

# 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



### December 11-15, 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



*Jensen*

### 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:

December 11-15, 2023

Monday

Tuesday • Wellness Centre (9:30—3:30 pm)

Wednesday •

Thursday • Wellness Centre (9:30—3:30 pm)

Friday

### What's inside!

Page 2	Admin Staff Info, Important Dates
Page 3	PAC, Ravenous Café
Page 4	Around the Raven's Nest
Page 5-7	Grad Corner
Page 8-9	Career's Department
Page 10-12	This and That



## Important dates to Remember

December 19	Dance Performance in Theatre
December 20	Dance Performance in Theatre
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 12	GRAD Bottle Drive
January 24—25	Grad Assessments
January 24—26	GRAD Photo Retakes
January 25	Jazz Night in the Theatre @ 7 pm
January 29	Semester 1 Ends
January 30	Semester 2 Begins
February 9	Fire Drill #4 @ 9:20 am
February 13	Grade 9 Immunizations
February 14	Grade 9 Immunizations
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 7	Forte (Concert Band/Choir/SM Ensemble) @ 7 pm
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
April 18	Term 3 Ends
April 19	PRO D—No School
April 22	Term 4 Begins
April 25	Fire Drill #5 @ 2:15 pm

## RBSS Contacts

### **Mike Huck - Principal**

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

### **Tanya Phillips -Vice-Principal**

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

Students A to G

### **Martin Lait - Vice-Principal**

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

Students H to N +International

### **Ryan Dube - Vice-Principal**

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

Students O to Z

### **Tebeth Barbour - Counsellor**

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

Students A to E

### **Kim Hogan – Counsellor**

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

Students Em to Jc + International

### **Christina Kadin - Counsellor**

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

Students Jd to Pg

### **Wendy Cooper - Counsellor**

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

Students Ph to Z

### **Lindsay Lockhart**

English Skills Development (ESD)

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

### **Meagan MacPherson**

Na'tsa'maht Indigenous  
Education Support Teacher

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

## 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:*

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](mailto:royalbaypac@gmail.com)



*PAC's Peninsula Co-op number 134056*

**December 11-14, 2023**



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>HOT SIDE</b>	<b>Hot Main</b>	Pancakes with Loaded Scrambled Eggs	Chicken Noodle Soup with Bread	Burger and Oven Fries	Spaghetti and Cream Sauce
	<b>Vegetarian</b>	Pancakes with Loaded Scrambled Eggs	Squash Soup with Bread	Veg Burger with Oven Fries	Spaghetti and Cream Sauce
<b>COLD SIDE</b>	<b>Wrap</b>	Pastrami	Salami	Trio	Grilled Chicken
	<b>Appie</b>	Salmon Poke Sushi Cup	Salmon Poke Sushi Cup	Salmon Poke Sushi Cup	Salmon Poke Sushi Cup
<b>BAKING</b>	<b>Desserts</b>	Cake Pops/ Chocolate Pudding/ Carrot Cake	Cake Pops/ Chocolate Pudding/ Carrot Cake	Cake Pops/ Chocolate Pudding/ Carrot Cake	Cake Pops/ Chocolate Pudding/ Carrot Cake



# Around the Raven's Nest!

## ACADEMIES

### SOCCER

The month of December is a busy one for the Royal Bay Soccer Academy. Last week, we said goodbye to Coach Taka. He is returning home to Japan after spending 1.5 years with our academy. We will miss him greatly as he brought so much knowledge and experience to our program!

We have our 3<sup>rd</sup> annual Jingle Jamboree taking place during the last week of school. This is the Academy's year end 7-side soccer tournament that takes place over 2 days. It is a fun way to end the year and is complete with a trophy and prizes for the top team!

Also coming up this month, we will take on St. John's Soccer Academy in a friendly match. St. John's Academy is ran by former PFC player, Jamar Dixon. This is the beginning of a friendly rivalry between the two schools and will hopefully lead to yearly tradition!



### BOYS LACROSSE

The boys lacrosse academy had a very successful fall season, travelling to Vancouver, Baltimore, Oregon and Washington for tournaments. The 9/10 the academy came home with a first place tournament finish in Oregon, and a third place finish in Washington.

