

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



January 6-10, 2025

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



Calendar of Events for the WEEK

- | | |
|-----------|-------------------------|
| Monday | • School Reopens |
| Tuesday | • |
| Wednesday | • PAC Meeting @ 6:30 pm |
| Thursday | • |
| Friday | • |

What's inside!

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Important dates to Remember

January 6, 2025	School Reopens
January 8	PAC Meeting @ 6:30 pm
January 27	"I" Day
January 28	"I" Day/1st Semester Ends
January 29	2nd Semester Starts
February 4	Report Cards Published
February 5	PAC Meeting @ 6:30 pm
February 7	PAC Bake Sale 10 - 1 pm in Aviary
February 11	Fire Drill #4 @ 9:20 am
February 14	Non Instructional Day—No School
February 17	Family Day—No School
February 26	Pink Shirt Day
March 5	PAC Meeting @ 6:30 pm
March 10	Lock Down Drill @ 11 am
March 14	Last Day of School before Springbreak
March 17—28	Springbreak—No School
March 31	School Reopens
April 2	PAC Meeting @ 6:30 pm
April 8/9	Provincial Assessments
April 10	Early Dismissal
April 10	Parent Teacher Conferences
April 11	Non Instructional Day—No School
April 17	Fire Drill #5 @ 2:15 pm
April 18	Good Friday—No School
April 21	Easter Monday—No School
April 22	Term 3 Ends
April 23	Term 4 Begins
April 25	Term 3 Report Cards Published

ÉRBSS Contacts

Mike Huck - Principal

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Stephanie Davies -Vice-Principal

smdavies@sd62.bc.ca

Students A to G

Martin Lait - Vice-Principal

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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 D

Kim Hogan - Counsellor

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Students E - La

Christina Kadin - Counsellor

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Students Le—Re

Rachelle Fafard - Counsellor

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Students Ri—Z

Lindsay Lockhart

English Skills Development (ESD)

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Meagan MacPherson

Na'tsa'maht Indigenous Education
Support Teacher

mmacpherson@sd62.bc.ca

ÉRBSS PAC Corner

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

PAC meetings for 2024-2025

- January 8
- February 5
- March 5
- April 2
- May 7
- June 4

2024-2025 PAC

Executive Members

President:	Caroline Aked
Vice President:	Mary-Anne Showers
Treasurer:	Melissa Da Silva
Secretary:	Tara Campbell
SPEAC Rep	Allison Hyatt
Communications Officer:	Sahye Cummings

PAC email: royalbaypac@gmail.com



The Dry Grad Carnival Committee

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

If you are interested, please email: rbparentgradcommittee@gmail.com

*PAC's Peninsula Co-op number
134056*

- January 14
- February 4
- March 4
- April 1
- April 15
- April 22



January 6 - 9, 2025

	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
HOT SIDE	Hot Main	Closed	Mac and Cheese	Potato Leek Soup with Bacon and so	Korean BBQ Beef Bowl
	Vegetarian		Mac and Cheese	Potato Leek Soup with Bacon and so many Garnishes	Korean BBQ Tofu Bowl
COLD SIDE	Wrap		Smoked Turkey	Salami	Trio
	Appie		Fish Cake	Fish Cake	Fish Cake
BAKING	Desserts		Brownies/ Apple Crumble	Brownies/ Apple Crumble	Brownies/ Apple Crumble



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Dear ÉRBSS families and Guardians,

As we approach the end to this calendar year, with the Winter Break starting on Monday December 20th, we want to extend our best wishes to all our Royal Bay families. On behalf of the school team, we want to thank our families for their generous donations to our 10,000 Tonight food drive to support our community members in need of non-perishable food items over the holidays and into the New Year. We have an incredible school and learning community. For a school to function well, it takes all our partnerships paddling in the same direction, which you do here at Royal Bay each day. While we are busy place with over 2000 people in the building each day, our school is calm, kind, and curious. You and your students continued support, suggestions and involvement make this great place to learn and grow. We are incredibly proud of our students and how they represent the school and make this a special place to be.

Each day we are witness to students working towards their goals in academics, art, music, sport, trades, and personal growth. We are lucky people indeed.

