

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



November 13-17, 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



Jostens

YEARBOOKS On Sale Now!

ATTENTION PARENTS:

Don't forget to order your student's copy of the 2023-2024 yearbook! COPIES ARE LIMITED! Order yours now by scanning the QR CODE HERE >>>

YEARBOOK: \$60 | GRAD MEMORY BOX: \$15



WEEK of:

November 13-17, 2023

Monday	• Stat—No School
Tuesday	• Wellness Centre (9:30—3:30 pm)
Wednesday	
Thursday	• Wellness Centre (9:30—3:30 pm)
Friday	

What's inside!

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Important dates to Remember

November 13	Day in Lieu Remembrance Day STAT—no school
Nov 21– Dec 7	Grad Photos
November 17	Report Cards Issued
November 21	Fire Drill # 3 @ 9:20 am
November 23	Early Dismissal 3 Hrs—Learning Conferences
November 24	NID—Pro-D—no school
November 29	10,000 Tonight 5—10 pm
December 6	PAC Meeting @ 6:30 pm
December 7	Winter Music Concert
December 21	Winter Formal
December 22	Santa Breakfast
December 22	Last Day before Winter Break
Dec 25– Jan 5	Winter Break
January 8, 2024	School Reopens
January 10	PAC Meeting at 6:30 PM
January 24—25	Grad Assessments
January 24—26	GRAD Photo Retakes
January 29	Semester 1 Ends
January 30	Semester 2 Begins
February 9	Fire Drill #4 @ 9:20 am
February 16	PRO D—No School
February 19	Family Day—No School
February 28	Pink Shirt Day
March 6	PAC Meeting @ 6:30 pm
March 7	Lockdown Drill @ 11 am
March 15	Last Day of School before Springbreak
March 18—28	Springbreak—No School
March 29	Good Friday—No School
April 1	Easter Monday—No School
April 2	Day in Lieu of March 29 STAT—No School
April 3	School Reopens

RBSS Contacts

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Remembrance Day 2023



Today, at École Royal Bay Secondary School, we acknowledge the sacrifices made in service by Canadian soldiers fighting for freedom and the challenges faced by Canadian Peacekeepers around the world.

Across Canada, and in many other countries, people gather on November 11th to honour the courage and devotion of brave men and women who made the supreme sacrifice of serving and dying for their country.

The year 1918 and the end of the First World War—the origin of Remembrance Day—seem so long ago in the context of many of our lives today. However, at the same time, the reality of war and conflict, is only as far away as a veteran, a family member, friend or neighbour who has been touched by that war or those that have followed.

So today, we take the time to reflect, remember and honour those who fought for our freedom in the First World War, the Second World War, the Korean War, our numerous peacekeeping operations and most recently, the war in Afghanistan. More than a million-and-a-half Canadians served overseas and more than 100,000 died in these conflicts. We also remember those who stayed in Canada and served and continue to serve on our soil.

Today we gather to honour those who fought for our country and to remind ourselves that the freedom we unquestionably enjoy today was not without sacrifice. We are happy that once again we can gather as a school community to acknowledge the magnitude and the meaning of our past.

At the same time, we recognize the absence of veterans, not just on our campus but in our communities. As a school community, we have come together in remembrance.

From the Admin

Wellness Centre @ Royal Bay

Youth Health Clinics Hours

September 7th to December 21st, 2023

Appointments & Drop-in available

Call: 250-519-3580

Monday	Discovery Counselling by appointment only: Theresa Kauffman
Tuesday	Physician: Dr. Corene Boe 9:30 to 3:30 pm (Sept 19 th start)
Wednesday	Discovery Counselling by appointment only: Theresa Kauffman
Alternating Thursdays	Public Health Nurse 9:30 to 11:00 am (Sept 7 th start)
Fridays	CLOSED

Clients up to 25 years of age:

Physician Services:

- ✓ Mental Health & Wellness
- ✓ Illness
- ✓ Sports Injury

Public Health Nurse Services:

- ✓ Birth Control
- ✓ STI testing & Treatment
- ✓ Sexual Decision making and relationships
- ✓ Pregnancy testing and



Grade 11 and 12 students met with BC Post-Secondary representatives early this week. As our senior students start this exciting new chapter in their educational journey, please be part of the journey with them. Discussions at home are often the starting place for post-secondary planning. Our staff is here to help as well. Several more events are planned in the coming months to introduce our students to the possibilities of next year.

