

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



April 10 - 14, 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: April 10-14, 2023

Monday Easter—No School
Tuesday Wellness Centre 9:30-3:00
Wednesday
Thursday Wellness Centre 9:00-3:00
Friday Term 3 Ends



What's inside!

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Important dates to Remember:

April 7	Good Friday
April 10	Easter Monday
April 14	Term 3 Ends
April 17	Term 4 Begins
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—27	Assessments
May 3	PAC Meeting @ 6:30 pm
May 3	AP Exams
May 6	Dry Grad Carnival
May 9	AP Exams
May 16	Fire Drill at 9:20 am
May 18	GR 10 On the Line: Your Life, Your Choice
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:

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Students A to G

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Students H to N +International

Ryan Dube - Vice-Principal

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Students O to Z

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Students Em to Jc + International

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Students Jd to Pg

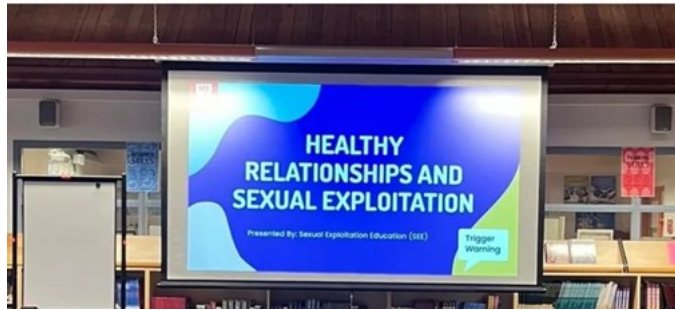
Wendy Cooper - Counsellor

wcooper@sd62.bc.ca

Students Ph to Z

From the Admin

INNOVATIVE PREVENTION PROGRAMS AND SERVICES



On April 12, for the second year, we feel fortunate to be able to bring our grade 9 and 10 students webinars, hosted by Tiana, from the Exploitation Education Institute. Tiana will build resiliency towards all forms of sexual exploitation and human trafficking while engaging students through humour, games and activities.

Topics covered in each presentation can be found below:

Healthy Relationships – Grade 10's – Block B

Ensuring that Core Competencies are met and with the goal to present sexual exploitation, this presentation addresses all forms of current sexual exploitation. Students will be guided through peer exploitation, healthy boundaries and consent through unique activities aimed at building empathy and resilience. These concepts will be woven throughout the discussion of various forms of exploiters and current trends. In addition, self-exploitation trends such as sexting and self-directed online exploitative behaviours will be covered and analyzed while educating students on the laws and their objective to protect youth. Students will also learn about online sexual predation, grooming tactics and healthy online boundaries.

Cybersafe from Exploitation -Grade 9's – Block C

- At any given time, there are over 700,000 predators online looking to connect with minors
- The average age of a victim targeted is 14-17 years old
- Sextortion rates have tripled every year since the pandemic
- 42% of teens who sexted had it shared without consent

More teens are being groomed into using certain platforms and apps for self-exploitation

This presentation addresses all of the above issues and more, by discussing consent, healthy boundaries and internet dynamics. With these skillsets, youth can truly be immune to all forms of online exploitation.

For additional info, please see: <https://exploitationeducation.org/>

From the Admin con't....

On Wednesday April 5th, Royal Bay Students were invited by Gablecraft to attend the official Green Ribbon Cutting Ceremony of the new trail system that leads to Murray's Pond. Following the ceremony, students were taught how to plant seedlings and collectively planted 50 trees! It was a great event and we were grateful for the opportunity to attend this event.



Special thanks to our students Jeremy A., Dalia E., Edward M., Julian O. and Hunter R. for volunteering their time, getting involved with such an important community initiative and learning some new skills this week!



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

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



April 11 - 14, 2023

	Item	Monday	Tuesday	Wednesday	Thursday
HOT SIDE	Hot main	Closed: Easter Monday	Fettucine with Meat Sauce	Asian pork burger with Slaw	Chicken Pot Pie
	Vegetarian		Fettucine with Tomato Sauce	Veggie Burger with Slaw	Veggie Vol-au-vent
COLD SIDE	Wrap		Trio	Salami	Grilled Chicken
	Appie		Rice Noodle Salad	Rice Noodle Salad	Rice Noodle Salad
BAKING	Desserts		Apple Bar/ Chocolate Cup Cakes	Apple Bar/ Chocolate Cup Cakes	Apple Bar/ Chocolate Cup Cakes

Around the Raven's Nest!

The Blackwing Theatre Company is fresh off its successful production on the musical The Pajama Game which closed prior to spring break. Four public performance to public audiences were very well attended and it was great to see the acting, singing and production talent here at Royal Bay shining again this year.

