Christian Villeneuve</i>



# Athletics /Teams, cont.



**ATHLETIC CLOTHING FOR SALE! SUPPORT OUR SCHOOL TEAMS!!**



**PURCHASE ONLINE VIA THE LINK BELOW:**

**<https://store.passionsports.ca/RBAthletics/shop/home>**



- 1 - VISIT OUR ONLINE LINK**
- 2 - PURCHASE YOUR ITEMS (through online payment)**
- 3 - ITEMS DELIVERED 3 WEEKS AFTER STORE CLOSING**

**Questions? Email Mr. Hobson - [bhobson@sd62.bc.ca](mailto:bhobson@sd62.bc.ca)**





# Grad Corner



## 2023 Grad's Important Dates/Deadlines

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



# Grad Corner



“Grad 2023 T-shirts will be available for sale for \$ 20.00 starting this week.

Two colour options are offered in sizes small to X-large.

See Mr. Burgess in room 2146 to purchase.

Cash or cheque (payable to SD62) only!”

# Opportunities



Be You  
Be Here  
Belong  
Be SD62

## We're Hiring!

The Sooke School District is the fastest growing school district on Vancouver Island and one of the fastest growing districts in British Columbia and employs approximately 1,800 staff and has a student population of over 12,000. The District operates in five municipalities: Langford, Colwood, Metchosin, Sooke and the Highlands and acknowledges the nations on which our schools are built, including T'Sou-ke Nation, Sc'ianew Nation, Pacheedaht Nation, and all South Island Coast Salish Nations, specifically Esquimalt Nation and Songhees Nation. Our vision is to honour student voice and choice through engaging, purposeful and experiential learning in a safe and respectful community.

**The following permanent, temporary and on-call positions are available starting immediately:**

### Supervision Assistants

*Creating a safe and caring environment for students during their non-instructional time.*

Shifts range from 1 to 8 hours per week during school days (before school, noon-hour and after school). Starting wage of \$25.98 per hour.

### Education Assistants

*Fostering inclusion and supporting students with exceptionalities in and outside of the classroom.*

Shifts are during school hours. Starting wage of \$28.36 per hour.

### Apply Today!

- Go to [www.makeafuture.ca](http://www.makeafuture.ca)
- Click *BC Regions* and select *Vancouver Island and Sunshine Coast*
- Click *Sooke 62* under *K-12 Employers*
- Click on the Job Posting and submit your application

*School District No. 62 (Sooke) is an equal opportunity employer that is committed to diversity, equity and inclusion in the workplace that is free of discrimination and harassment. We believe in a learning and work environment that is welcoming and safe that values, reflects and appreciates differences.*

## Opportunities, cont.

# Scholarship Opportunities UPCOMING SCHOLARSHIPS

for more Scholarships please visit École Royal Bay Secondary School Website

**Pathway to Teacher Education Scholarship - BC Ministry of Education**  
**Deadline: February 15, 2023 at 2:59pm**

**British Columbia School Trustees Association**  
**Deadline: February 28, 2023 3:00pm**

**Women's Cyber Security Scholarships**  
**Deadline: February 28, 2023**

**BCCPAC Educational Award**  
(Note: Children of current BCCPAC board members, staff, or contractors are not eligible to apply for this award.)  
**Deadline: February 28, 2023**

**BCSS Girls Basketball Association**  
**Deadline: mid-February \*\*\*Check the website for the 2023 deadline.**

**BC Boys Basketball Association**  
**Deadline: mid-February \*\*\*Check the website for the 2023 deadline.**


**Lionel High School Chemistry Scholarship**  
**Deadline: March 1, 2023**

**Sooke Teachers' Association Scholarships**  
**Deadline: March 10, 2023**

**RE/MAX Quest for Excellence**  
**Deadline: March 13, 2023**



# Careers Department



## Changing the World: Engineering the Future

A virtual event for girls and gender non-conforming folks in grades 10-12. Explore why engineering is an amazing career for those who want to change the world, help improve the lives of others and the environment around us.

Wednesday, March 1, 2023  
6:00 PM - 7:30 PM PT

Sign up online to attend: [engineering.ubc.ca/events](https://engineering.ubc.ca/events)

THE UNIVERSITY OF BRITISH COLUMBIA  
Engineering Faculty of Applied Science  
ENGINEERING UBC/CA

## DO SOMETHING TODAY TO CHANGE BRITISH COLUMBIA TOMORROW!

### What's the Big Idea?

A contest for Grades 10, 11 and 12 students at Esquimalt and Royal Bay High Schools and Lécole Victor-Brodeur

#### What's your Big Idea to change BC?

The topic? Up to you.

- Jobs for the future?
- Climate change?
- Education?
- Other?

Winners will be invited to shadow MLA Mitzi Dean at the Legislature later in April.

Submission info below.



Submit your Big Idea to [Mitzi.Dean.MLA@leg.bc.ca](mailto:Mitzi.Dean.MLA@leg.bc.ca) by Sunday, April 2.

INFORMATION: 250-952-5885

A project of the Honourable Mitzi Dean, Member of the BC Legislative Assembly for Esquimalt-Metchosin

## GREATER VICTORIA HIRING AND POST-SECONDARY EDUCATION EVENT

February 23, 2023, 11:00 A.M. to 3:00 P.M.  
BAY STREET ARMOURY  
715 Bay Street, Victoria, B.C.

