

This week in The Raven's Nest



École Royal Bay Secondary School

3500 Ryder Hesjedal Way
Victoria, BC V9C 0J6
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May 8—12, 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 8-12, 2023

Monday

Tuesday

Wellness Centre 9:30-3:00

AP Exams

U of Calgary in Aviary at Lunch

Wednesday

Thursday

Wellness Centre 9:00-3:00

Friday



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Important dates to Remember:

May 9	AP Exams
May 9	University of Calgary—Aviary @Lunch
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



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Students Ph to Z



From the Admin

Students and staff from Royal Bay put on a very cool (student lead) computer event last Saturday in the school's computer labs.

By all accounts the first ever Royal Bay **Hack-A-Thon** was a very successful student-lead event this last Saturday.

Royal Bay Hacks brought together more than forty students from across the city where they sought to use technology to make a difference in people's lives. Students of all skill levels worked, chatted, laughed, and learned in an intensive fourteen-hour coding session.

Projects included apps and games supporting local food banks, women's rights, home gardening, carbon footprint use, trash collection, forest management, responsible driving, and more!

RBSS would like to thank Humra K. and her team of organizers (including teacher James Gibson) for tackling the details of the event. They did a fantastic job putting the event together and getting the word out there. It couldn't have happened without their determination and enthusiasm.



From the Admin con't....

RBSS Students representing Canada

We are often reminded how accomplished our students are in their pursuits outside of school. As staff members we value learning what our students are up to on the "outside". From aspiring musicians, actors, orators, athletes, environmentalist and computer programmers Royal Bay students are making their mark.

This week we would like to recognize three Royal Bay Students who have achieved great success in their individual sports.

Ella B. - Grade 12

Ella is an incredibly accomplished student and track athlete. She's pretty low key in the school, but her athletic achievements indicate a fierce competitor. Recently Ella has been named to the Canadian U-20- Track and Field team going to Australia for the World Championships. Ella has also earned a 3rd place finish at the 2022 Canadian Cross-Country Championships in Ottawa and a 5th place finish at the 2022 Canadian Track and Field 800m event in Quebec. In the Fall, Ella will be attending the University of British Columbia working on a B.Sc in Science and competing as a member of the UBC Track and Field Team.

Brighton F. - Grade 12

Brighton is a fan favorite here at RBSS, as big as he is, his personality is bigger. Brighton has found an athletic home in Rugby. He has previously played and captained the BC Bears (Provincial Rugby Team) and most recently been named to the U-18 Canadian National Rugby Team for a tour in the Netherlands. Brighton will be attending the University of Victoria next year earning a degree in Physical and Health Education and will be competing as a member of the UVic Vikes Rugby Team.

Jack P. - Grade 11

Jack has been a constant on our sports scene here at RBSS since arriving as a grade 9 student a couple of years ago. Jack has a passion for wrestling and boxing and pursues these sports with exceptional dedication. He has been traveling far and wide these last couple of years working on his sport. His next stop is with the U-18 Canadian National Wrestling Team for a tournament in Japan. Recently Jack has earned a silver medal at the Nationals in the 92kg class U-18. (Jack's sister, Ellie is also a very strong wrestler in her own right and will fill our sport pages for the coming years.)

Aside from being exceptional athletes, Ella, Brighton and Jack are tremendous ambassadors of the school and our motto "Together We Are More." **Well done and congratulations!**

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

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



May 8-12, 2023

	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot main	Bacon Broccoli Pasta Bake	Lamb Curry	Pork Fried Rice	Ramen
	Vegetari- an	Broccoli Pasta Bake	Veg Curry	Crispy Broccoli Fried Rice	Ramen
COLD SIDE	Wrap	Ham	Roast Beef	Turkey	Trio
	Appie	Smoke Gouda & Leek Tart	Smoke Gouda & Leek Tart	Smoke Gouda & Leek Tart	Smoke Gouda & Leek Tart
BAKING	Desserts	Skor Bar Brownie/ Fruit Cobbler/ Cheesecake	Skor Bar Brownie/ Fruit Cobbler/ Cheesecake	Skor Bar Brownie/ Fruit Cobbler/ Cheesecake	Skor Bar Brownie/ Fruit Cobbler/ Cheesecake

Around the Raven's Nest!

DYK Mental Health Literacy
has 4 Key Components?



#LetsGetReal about Mental Health

When it comes to looking after one's mental health, here are some basics that are key – and great news, what's good for our mental health is good for our health over-all – and helpful in supporting your child's learning journey.