The Music Department is currently gearing up for a trip to Whistler to attend the Cantando Music Festival. This will be a three night adventure for the group, with festival performances, concerts at elementary schools in Pemberton and Whistler and lots of bonding time for the musicians.

Royal Bay will be hosting Royal Bay music and theatre department alumni Posh Coat, for a performance in the theatre on Friday, April 14th at lunch. Posh Coat is a up and coming Indie Rock Band with Royal Bay Fine Arts roots.



This and That



It's a bird, it's a plane...

no!

It's Superhero books in the Learning Commons!

Come and be inspired- check one out today.



Book Club Students

Please attend our meeting on Friday, April 14th when we will be discussing volunteering for the Times Colonist Book Fair.

Our Book Club dates are:

Fri. April 14th

Fri. May 12th

Fri. April 28th

Fri. May 26th

at lunch in Room 1192



BELIZE!

We are 1 year away from the RBSS Belize Trip and we have space for 10 more students! Join us for an amazing 8 day trip during Spring Break 2024. There will be ancient ruins, jungle ziplining, cave tubing, snorkeling & good times with friends. Visit the website to see the entire itinerary or See Ms. Vink or Ms. Funk for more info. You can sign up using the QR code above or go to Eftours.ca/enroll Enrollment Number 2553776VW



Coming Soon!
Order yours today!

RBSS Indigenous Hoodie

ATC Hoodie (Unisex) with an Embroidered Left Chest Logo in Black ONLY!



ANYONE from ANY Grade can order these hoodies
Application due APRIL 10! Get them before they are gone!!
 Order forms can be found in Mrs. Lockharts Classroom (2126), and Mr. Burgess' Classroom (2146)

Cost: \$60



Grad Corner



"Grad 2023 T-shirts available for sale for \$20

2 colour options are offered in sizes SM to X-large

See Mr. Burgess in room 2146 to purchase

Cash or cheque (payable to SD62) only!



2023 Grad's Important Dates/Deadlines

Saturday, May 6

Thursday, June 1

Sunday, June 4

Friday, June 23

Dry Grad Carnival at RBSS

Grad **Rehearsal** at UVic

Grad **Ceremony** at UVic

Prom at The Crystal Gardens

Grad Corner con't



CALLING ALL PARENTS, GRANDPARENTS, TEACHERS ETC

ROYAL BAY SECONDARY

DRY GRAD CARNIVAL

Saturday, May 6th 6:15pm-1am



REQUEST FOR VOLUNTEERS

In order for Royal Bay's Seventh Annual Dry Grad Carnival to be successful, we need approximately **75** volunteers to work a variety of stations throughout the evening. The shifts are from 6:15pm - 8:45pm and 8:30pm - 10:45pm. We are looking for parents, grandparents, etc... from **ANY** grade willing to volunteer their time to ensure the Carnival runs safely & smoothly. Let's give the grads of 2023 an amazing and memorable event!!

Please email RBSSdrygradvolunteer@gmail.com if you can help! Please indicate approximately what time of the evening you can help out, as well as how many hours you would be willing to volunteer.

Don't miss out on being a part of this awesome event!

Thank you in advance for your support!

Parent Grad Committee

Grad Corner con't

Magic Wand

Why buy a grad tux or dress when you can borrow one?

Complete Outfits Including:

Like new dresses, suits, tuxedos, shoes, and accessories.

- ★ Thanks to Magic Wand, I had an unforgettable grad
- ★ I had an awesome grad with your beautiful dress
- ★ My son looked spectacular!
- ★ Thanks for a 'magical' graduation – you made my prom the best



To book an appointment, contact:

Elizabeth: esurerus@telus.net

The **Magic Wand** is a non-profit organization that offers an eco-friendly and inexpensive alternative to prom outfits for boys and girls. A small fee for cleaning will be charged.

www.themagicwandproject.com





Grad Corner con't

Prom at Crystal Gardens

June 23, 2023

Photo at Parliament Buildings **5:00 pm**

(Note: Photo will be at the back steps due to construction)

Arrival at Crystal Gardens **5:30– 6:15 pm**

Dinner **6:45 pm**

Dance starts at **8:00 pm**

Event concludes at **10:30 pm**

Important Info:

- **Tickets will be on sale from April 3 - May 12, 2023 (forms were handed out April 3rd and available for pick up from the office. 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.**

We want to ensure that all grads have the ability to participate in grad events. If the cost is inhibitory, please contact your VP or school counsellor; through the Affordability Fund, we are able to support families.