The winter season has been warmly felt at the school thanks to our grads who planned and led our festive spirit days leading into the Winter Break. Over the past few weeks, our students have had the opportunity to take part in showing their holiday spirit by wearing attire that aligned with our festive focus every Friday. We thank you for your support and encouragement at home to bring the joy of the season to our students and broader community.

Over the last few weeks, I have been fortunate to witness several incredible student events;

- Soccer, Basketball and Volleyball tournaments and games
- An incredible Winter Music Concert put on by our Fine Arts Department
- Two awesome nights of Dance from our RBSS Dance Academy
- A great evening of Lacrosse
- 10,000 tonight put on by our RBSS Leadership Group
- Grad/Dance Academy Movie Night
- Winter Formal (catered by our very own Culinary Arts Classes)
- Santa's Breakfast

With the holiday season approaching, the staff at École Royal Bay extend their well wishes to all our students and families. Wishing you all a very enjoyable and memorable Winter Break. We hope you find the time to rest, relax and value time with family and friends. We look forward to our students' safe return on January 6, 2025.



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Too much stress, good or bad, can be tough, but we can't avoid it! However, there are a few things we can do to reduce our stress. Ways to manage stress are often simple, but we're often too busy, too tired, or too overwhelmed to slow down to employ the tricks and tips that can help us. Here is a new holiday "to-do list" to replace, or at least put alongside, the job list.

Ways to Manage Holiday Stress

- Seek sleep.
- Drink water.
- Cut down on sugar... seriously.
- Get out in the sunshine...if and when it comes 😊
- Exercise... can't get to the gym, or for a walk around the block? How about a few trips up and down the stairs, get off the bus one stop early, or parking as far away from the mall doors as possible... every little bit helps.
- Do less and Enjoy more.
- Ask for help... If no one steps up to your request for help, delegate.
- Define your expectations for the holidays. What means most? Who or what deplete(s) your energy?
- Set your boundaries. "No" is a delicious little word when used sparingly.
- Focus on the positive; the view from the other side can be oppressive.
- Smile and Laugh.
- Surround yourself with people who are kind and happy. "Friends are the family you choose." Social connections are important, so ensure to choose ones that fill you up and add a positive element to your day.
- Practice gratitude. Find something every day that you feel grateful for.

Coping Tools: Here are some great iOS & Android Phone Apps to check out:

- **Booster Buddy** – developed on Vancouver Island, this app features a fox "buddy" that gives you self-care missions. Includes a mood-tracker, and reminders for appointments and medications. Good as a distraction tool.
- **Mindshift** - this app is designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.
- **Stop, Breathe and Think** – provides tailored meditation and mindfulness exercises based on present feelings. Includes a lesson on how to meditate

From the ADMIN - Page 3



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Helpful website resources:

- Depression: www.dwdonline.ca
- Anxiety: www.anxietybc.ca
- Mental Health: <http://kelymentalhealth.ca/>

For really tough stuff over the holidays, where community support is needed, please remember these important resources:

- Vancouver Island Crisis Line: 1-888-494-3888 for people in emotional crisis, including suicide and mental health issues.
- youthspace.ca --Youth under 25 years may access for online emotional support
- Foundry-Victoria Youth Clinic: 818 Douglas St. <https://www.victoriayouthclinic.ca/>
- Westshore Child and Youth Mental Health: <http://www.westshorefamilyservices.ca/>
- Pacific Centre Family Services Association www.pacificcentrefamilyservices.org/
- <http://victoriahomelessness.ca/community-resources/meals-food-banks/>
 - Out of the Rain Youth Shelter 250 415 3856 (answered during shelter hours)

Wishing all our Royal Bay students and their families a peaceful, restful and safe holiday season! The Royal Bay Counselling Staff

Provincial Assessment Update

On January 15/16 all RBSS will be operating on a Copernican system. We will have LTE 10, NME 10 and LTF12 being written during class time. We will also have a sitting on January 14th in the Afternoon, for grade 12's who missed assessments last semester.

IF you have a student in English 10, Math 10 or French 12 this semester, they will be writing their Provincial Assessments on the 15/16 of January. Students who have Math and English second Semester will write in June.

Capstone Presentations!

“Attention Grads! The Capstone Presentation Schedule has now been posted. Please view the below link to see when you will be presenting your Capstone Project to your mentor teacher.

