

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 18-22, 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



Jensens

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 18-22, 2023

Monday

Tuesday

- Wellness Centre (9:30—3:30 pm)
- Dance Performance @7 PM

Wednesday

- Dance Performance @ 7 PM

Thursday

- Wellness Centre (9:30—3:30 pm)
- Winter Formal

Friday

- Santa Breakfast
- Last Day of School before Winter Break

What's inside!

Page 2	Admin Staff Info, Important Dates
Page 3	PAC, Ravenous Café
Page 4-6	From the Admin
Page 7	Around the Raven's Nest
Page 8-9	Grad Corner
Page 10	Reminders
Page 11-12	Raven Nation
Page 13-15	Career's Department
Page 16	Counselors Corner
Page 17	Wellness
Page 18-20	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 26	GRAD Ski Trip to Mt. Washington
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

RBSS Contacts

Mike Huck - Principal

mhuck@sd62.bc.ca

Tanya Phillips -Vice-Principal

tphillips@sd62.bc.ca

Students A to G

Martin Lait - Vice-Principal

mlait@sd62.bc.ca

Students H to N +International

Ryan Dube - Vice-Principal

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Students O to Z

Tebeth Barbour - Counsellor

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Students A to E

Kim Hogan – Counsellor

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Students Em to Jc + International

Christina Kadin - Counsellor

ckadin@sd62.bc.ca

Students Jd to Pg

Wendy Cooper - Counsellor

wcooper@sd62.bc.ca

Students Ph to Z

Lindsay Lockhart

English Skills Development (ESD)

llockhart@sd62.bc.ca

Meagan MacPherson

Na'tsa'maht Indigenous
Education Support Teacher

mmacpherson@sd62.bc.ca

RBSS PAC Corner

Meetings will be held the 1st 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



PAC's Peninsula Co-op number 134056

December 18-22, 2023



From the Admin



Doors open at 5:00 - 5:30 PM;
No one will be permitted entry after 5:30 PM
Once an attendee departs, no re-entry permitted;

Open to **Royal Bay Grads only**
no guests permitted;

Students are permitted to drive themselves to and from the event.

Buffet Dinner catered by Ravenous Café
from 5:30 – 6:00 PM;
Photobooth by InstaSnap Photobooth with unlimited usage, and single instant prints;
and
Music/Dance by Sound Choice Music Services.

Winter Formal
Thursday, December 21, 2023
5:30 – 9:30 PM

Winter Formal

We are looking forward to our Aviary being transformed into a ballroom to host the Grade 12 Winter Formal on Thursday, December 21. Please note students are **NOT** permitted to be dropped off at the event in a limo.

We are fortunate to have our RCMP liaison officers at the doors to welcome students. This is a school event and as such students will not be permitted entrance if under the influence of drugs or alcohol. Failure to abide by the school code of conduct will influence students' ability to participate in future grad events.





From the Admin con't

Congrats to the Jr. Girls Basketball Team

The junior girls basketball team emerged victorious with an impressive 3-0 record at the VIU tournament in Nanaimo last weekend.

Overcoming injuries and navigating a small roster the team's determination and resilience played a crucial role in their success. Congratulations, girls!



Cozy Soup Workshop

Harris, Jayden, Josh, Campbell and Carly in partnership with Reimaging Westshore welcomed members of the Royal Bay community into our Home Economics kitchen to teach food literacy skills through a cozy soup workshop. This was Carly's passion project through her Senior Food Studies class supported by Ms. Ruff.



Gingerbread Building/Decorating

Royal Bay Ambassadors and International Students enjoyed gingerbread decorating. Fun was had by all as students navigated the architectural feat of building gingerbread houses with a sugar shortage. We had some very creative designs .

Thank you to Ms. Wong and Ms. Pardell for providing this opportunity for our students.

Around the Raven's Nest!

CHOOSING COURSES FOR NEXT YEAR

It's almost that time of year again!!

Course Selections will begin in January 2023. Each grade will be invited to an Assembly in the Theatre which will talk about Grad requirements, required courses and the vast array of electives Royal Bay has to offer.

Next, students will have time to discuss course selection options with their parents and counsellors. Below is the BC Graduation Sheet for both the English and French stream.

Finally, each grade level will have the opportunity to choose their courses online. Classes will be called down and counsellors will be there to guide them through the process.