Careers Department - Scholarships



Scholarship Opportunities UPCOMING SCHOLARSHIPS

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

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

BC Principals' and Vice-Principals' Association (BCPVPA) Scholarship

Deadline: April 11, 2023

Canadian Scholarship Trust Foundation

Deadline: April 14, 2023

BC School Superintendents Association (BCSSA)

Due: April 14, 2023

District Authority Scholarships

Deadline: April 14, 2023 noon

Monk Office Supply Scholarship

Deadline: April 14, 2023 noon

Mosaic Forest Management Scholarship

Deadline: April 14th, 2023 noon

Ron Warder Memorial Scholarship

Deadline: April 14th, 2023 noon

Victor Chen Memorial Engineering Scholarship

Deadline: April 14th, 2023 noon

myBlueprint CST Bursary

Deadline: April 14th, 2023

4-H British Columbia Provincial Scholarships

Deadline: April 15th, yearly

BCIT Entrance Scholarships

Deadline: April 15, 2023

Elementary School PAC Bursaries

Deadline: April 19, 2023

Middle School PAC Bursaries

Deadline: April 19, 2023

Secondary School PAC Bursaries

Deadline: April 19, 2023

Premier's International Scholarship Program

Deadline: April 20, 2023



Careers Department



MIDDLE SCHOOL TRADES EXPLORATION SUMMER PROGRAMS

Open to all students from our partnership school districts born between 2009 – 2011.

Registration Opens Wednesday April 5

JULY 4-7 PROGRAMS

- Pipe Trades
- Welding: Mind over Metal

JULY 10-14 PROGRAMS

- Indigenous Woodworking
- Sheet Metal
- Women Trades Sampler

Generously sponsored by Camosun and Industry \$50 / student

On site at Camosun College Interurban, 16 seats per program




For more information and to register, go to:
camosun.ca/dual-credit



LEARNING to lead

MINERVA

THE PROGRAM

Learning to Lead™ is a 4-week (1 session/week) leadership program open to self-identified girls in high school. Participants gain confidence through interactive workshops and activities within a safe and supportive community.

Participants attend 2-hour Zoom sessions once a week for 4 weeks.

WHAT YOU'LL LEARN

Learning to Lead™ focuses on:

- Self-knowledge
- Being a leader
- Increasing confidence
- Being authentic
- Creating connections

SPRING 2023 DATES

Group 1: Tuesdays, 3:30-5:30pm (April 4, 11, 18, 25)

Group 2: Wednesdays, 6-8pm (April 5, 12, 19, 26)

Thanks to our generous sponsors, Learning to Lead™ is offered at no cost to participants.

Stay tuned for Fall programming!

JOIN US!

We are looking for youth who are ready to learn more about themselves, grow their confidence, and connect with other amazing young people from across the province.

50 participants will be selected to attend each 4-week program. Indigenous youth are encouraged to apply.

To nominate a student, please contact **Vib Wadhwa (Youth Programs Coordinator, Minerva BC)** at vibhuti@minervabc.ca

Learn more and apply at: minervabc.ca/learning-to-lead/



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npowercanada.ca/programs/

Classes run Monday - Friday
Location: Online Classroom Environment

Call our Outreach Team: 604.495.0580 (x2)
or email at: outreach@npowercanada.ca



Program delivery and funding partners:



CAREER FAIR 2023

EXPLORE OVER 90 JOB AND CAREER EXHIBITS



APRIL 27, 2023

ARCHIE BROWNING ARENA

TBD

For more information, visit the Career Commons



SCAN THE QR CODE TO SIGN-UP

Careers Department cont.





April 8th, 2023 | 10 am - 3 pm
University of Victoria

Come discover the digital skills that will drive tomorrow's coolest communications, imaginative innovations and essential societal enhancements.

Open to girls and non-binary youth in grades 6-12, Go CODE Girl will introduce you to the wide range of career possibilities available in the rapidly-growing fields of technology, computing and software engineering.

TECHNOLOGY IS REVOLUTIONIZING OUR WORLD, AND THOSE WHO CODE, HOLD THE POWER OF CHANGE IN THEIR HANDS.

Register today! 

IN PARTNERSHIP WITH:

 University of Victoria

Engineering and Computer Science







ISLAND IGNITE

JULY 7-9, 2023

VICTORIA, B.C.

A WEEKEND FOR FEMALE YOUTH IN GRADES 11 & 12 TO BE ENGAGED, ENCOURAGED, AND EMPOWERED THROUGH FIREFIGHTING!