One essential tool is EducationPlannerBC which provides you with the tools to plan, search, and apply to public post-secondary institutions in British Columbia

<https://www.educationplannerbc.ca/>



It's that time of year again! Royal Bay Leadership students are putting on the 10,000 Tonight food drive on Wednesday, November 29th from 5:00-10:00pm. 10,000 Tonight is the Westshore's largest non-perishable food drive, where students go door to door in the community asking for food item donations, with the goal of collecting at least 10,000 in a single night. All food collected at Royal Bay is donated to the Goldstream food bank.

To make this event a success, as always, we are looking for volunteers to help sort and count at the school, and go on routes in the community. Most importantly, we rely on parents and community members to make up the drivers that take the students on these routes. If you would like to volunteer, please scan the 'QR' code below!

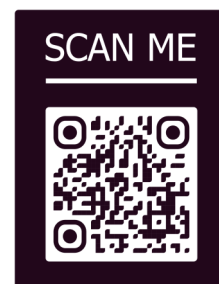
We can offer pizza, hot chocolate, and the most rewarding experience to start the holiday season. 10,000 Tonight is a fantastic way to give back to the community this holiday season, so please consider coming out to support it- you won't regret it!

If you have any questions or concerns, please email the Royal Bay leadership teachers

Cody Cook (ccook@sd62.bc.ca)

Bruce McElroy (bmcelroy@sd62.bc.ca)

Brian Hobson (bhobson@sd62.bc.ca)



RBSS PAC Corner

2023-2024 PAC

Executive Members

Meetings will be held the 1st Wednesday
of each month at 6:30 pm
in the Learning Commons

PAC meetings for 2023-2024:

Dec 6, 2023

Jan 10, 2024

Feb 7, 2024

Mar 6, 2024

Apr 3, 2024

May 1, 2024

June 5, 2024

President:	Caroline Aked
Vice President:	Nevada Kaludjer
Treasurer:	Melissa Da Silva
Secretary:	Nicole Blanchard
SPEAC Rep	Allison Hyatt
Communications Officer:	Tiffany Magionas

PAC email: royalbaypac@gmail.com



PAC's Peninsula Co-op number 134056

November 13-17, 2023



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot Main	CLOSED	Garlic Beef on Rice with Crispy Onions	Panko Crusted Baked Mac and Cheese	Butter Chicken
	Vegetarian		Crispy Tofu Stir Fry on Rice	Panko Crusted Baked Mac and Cheese	Lentil Dahl
COLD SIDE	Wrap		Ham	Pastrami	Trio
	Appie		Pita with Tzatziki	Pita with Tzatziki	Pita with Tzatziki
BAKING	Desserts		Strawberry Short Cake/Worms in Dirt	Strawberry Short Cake/Worms in Dirt	Strawberry Short Cake/Worms in Dirt

Reminders

Student Emergency Release Form:

Reminder to return the salmon colored **student emergency release form** that was given to students to bring home at the beginning of September. This form is **NOT** used to update contact information. Students can hand the completed form to the office or it can be scanned and emailed to royalbay@sd62.bc.ca

Extra forms are available in the office.

Student Contact Information:

It is important for the school to have current and accurate email addresses and phone numbers for all parents/guardians, as well as emergency contact people in the instance that we cannot reach a parent or guardian.