Please read the FAQ embedded in the file for any questions you may have, or connect with your CLC 12 teacher. If you do not see your name listed, please reach out to your CLC 12 teacher ASAP

<https://docs.google.com/spreadsheets/d/1d3NW5aloodnBlg4LmzmpFtDoEX7RGPUNsJmLr2E7x3Q/edit?usp=sharing>

Around the Raven's Nest!

Artistic Woodworking

Level 1: Wood Mosaics

In the Level 1 woodshop class, students explored the art of creating **wood mosaics**. This project involved cutting various types of wood into small, precise pieces and arranging them into intricate patterns and designs. The students learned about different wood species, grain patterns, and how to use a variety of woodworking tools. The final mosaics showcased an array of colors and textures, demonstrating the students' creativity and attention to detail.

Level 2: Intarsia

The Level 2 class took on the more advanced project of **intarsia**, a woodworking technique that involves fitting together pieces of wood to create a detailed, three-dimensional picture. This project required a higher level of skill and precision, as students had to carefully select and shape each piece to fit perfectly with the others. They also learned about shading and depth, using different wood tones to bring their designs to life.

Chip Carved Ornament

Both Level 1 and Level 2 students completed a **chip carved ornament** project. This involved carving intricate patterns into a piece of wood using a chisel or knife. The students practiced their carving techniques, focusing on creating clean, precise cuts to form aesthetic designs. The ornaments were a wonderful way for students to showcase their skills and creativity, and they made perfect keepsakes or gifts for the holiday season.



Drafting 10-12

Lego Character Project



In this exciting project, students were challenged to design and create a 2:1 scale Lego figure using Autodesk Inventor and 3D printing technology. The goal was to ensure that each piece of the figure could be separated and interchanged, just like a real Lego figure.



Students designed separate legs, a leg connector to join the legs to the body, and a main torso that connected seamlessly with the legs, head, and arms. They created a detachable head, separate hands, and a head piece like a hat or helmet. Additionally, they designed an object for their Lego figure to hold, such as a tool or accessory.



This project not only honed the students' skills in 3D modeling and printing but also encouraged creativity and problem-solving as they worked to ensure all parts fit together perfectly and could be easily assembled.

Arts in the Community - Page 1

A Night Out at the Theatre

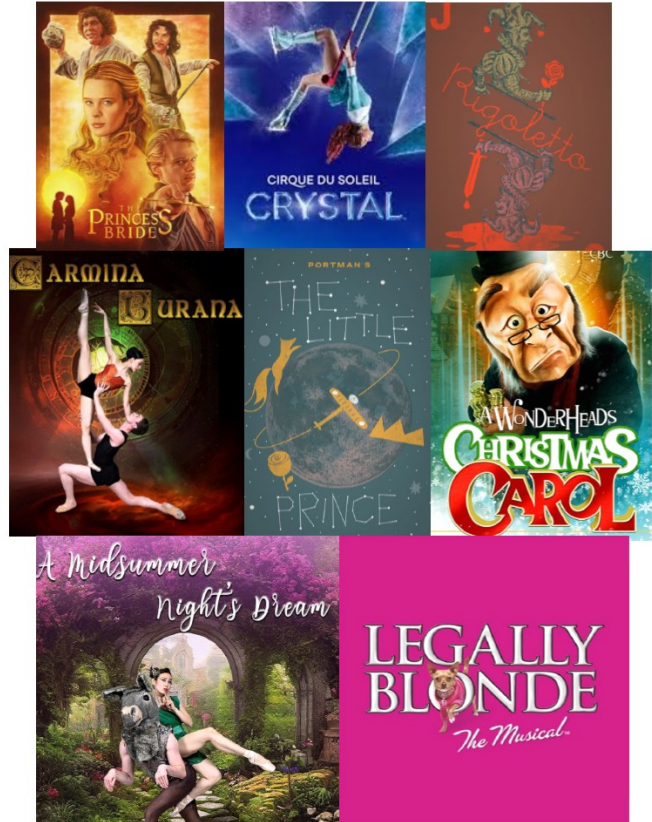
The Gift of the Nutcracker tickets have been sent home. Enjoy the ballet!