Deadline for Applications May 1st, 2023



DETAILS AND APPLICATIONS AT:
WWW.ISLANDIGNITE.COM
OR EMAIL:
INFO@ISLANDIGNITE.COM



THE BEAUTIFUL MIND

04.27.23

Learn about how the brain's immune cells link to physical, mental, and societal issues, as well as what it's like pursuing a career in neuroscience, in a series of short, easy-to-understand talks by a diverse group of training researchers from the University of Victoria's Division of Medical Sciences

Speakers @ 6:30 - 8:20 p.m.; in-person reception @ 8:20 - 9 p.m.
UVic Medical Sciences Building Rm.150 or Zoom
[RSVP at BeautifulMind.eventbrite.ca](https://www.eventbrite.ca/e/beautiful-mind-tickets-54444444444)

Careers Department cont.



**ANYTHING
IS POSSIBLE**



Are you interested in a PAID job in
the construction industry this
summer?

SUMMER YOUTH EMPLOYMENT

JOIN OUR TEAM

CONTACT

US NOW



250-590-7820 VICTORIA
250-756-9665 NANAIMO



108-2770 LEIGH RD-Victoria
2214 McCULLOUGH RD -
Nanaimo



dave.cordick@iwcd.ca
dave.d@iwcd.ca

WWW.IWCD.CA/CAREERS

EARN HIGH SCHOOL CREDITS

Earn hours towards your ITA Youth in Trades Program & start working towards your Apprenticeship while still in highschool. Earn 16 elective credits towards graduation (equals 4 courses) AND get PAID!

BE ELIGIBLE FOR \$1000 AWARD

Register with Industry Training Authority as a Youth Apprentice. Report a total of at least 900 hours to ITA by December 31st of the school year the student turns 19. Maintain a C+ average or better in grade 12 to be eligible.

TRAINING & JOB SITE EXPERIENCE

This is a special opportunity to introduce you to the field of construction. We will provide a safety orientation & on the job training to help you transition from highschool to work. Get a head start on your career today!

**BUILD YOUR FUTURE & COMMUNITY
WITH US!**

Counsellors' Corner

'intheknow'
connect + learn

RESOURCES

Understanding, Supporting and Connecting with Teens with Depression

WEBSITES:

[Kelty Mental Health Centre: Depression](#)

[Foundry BC: Low Mood & Depression](#)

[BounceBack BC Skill Building Program 13+](#)

[HealthLink BC: Depression in Teens](#)

[CHEO: Helping Your Child or Youth With Depression](#)

[I Had A Black Dog, His Name was Depression](#)

[Living With A Black Dog](#)

PODCASTS:

[Discovery College: Languishing](#)

[Where You Are: When Parenting Gets Tough-How to Support Youth When They Are Struggling](#)

BOOKS:

Beyond the Blues: A Workbook to Help Teens Overcome Depression by Lisa M. Schab

What to Say to Kids When Nothing Seems to Work by Adele Lafrance, PhD & Ashley Miller, MD

MORE FROM FAMILYSMART:

[Building Connections With Our Kids When It Feels Impossible: Video Resource](#)

[Say Don't Say: What Youth with Mental Health Challenges Really Want from Parents and Caring Adults](#)



www.familysmart.ca



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

Dates: April 18 & 20, 2023
Times: 5:00- 7:00 pm

Dates: May 10 & 17, 2023
Times: 10:00 am- 12:00 pm

Dates: June 12 & 14, 2023
Times: 11:00 am- 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.

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.

Understanding, Supporting and Connecting with Teens with Depression

Mood rollercoasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene? Join us for a conversation with a mental health therapist who supports teens and families, to understand how depression shows up in teens and learn ways of journeying with them through it.

Cost: Free of Charge

Date(s):

Monday April 3, 2023 9:30-11am (PST)
Thursday April 13, 2023 6:30-8pm (PST)
Tuesday April 18, 2023 12-1:30pm (PST)
Wednesday April 26, 2023 5-6:30pm (PST)
Thursday April 27, 2023 6:30-8pm (PST)

Registration required:
www.familysmart.ca/events



NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

Online Event for Parents and Caring Adults with Dr. Ross Greene

Join us to listen to Dr. Ross Greene speak about how Collaborative and Proactive Solutions can help us show our kids we care about them.

Solving problems together creates connection and allows our children to be a part of finding solutions to what is causing their concerning behaviour. Dr. Greene's work reminds us that things go better for everyone, when we solve problems together and that kids do well if they can.

DATE: Thursday, May 4, 2023

TIME: 6:00pm - 8:00pm (PST)

REGISTRATION REQUIRED: familysmart.ca/events

This event is part of FamilySmart's National Child & Youth Mental Health Day celebrations. For more info and resources go to: may7icare.ca