Course Update: *Students graduating this year will need to have an Indigenous-Focused course completed. Courses that will fulfill this requirement are English First Peoples 11 or 12, BC First Peoples 12 and Contemporary Indigenous Students 12.*

BC Graduation Requirements

GRADE 10 REQUIREMENTS		CREDITS		
<input type="checkbox"/> Language Arts 10		4	Total Credits: (min. 24)	
<input type="checkbox"/> Social Studies 10		4		
<input type="checkbox"/> Science 10		4		
<input type="checkbox"/> a Math 10 _____		4		
<input type="checkbox"/> Physical and Health Education 10		4		
<input type="checkbox"/> Career Life Education 10		4		
GRADE 11 REQUIREMENTS				
<input type="checkbox"/> Language Arts 11		4	Total Credits: (min. 16)	
<input type="checkbox"/> a Social Studies 11 or 12 _____		4		
<input type="checkbox"/> a Science 11 or 12 _____		4		
<input type="checkbox"/> a Math 11 or 12 _____		4		
<input type="checkbox"/> Career-Life Connections A 12		2		
GRADE 12 REQUIREMENTS				
<input type="checkbox"/> English 12		4	Total Credits: (min. 20)	
<input type="checkbox"/> _____ Gr 12 Course		4		
<input type="checkbox"/> _____ Gr 12 Course		4		
<input type="checkbox"/> _____ Gr 12 Course		4		
<input type="checkbox"/> Career-Life Connections B 12		2		
FINE ARTS & or APPLIED SKILLS REQUIREMENTS				
<input type="checkbox"/> Arts Education or ADST (Applied Design, Skills and Technology) _____ Gr 10, 11 or 12 Course		4	(min. 4)	
ADDITIONAL COURSES				
<input type="checkbox"/> _____ Gr 10, 11 or 12 Course		4	Total Credits: (min. 16)	
<input type="checkbox"/> _____ Gr 10, 11 or 12 Course		4		
<input type="checkbox"/> _____ Gr 10, 11 or 12 Course		4		
<input type="checkbox"/> _____ Gr 10, 11 or 12 Course		4		
<input type="checkbox"/> Numeracy Assessment 10		TOTAL CREDITS Must = 80		
<input type="checkbox"/> Literacy Assessment 10				
<input type="checkbox"/> Literacy Assessment 12				

BC Graduation Requirements for French Immersion / Francophone Dual Dogwood

GRADE 10 REQUIREMENTS	CREDITS	
<input type="checkbox"/> Language Arts 10	4	Total Credits: (min. 28)
<input type="checkbox"/> Français langue 10	4	
<input type="checkbox"/> Sciences humaines 10	4	
<input type="checkbox"/> Sciences 10	4	
<input type="checkbox"/> a Math 10 _____	4	
<input type="checkbox"/> Physical and Health Education 10	4	
<input type="checkbox"/> Éducation à la vie professionnelle 10 (FCLE-10)	4	
GRADE 11 REQUIREMENTS		
<input type="checkbox"/> Language Arts 11	4	Total Credits: (min. 22)
<input type="checkbox"/> Langue et culture de la Francophonie 11 FLCP	4	
<input type="checkbox"/> Exploration en sciences humaines et sociales 11	4	
<input type="checkbox"/> a Science 11 or 12 _____	4	
<input type="checkbox"/> a Math 11 or 12 _____	4	
<input type="checkbox"/> Career-Life Connections A 12	2	
GRADE 12 REQUIREMENTS		
<input type="checkbox"/> English 12	4	Total Credits: (min. 22)
<input type="checkbox"/> Français langue 12	4	
<input type="checkbox"/> _____ Gr 12 Course	4	
<input type="checkbox"/> _____ Gr 12 Course	4	
<input type="checkbox"/> _____ Gr 12 Course	4	
<input type="checkbox"/> Career-Life Connections B 12	2	
FINE ARTS & or APPLIED SKILLS REQUIREMENTS		
<input type="checkbox"/> Arts Education or ADST (Applied Design, Skills and Technology) _____ Gr 10, 11 or 12 Course	4	(min. 4)
ADDITIONAL COURSES		
<input type="checkbox"/> _____ Gr 10, 11 or 12 Course	4	Total Credits: (min. 16)
<input type="checkbox"/> _____ Gr 10, 11 or 12 Course	4	
<input type="checkbox"/> _____ Gr 10, 11 or 12 Course	4	
<input type="checkbox"/> _____ Gr 10, 11 or 12 Course	4	
<input type="checkbox"/> Évaluation de numératie de la 10e année <input type="checkbox"/> Évaluation de littératie de la 10e année <input type="checkbox"/> Évaluation de littératie de la 12e année	<input type="checkbox"/> Literacy Assessment 10 <input type="checkbox"/> Literacy Assessment 12	TOTAL CREDITS Min. = 92