The 11/12 academy returned home from Washington with a second place medal, and went 3-0 in Vancouver and 5-2 in Baltimore. The program has seen great growth in the academy program and looks forward to continuing its development and success in the new year. Congratulations to all, and to the 6 individuals who have earned NCAA scholarships. Happy Holidays!



### DANCE

The Dance Academy has been hard at work this semester training in a variety of dance genres in preparation for our upcoming shows! This Wednesday, we teamed up with Dunsmuir Dance Academy and put on our annual District Academy Showcase for elementary school students, in support of the Goldstream Food Bank. The show and food drive was a huge success and we are so proud of all of our students.

Our Winter Shows are fast approaching and tickets are now on sale! Our shows are on December 19th and 20th, doors open at 6:30pm, show starts at 7:00pm. Tickets are \$5 each and available by cash or cheque in the dance studio. We hope to see you there!



## Grad Corner

# 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”

## Grad Photos

Final day for this session of grad photos:  
Monday Dec 11

Visit the site below to get your appointment:



Or,  
Call: 604-294-1005 ext 2  
email: [qvarea@lifetouch.com](mailto:qvarea@lifetouch.com)

Retakes: Jan 24, 25, 26



## 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.

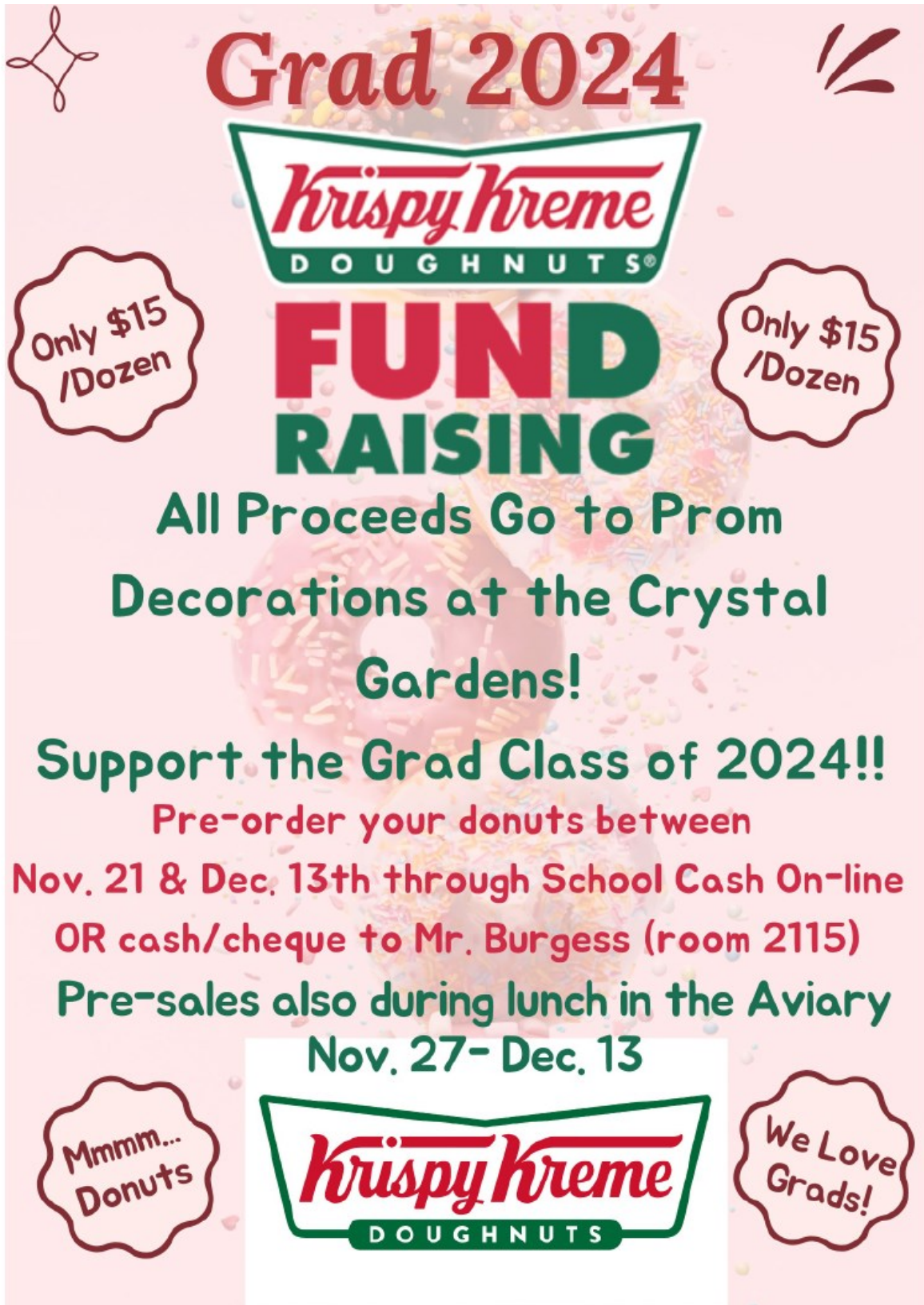
<https://royalbay.web.sd62.bc.ca/students/scholarships/>

