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 20-24, 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 Nuu-chah-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 - Nuu-chah-nulth



This week:

Monday F	Family Dav—	-No School
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Tuesday Wellness Centre 9:30-3:00

Wednesday Pink Shirt Day

Valedictorian Nomination

Packages Due

Thursday Wellness Centre 9:00-3:00

Friday

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Important dates to Remember:

February 20 Family Day—no school

February 22 Pink Shirt Day

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 24 Indigenous Graduation Event in Theatre

May 29 NID—Pro- D Day—no school

June 1 Grad Rehearsal @ UVIC

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

Tanya Phillips - Vice-Principal

tphillips@sd62.bc.ca

Students A to G

Martin Lait - Vice-Principal

mlait@sd62.bc.ca

Students H to N +International

Ryan Dube - Vice-Principal

rdube@sd62.bc.ca

Students O to Z

Tebeth Barbour - Counsellor

tbarbour@sd62.bc.ca

Students A to El

Kim Hogan - Counsellor

khogan@sd62.bc.ca

Students Em to Jc + International

Christina Kadin - Counsellor

ckadin@sd62.bc.ca

Students Jd to Pg

Wendy Cooper - Counsellor

wcooper@sd62.bc.ca

Students Ph to Z



From the Admin

We have had an amazing group of students work together to design RBSS's 2023 Pink Shirt. In past years our Leadership class created a kindness wall.

Quotes from this wall were documented and put into a graphic with 'Together we are More' at the centre.

The students that were involved in this project are: Shayne W., Olivia S., Abigale T. and Tristan H. Our Leadership students will be selling these t-shirts for \$5 at lunch, in front of the Learning Commons.







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

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









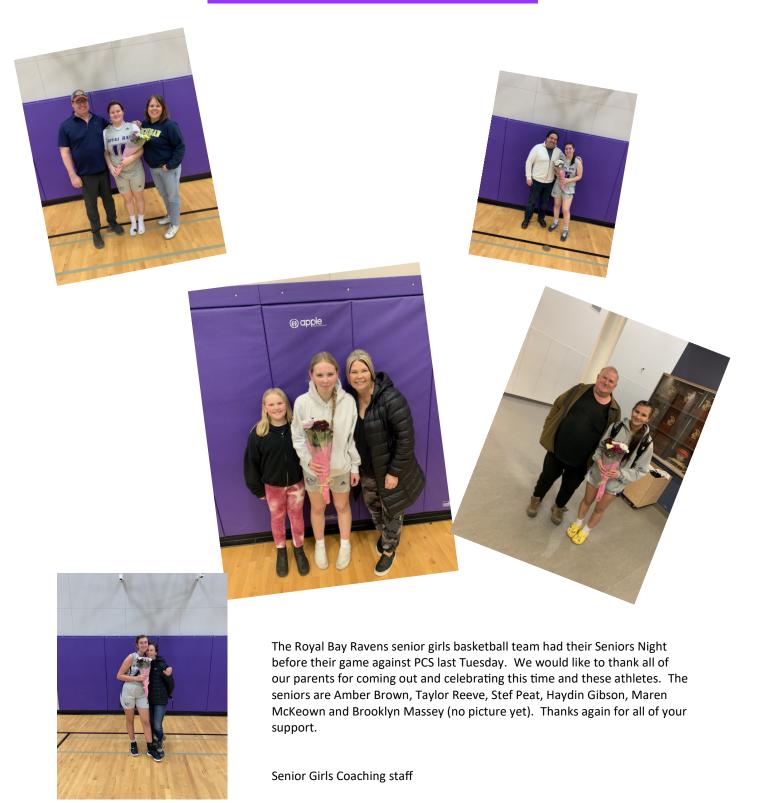
February 20—24, 20023

HOT SIDE	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	Wednesday	<u>Thursday</u>
	Hot main		Penne and cheese	Croque monsieur with side salad	Confit turkey leg with mashed potatoes and veg
	Vegetarian		Penne and cheese	Caramelized croque monsieur with side salad	Squash cannelloni
		Closed for			
COLD SIDE	Wrap		Curry chicken	Trio	Ham
	Appie		Pork steam bun	Pork steam bun	Pork steam bun
BAKING	Desserts		<u> </u>	Blondie/Banana bread bread pudding	Blondie/Banana bread bread pudding

Around the Raven's Nest!



Athletics / Teams



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



Grad Corner



2023 Grad's Important Dates/Deadlines

Wednesday, February 22 Valedictorian Nomination Packages sent to

mlait@sd62.bc.ca

Wednesday, March 15 Online Voting for Valedictorian

Wednesday, March 15 Grad Comments and Grad Ceremony

graduation fee due!

Saturday, May 6 Dry Grad Carnival at RBSS

Thursday, June 1 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!"

Scholarship Opportunities

For more Scholarship information please visit École Royal Bay Secondary School Website

https://sites.google.com/sd62learns.org/rbssscholarships/getting-started

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

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









A Special Thank You to Our Event Sponsors!



Cost of registration: FREE





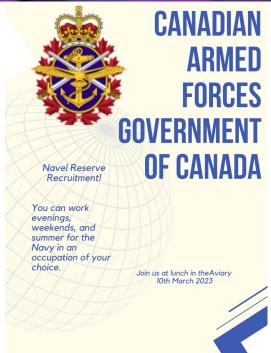


Careers Department cont.









Careers Department cont.



CAREER EDUCATION DEPARTMENT VIRTUAL INFORMATION EVENING

Tuesday February 28, 2023 7:00 PM - 8:00 PM

Online Event - REGISTRATION IS REQUIRED PRIOR TO EVENT

LEARN MORE ABOUT K-12 DISTRICT-WIDE CAREER EDUCATION OPPORTUNITIES & PROGRAMS IN A VARIETY OF PATHWAYS

- Middle School
- High School
- Post-Secondary
- Apprenticeships

For more information please contact Dante Di Ponio

ddiponio@sd62.bc.ca

Q&A

Scan QR Code or use the link below to register



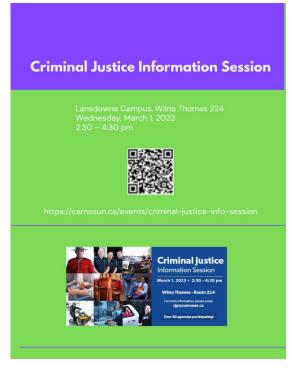
https://forms.office.com/r/xktvx0VQ9V





ansdowne Campus Young 216 Thursday 2 March @ 7:00PM







Counsellors' Corner







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

There is no cost to families. Registration is

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

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.





Connect and Learn

mental health and/or substance

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 Cost: Free of Charge **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.

Monday February 6, 2023 5-630-ppm (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



