

# 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



### May 1-5, 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: May 1-5, 2023, 2023

Monday

Tuesday Wellness Centre 9:30-3:00

Wednesday PAC Meeting @ 6:30 pm  
AP Exams

Thursday Wellness Centre 9:00-3:00

Friday Red Dress Day



### What's inside!

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## Important dates to Remember:

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 Theater
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 15	Final Music Concert 7 PM in Theatre
June 23	Prom At The Crystal Gardens



## RBSS Contacts:

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Students O to Z

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Students Jd to Pg

Wendy Cooper - Counsellor

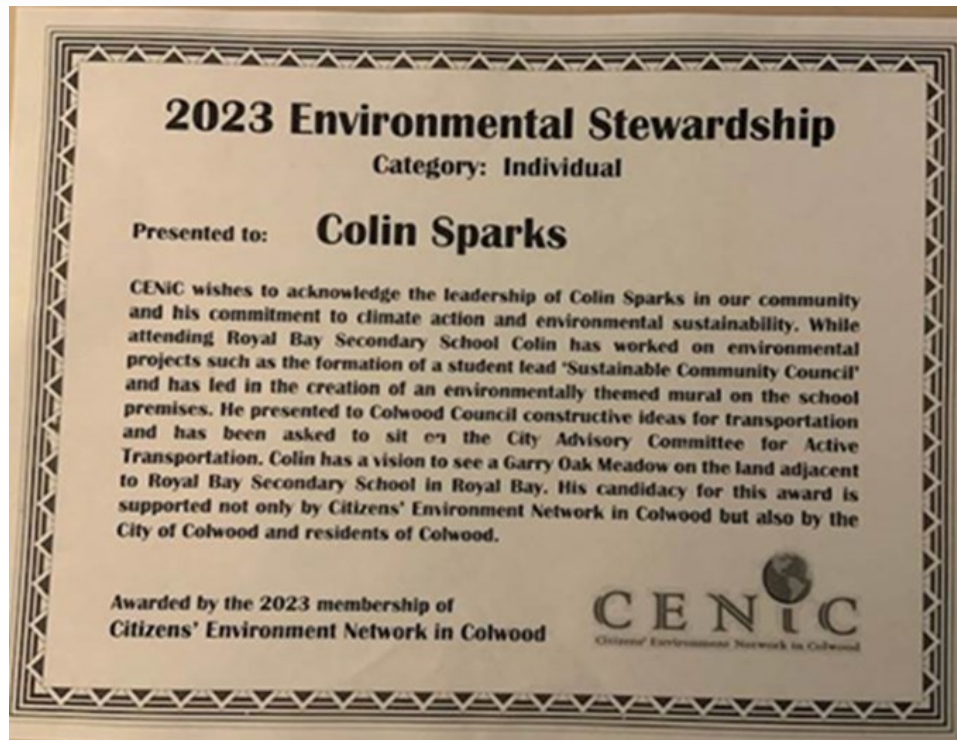
[wcooper@sd62.bc.ca](mailto:wcooper@sd62.bc.ca)

Students Ph to Z



## From the Admin

*Congratulations!*



The Sustainable Community Council, founded by grade 12 student Colin Sparks, is working with the City of Colwood to create a Garry Oak Meadow in the school's neighborhood, on the hillside adjacent to the track. The School District has also awarded funds from the Social Responsibility Fund to support this project. We look forward to the great work that this group will do in the coming months.

Through Colin's work and advocacy, he was recently acknowledged and given the 2023 Environmental Stewardship Award from the Citizen's Environmental Network in Colwood. A Garry Oak has been planted at Murry's Pond to honor Colin's work.

## 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**

**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)



**May 1-5, 2023**

	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot main	Grilled Cheese with Cream of Mushroom Soup	Chicken & Dumplings	Pulled Pork with Cornbread & Slaw	Lasagna
	Vegetarian	Grilled Cheese with Cream of Mushroom Soup	Veg & Dumplings	Pulled Jackfruit with Cornbread & Slaw	Lasagna
COLD SIDE	Wrap	Smoked Turkey	Ham	Roast Beef	Trio
	Appie	Smoked Trout Puff	Smoked Trout Puff	Smoked Trout Puff	Smoked Trout Puff
BAKING	Desserts	Cinnamon Bun/ Pumpkin Pie	Cinnamon Bun/ Pumpkin Pie	Cinnamon Bun/ Pumpkin Pie	Cinnamon Bun/ Pumpkin Pie



# Around the Raven's Nest!

## ACADEMIES DEPARTMENT



Our **Dance Academy** classes participated in the Greater Victoria Performing Arts Festival this week! This festival includes a variety of middle school and high school dance classes throughout Victoria and is professionally adjudicated. All three of our Academy classes showcased their talent and hard work in Jazz, Hip Hop, Modern, Contemporary and Lyrical. We were proud to include six groups of students to showcase their own choreography as well! All students did an excellent job performing and representing Royal Bay within in the Dance Community. Congratulations everyone on a job well done, you made Royal Bay so proud!

