

# This week in The Raven's Nest



## École Royal Bay Secondary School

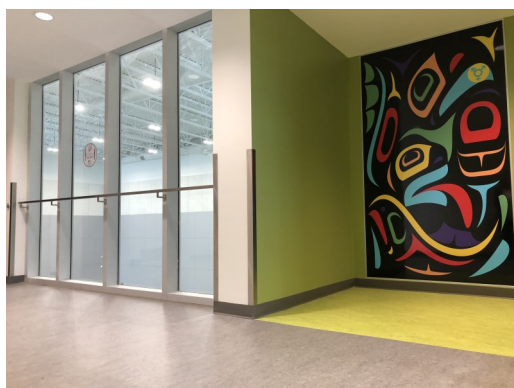
3500 Ryder Hesjedal Way  
Victoria, BC V9C 0J6  
royalbay@sd62.bc.ca T: 250-474-2377



### June 9-13, 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 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



## 2025 GRAD Ceremony



Sunday, June 8, 2025

**Location:**

Farquhar Auditorium, University of Victoria

**Ceremony Times:**

11 AM & 3 PM

### Calendar of Events for the WEEK

- Monday •
- Tuesday •
- Wednesday • GRAD Assessments/Copernican Days
- Thursday • GRAD Assessments/Copernican Days  
• FRIMM GRAD Ceremony
- Friday •
- Saturday •

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## Important dates to Remember

June 11—12	Copernican Days
June 12	FRIMM GRAD Ceremony @ RBSS Theatre
June 20	PROM at Crystal Gardens
June 24	Last Day of Classes
June 25-26	"I" Days
June 26	Semester 2/Term 4 Ends
June 26	Last Day of School
June 27	Final Report Cards Published



**LANGFORD**

Island **ART** Night

**FUNDRAISER**

to help RBSS & EMCS High-school students go on an educational tour of Greece!



"Santorini Sunset"

12" x 16" canvas. By Jinja Lion

**JULY 20**

Island ART Night

\*Sunday  
5pm doors  
6pm ART

@ **Legion**

Langford Legion 91  
761 Station Ave. \*Banquet room

**\$55** per painter  
ages 13+  
\*Teens welcome  
with an adult

Tickets available at  
[eventbrite.ca](https://www.eventbrite.ca)

## ÉRBSS Contacts

### Mike Huck - Principal

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### Stephanie Davies -Vice-Principal

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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)

[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)

# ÉRBSS PAC Corner!

## Meetings!

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

*Upcoming PAC meetings for 2025-26 TBA*

## 2024-25 Executives!

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

PAC email: [royalbaypac@gmail.com](mailto:royalbaypac@gmail.com)



*PAC's Peninsula Co-op number  
134056*

**June 9-12, 2025**



	<u>Item</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>HOT SIDE</b>	<b>Hot Main</b>	Pizza Bread with Side Salad	Roast Cauliflower Salad with Smoked Salmon	Spanakopita with Side Salad	Lentil Dahl with Naan
	<b>Vegetarian</b>	Pizza Bread with Side Salad	Roast Cauliflower Salad with Crispy Chickpeas	Spanakopita with Side Salad	Lentil Dahl with Naan
<b>COLD SIDE</b>	<b>Wrap</b>	Ham	Turkey	Trio	Chicken
	<b>Appie</b>	Nachos	Nachos	Nachos	Nachos
<b>BAKING</b>	<b>Desserts</b>	Sorbet/Black Chocolate Cake/ Crème Brulee	Sorbet/Black Chocolate Cake/ Crème Brulee	Sorbet/Black Chocolate Cake/ Crème Brulee	Sorbet/Black Chocolate Cake/ Crème Brulee

## From the Admin!

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The final writing for Provincial Assessments will take place on June 11/12 at Royal Bay. We will be running Copernican days. The schedule will be as follows for the entire School.

	Wednesday 11		Thursday 12
A Block	9-11:50 AM	B Block	9-11:50 AM
C Block	12:30 -3:20 PM	D Block	12:30 -3:20 PM

If you have a student in grade 10 who currently has Mathematics or Language Arts (English), they will be writing their Grade 10 Provincial Assessments on those days. Students will also be writing grade 12 English or French Immersion 12 as well. Students who do not have an assessment to write are still expected to be in their classes learning on these two days. Please reach out to the school if you have any further questions.

## 2025 Valedictorian!

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Hi! My name is **Luciana**. I'm very grateful to represent my class as a valedictorian. I'm part of the Dance Academy, Leadership, and Ambassadors. I believe in kindness, hard work, and making everyone feel seen and included.



**Ethan** is very excited to have been elected Valedictorian. He has been a member and president of Royal Bay's Sustainable Community Council, and has participated in a number of debate tournaments and model UN conferences through Royal Bay's Debate and Model UN Club. Ethan is planning on attending the University of Saskatchewan in the fall where he will be pursuing a Bachelor of Arts in Economics with the dream of attaining a safe government job with a good pension.