Get active! Any kind of movement works – what matters is it's fun and enjoyed (whatever one's age!)

Get your Zs Quality sleep – and enough of it, matters a lot for us all. And some, like teens, need more than others. These [tips](#) can help.

Fuel up. Enjoying a [balanced diet](#) and some [family meals](#) offers tons of benefits – including good mental and physical health.

It's (almost) all about relationships. Making time to connect with friends and family isn't always easy in today's busy world, but it's worth it. Check out all the [benefits](#) of human connections – and here's a [few ideas](#) for helping you or your kids nurture connections.

Before you weigh in, tune in. This year's theme for [national mental health week](#) is about empathy – something that can help us know ourselves and our own feelings. It can help us lead, help us communicate and help us support and connect with others. This [short, humorous video](#) helps explain empathy and how it's different than sympathy.

Lend a hand. Acts of kindness and helping others is not only a nice thing to do – it's great for your mental health too! Check out this [site](#) for why it matters and ideas to spark action.

Have questions about your child's mental health? Kelty Mental Health Centre addresses [the common questions](#) that families ask about accessing mental health supports and services in BC for their child or youth. You'll find suggestions about where to go and what to expect when looking for support options.



Any grade 12's who are wondering if they have all the credits / courses to grad or think they may be missing any of Ministry Assessments - Literacy 10, Literacy 12 or the Numeracy 10 Assessment, please see their counsellor immediately.

Around the Raven's Nest, cont.

CONSTRUCTION TASK PROGRAM

Hosted at Royal Bay 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).
- Project-based curriculum
- Open to all SD62 grade 11 students (10s and 12s will be considered if seats go unfilled).
- Carpentry focus plus additional trades which may include Welding, Electrical, Sheet Metal, Plumbing/Pipe Trades, and Automotive.
- Instruction and support from both Royal Bay and Camosun instructors.

WHERE, WHEN, & TIMING

- Hosted at Royal Bay Secondary School.
- Several weeks are spent in Camosun shops.
- Runs in both semesters 1 & 2.

CREDITS

- Up to 12 secondary credits can be earned, which may include:
 - Woodwork, 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

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
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SIP

Athletics /Teams



ATHLETICS

Congratulations Yisha S. and Sharon P. for finishing 3rd at the Grade 10 City Championships for Badminton!
This year Royal Bay had our first ever Badminton team coached by Mr. Marseille.

Uday D.

Farrah R.

Josie M.

Landon L.M.

Easton M.

Ethan H.

Anshdeep U.

Yisha S.

Sharon P.



SENIOR GIRLS SOCCER

Congratulations to our
graduating Senior Girls
Soccer players.

From Left to Right
(missing: Talia W.)

Sophia D., Chloe J.,
Dakota J., Ella S., Kersti
A., Alyssa H., Brooke F.,
Sarah W.



This and That



YEARBOOK 2023

YEARBOOK UPDATE: ATTENTION PARENTS

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

There are approximately 25 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.schoolcashonline.com/>

Brought to you by:

STA Sooke Teachers' Association

SPEAC Sooke Parents' Education Advisory Council

Please join us!

BC BLANKET EXERCISE:
EXPLORING HISTORICAL
RELATIONSHIPS BETWEEN
INDIGENOUS AND
NON-INDIGENOUS PEOPLES

Time: 6:30-8:30 pm
Audience: SD 62 Parents
Facilitator: Brother Rick, SD62 Indigenous Role
Model and Royal Bay Elder in Residence
Babysitting will be available on-site by RSVP ONLY

- May 15th - at EMCS - Library
- May 18th - at Royal Bay - Library

THANK YOU
FOR RSVPING

<https://sooketeachers.org/bc-blanket-exercise-rsvp/>

Movie Night!

Showing *The Princess Bride*

May 18, 7pm to 9pm
in the RBSB 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.

This and That, cont.

Naloxone Training at Royal Bay

Vancouver Island Health Authority (VIHA) is providing volunteer nurses to train up to 100 students in the use of Naloxone. Naloxone is a life-saving medication that is administered to people who have become unresponsive due to an overdose. Sessions are in A, B, C, D blocks in Friday May 12th in room 1173B.

Kits will be provided for those that feel they are higher risk or want one. VIHA is providing completion certificates that will allow them to pick up kits at sites on Toward the Heart at anytime. They can also request one in the mail on this site.

To sign-up please use the QR code:



For more information please contact Mr. Lait in the office.