Our **Lacrosse Academy** recently attended a tournament in California, and took home the championship title in both the Varsity and Junior Varsity Divisions! Grade 9 and 10 students from this Lacrosse Academy, as well as our Girls' Lacrosse Academy are heading to a tournament in Sisters, Oregon in early May! Good luck Ravens!!



As the weather warms up, **Soccer Academy** is enjoying the sun and gearing up for some games against other schools. In the coming weeks, we will be playing in a jamboree with Dunsmuir and EMCS Soccer Academies. Shortly after we head north to our private school friends to play a friendly against Shawnigan Lake School. We will close out the school year with a game against our rivals at Reynolds and their Centre for Soccer Excellence program. It is a busy few weeks ahead and we are excited for what's to come.

The competitive **Golf Academy** season has begun, and Royal Bay has a promising team. At the beginning of April, the annual Nanaimo Masters Academy Tournament was played at Nanaimo Golf and Country Club. Congratulations to Tzari B. for taking the title from last year's winner Ryan S. This was followed by the Victoria Police Athletic Association Tournament at Olympic View. Unfortunately, our 3 teams had a tough tournament but we bounced back the following week and came 3<sup>rd</sup> at the Dover Bay Invitational. Good luck to our Raven's as we head into the City and Island Championships!



# Athletics /Teams

## RAVENS RUGBY REPORT

### Girls 15's

On Thursday, the girls headed to Port Alberni to play against the Armada in a hellacious rainstorm. The Ravens got a quick start with Maddy leading from the front foot. It then started raining scores, with Belle and Dani finding the try-line and Charlotte adding a double.

The second half saw Belle cross for another try. Huge physical game from Fernanda "The Chiropractor" putting in huge hits that were bone-rattling. The game ended with Maya making easy work of would-be tacklers to put the Ravens ahead to a 52-10 final.

Franziska aka Fancy set a kicking record for Royal Bay with 6 conversions for 12 points. Huge games for Dani, Lelianni, JoJo and Hanna.



### Boys 7's

Senior boys headed down to Windsor Park to face Esquimalt and GNS on Tuesday. The boys put in a significant shift with two tough games against quick fast skillful sides. The first game against the Armada resulting in a 14-10 loss in a nail-biter—tries by Brighton and Joey. The second game came right down to the last play with GNS scoring a converted try to put them up 31-24 at the final whistle. The junior boys headed down to Esquimalt to play Belmont and Stelly's. The boys came out hard and fast and took an early lead against Belmont but fell short 17-7 in a close match. This energized the boys into the second match against Stelly's wear. They jumped to an early lead and held on finishing the game 17-7 tries during the day for the day Nico, Kai, Louis and Dallen.

Arrowsmith  
Road Maintenance Ltd.



basic  
ROCK PRODUCTS LTD.





# This and That



## YEARBOOK 2023

### YEARBOOK UPDATE: ATTENTION PARENTS

Did you miss the pre-order for yearbooks and still want one?

There are approximately 40 books left for sale and they are first come first serve so order quickly if you want one.

Books are \$55, they can be purchased with the link below or cash/cheque to the office.

<https://sd62.schoolcashionline.com/>

## AUTOMOTIVE TASK PROGRAM

Hosted at Belmont Secondary School  
in partnership with Camosun College  
and Skilled Trades BC

### WHAT IT IS

- Full semester, all-day, hands-on, cohort TASK program (TASK=Trades Awareness, Skills, & Knowledge).
- Open to all SD62 grade 11 students (10s and 12s will be considered if seats go unfilled).
- Automotive focus plus additional trades which may include Welding, Electrical, Sheet Metal, Plumbing/Pipe Trades, and Heavy Duty Mechanics.

### WHERE, WHEN, & TIMING

- Hosted at Belmont Secondary School.
- Runs in semester 1; from September 5, 2023 to January 26, 2024.
- Timing is variable:
  - 10:30am to 4:30pm when at Belmont.
  - 9am to 3pm for the portion at Camosun (3 to 4 weeks).

### CREDITS

- Up to 12 secondary credits can be earned, which may include:
  - Automotive, Math, Skilled Trades Exploration (STX), and WEX (3 to 4-week work experience placement taking place in January 2024).
- Plus 8 dual-credits from Camosun College.