FEATURING 50+ EXHIBITORS & GROWING

**FREE ADMISSION**  
BRING YOUR RESUME

THANK YOU TO OUR SPONSORS  
*Tim Hortons*



## DREAM IT • BE IT

### CAREER SUPPORT {for girls}



**It All Begins With a Dream**

2023 Conference Workshops & Exhibits

Presentations to Inspire & Enlighten

For girls aged 15 - 24  
Tuesday, March 7, 2023  
9:00 am - 2:15 pm

Location: Chiefs and Petty Officers Mess  
Address: 1575 Lyall Street in Esquimalt  
Register now at: <https://rb.gyh4fnr>

Cost of registration: FREE

A Special Thank You to Our Event Sponsors!



# Careers Department cont.



**pda**  
PACIFIC DESIGN ACADEMY

## OPEN HOUSE

Learn how to make your career path in design through post-secondary education.

**28 FEB 2023 @6PM**

Scan Me to Register



**What we offer:**

- Interior Design
- Graphic Design
- App & Web Development
- Fashion Design
- Architectural Building Technology
- Professional Photography & Imaging
- Motion Picture Production

**Design Your Career With You!**

**More Info**  
+1 250-383-3631  
info@pacificdesignacademy.com  
200 - 8 Bastion Square, Victoria BC



## The Company Program

**HIGH TECH U**

**JA**  
British Columbia

Learn how to build and launch your own start-up and bring your tech-based product to life

Grades 10-12

Feb 22nd to Jun 21st  
Wednesdays  
5:00-7:00pm  
At UVIC  
More details on the link.

**UVIC** | Electrical & Computer Engineering



To learn more or to apply, scan the QR code.

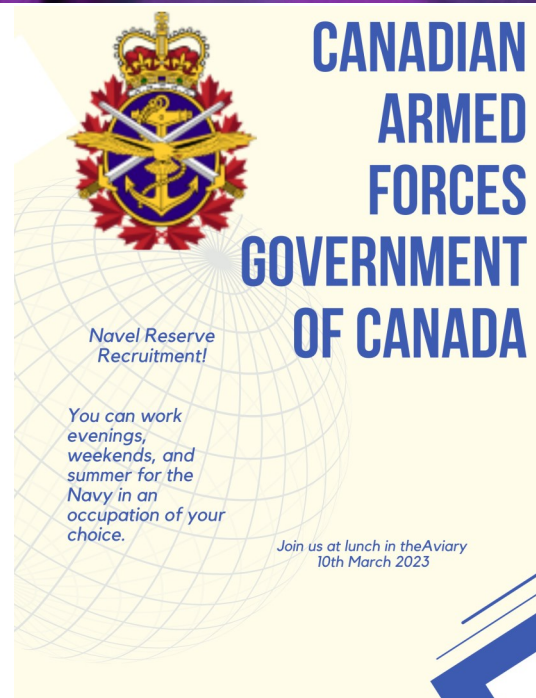


**YMCA**

### Summer Student Work Exchange Program

Travel, work and improve your French!

Early bird deadline is February 26th



**CANADIAN ARMED FORCES GOVERNMENT OF CANADA**

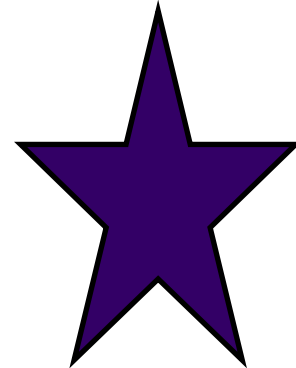
**Naval Reserve Recruitment!**

You can work evenings, weekends, and summer for the Navy in an occupation of your choice.

Join us at lunch in the Aviary  
10th March 2023



# 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: December 12 & 14, 2022  
Times: 5:00- 7:00 pm

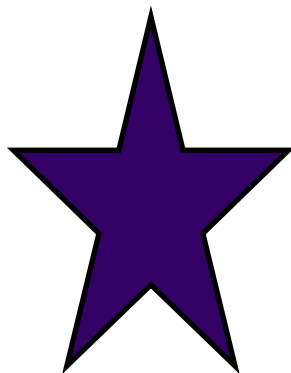
Dates: January 23 & 25, 2023  
Times: 9:00- 11:00 am

Dates: February 21 & 23, 2023  
Times: 4:00- 6:00 pm

Dates: March 6, 8, 13, 15, 2023  
Times: 12:00- 1:00 pm

There is no cost to families. Registration is required: [www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

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.



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.

## For Families: A Conversation About Eating Disorders

Families don't cause eating disorders but they can be one of the most effective influences in their child's recovery.

Listen to a young person, parent and Eating Disorder Therapist share their perspectives and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection and strategies that can help support recovery.

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

Cost: Free of Charge

Date(s):

Thursday February 2, 2023 630-8pm (PST)  
Monday February 6, 2023 5-630pm (PST)  
Tuesday February 7, 2023 12-130pm (PST)  
Wednesday February 15, 2023 630-8pm (PST)  
Monday February 27, 2023 930-11am (PST)

Registration required:  
[www.familysmart.ca/events](http://www.familysmart.ca/events)