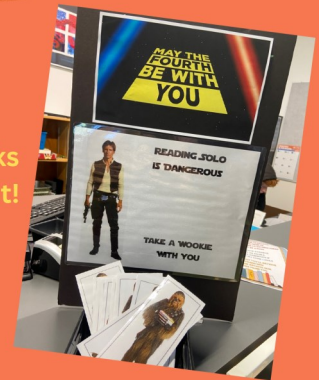
This week in the Learning Commons



Royal Bay chess tournament!

Top 5 players will be visiting Claremont Secondary School next Friday to compete in the lower island chess tournament.

May 4th fun!
Wookiee bookmarks
while supplies last!



to the students who volunteered on Saturday April 22nd for the Times Colonist Book Drive....a big **Thank you!**

- Emma K.
- Natalie S.
- Daxia N.
- Maryna T.

[Donations pour in at annual Times Colonist book drive - Victoria Times Colonist](#)

Grad Corner



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

Friday, May 12

Thursday, June 1

Sunday, June 4

Friday, June 23


Prom Consent Form and Payment Due

Grad **Rehearsal** at UVic

Grad **Ceremony** at UVic

Prom at The Crystal Gardens

Grad Corner con't



Congrats, Grad!

Commencement photography is coming.

PREPARE:

- 1 Visit events.lifetouch.com
- 2 Sign up and receive notifications when your photos are available

What to expect:

- Everyone will be photographed
- Photos will be online at events.lifetouch.com 2-6 weeks after the ceremony
- Complimentary proofs mailed to graduates
- No obligation to purchase



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Lifetouch.

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:

1) Cash or Cheque (made out to SD62):

\$40

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>

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

Judy Bourne Memorial Scholarship
Deadline: May 13, 2023

Health Auxiliary Bursary
Deadline: May 15, 2023

Rick Thomas Memorial Scholarship
Deadline: May 15, 2023

Sooke Fine Arts Society Scholarships
Deadline: May 15, 2023 by 5pm

Jim Hebden Chemistry Bursary
Deadline: May 19, 2023

The Lou Williamson Scholarship
Deadline: May 29, 2023

Juan de Fuca Soccer Association Dick Darley Scholarship
Deadline: May 31, 2023

Harbourside Rotary Scholarship
Deadline: May 31, 2023

MADD Canada Youth Bursary Fund
Deadline: May 31, 2023

Theatre BC Scholarships
Deadline: May 31, 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



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 17th or Thursday, May 18th

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

Contact Recruitment Manager, Daniel Nair, at bnair@uvic.ca for more information



uvic.ca/gustavson



@gustavsonuvic





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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:





UNIVERSITY OF CALGARY

COME SAY HI!

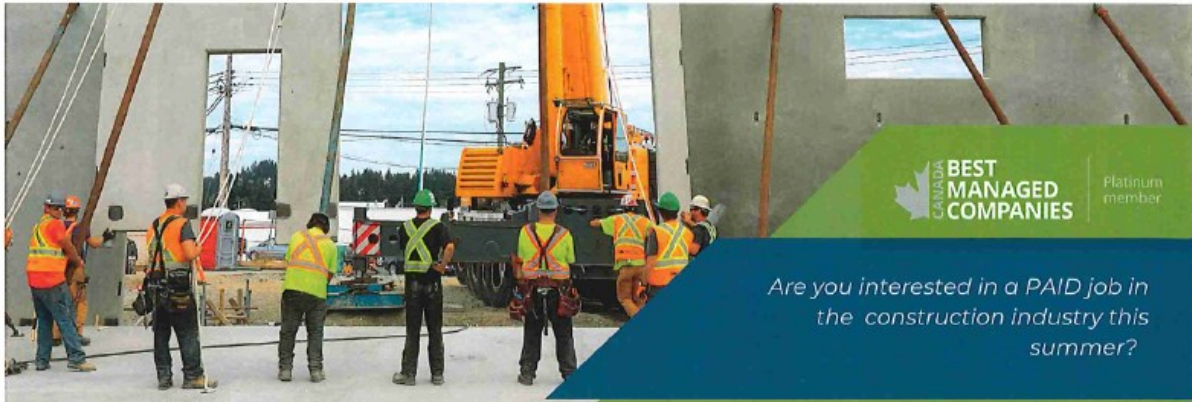
A student recruitment advisor from UCalgary will be visiting your school soon. Connect with your **GUIDANCE COUNSELLOR** for details about our upcoming visit.

ucalgary.ca/future-students

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



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

There is no cost to families. Registration is required: 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.



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/>