## 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 6-10, 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



WEEK of:

November 6-10, 2023

Post Secondary Visits

Wellness Centre (9:30—3:30 pm) Hold and Secure Drill @ 9:30 am

Wellness Centre (9:30-3:30 pm)

Remembrance Day Assembly

Monday

Tuesday

Wednesday

Thursday

Friday

## YEARBOOKS On Sale Now!

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



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

#### What's inside!

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#### **Important dates to Remember**

November 6	Post Secondary BC Visits
November 7	Hold and Secure Drill @ 9:30 am
November 10	Remembrance Day Assembly
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	Springbreak—No School Good Friday—No School
March 29 April 1	
	Good Friday—No School

#### **RBSS Contacts**

Mike Huck - Principal mhuck@sd62.bc.ca

<u>Tanya Phillips -</u>Vice-Principal <u>tphillips@sd62.bc.ca</u> Students A to G

<u>Martin Lait -</u> Vice-Principal <u>mlait@sd62.bc.ca</u> Students H to N +International

<u>Ryan Dube -</u> Vice-Principal rdube@sd62.bc.ca Students O to Z

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<u>Christina Kadin</u> - Counsellor <u>ckadin@sd62.bc.ca</u> Students Jd to Pg

<u>Wendy Cooper -</u> Counsellor wcooper@sd62.bc.ca Students Ph to Z

Lindsay Lockhart English Skills Development (ESD) llockhart@sd62.bc.ca

<u>Meagan MacPherson</u> Na'tsa'maht Indigenous Education Support Teacher

mmacpherson@sd62.bc.ca

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## From the Admin



#### Welcome to November!

In the coming week we will celebrate Veteran's Week culminating in our Remembrance Day Assembly on Friday.

We'll be holding a Hold and Secure Drill on Tuesday, November 7, 2023.

Students will also be working diligently in the coming days/weeks to prepare for our Term 1 Written Learning Update which will be posted in MyEd on Friday, November 17, 2023.





**The Sustainable Community Council**, a RBSS club, lead by Ms. ten Hove and RBSS alumni, Colin Sparks, has partnered with the City of Colwood and Mr. McRae's Royal Bay Outdoor Ed class to engage in restorative environmental work that will result in a Garry Oak meadow and outdoor learning space for students and the community.

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## Around the Raven's Nest!

#### Skills for LIFE!

The Skills for Life Program at Royal Bay is made up of an amazing group of students and their dedicated team of staff. Our program offers a wide range of knowledge and skills that provide our students with the tools to help them handle daily tasks and develop into active members of our community. These life skills are learned daily within the classroom, school and our local community. They help to prepare our students for their transitions to adulthood and participating in their community and workplace.

This year, we have partnered with Quality Foods Royal Bay to provide our students with some volunteer work experience. Every Tuesday and Thursday afternoons, you will see our Royal Bay Skills for Life students working at Quality Foods and gaining valuable skills for adulthood.





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#### **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 2023-2024:

Dec 6, 2023 Jan 10, 2024 Feb 7, 2024 Mar 6, 2024 Apr 3, 2024 May 1, 2024 June 5, 2024

#### 2023-2024 PAC

#### **Executive Members**

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 6—10, 2023

	<u>ltem</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot Main	Spaghetti and Garlic Bread	Meatloaf and Side Salad	Salmon Burger with Roast Potatoes	Squash Soup
	Vegetarian	Spaghetti and Garlic Bread	Roast Beet Salad	Veggie Burger with Roast Potatoes	Squash Soup
COLD	Wrap	Chipotle Chicken	Turkey	Roast beef	Trio
SIDE	Appie	Samosa	Samosa	Samosa	Samosa
BAKING	Desserts	Hokey Pokey Ice-Cream/ Crème Brulee	Hokey Pokey Ice-Cream/ Crème Brulee	Hokey Pokey Ice-Cream/ Crème Brulee	Hokey Pokey Ice-Cream/ Crème Brulee

