

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



February 19-23, 2024

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 Nuuchahnulth 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 – Nuuchahnulth



Outstanding Fees:

Please check your school Cash Online account

pay your outstanding school fees

[SchoolCashOnline.com](https://www.schoolcashonline.com): Welcome

Thanks in advance for your attention to this.

WEEK of:

February 19-23, 2024

Monday	• Family Day—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

February 19	Family Day—No School
Feb 27—Mar 3	Healthy Relationships & Consent Workshops
February 27—28	Online Voting for RBSS Valedictorian
February 28	Pink Shirt Day
March 1	Deadline to Purchase Yearbooks
March 6	PAC Meeting @ 6:30 pm
March 7	Lockdown Drill @ 11 am
March 7	Forte (Concert Band/Choir/SM Ensemble) @ 7 pm
March 13	GRAD Comments and Fees Due!
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	PAC Meeting @ 6:30 pm
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
May 1	PAC Meeting @ 630 pm
May 4	Dry GRAD Carnival
May 8—11	RBSS Musical in Theatre
May 16	Fire Drill #6 @ 9:20 am
May 17	Pro D - NO School
May 20	Victoria Day - NO School
May 28	GRAD Rehearsals @ UVic
June 2	GRAD Ceremony @ UVic
June 5	PAC Meeting @ 6:20 pm
June 11	RBSS Dance Performance @ 7 pm
June 12	RBSS Dance Performance @ 7 pm
June 13	RBSS Music Concert @ 7 pm

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

rdube@sd62.bc.ca

Students O to Z

Tebeth Barbour - Counsellor

tbarbour@sd62.bc.ca

Students A to E

Kim Hogan – Counsellor

khogan@sd62.bc.ca

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

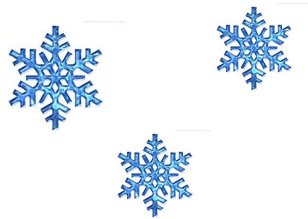
PAC meetings for 2023-2024:

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

February 19-23, 2024



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot Main	Closed for Family Day	Smoked Salmon Poke Bowl	Lasagna	Roast Chicken with Gravy and Mashed Potatoes
	Vegetarian		Crispy Tofu Poke Bowl	Lasagna	Falafel Bowl
COLD SIDE	Wrap		Turkey	Ham	Steak
	Appie		Mozza Sticks	Mozza Sticks	Mozza Sticks
BAKING	Desserts		Chocolate Layer Cake/ Bread Pudding	Chocolate Layer Cake/ Bread Pudding	Chocolate Layer Cake/ Bread Pudding

From the Admin

FREE GRAB & GO BREAKFAST - MON-FRI - 8:30-8:55



Grab & Go Breakfast Program

Mon-Fri Mornings from 8:30-8:55 AM

at the Ravenous Café

Free of Charge

ALL are welcome!



ATTENTION

**LAST
CHANCE**

PARENTS:

Our 2023-2024 yearbook is back and better than ever! This is the **LAST CALL** for those of you who want to purchase this special school keepsake for your student. **ACT FAST!**

Copies are LIMITED!

PRICE: \$60.00

DEADLINE: MARCH 1, 2024



SCAN TO ORDER!!

Around the Raven's Nest!

Coming up in Careers Education

Career Life Education 10

On February 28th, the Career Education Department will be hosting a full morning event for all grade 10 students. The *Seeking Balance* symposium will provide students with an opportunity to learn from community presenters who will be sharing techniques and strategies to foster mental well-being and wellness. For half of the morning students will be circulating through stations and then participating in a



keynote speaker series presented through **Jack Talks Mental Health**.

These youth speakers share personal stories regarding their mental health journey with a focus on prevention, hope and recovery. For more information, check out the event [poster](#).

Careers 10 teachers will continue with the delivery of curriculum during English 10 blocks.

Career Life Connections 12

Scholarship support is available during block B this semester, provided by Ms. ten Hove. Many locally offered scholarships and bursaries come available during the next few months. Check out the [RBSS Scholarship Website](#) to learn more.