Please ensure that contact details are up to date in the Parent Portal. If any updates need to be made please email the office staff with the changes at royalbay@sd62.bc.ca

Access Parent Portal: <https://www.sd62.bc.ca/parents-students/myed-bc-portal>

REMINDER SD62 Schools are Scent Free

Please remember that a number of students and adults in our building are allergic and sensitive to perfumes and such scents.

Your understanding and attention are greatly appreciated.



School Cash Online Account:

Please check your school Cash Online account and **pay your outstanding school fees**. If you need support with this, please contact your student's VP or school counselor.

Thanks in advance for your attention to this.

<https://www.schoolcashonline.com>

Grad Corner



Dry GRAD Carnival Committee

We will have the first meeting **November 21 at 7 pm** in the Learning Commons.

We are always looking for enthusiastic parents (of ANY grade) to join our team!

If you are interested, please email:

rbparentgradcommittee@gmail.com



GRAD Lanyards

“Grad Lanyards are still available!! Only \$5 – CASH!”

“Act quickly!! Only a limited number available.”

“Drop by Mr. Burgess’ room (2115) with the cash for pick-up”



RBSS Grad Photos

RBSS Grad Photos booking calendar is now open.

Go to: Schedule.prestigeportraits.ca to book your sitting.

Please note that all sittings will occur at the following location:

Prestige Portraits Studio

#104 - 1740 Island Hwy, Victoria V9B 1H8



RBSS PAC

GardenWorks Gift Cards

**Purchase \$30
or \$50 gift
cards and help
PAC grow our
bursary fund**



Order here:
<https://tinyurl.com/RBSSPACBursary>

Order deadline: November 24, 2023

**We will email with pickup details once gift
cards are in hand**

JR Girls Volleyball



Congratulations to the girls grade 10 volleyball team on placing 2nd on Vancouver Island! The girls had a fantastic performance at the island championships this past Monday and Tuesday in Parksville, earning them a spot to compete in the provincial championships in a few weeks. Incredible defence and excellent teamwork were key factors in their success. Special mention goes out to Maika P. and Farrah R. for being named as tournament All-Stars.

Thank You to our Sponsors



Athletics /Teams

Royal Bay Women's Lacrosse WINS!!!!

The Royal Bay women's lacrosse team took on Claremont Friday for the first time this year. From the opening whistle, the Mighty Ravens pressured the Spartans with some quick attacking play from Macy and Izzy putting the Ravens up early 3-0. The Spartans strike back with scores of their own to make it 4 to 1 at the quarter's end. The Ravens' formidable attack continued with goals by Georgia and Ella while Clara continued to stifle the would-be attack from Claremont. The final whistle saw the MIGHTY RAVENS beat Claremont by a score of 15 to 6. Hat tricks from Georgia, Hannah and Izzy, while Macy and Maddy contributed with two goals of their own. Outstanding goaltending from Clara and Dre along with a solid defending play from Olivia, Kaydence, Maya and Rosie.



Macy attacking Claremont



Rose supporting Clara

The Raven 9's Girls' Volleyball team are Playoff Champions

The mighty grade 9 girls' volleyball team headed into the second round of playoffs last night at Stelly's. The girls started by taking on St. Mike's and making quick work of them in straight-set games. They followed their first win a second against Reynolds, with some sharp ball work and timely serving from several girls on the day. This set up a rematch of the top-seeded Claremont Spartans. The Spartans got off to a strong start taking a quick lead 8-2 in the first set. But that was short-lived with Harlyn and Jaden rallying the girls to take a first set win 25-22 for your Ravens. The second set was a long battle with some outstanding plays from Danika, Charlotte and Brooklyn. At the same time, some fearless defence from Jasmine, Eva and Andrea kept the Spartans at bay which allowed your Royal Bay Ravens to put away the Spartans 26-24 to be CROWNED YOUR LOWER ISLAND PLAYOFF CHAMPS! Making it a 3 peat for the Ravens.