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>





A fundraising poster for Krispy Kreme Doughnuts. The background is light pink with a faint image of a donut. The text is centered and uses various colors (red, green, black) and fonts. There are decorative elements like a star in the top left and a swoosh in the top right. Two cloud-shaped callouts on the sides say 'Only \$15 /Dozen'. At the bottom, there are two more cloud-shaped callouts: 'Mmmm... Donuts' on the left and 'We Love Grads!' on the right. The Krispy Kreme logo is featured twice, once in the middle and once at the bottom.

**Grad 2024**

*Krispy Kreme*  
DOUGHNUTS®

**FUND  
RAISING**

**All Proceeds Go to Prom  
Decorations at the Crystal  
Gardens!**

**Support the Grad Class of 2024!!**

**Pre-order your donuts between  
Nov. 21 & Dec. 13th through School Cash On-line  
OR cash/cheque to Mr. Burgess (room 2115)  
Pre-sales also during lunch in the Aviary  
Nov. 27- Dec. 13**

*Mmmm...  
Donuts*

*Krispy Kreme*  
DOUGHNUTS

*We Love  
Grads!*

# ROYAL BAY

CLASS OF  
XXIV



## GRAD BOTTLE DRIVE

Friday Jan. 12, 2024

Drop-off at the School

between: 8:15am to 2:00pm

Just pop  
your trunk &  
students  
will unload  
your bottles



Drop-off  
bottles  
directly in  
front of the  
school.



# Careers Department



## 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.

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

**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](mailto:suzmandysivw@gmail.com) [www.sivw.ca](http://www.sivw.ca)



# Careers Department con't



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

A Zoom-based financial literacy workshop for grade 10-12 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 in Canada particularly face struggles. Rising student debt, increasing housing costs, and surging inflation are barriers to success for students from Canada and abroad. *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 all grade 10-12 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 grades 10-12
- 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 on **December 12<sup>th</sup> and 13<sup>th</sup>**.

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

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



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



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



**Gustavson**  
School of Business  
University of Victoria

Link to Poster: [Salesforce](#)

## This and That

SD62  
PACE PERFORMING ARTS ACADEMY PRESENTS

**PACE ON EARTH**  
A Christmas Musical Celebration

December 8 & 9 @ 7pm  
December 9 & 10 @ 2pm

All online tickets \$15  
Tickets available at  
[www.eventbrite.com](http://www.eventbrite.com)  
Search:  
PACE PERFORMING ARTS

Isabelle Reader Theatre  
1026 Goldstream Avenue

SCAN ME

GREATER VICTORIA POLICE  
FOUNDATION PRESENTS

**POLICE CAMP**  
MARCH 16-23, 2024

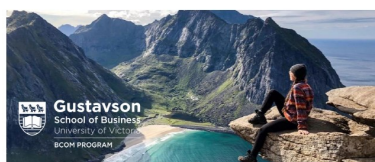
LOCATION: ALBERT HEAD

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.