Events to Watch For



Dream It Be It – March 5th – The Soroptimist Society invites all female identifying students 15 years of age and older to join in on a day of empowerment and career development. To participate, please visit the Career Commons.

Skills Canada events will start taking place later this month and culminate in a daylong event at Camosun College. To learn more, visit the Career Commons.



The Women in Trades and Technology event will take place at Camosun College on April 16th. This hands-on event will introduce female identifying students to the opportunities available to them in the trades and tech sectors. Registration will begin for this exciting day long event soon.

Career Fair for Grade 11 students – April 25th – All grade 11 students will be bussed to this event for the morning to take advantage of over 90 exhibitor booths. Watch for a [field trip permission form coming home soon](#).

CICAN World of Choices Summit – May 9th – Open to all students, this interactive day-long event will equip students with the skills and knowledge they need to be better prepared for the future. More information to come



ICBC Road Safety Speaker for grade 12 students on May 16th. This year grade 12s will participate in an assembly where [Steve Serbic](#) will share his personal story of injury prevention through the lens of a first responder.

On the Line, Grade 10 Event – This injury prevention event, sponsored by ICBC, Island Health, Westshore RCMP, Colwood Fire and BCAS will take place at École Royal Bay Secondary during the month of May. Stay tuned for more information.

Reminders



DATE CHANGE
Pick Up at Raven Store @ Lunch
Wednesday, Feb 21st



SAVE A LIFE GET NALOXONE TRAINING



Learn how to prevent an overdose and respond to a drug poisoning from youth leaders who understand the issues. The session includes:

- How to recognize an overdose
- What to do if you see one and how to help
- How to administer Naloxone (a fast-acting drug that temporarily reverses the effects of an opioid overdose)
- What's available in our community to help reduce substance use related harm and support youth health

February 20, 2024
4 Sessions Available in Learning Commons



Scan the Code to Sign-up

This is an Island Health and Youth H.O.P.E. Mission initiative being hosted by SD62 and delivered by the amazing team at Youth H.O.P.E. Mission, an award-winning local youth initiative. Learn more about these change-makers and their work at <https://youthhopemission.weebly.com/>

Book Club Dates for January & February

Friday, Jan. 19

Friday, Feb. 2 and Feb. 23

At lunch in the Learning Commons!





2024 GRAD

Important Dates/Deadlines

February 21	Online Voting for Valedictorian
February 26	GRAD Comment & Fee Form Handed Out
March 13	GRAD Comment & Ceremony Fee Due
April 3	PROM Consent Form Handed Out
April 3	Dry Grad Carnival Form Handed Out
April 3	GRAD Ceremony Ticket Request Form Handed Out
April 24	GRAD Ceremony Ticket Request Form Due
May 1	PROM Consent Form & Payment 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 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”

Athletics /Teams



The Junior Girls Basketball team will be representing Royal Bay at the Islands in Courtenay this weekend.

Good luck, athletes!

PAC Fundraiser



**RBSS PAC's 1st Annual
Burger & Beverage for Bursaries
Fundraiser**

Join us for a flavourful evening of delicious
burgers and refreshing beverages, all for a
great cause!

DATE: February 29, 2024
TIME: 6:30 - 8:30 PM
LOCATION: RBSS Aviary
COST: \$25.00 per ticket
includes 1 burger, fries, and 1 beverage

Order tickets here: tinyurl.com/RBSSPACBBB

****HIGHLIGHTS****
Meat, vegetarian, and gluten-free options
Live music featuring classic hits

Net proceeds go to PAC's Bursary Fund

This and That



Debate Club Fundraiser

For all your chocolate-y Easter needs, Royal Debate Club is bringing the joy of Purdy's to Royal Bay! Log on to purdys.com and when you've finished your shopping make sure to enter the code for Royal Bay Debate Club fundraising (**61307**). Your orders will arrive in their own Purdy's bag and will be ready for pickup March 31st.