### HOW TO APPLY

- Visit your school's Career Centre TODAY to learn more and pick up an application (DUE May 15, 2023).

SKILLEDTRADES BC

SD62  
CAREER  
EDUCATION  
Employment • Post-Secondary • Skilled Trades

CAMOSUN  
SIP

## Movie Night!

Showing *The Princess Bride*

May 18, 7pm to 9pm  
in the RBSA Aviary

\$5  
Per person

Come to the aviary any Wednesday, Thursday,  
or Friday between Wednesday, May 3rd and  
Thursday, May 18th to purchase tickets!

Snacks available  
by donation

All proceeds go to supporting displaced people in Türkiye  
and Syria from recent earthquakes.

# Grad Corner



**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](mailto: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



## 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 **two-part** process, the office must have **BOTH** 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



## PRICING

Hoodies: \$65  
Crewnecks: \$60

# 2024 GRAD CLOTHING

## PRICING

1/4 Zip: \$55  
Joggers: \$55

- Grad clothing forms are available in Mr. Burgess' room (2146) and the office.
- Forms MUST be filled out regardless of payment method.
- Payment through cash, school cash online and cheques payable to SCHOOL DISTRICT #62, brought in to the office or room 2146.

# Grad Class of 2024

## ORDER YOUR GRAD 2024 PINNIES



### 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>

### **Peninsula Co-op Scholarships**

UVIC Students = Apply between February 15 - April 30, 2023

Camosun students = Apply between May 1 - August 31, 2023

### **Big Brothers Big Sisters Harry deSwager Bursary Fund**

Deadline: May 1, 2023

### **The Trevor Linden Community Spirit Scholarship**

Deadline: May 1, 2023 at 5pm

### **Beacon Community Services Scholarship**

Deadline: May 1, 2023

### **Save on Foods Joint Diversity Scholarship**

Deadline: May 1, 2023

### **British Columbia Arts Council Scholarships**

Deadline: May 1, 2023

### **IODE British Columbia Arts Awards**

Deadline: May 1, 2023

### **BC School Sports Scholarships**

Deadline: May 1, 2023 at 4:00pm

### **Dave Gifford Memorial & Zone Scholarships (BC School Sports)**

Deadline: May 1, 2023 at 4:00pm

### **BC Dairy Association Scholarship (BC School Sports)**

Deadline: May 1, 2023 at 4:00pm

### **Sooke Principals' and Vice-Principals' Association (SPVPA) Bursary**

Deadline: May 2, 2023

### **Jan Bell-Irving Award for Women's Leadership**

Deadline: May 5, 2023

### **Dr. Donald Rix Inspiring Business Excellence Scholarship**

Deadline: May 5, 2023

### **C.U.P.E. Local 459 BURSARY**

Deadline: May 15, 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](https://camosun.ca/dual-credit)



## ADULTING 101: PERSONAL FINANCE FOR STUDENTS PREPARING FOR COLLEGE & UNIVERSITY

A Zoom-based financial literacy workshop for grade 9 to 12 students from UVIC's Gustavson School of Business

Surveys routinely show Canadians struggle with their finances—over half are within \$200 of not being able to cover their bills and debt payments.

High school and university students particularly face struggles. Rising student debt, increasing housing costs, and surging inflation are barriers to success. Generation Z not only faces the burdens of climate change, the pandemic, and global uncertainty—but costs alone are a barrier to progress in careers and life.

So, how can students prepare for the costs of "adulting" and identify opportunities while at university?

The Gustavson School of Business at UVIC invites students to join a free financial literacy workshop. Dr. Michael King leads this interactive session for students to strengthen and prepare their financial footing to enter university life. This workshop will give you a taste of Gustavson and finance through a fun and engaging session.

This workshop is a good fit if one or more of these apply to you:

- You are in grade 9 to 12, and/or are an international student hoping to study in Canada.
- You want to take responsibility for your financial life, starting with mobile banking and day-to-day spending, and are curious about where to start.
- You have questions about your credit score and how it is used to evaluate you for: mobile phone, credit card, apartment rental, summer job, car loan, and much more.
- You want to build up savings and start investing in stocks, bonds, ETFs...
- You are interested in what a university class might be like

The workshop will be delivered on Zoom, and there are two dates to choose from:

Wednesday, May 17<sup>th</sup> or Thursday, May 18<sup>th</sup>

[CLICK HERE TO REGISTER FOR THE SESSION](#)

Contact Recruitment Manager, Daniel Nair, at [d12recruit@uvic.ca](mailto:d12recruit@uvic.ca) for more information