2024 GRAD

Important Dates/Deadlines

December 21	Winter Formal
December 22	Santa Breakfast
January 12	GRAD Bottle Drive
January 24 – 26	GRAD Photo Retakes
January 26	GRAD Ski Trip to Mt. Washington
	Valedictorian Nominations Packages Due
	Online Voting for Valedictorian
	GRAD Comments & Grad Ceremony Gradation Fee Due!
May 4	Dry GRAD Carnival
May 28	GRAD Rehearsals @UVic
June 2	GRAD Ceremony @UVic 11 & 2 pm
June 14	PROM @Crystal Gardens (Tentative)

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 2024 Ski Trip



Forms available
in the office or
Room 2115

**MOUNT
WASHINGTON
ALPINE
RESORT**

**Friday, January 26 -
Snowboard, Ski, Tubing**

ROYAL BAY
CLASS OF
2024

**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.

An illustration of an orange car with a rack of various bottles (water, soda) on its roof.

Grad 2024

**Krispy Kreme
DOUGHNUTS**

**FUND
RAISING**

Pick-up
12-3:30

Pick-up
12-3:30

**DONUT PICK-UP AT RBSS
ON WEDNESDAY DECEMBER 20
BETWEEN 12:00PM - 3:30PM
in ROOM 2115**

**There will also be 30 boxes
available for sale.**

Pick-up:
Dec. 20

**Krispy Kreme
DOUGHNUTS**

Pick-up
Dec. 20

Reminders

Reminder Immunization Packages are Due by Dec 20th:

Recently, immunization consent packages for grade 9 students were sent home from the school. If you have not already done so, discuss the information in the consent package with your child and include them in the decision to provide consent for immunization. Please return the completed consent form to the school in a sealed envelope by **Dec 20, 2023**.

Immunizations will be provided at the school for grade 9 students on **Feb 13 and 14, 2023**.

Grade 9 students can make an informed decision about immunization regardless of their parent/guardian/representative decision to consent or refuse immunization.

For more information visit HealthLinkBC:

[The Infants Act, Mature Minor Consent and Immunization.](#)

Public Health will be offering catch-up immunizations to Grade 10 students who missed their Grade 9 immunizations in the 2022-2023 school year. Only students who have a paper consent form signed by their parent/guardian/representative from the 2022-2023 school year (Grade 9) will be offered immunizations.

Contact the West Shore Health Unit at 250-519-3490 if you have any questions.





Please take the time to enjoy the hard work of **Jennah M., Sharon P., and Payton D.**, Athletic Leadership students who have developed our first ever “Alumni of the Month” recognition project. Each month, a small write-up will be shared through the Raven’s Nest about various alumni who are enjoying success in their sport of choice at the post-secondary level. They’ve done an outstanding job with their first entry; We look forward to reading about more of our alumni in the future.

FROM THE HARDCOURT...



Basketball season is in full swing, with many highlights coming within the first three weeks of league play

- **HUGE CONGRATS** to our Senior Boys Basketball team for their 2nd place finish in the “Battle of the Bay” tournament hosted at Royal Bay on December 1st/2nd. The boys began the tournament with a thrilling win in front of a jam-packed gymnasium, with Shema G. and Daniel B. hitting some clutch shots to will the team to victory. While the final didn’t finish with a storybook ending, the coaching staff were very pleased with how the players competed early in the season.
- **SHOUT OUT** to our Grade 9 boys basketball team for their 2nd place finish at Shawnigan Lake this past weekend. The boys lost a nail biter in the final to Oak Bay by only a single point. Well done!
- The Junior Girls, Junior Boys, and Senior Girls have also kicked off their league play and look forward to competitive games in the coming weeks/months.

LOOKING TO KEEP UP TO DATE ON WHAT’S HAPPENING IN THE WORLD OF ROYAL BAY SPORTS TEAMS?