Campaign Name: **RBSS Debate Club**

Fundraising Code: **61307**

Last Day to Order: **18 March 2024**

Date of Pickup: **31 March 2024**

Proceeds go towards the Debate and Model UN Club and supporting these students in their initiatives.

Email Sara Checkley (scheckley@sd62.bc.ca) if you have any questions!

Thank you for your support!



UPCOMING Scholarship Opportunities

February & Early March

SCHOLARSHIPS

For more Scholarships and the links for criteria and applications visit:

[Ecole Royal Bay Secondary School Scholarship Website](#)

British Columbia School Trustees Association

Deadline: February 29, 2024 3:00pm

Women's Cyber Security Scholarships

Deadline: February 29, 2023

BCCPAC Educational Award

(Note: Children of current BCCPAC board members, staff, or contractors are not eligible to apply for this award.)

Deadline: February 28, 2024

BC Boys Basketball Association

Deadline: February 23, 2024 by 4 p.m.

Peninsula CO-OP Scholarships

UVIC Students = Apply between February 15th - May 1st, yearly

Lionel High School Chemistry Scholarship

Deadline: March 1, 2024

SEG Scholarship

Deadline: March 1, 2024

Sooke Teachers' Association Scholarships

Deadline: March 8, 2024

RE/MAX Quest for Excellence

Deadline: March 13, 2024

Daneen Skilling Scholarship for Studies in Occupational Health and Safety

Deadline: March 15, 2024

BC Principals' and Vice-Principals' Association (BCPVPA) Scholarship

Deadline: March 18, 2024

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.



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: dhuculak@sd62.bc.ca



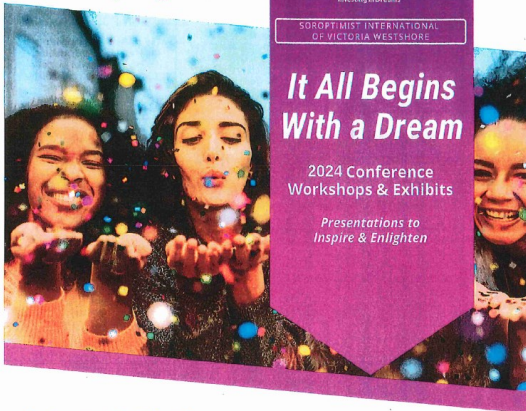
uvic.ca/gustavson



@gustavsonuvic

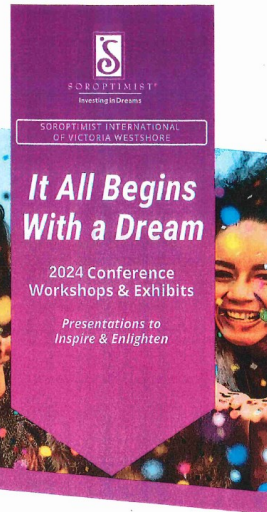


DREAM IT • BE IT
CAREER SUPPORT
for girls



A unique opportunity for girls and young women, transgender, and non-binary youth aged 15 – 25 to explore their dreams and discover their potential.

Cost of registration: FREE



Date: Tuesday, March 5th, 2024
Time: 8:30am - 1:30pm
Venue: Chiefs and Petty Officers Mess
Address: 1575 Lyall Street in Esquimalt

Visit the Career Commons to register.

A Special Thank You to Our Event Sponsors!



SOROPTIMIST
FOUNDATION
OF CANADA



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



Careers Department con't



Located in Victoria, BC



National
Défense nationale

ARE YOU LOOKING FOR SUMMER EMPLOYMENT IN THE TRADES?

APPLY TO THE FEDERAL STUDENT WORK EXPERIENCE
PROGRAM (FSWEP) AT THE NAVY'S FLEET MAINTENANCE
FACILITY LOCATED IN ESQUIMALT, BC.