Coming Up Next:

- 17 February 2025 - Pacific Opera Victoria presents **The Little Prince**. An opera sung in English. \$15/ticket. Families welcome with a limit of one adult per student.
- 21/23 March 2025 - Ballet Victoria with the Victoria Choral Society presents **Carmina Burana** \$20/ticket. Families welcome.
- 29 March 2025 - Watch **The Princess Bride**, the original classic film, while the Victoria Symphony performs the score, live, in time with the movie. \$25/ticket. Families and friends welcome.
- Date TBA - VOS presents **Legally Blonde** \$25/ticket per student. Email the contact below if you wish to be a parent chaperone.
- May 2025 - **Cirque du Soleil** presents **Crystal** at the Save-on-Foods Memorial Centre. Discount TBD. Families and friends welcome. Information will be confirmed in the January Raven's Nest.

ARTS in the COMMUNITY: Coming Soon



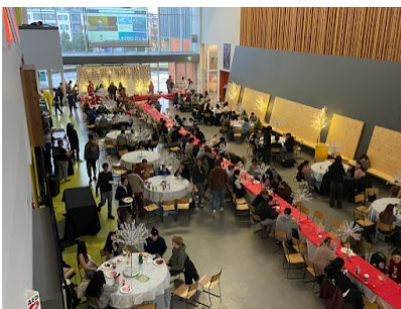
Questions: nkaludjer@sd62.bc.ca





GRAD Class of
2025
Winter Formal





2025 GRAD Important Dates/Deadlines

November 8	Winter Formal Form Handed Out
November 13	Winter Formal Registration — OPENS
November 27	Winter Formal Fee Due no later than this Date—LIMITED SPACE
December 5	Butchart Gardens
December 10-22	GRAD Photos
December 19	Winter Formal
January 17	GRAD Ski Trip to Mt. Washington
January 27	GRAD Photo Retakes
January 28 – 29	GRAD Friendship Group Photos
February 3	GRAD Comment & Ceremony Fee Form Handed Out
February 21	GRAD Bottle Drive
February 21	GRAD Comment & Ceremony Fee Due no later than this date
March 3	Valedictorian Nominations Packages Due by Noon
March 10	Short List Announced for Valedictorian
March 31	PROM Consent Form Handed Out
March 31	Dry Grad Carnival Form Handed Out
March 31	GRAD Ceremony Ticket Request Form Handed Out
April 3	Submit Valedictorian Videos
April 11	GRAD Ceremony Ticket Request Form Due no later than this date
April 11-15	Online Voting for Valedictorian
April 16	Valedictorian Announced
May 3	Dry GRAD Carnival
May 23	PROM Consent Form & Payment Due no later than this date
TBD	GRAD Rehearsals @UVic
June 8	GRAD Ceremony @UVic 11 & 3 pm
June 12	FRIMM GRAD Celebration @ Royal Bay
June 20	PROM @Crystal Gardens



GRAD 2025
SKI TRIP

@ MT. WASHINGTON ALPINE RESORT
JANUARY 17 - 2025

SKIING, SNOWBOARDING, TUBING & RENTAL OPTIONS AVAILABLE.

A paper form & waiver MUST be completed

Forms available in the Office or in Burgess' room (2115)

Payment by: School Cash On-line, Cheque, or Cash
Last day to sign-up: January 10th, 2024



SR GIRLS VOLLEYBALL

The Royal Bay Sr. Girls Volleyball team concluded an incredible season with the school's first ever berth to the Provincial Championships. While the results were not what the girls hoped for, nothing can take away the accomplishment this dedicated group of athletes achieved this year.

Here are just some of the highlights from this dream season:

- Belmont Secondary Tournament 3rd place
- Camosun University Tournament 2nd place
- R. E. Mountain Secondary Tournament 1st place
- LVISSA Sr. Girls Regular Season 2nd place (8-4 record)
- Vic Lindal Cup (City Championships) 1st place
- Lower Island Championships 1st place
- Vancouver Island Championships 1st place



Team Members:

Dawson Dobbie	Addison Foulis
Lauren Matthes	Mia Harris
Halle Patrick	Josie Matthes
Eva Sagodi	Maika Parreno
Abby Thom	Avery Snook
Eva Holzmann	Lilly Grassinger



The entire team would like to thank our sponsors and donors for making this season one for the ages.

Thank You to our Sponsors



Scholarship Information!

Click [HERE](#) to access the *École 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.

[HERE](#) is another useful link to the *ÉRBS 2024/25 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.

Please email scholarshiprbss@sd62.bc.ca for any scholarship assistance.