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### **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 <u>NOT</u> used to update contact information. Students can hand the completed form to the office or it can be scanned and emailed to <u>royalbay@sd62.bc.ca</u>

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 <u>royalbay@sd62.bc.ca</u>

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

#### **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

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#### 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 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 booking calendar is now open. <u>Go to: Schedule.prestigeportraits.ca to book your sitting.</u>

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

Prestige Portraits Studio

#104 - 1740 Island Hwy, Victoria V9B 1H8



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## JR Girls Volleyball







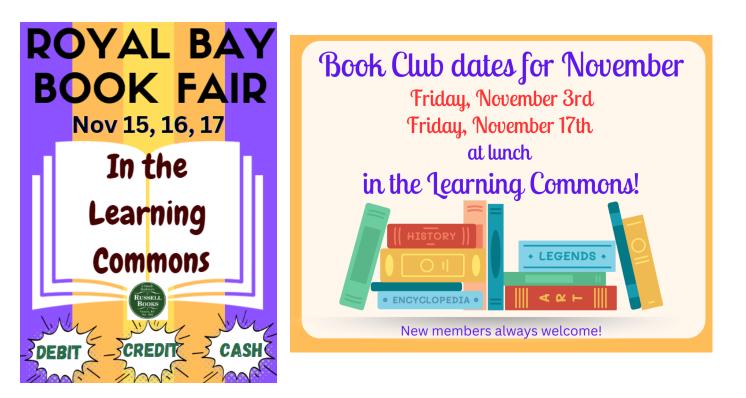


The grade 10 girls volleyball team has had a busy and successful few weeks. They enjoyed a Halloween tournament, The Bumpin' Pumpkin, at Oak Bay High School last weekend, and followed it up by competing in the Lower Island Championships.

The team played some challenging matches and won enough games to qualify for the Island Championships!! This is exciting news for our players and we wish them luck as they travel to Parksville on Monday and Tuesday next week for this tournament.



#### 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/NTIOMDY1NDIOMzc5?cjc=gcasrkx



#### THE WORLD LOOKS **DIFFERENT** FROM HERE

#### Bachelor of Commerce at UVIC

#### 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:









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## Careers Department con't



Come see what we're all about.

VICTORIA | SATURDAY, NOVEMBER 25, 2023

Register for Explore UVic at uvic.ca/explore

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#### 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 is as thory gap year except it's fully paid and can lead to maxing 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.

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No

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

#### Why?

Where is it held?

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 liget an amazing experience and something great to put on their resume.

One year. Fully paid. Adventure awaits!

Scan the QR code for more information.

Juadrant

We Float Boats!

Marine Service Pre-Employment Program Discover your future in the Marine Industry!

MARINE | INSTITUTE

Canadä





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

RSVP @ imp.med.ubc.ca/ShirzadInfoSession2023

Faculty of Medicine

Jan. 22 - Mar. 01 2024

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

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## Careers Department con't



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.

#### Counsellors' Corner

## 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



#### Date(s):

Wednesday, November 8, 2023, 6:00pm (PST) Tuesady, 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)

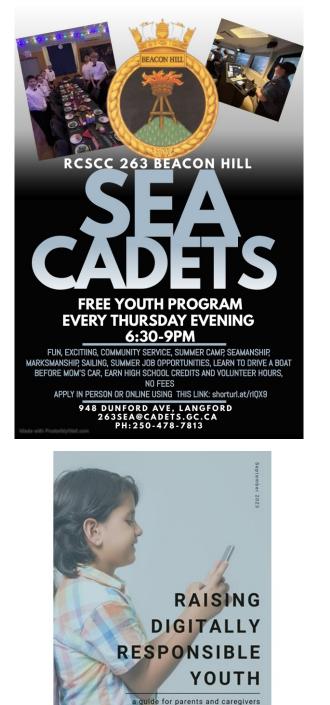
Registration required:

www.familysmart.ca/events



#### Ecole Royal Bay Secondary "TOGETHER WE ARE MORE"

### This and That



**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



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.