WEBSITE: <https://sites.google.com/sd62learns.org/royal-bay-athletics/home>



@rbssathletics

FOLLOW HERE



ALUMNI OF THE MONTH - ALEC BILLINGS

I attend Johns Hopkins University and I major in political science. I've been playing Lacrosse since I was 7 years old with all my boys from Wishart elementary school. It all started with wall ball at recess. The balance for me with academics and sports came easier than most



would think. It's simple, if you don't compete in the class, you don't compete in the field. If that doesn't keep you motivated, I don't believe being a student athlete is for you. The process was smoother for me than most and I say this with the most appreciation for my coach Lucas MacNeill and coach Curt Malawsky as they were my main communication for getting coaches on my phone. I committed to Cornell University early, but my soon to be coach now switched to be a blue Jay which is a once in a lifetime opportunity and I ran with it. The only difference between college and high school lacrosse is the drive every player has. Everybody wants to win; each team,

each coach, each member of the training staff, and you face more competitive and bigger, faster athletes. The biggest challenge from post-secondary for me has to be in the classroom. University is hard and, at one of the most prestigious university universities in the world, the standard is high here and living up to it is a dream and a nightmare at the same time. Royal Bay, what an adventure that was! The part I miss the most easily would be the kids I grew up with, seeing them every day, and just laughing and enjoying each other's company day in and day out.



Alec Billings is a member of the grad class of 2021 and 4-year member of the Boys Lacrosse academy at Royal Bay. He was one of an astonishing thirteen total Royal Bay students who committed to play NCAA Lacrosse that year from the academy.

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



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 Hudlak for more details: dhudlak@sd62.bc.ca



uvic.ca/gustavson



@gustavsonuvic



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.

"Become An Intern Today"

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

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

**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.**



 uvicwest

 uvicwest.official@gmail.com

 www.uvicwest.com

Interested in **STEM?**

Join the

Schneider Electric Project

January 22nd - April 8th 2024

to

- ▶ Build your Skills
- ▶ Test out Engineering
- ▶ Strengthen University Applications





Commitment:
3-6 hours per week

Eligibility:
Female-identifying
Grade 11's and 12's +
1st & 2nd years

Weekly Meeting:
Mondays 7-8:15pm

**No Experience
Required!**


Sign up for
more
information



Counsellors' Corner

Virtual Online Group for Parents with 13-18 year old's

PARENTS
in
the
KNOW



Wednesday Evenings 6:30-8PM
January 10- March 13

Register Online or call
250. 217.4929



DO YOU FEEL UNSURE OF HOW TO
SUPPORT YOUR TEEN?

JOIN OUR
PARENTS TOGETHER
PROGRAM

ONGOING SUPPORT


STARTING 13 SEP
TUESDAYS
6:30PM - 8PM

ONLINE GROUP

FOR MORE INFORMATION CONTACT
Lisa Hoffman: 250.217.4929
parentingprograms@bgcsvi.org

Virtual Online Group for Parents with 9-12 year old's

Parenting
Without
Power
Struggles



Thursday Evenings 6:30-8PM
February 15-April 18

Register Online or call
250. 217.4929



DO YOU FEEL UNSURE OF HOW TO
SUPPORT YOUR TEEN?

JOIN OUR
PARENTS TOGETHER
PROGRAM

ONGOING SUPPORT

STARTING 13 SEP
TUESDAYS
12PM - 1:30PM

ONLINE GROUP

FOR MORE INFORMATION CONTACT
Lisa Hoffman: 250.217.4929
parentingprograms@bgcsvi.org

Wellness Centre

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)
Wednesday	Discovery Counselling by appointment only: Theresa Kauffman
Alternating Thursdays	Public Health Nurse 9:00 to 11:00am (Sept 7 th 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

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

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





Royal Bay Boys Lacrosse Academy

CANUCKS VS BOSTON BRUINS RAFFLE

2 tickets to the Vancouver Canucks vs Boston Bruins game on February 24, 2024 at 4pm including a one night's hotel stay at the Accent Inn Richmond (hotel night can be used anytime)! Prize Donated by RJC Engineering and Accent Inns. Draw date: Thursday December 21, 2023

\$10 donation for each entry

ALL proceeds go towards lacrosse tournament travel costs





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

Questions regarding registration,
kidsport/sport assist funding
please email
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

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

Co-Ed coaching info
email Curt Morwick

Co-Ed reffing clinics TBD
email Rob Cook if interested
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