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 24-28, 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: April 24-28, 2023

Monday	Assessments

Tuesday Wellness Centre 9:30-3:00

Assessments

Wednesday Assessments

Thursday Wellness Centre 9:00-3:00

Assessments

Friday Assessments

What's inside!

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Important dates to Remember:

April 24—27 Assessments
April 29 Hack-a-thon

May 3 PAC Meeting @ 6:30 pm

May 3 AP Exams

May 5 Red Dress Day

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 8 Athletic Banquet

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 EI

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 ${\sf Z}$



From the Admin

Dry Grad 2023!!

May 6th, 2023 @ RBSS 6 pm to 11 pm

Our parent run Dry Grad Committee will be hosting the Dry Grad Carnival at Royal Bay Secondary on May 6, 2023. The parent volunteers have worked incredibly hard all year putting together an event that celebrates our 2023 Graduating Class of RBSS. This parent group has created a fun-filled event filled with give-away prizes available to win. The evening event will be a time for our grads to reconnect as a group and celebrate the ending of their formal public education. If the other years' events are anything to go by, this is one night that the grads won't want to miss! The Dray Grad Committee has been hard at work collecting prizes and receiving monies from various community donors, and creating a spectacular event for our grads.

Our grads spend the evening socializing, participating in numerous games, playing poker and witnessing a hypnotist. If you need any support purchasing a ticket to the Dry Grad Carnival please reach out to the admin team in the office. Money will not be a barrier for attendance.



Red Dress Day - May 5th

May 5th marks the National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit people (MMIWG2S) in Canada.

Also known as Red Dress Day, on May 5th people across North America hang red dresses in private and public spaces in solidarity with family members and loved ones of the missing people. The red dresses act as a visual reminder.

Royal Bay Secondary is proud to have this amazing Art work permanently on display to honour Canada's missing and murdered Indigenous women, girls and two-spirited people.

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

7.6 meerings for 2022 202

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 24-28, 2023

_	<u>ltem</u>	<u>Monday</u>	<u>Tuesday</u>	Wednesday	<u>Thursday</u>
	Hot main	Fettucine Alfredo	Laksa	Quesadilla with Dirty	Stuffed Peppers
		with Caesar and	(Spicy Coconut Rice	Rice	
HOT SIDE		Garlic Bread	Noodle Soup)		
		Fettucine Alfredo	Laksa	Quesadilla with Dirty	Stuffed Peppers
	Vegetarian	with Caesar and	(Spicy Coconut Rice	Rice	
		Garlic Bread	Noodle Soup)		
COLD	Wrap	Ham	Turkey	Trio	Asian Pork
SIDE	Appie	Garlic Knots	Garlic Knots	Garlic Knots	Garlic Knots
BAKING	Desserts	Churros/ Blueberry	Churros/ Blueberry	Churros/ Blueberry	Churros/ Blueberry
		Muffins	Muffins	Muffins	Muffins

Around the Raven's Nest!

Spring Updates in Home Economics and Culinary Arts

Textile Studies

Students in grades 10-12 have been creating fantastic art projects using textile materials and processes. Featured here are a few needle felted landscapes and steampunk fabric painted and quilted compositions.











Senior Food Studies

Students have been designing food labels and packaging for food products they would like to market.

Some are making beeswax wraps to have a zero waste package.



Family Studies - Families in Society/Interpersonal Relationships

Recent student design projects include a board game to help understand different family roles, research on impacts of social media and an art piece that commemorates Missing and Murdered Indigenous Women and Girls.







In the Garden....

Culinary arts students have been harvesting greens for the cafeteria and we are happy to have a new greenhouse!





Athletics /Teams

THE RAVENS RUGBY REPORT

Senior boys

Senior boy's rugby took on Stelly's and Parkland Tuesday. The boys got out so quickly and fast started with tries from Brighton, Nick, Joey, and Torin. To secure a big win 29-0.

They followed up the momentum with a hard-fought battle against Elly's, taking a close win 17-14 with tries from Griffin and Brighton, huge games from Nico with 2 try-saving tackles, and a massive work ethic from Torin.





Junior boys

Junior boys played at home against Esquimalt and Spectrum. The boys battled hard but came up short 27-10 to Spectrum with big games from Dallen, Jason and Vaan. The second game against Esquimalt saw Dallen continue to toss defenders aside leading to a nice offload to Keane.

Girls Rugby

The girls took on a powerful Brentwood side at home on Tuesday. From the opening kickoff, our stymie defence kept Brentwood on their heels with big turnovers coming from Leilani, Teag and Coral. The physicality created three quick tries from Belle, Maya and Dani. The battle continued with huge runs and tackles from Jordan and Anna, while the attack kept pressing back Brentwood leading to another score from Maja and Belle. Outstanding games from Maddie, Elaine, JoJo and Bonnie.