'Excellent care-for everyone, everywhere, every time'

#### 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 options Healthy lifestyle

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complimentary access to download

Raising Digitally Responsible Youth - A Parent's Guide



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## This and That con't

## 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

Donation Deadline 17 NOVEMBER, 2023 DONATE IN THE OFFICE TODAY!

QUESTIONS? EMAIL:bbunjun@sd62.bc.ca

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## This and That con't





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International students, English Language Learners, and newcomers carved pumpkins (some for the first time!) and shared treats and laughs with our amazing Ambassadors.

**Thrifty Foods** 

Pumpkins donated by:



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## Legion 91 Connection

Kest We Ford





## Our Silent Reminder The Reminder of Sacrifice

The 2023 Poppy Campaign for the West Shore community will be officially launched on Friday, October 27th with an important traditional Poppy flag raising ceremony marking the opening of the annual Campaign at 11:00 a.m. at our newly renovated Legion in Langford. Norm Scott, President of the Branch, will present Ravi Parmar, MLA for Langford-Juan de Fuca with the symbolic first Poppy. The public is kindly invited to attend. Following the opening ceremony, the Legion COLOUR PARTY will visit Langford City Hall, Highlands Municipal Hall, and Colwood City Hall for the raising of the flag at these locations. Contact your community hall for confirmation of times.

We are always getting financial requests for assistance and support. There will be countless ways to give back to Canada's Veterans. Whether it is volunteering, donating to the Campaign or raise awareness about Veterans' needs, there's something everyone can contribute.

The only way we can achieve the goals we set forth every year is to get as much help from **Our Community** and of course, **Our Legion Membership.** So, when a Legion Volunteer arrives at your business, or you see them offering poppies at various West Shore locations, **Please Give Them Your**  **Support.** It is a known fact, that there are many Westshore residents who want to donate, but don't carry cash anymore. A number of businesses who have donation trays, have posted notices advising the "without cash" customers, that they can donate using a credit or debit card by way of their POS (Point of Sales) system. And, at the end of the Campaign, the business sends a cheque to the Poppy Fund for the donations received. To those businesses we send a huge "Thank You" for being so considerate!

Donation trays can be requested by contacting the **Legion Poppy Office (250-478-1828).** 

We Need You to Help Us Help Others. The Langford Legion Branch No.91 and the West Shore Poppy Committee Society would like to invite You to step forward and Volunteer for this year's campaign. As every year we desperately need your help manning various locations. We ask for two-hour shifts. The more volunteers we have the less for multiple shifts. If you want to VOLUNTEER, leave your name, and phone number at the Branch Office at 250-478-1828 or call Nola @ 250-882-0031.

Remember, You Do Not Have to Be a Legion Member to Volunteer.

	T LEASE COT OUT the DOMATION REQUEST BEIOW	
P Unless requested	receipts issued only for donations of \$25.00 and over. Enclosed donation: \$By cheque OR, by Credit Card and through our website, www.RCL91.ca	eBy Cash Receipt Y/N
	Y Please make cheque payable to WEST SHORE POPPY FUND COMMITTEE SOCIETY, And m West Shore Poppy Fund Committee Society, Royal Canadian Legion Branch 91 Langford 761 Sta CHARITY REGISTRATION NO. 89129 7343 RR 0001	
Name: (Please Print)		
Address:		
City:	Postal Code:	I
"Thank you and please	continue to support our Veterans and their dependents that are in need"	(Your personal information will not be sold, traded, loaned, or rented to any other organization)

#### PLEASE CUT OUT the DONATION REQUEST below

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## Legion 91 Connection, con't



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)
htt	for more information visit tps://legionbcyukon.ca/remembrance/youth-remembrance-contest/
<u></u>	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 V4V 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 IN	FORMATION ON THESE AND OTHER YOUTH CONNECTIONS OPPORTUNITIES
	call <b>(250)-478-1828</b>

or email Gerry Brennan - legion91youthcoordinator@gmail.com