Harlyn, Jaden, Danika, Charlotte, Brooklyn, Jasmine, Eva and Andrea



FUNDRAISER

ROYAL BAY RUGBY PROGRAM

WESTSHORE RUGBY CLUB
(Q CENTRE)

November 25th

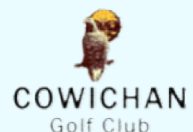


3 PM KICKOFF

50/50 DRAW - RAFFLE TABLE & BBQ
donated prizes



THE RUGBY SHOP .com



Contact Ray Barkwill to support: rbarkwill@sd62.bc.ca

From the Learning Commons



Careers Department



Scholarship Information for Grads:

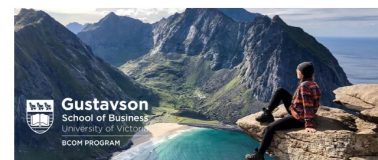
Here is the link to the *Royal Bay Scholarship website*. It provides a list of scholarships, organized by months, as well as information about writing scholarship resumes, cover letters and essays.

<https://royalbay.web.sd62.bc.ca/students/scholarships/>

Another useful link *RBSS 2023/24 Scholarship Google Classroom*.

Not only does it contain the Scholarship website, but it is also where announcements and other useful and related information are posted.

<https://classroom.google.com/c/NTI0MDY1NDI0Mzc5?cjc=gcasrkx>



THE WORLD LOOKS DIFFERENT FROM HERE

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Are you innovative, creative, and considering business?

If you want to make a difference, develop your global mindset, and gain work experience in a vibrant learning culture, BCom is the degree for you! Students graduate from the Gustavson BCom Program feeling confident, assured and excited about their future. Come to this information session to find out more.

Register using
this QR Code:



Please contact Danielle Huclak for more details: dhuculak@sd62.bc.ca



uvic.ca/gustavson



[@gustavsonuvic](https://www.instagram.com/gustavsonuvic)



Careers Department con't



The Naval Experience Program

One year. Fully paid. Adventure awaits!

Who is this program for?

Not sure if the Royal Canadian Navy is for you? This is the perfect way to find out. The Naval Experience Program is for anyone seeking adventure, meaningful employment, and who is willing to try something new but only looking for a one-year commitment at this point. Think of it as a Navy "gap year" except it's fully paid and can lead to amazing career opportunities.

What is the program?

This new, one-year program is aimed at providing Canadians with exposure to the Royal Canadian Navy.

Candidates will receive or participate in:

- A general Navy onboarding period
- A four-week Naval Environmental Training Program (including Damage Control School) followed by periods at sea
- Opportunities to shadow a number of Navy jobs and exposure to a wide variety of skills both ashore and at sea
- Visits to units, ships/submarines and bases
- Opportunities for additional Navy training
- A full salary

All qualifications earned and time-in-service will count towards a future military career.

Where is it held?

Basic training takes place at a Canadian Forces Leadership and Recruiting School. The rest of the program takes place in Halifax, Nova Scotia or Esquimalt, British Columbia, and participants can make their coastal preference known early in the application process. Participants will have free accommodations with meals included (taxable benefit).

When?

The Naval Experience Program is offered continuously. There are no cut-off dates, and applicants can begin the program year-round.

Why?

Unlike other entry plans, the Naval Experience Program gives participants the opportunity to shadow a variety of Navy jobs before applying for a trade.

At the end of the program, participants will have the choice to continue serving in the Navy (full or part-time), transfer to another element, or leave the Navy, no strings attached.

For those who choose to stay, they will apply for a trade based on their preference and qualifications, and for those who choose to leave, they'll get an amazing experience and something great to put on their resume.

One year. Fully paid. Adventure awaits!

Scan the QR code for more information.



Canada



Are You Interested In Trades?