[uvic.ca/gustavson](https://uvic.ca/gustavson)



@gustavsonuvic




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Classes run Monday - Friday

Location: Online Classroom Environment

Call our Outreach Team: 604.495.0580 (x2)

or email at: [outreach@npowercanada.ca](mailto:outreach@npowercanada.ca)



Program delivery and funding partners:



## Careers Department cont.

**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](http://WWW.ISLANDIGNITE.COM)  
OR EMAIL:  
[INFO@ISLANDIGNITE.COM](mailto:INFO@ISLANDIGNITE.COM)



ISACA Victoria Chapter Presents  
**SPRINGBOARD CONFERENCE 2023**

An event to provide school / college / university students with  
networking opportunities & information about cybersecurity careers.



Join us to network and hear from:

**Main Speakers -**

- Sherry Rumbolt - Senior Cybersecurity Strategic Advisor, Government of Canada
- Don Costello - Director, Advisory Services at BC Provincial Government
- Ryan Smith - Senior Security Research Program Manager, Microsoft
- Spencer Tickner - Executive Director & Chief Technology Officer, BC Government
- Trace Muldoon - Manager, Governance, Engagement and Awareness, BC Government
- Michael Argast - Co-Founder and CEO, Kobalt.io

**Panel Speakers -**

- James Jain - Security Analyst, BC Government
- Avneet Kaur Kahlon - Senior Security Analyst, BC Government

Date - 01 May 2023 | Time - 9:30 am - 03:30 pm PDT  
Location: Michèle Pujol Room, University of Victoria

For speaker topics and more information, please visit → 

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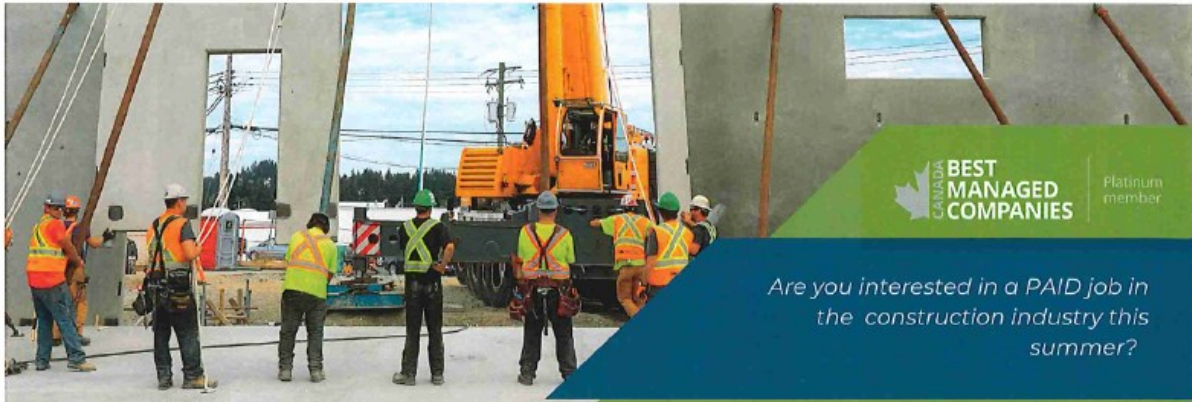
**MAY 1-7**  
(EXCLUDING WORK AND EMERGENCIES)



# 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](http://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](#)

[www.familysmart.ca](http://www.familysmart.ca)

#### 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](#)



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

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

#### 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.



## 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](http://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](http://may7icare.ca)



## Counsellors' Corner, cont.

### **Parenting without Power Struggles**

**Thursdays, 6:30-8pm**

A co-facilitated group support, parent education program for parents of preteens (ages 9 - 12)

### **Parents in the Know**

**Wednesdays 6:30-8 pm**

A co-facilitated group support, parent education program for parents of teens (ages 13-19)

### **Parents Together**

**Tuesdays 12-1:30pm or 6:30-8pm Ongoing**

This program for parents of teens (13-25) provides ongoing group support and parent education. Parents may stay in the group as long as they feel they need support and help in their daily parenting.

### **All the groups cover a variety of topics including:**

- Attachment and relationship-based practices
- Communication and 6 critical messages
- Developmental changes in pre-adolescence
- Adolescent brain development
- Boundaries, and turning over responsibility as appropriate
- Self-care - taking back your life
- Adolescent mental health
- Substance use and teens
- Connection and understanding
- Capacity building
- Technology

Working towards independence!

A few spaces available in the spring parenting groups.

Parents can register for a group by filling out an online registration form here:

<https://bgcsvi.org/programs/parenting/>