**WE ARE CIVILIANS PROVIDING QUALITY,
TECHNICAL SERVICE IN SUPPORT OF
THE ROYAL CANADIAN NAVY FLEET**

WE OFFER:

- 8 weeks of paid work experience from
July 4 - August 28, 2024
- Unique Trades work on Royal Canadian Navy (RCN)
- Various trades experience available: Machinist, Millwright. Various Hull Trades: (Shipwright, Joiner, Painter, Lagger, Electroplater & Rigger). Various Metal Trades: (Metal Fabrication, Sheet Metal & Welder)
If you are unsure which trade you are interested in we request that you narrow your choices to two.
- Potential for future apprenticeship opportunities

Please see your Career Counsellor for further details on how to apply for this program.

Application deadline to apply is April 4, 2024

**VISIT [JOBS.GC.CA](https://jobs.gc.ca)
FOR FUTURE CAREER OPPORTUNITIES**



Come join our family!

We Serve the Fleet



Counsellors' Corner

Be a champion for youth health ...



... take action and make a difference

YOUTH HEALTH IN OUR COMMUNITY:

Be part of the student team reviewing the SD62 results from the 2023 BC Adolescent Health Survey, then help engage fellow students in taking action to address the youth health issues outlined in the results.

Full-Day Workshop for Students in Grades 10 to 12

February 27, 2024 | 9:30 a.m. to 3:00 p.m.

Lower Clubhouse, West Shore Parks & Recreation

Limited Space Available • Lunch & Snacks Included • Pre-Registration Required

Interested? Contact: candrew@sd62.bc.ca

Hosted in partnership with McCreary Centre Society, School District 62 (Sooke), Island Health, and The Village Initiative.



Counsellors' Corner con't

Parent/Family Sessions on Youth Substance Use

The ministry, in partnership with adolescent Clinical Psychologist, [Dr. Hayley Watson – Open Parachute](#), is hosting [free virtual sessions on youth substance use](#) for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key takeaways for participants:

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances

Acquire practical conversation tools for discussing substances in the home

Choose your preferred date below and register in advance due to limited capacity. Sessions dates are:

[February 20, 6:00 – 7:30 pm PST](#)

[February 22, 6:00 – 7:30 pm PST](#)

[February 28, 6:00 – 7:30 pm PST](#)

Email educ.mentalhealth@gov.bc.ca with any questions.

Hello. My name is Niki Campbell and I am the Education Manager for the BCACC
(<https://bcacc.ca/>) - the Association for Counsellors in BC.

I'm getting in touch because part of my role is to create free public presentations, put on by Registered Clinical Counsellors, on topics to help the people in our province with important topics to support the issues that people are facing.

The next one we are offering is titled:

Top 10 Strategies for Caregivers Supporting a Child with Anxiety

This is the registration link:

<https://us02web.zoom.us/meeting/register/tZ0lcOirqz0tHND0V3JvmdcTFmpP0LnJepWT#/registration>

‘in**the**know’

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.

For Families: A Conversation about Eating Disorders

Families do not cause eating disorders but they can be one of the most effective influences in their child's recovery. Listen to a young person, a parent and an Eating Disorders Therapist share their perspective and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery.

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



Cost: Free of Charge

Date(s):

Tuesday, February 6, 2024, 6:00pm (PST)
Wednesday, February 7, 2024, 12:00pm (PST)
Thursday, February 15, 2024, 6:30 pm (PST)
Tuesday February 20, 2024, 6:30pm (PST)
Wednesday February 28, 2024, 6:00pm (PST)

Registration required:

www.familysmart.ca/events



• F O U N D R Y •

VICTORIA

Parent and Caregiver Education Evening

Gender Diverse support and education for family members

"Emily is a registered nurse working with Foundry Victoria to help manage their gender affirming care cases and is one of the first 2SLGBTQIA+ Liaison Nurses having created the position in island health. She has provided gender diverse education to health professionals for the past 5 years. She comes from the perspective of having the living experience of navigating the medical system herself, and is a member of the queer community. She is excited to hold space for families and parents to improve their understanding of the needs of their gender diverse loved ones.

Monday
February 26

6-730pm

@Foundry Victoria-546 Yates street

RRSP to lisa.tate@familysmart.ca

Counsellors' Corner con't

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