The Trades Awareness (TASK) is a "hands on" program and is offered in partnership with Camosun College. TASK exposes interested students to various construction and mechanical trades as they explore units in carpentry, electrical, plumbing and metal trades. The program also provides students with industry certifications such as:

- First Aid
- Safety Star
- WHIMIS
- Fall Arrest

Work experience is also a key component of the TASK Program and gives students an opportunity to develop employability skills which may lead to a paid job and an apprenticeship. Classes and training will take place at Royal Bay Secondary School, Camosun College and off-site depending on the projects.

Applications now available in the Career Commons.

Quadrant
MARINE INSTITUTE

We Float Boats!

Marine Service Pre-Employment Program

Discover your future in the
Marine Industry!

And get paid to do it...

Jan. 22 - Mar. 01
2024



Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.

WANT TO BE A DOCTOR?

EARN YOUR MD ON VANCOUVER ISLAND

with the Island Medical Program

Learn more at this special evening info session hosted by Dr. Shahin Shirzad, Assistant Dean of Admissions; current IMP students; and the IMP Admissions Coordinator

Nov 21, 2023
5:30 - 7:30 p.m.
UVic MSB 150 & Zoom

RSVP @
imp.med.ubc.ca/ShirzadInfoSession2023

THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Medicine

University of Victoria

Careers Department con't



Are you ready to unleash the potential of the next generation of female leaders?

Soroptimist Leadership Institute

"Become An Intern Today"

Empowering Young Women: Internship Opportunity in the Non-Profit Sector.

What to expect:

1. Skill Development for Impact: Gain essential managerial skills, honing leadership abilities, campaign management, and crisis understanding to directly impact vulnerable women in our community.
2. Customized Growth Opportunities: Work alongside dedicated volunteers, contributing to tailored initiatives like fundraising campaigns and conferences.
3. Empowered Leadership and Network Building: Access to the Soroptimist Leadership Internship (SLI) for sessions on personal strengths, enhanced leadership, and valuable networking opportunities with women leaders.

Email: suzmandysivw@gmail.com www.sivw.ca

Counsellors' Corner

Y

No cost to participate!

Learn to Cope with Stress
Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Ages 18-30 yrs

Our FREE Winter Y Mind Youth group is Tuesday evenings Feb. 6th – Mar 19th, 2024, at the Downtown Y location, 851 Broughton St. In person information sessions and intakes Jan 16th and 23rd

For more information please contact: mindfulness@vancouverislandy.ca or call 778-584-7360



This free program is run by caring, trained staff, in a safe supportive environment.

*Use the QR code to register for info session



<https://vancouverislandy.com/program-services/community-health/mental-wellness/>

'intheknow'
Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

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.

Emotion Regulation

Young people face many different stressors in today's world. This can often lead to feelings of overwhelm and dysregulation. This event offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and will talk about the critical role that parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

Come together with other families to watch this 35 minute video presentation followed by a 40 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.



Cost: Free of Charge


Dates:

Wednesday, November 8, 2023, 6:00pm (PST)
Tuesday, November 14, 2023, 6:30pm (PST)
Thursday, November 16, 2023, 12:00pm (PST)
Tuesday, November 21, 2023, 6:00pm (PST)
Thursday, November 23, 2023, 6:30pm (PST)

Registration required:
www.familysmart.ca/events



This and That



RCSCC 263 BEACON HILL

SEA CADETS

**FREE YOUTH PROGRAM
EVERY THURSDAY EVENING
6:30-9PM**

FUN, EXCITING, COMMUNITY SERVICE, SUMMER CAMP, SEAMANSHIP, MARKSMANSHIP, SAILING, SUMMER JOB OPPORTUNITIES, LEARN TO DRIVE A BOAT BEFORE MOM'S CAR, EARN HIGH SCHOOL CREDITS AND VOLUNTEER HOURS, NO FEES

APPLY IN PERSON OR ONLINE USING THIS LINK: shorturl.at/rlQX9

**948 DUNFORD AVE, LANGFORD
263SEA@CADETS.GC.CA
PH:250-478-7813**

Made with PosterMyWall.com

**GREATER VICTORIA POLICE
FOUNDATION PRESENTS**

POLICE CAMP

MARCH 16-23, 2024

LOCATION: ALBERT HEAD

Police Camp is a unique youth leadership program for students in Grade 11 or 12 that have interest in exploring policing and public safety. Students will spend one week experiencing classroom lectures, physical activity, group discussions and simulations supervised by dozens of police staff.