Scholarship Awards Currently Open!

Storwell's Foster Children Bursary Program	Deadline: December 31, 2024
BC Cowboy Heritage Society Scholarships	Deadline: December 31, 2024
Association of School Transportation Services of BC Commercial Heavy-Duty Mechanic Scholarship	Deadline: December 31, 2024
Pollard and Perrin Orthodontics	Deadline: December 31, 2024
Lime Connect Pathways Scholarship (Canada Life & Lime Connect)	Deadline: January 7, 2025
Schulich Leader Scholarships	Deadline: January 10, 2025
Health Sciences Scholarship/Bursary Applications	Deadline: January 10, 2025
DB Perks & Lifesaving Society Scholarships	Deadline: Jan 31 (before 4:30pm - Annually)
David C. Lam TEAL (BC Teachers of English as an Additional Language) Scholarship	Deadline: January 31 (Annually)
Canadian Women in STEM Scholarship: Robotics	Deadline: January 31, 2025
Kin Canada Foundation Scholarship	Deadline: February 1, 2025
Cmolik Foundation Scholarships	Deadline: February 7, 2025
BC Excellence Scholarships	Deadline: February 17, 2025
Pathway to Teacher Education Scholarship - BC Ministry of Education	Deadline: February 17, 2025
Indspire	Deadline: Feb 1, Aug 1, Nov 1 (Annually)

ARE YOU IN GRADE 11? INTERESTED IN A DUAL CREDIT COURSE FOR NEXT YEAR?

Complete a college course at Royal Bay

- Psychology
- English
- Math
- Biology
- Accounting



Benefits of a Dual Credit Course?

- Free tuition
- Sneak peak into post secondary
- Start your post secondary education with the support of a RBSS teacher.
- Challenge yourself

Attend the info session to sign up
When: Wednesday January 8th
Time: 11:40 am
Where: Theatre

Contact the Career Commons for more information

DUAL CREDIT COURSES IN EARLY LEARNING & CARE (TO BECOME AN ECE)

Course Option One: Blended Online + On-Campus

Health 111 - Indigenous Peoples Health

Students will explore Indigenous peoples' health experiences: past, present, and future. Using a strength-based and holistic perspective, students will learn about the current realities of Indigenous peoples' health experiences, and will be introduced to traditional healing practices. Students will be able to use this knowledge to further their own understanding of Indigenous peoples' health, and can apply this experience to work with children, families and in community.

Course Option Two: On Campus Delivery

ELC 170 - Working with Family & Community

Students will be introduced to understanding the changing roles of families in our current society. Students study developmental tasks of families, historical and emerging themes with an emphasis on supporting families and establishing respectful, reciprocal partnerships. Students will be introduced to Indigenous world views in order to broaden their thinking about children and their families, including the impact of residential schools and on-going colonization and skills of reconciliation. Families are viewed within a strengths-based perspective and special emphasis is placed on the knowledge, skills, beliefs and values required to work in partnership with diverse families.



Health 111 & ELC 170 are part of the following great programs:



Course prerequisites: Hlth 111 = C in Eng 12 / ELC 170 = C+ in Eng 12
Students need to be taking Eng 12 in Semester 1. Call SIP to review.

Course Delivery Details

Health 111. Online. Wednesday's, 5:30 - 8:20pm.
Jan 8, Feb 26 & Apr 9 classes are on-campus

ELC 170. On Campus. Fri. 3 - 5:50pm Jan - Apr
@ Camosun's CHW Building, Interurban

Classes are scheduled over Spring Break

For more information talk to your
school based Careers Team

Wellness Centre Schedule!

Royal Bay Wellness Centre

Clinics Hours
January 7th to June 26th 2025

Monday	Discovery Counselling appointment only
Tuesday	Physician 9:30- 2:00
Wednesday	Discovery Counselling appointment only
Thursdays	Public Health Nurse 9:30-11:00
Friday	CLOSED

Call: 250-519-3580
Appointment & Drop-in Welcome

Clients provided through 25 years of age

Physician Services & Nurse Practitioner Services:

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

Public Health Nurse Services:

- ✓ Birth Control
- ✓ STI testing & treatment (all ages)
- ✓ Sexual decision making & relationships
- ✓ Pregnancy testing & options
- ✓ Healthy lifestyle

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

July 2024