SOOKE SCHOOLS 62  
Shaping Tomorrow Today



## 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:



Please contact Danielle Huclak for more details: [dhuculak@sd62.bc.ca](mailto:dhuculak@sd62.bc.ca)



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



@gustavsonuvic



### Wellness Centre @ Royal Bay

Youth Health Clinics Hours  
September 7<sup>th</sup> to December 21<sup>st</sup> 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 <sup>th</sup> start)
Wednesday	Discovery Counselling by appointment only: Theresa Kauffman
Alternating Thursdays	Public Health Nurse 9:00 to 11:00am (Sept 7 <sup>th</sup> start)
Friday	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 options
- ✓ Healthy lifestyle

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

August 2023



# This and That con't

## How much do you really know about vaping?

Get the facts on vaping. Read the common myths and learn how vaping affects your health.

**I won't get addicted!**

Learn the truth

**It's just water vapour**

Learn the truth

**Nicotine isn't bad for me**

Learn the truth

**Vaping reduces stress and anxiety**

Learn the truth

Use the following link to learn the facts on vaping:

<https://quitnow.ca/vape-free-quitteing>

**YOUTH ONLY EVENT - AGES 12 TO 18**  
Free admission and rentals for students with SD62 ID

# TEEN OUTDOOR ICE SKATE

**FREE TO PARTICIPATE!**



**Langford**  
where it all happens

**Teen Skate Special: Two S'mores for \$5!**

**SATURDAYS IN DECEMBER**  
AT CITY CENTRE PARK  
1089 Langford Pkwy | 8:00PM - 9:30PM  
December 2, 9, 16, 30

For more information, visit [Langford.ca/Winter](http://Langford.ca/Winter)

**CITY OF Langford**  
where it all happens

**YOUTH ONLY EVENT - AGES 12 TO 18**  
Free admission and rentals for students with SD62 ID

# TEEN ROLLER SKATE

**PRIZES!**

**FREE TO PARTICIPATE!**



**Theme Nights**  
Dec 1: Neon  
Dec 8: Disco  
Dec 15: Let it Shine  
Dec 22: Ugly Sweaters

**FRIDAYS IN DECEMBER**  
AT EAGLE RIDGE CENTRE  
1089 Langford Pkwy | 4:00PM - 6:30PM  
December 1, 8, 15, 22

For more information, visit [Langford.ca/Winter](http://Langford.ca/Winter)







# JDF Lacrosse News December 2023

jdflacrosse.com



## Box Lacrosse REGISTRATION opens December 1st!

Co-ed Division born 2008-2019  
Female Division born 2008-2019

New & returning players welcome  
Register online [jdflacrosse.com](http://jdflacrosse.com)

Questions regarding registration,  
kidsport/sport assist funding  
please email  
[registrar@jdflacrosse.com](mailto:registrar@jdflacrosse.com)

Pre-season practices and  
evaluations January-February  
Game schedule announced March  
League games April-June

Try Lacrosse For Free events for  
new players only. SESSIONS IN  
January. Register for a spot on our  
website [www.jdflacrosse.com](http://www.jdflacrosse.com)

Check out our website and social  
media pages for up to date info.

## U11-U17 Field Lacrosse Teams

Good luck to our JDF Whalers  
teams heading to play downs and  
BC Provincial Championships!

## Coaching and Officiating Clinics Opening soon

We are looking for dedicated  
volunteers to take these clinics.  
Coaching and officiating can count  
towards graduation credits for high  
school students.

Female division coaches and  
officials info  
email Dawn Ranns  
[dawn.ranns@jdflacrosse.com](mailto:dawn.ranns@jdflacrosse.com)

Co-Ed coaching info  
email Curt Morwick

Co-Ed reffing clinics TBD  
email Rob Cook if interested  
[rkcook@telus.net](mailto:rkcook@telus.net)

## Female Only Box Lacrosse Division

New and returning players of all  
ages encouraged to sign up. Meet  
some new friends and see what  
female only league has to offer.  
Email our female VP Dawn Ranns  
with questions or for stick loans.  
[dawn.ranns@jdflacrosse.com](mailto:dawn.ranns@jdflacrosse.com)