Police Camp is staffed by police officers, reserve officers of the local municipal police services (Victoria, Saanich, Central Saanich and Oak Bay) as well as the RCMP.

Contact your Career Centre for more information.



SOCIAL JUSTICE

HOMELESSNESS PROJECT

WE ARE LOOKING TO COLLECT:

- TOILETRIES (SOAP, BODY WASH, SHAMPOO, CONDITIONER, TOOTHPASTE).
- SOCKS, TUQUES, SCARVES, MITTENS, GLOVES).
- TOILET PAPER, PADS, TAMPONS.
- GENTLY USED PURSES

**DONATE
IN THE OFFICE
TODAY!**



Donation Deadline
17 NOVEMBER, 2023

QUESTIONS?
EMAIL: bbunjun@sd62.bc.ca

Wellness Centre @ Royal Bay

Youth Health Clinics Hours
September 7th to December 21st 2023
appointments & drop-in available
call: 250-519-3580

Monday	Discovery Counselling by appointment only: Theresa Kauffman
Tuesday	Physician: Dr. Corene Boe 9:30 to 3:30pm (Sept 19 th start)
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**Clients up to 25
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Physician Services:

- ✓ Mental health & wellness
- ✓ Illness
- ✓ Sports Injury

Public Health Nurse Services:

- ✓ Birth Control
- ✓ STI testing & treatment
- ✓ Sexual decision making and relationships
- ✓ Pregnancy testing and options
- ✓ Healthy lifestyle

"Excellent care for everyone, everywhere, every time"

August 2023



Legion 91 Connection



Royal Canadian Legion Branch 91 Langford, BC Youth Connections 2023-24 Calendar of Events



June & Sept. 2023

***Share Calendar with Schools in Westshore Area**

October

***National Youth Remembrance Contests Promotion
(formerly Remembrance Poster/Literary Contests)**

for more information visit

<https://legionbcyukon.ca/remembrance/youth-remembrance-contest/>

and

<https://www.legion.ca/communities-youth/youth-education/remembrance-contests>

October

***October 24 – Remembrance Resources Sharing Session 4-6 pm
Hosted by Branch 91 – RSVP by October 18**

***Oct. 25 – Legion Poppy Campaign begins – Volunteers wanted (Community Service)**

***Oct. 25 - Raising of Poppy Flag at City Halls in Westshore (times TBA)**

November

***National Youth remembrance Contests Deadlines (TBA)**

Contact Legion Branch 91 for details

***Nov. 5-11 – Veterans' Week**

***Nov. 11 - Remembrance Day Parade & Ceremony – Veterans' Memorial Park**

***Nov. 13 – Valentines for Veterans (V 4 V) Project begins – notices to teachers**

***Nov. 30 – Deadline for Registration for Valentines for Veterans (see poster info)**

December

***Dec. 1 – Deadline for V 4 V registration forms to Legion or Youth Coordinator**

January 2023

***Week of Jan. 15 – Pick up date for V 4 V from participating schools**

February

***Feb. 14 – Valentines Day**

April

***Apr. 1 – Legion Branch 91 Bursary Application Deadline for Grads (see Branch 91 Website)**

***April 9 - Vimy Ridge Candlelight Vigil – Veterans Memorial Park – dusk –
(specific time TBA)**

August

Royal Canadian Legion Nation Youth Track & Field Championships (dates TBA)

FOR MORE INFORMATION ON THESE AND OTHER YOUTH CONNECTIONS OPPORTUNITIES

call (250)-478-1828

or email Gerry Brennan - legion91youthcoordinator@gmail.com