The players of the game were Jordan, Maddy and Maya. The girls head to Port Alberni on Thursday.





This and That



NA'TSA'MAHT FAMILY DINNER

All SD62 Families & Staff Welcome

Wednesday, April 26th 2023
Saseenos Elementary
GYM
5:30pm - 7:30pm
(Doors open at 5:00)



Please RSVP by April 21st 2023

SIGN UP & Confirm

Attendance Here
or phone: 250-474-9833

Sooke School District acknowledges the traditional territories of the Coast Salish: T'Sou-ke Nation and Sc'ianew Nation



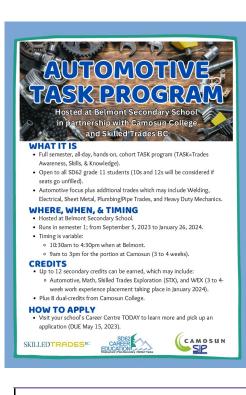
BELIZE!

We are 1 year away from the RBSS Belize Trip and we have space for 10 more students! Join us for an amazing <u>8 day</u> 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















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 <u>RBSSdrygradvolunteer@gmail.com</u> 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



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 & available for pick up from the office. NO LATE SALES.
- The ticket sales are a <u>two-part</u> process, the office must have <u>BOTH</u> the parent/guardian signed purple 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.

2023 Grad's Important Dates/Deadlines

Saturday, May 6

Friday, May 12

Thursday, June 1

Sunday, June 4

Friday, June 23

Dry Grad Carnival at RBSS

Prom Consent Form and Payment Due

Grad Rehearsal at UVic

Grad Ceremony at UVic

Prom at The Crystal Gardens

Grad Class of 2024



Grad Class of 2024



PAYMENT OPTIONS:

\$40

1) Cash or Cheque (made out to SD62): 2)School Cash On-line:

\$40

A paper order form STILL MUST be completed. There is no sizing or nickname option available on School Cash on-line.

Please submit payment with your completed order form to Mr. Burgess' room (2146) or the Office.

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

West Shore RCMP Community Policing Advisory Committee Sarah Beckett Scholarship

Deadline: April 28th, 2023

BC Tech Scholarship Program

Deadline: April 28th, 2023

BC Soccer Association Scholarship

Deadline: April 29th, 2023

Juan de Fuca Soccer Association Dick Darley Scholarship

Deadline: April 30th, 2023

The Educational Facility Managers Association of British Columbia Bursaries

Deadline: April 30th, 2023

Rocky Point Bird Observatory Award

Deadline: April 30th, 2023

BC Lower Island Soccer Association Scholarships

Deadline: April 30th, 2023

Abbott Painters Scholarship Program

Deadline: April 30th, 2023

BC Housing - Education Awards Program

Deadline: April 30th, 2023

myBlueprint Scotiabank Scholarships

Deadline: April 30th, 2023

Pat Fletcher Scholarship Foundation - Golf Scholarship

Deadline: April 30th, 2023 at 5pm

VIU Chancellor's Scholarship for Aboriginal Students

Deadline for School Nomination: April 30th

Peninsula Co-op Scholarships

UVIC Students = Apply between February 15th - April 30th Camosun students = Apply between May 1st - August 31st

C.U.P.E. Local 459 BURSARY Deadline: May 15th, 2023



Careers Department





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Greater
VICTORIA
School District

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SCHOOLS Teaching Tendentine Today



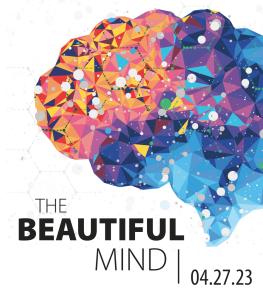


Careers Department cont.









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

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

USNOW







WWW.IWCD.CA/CAREERS

EARN HIGH SCHOOL CREDITS

Earn hours towards your ITA Youth in Trades Program & start working towards your Appenticeship 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



RESOURCES

Understanding, Supporting and Connecting with Teens with Depression

WEBSITES:

Kelty Mental Health Centre:

Foundry BC: Low Mood & Depression

BounceBack BC Skill Building Program 13+

HealthLink BC: Depression in Teens

CHEO: Helping Your Child or Youth

I Had A Black Dog, His Name was

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

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:

rt a Safety Plan at Home

Session 3:

How to Take Care of Yourself and Family After a

Session 4:

w to Find the Resources You Need

There is no cost to families. Registration is

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.





EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A

FamilySmart



VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH

Cost: Free of Charge

Monday April 3, 2023 9:30-11am (PST) Thursday April 13, 2023 6:30-8pm (PST) Tuesday April 18, 2023 12-130pm (PST) Wednesday April 26, 2023 5-630pm (PST) Thursday April 27, 2023 630-8pm (PST)



www.familysmart.ca/events



NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

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