## Graduation Ceremony—Sunday, June 8, 2025

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**Location:** Farquhar Auditorium, University of Victoria  
**Ceremony Times:** 11 AM & 3 PM  
**Arrival Time for Students:** Arrive an hour before your ceremony Start Time

### Guest Tickets:

Each student has received their guest tickets via email. Please ensure your student has forwarded this email to their guests. The email was sent to their SD62 student email account. Ticket concerns can be resolved by the UVic ticket office 250-721-8480

# GRAD Ceremony—Live Streams

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The following is a link to the livestream for Royal Bay **11 AM** Ceremony on Sunday, June 8, 2025

## Royal Bay 11 AM Ceremony



[ROYAL BAY 11AM CEREMONY](#)

ROYAL BAY 11AM

youtube.com

The following is a link to the livestream for the Royal Bay **3 PM** Ceremony on Sunday, June 8, 2025

## Royal Bay 3 PM Ceremony



[ROYAL BAY 3PM CEREMONY](#)

ROYAL BAY 3PM

youtube.com

These private streams will go live 30 minutes prior to the ceremony start time.

QR Code  
ÉRBSS GRAD Ceremony Program



# 2025 GRAD Important Dates/Deadlines

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 28	GRAD Friendship Group Photos
January 29	GRAD Photo Retakes
February 10	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	Dry Grad Carnival Form Handed Out
April 1 (Revised Date)	Valedictorian Nominations Packages Due by Noon
April 2 (Revised Date)	PROM Consent Form Handed Out
April 2 (Revised Date)	GRAD Ceremony Ticket Request Form Handed Out
April 7 (Revised Date)	Short List Announced for Valedictorian
April 16	GRAD Ceremony Ticket Request Form Due no later than this date
April 17	Dry Grad Carnival Form and Payment Due no later than this date
April 30 (Revised Date)	Submit Valedictorian Videos Due by Noon
May 3	Dry GRAD Carnival
Mid May (Revised Date)	Online Voting for Valedictorian
Mid May (Revised Date)	Valedictorian Announced
May 23	PROM Consent Form & Payment Due no later than this date
May 27	GRAD Rehearsals @UVic
May 27/28	CAP and GOWNS Distributed
June 8	GRAD Ceremony @UVic 11 & 3 pm
June 12	FRIMM GRAD Celebration @ Royal Bay
June 20	PROM @Crystal Gardens

## 2025 Valedictorians

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### Royal Bay's 2025 Indigenous Valedictorians!

We're so proud to announce **Nina Boylan** (she/her) and **Matthew Warren** (he/him) as Royal Bay's 2025 Indigenous Valedictorians.

Nina and Matthew were thoughtfully chosen for this important honour by Elders and teachers who recognized their leadership, strength, and the positive impact they've made in our school community.

**Nina**, from the Ahousaht First Nation, is graduating a whole year early—something that speaks volumes about her determination and love of learning. She's passionate about Indigenous education and has worked hard to reconnect with and celebrate her culture. Nina's goal is to become an Education Assistant so she can support Indigenous students and help create learning environments where all kids feel seen and supported.

**Matthew**, from Sc'ianew First Nation, is deeply proud of where he comes from and brings that connection into everything he does. He leads with quiet strength and a big heart—whether he's sharing knowledge, supporting school events, or encouraging others to take pride in who they are. He's also a strong Lahal player and a passionate skateboarder, always showing up with energy and creativity. Looking ahead, Matthew plans to pursue a career in business, where he hopes to build a future that reflects his values and community ties.

Nina and Matthew have both made a lasting mark on Royal Bay. They show up for others, embrace who they are, and lead in ways that are grounded, genuine, and full of care.

We're honoured to celebrate their achievements and can't wait to see all the amazing things they'll do next.

## TAKE TIP TOP'S PROM PLEDGE

WIN BIG WITH  
EVERY SUIT PURCHASE



### STUDENTS SAVE ON PROM

STUDENTS GET PANTS FOR FREE WITH ANY SUIT JACKET PURCHASE. PLUS, COMPLETE THE LOOK WITH A DRESS SHIRT AND TIE FOR \$20.25\*

### PLUS A CHANCE TO WIN \$10,000†

STUDENTS THAT PURCHASE TIP TOP SUITS ARE AUTOMATICALLY ENTERED!

### \$25 DONATION FOR EVERY SUIT PURCHASED‡

SCHOOLS EARN A \$25 DONATION\* FOR EVERY SUIT PURCHASED BY THEIR STUDENTS. THE MORE SUITS PURCHASED, THE MORE YOUR SCHOOL GETS BACK!

### PLUS A CHANCE TO WIN \$5,000†

SCHOOLS ARE AUTOMATICALLY ENTERED INTO THE CONTEST JUST BY JOINING TIP TOP'S PROM PLEDGE!



SCAN TO LEARN MORE ABOUT  
TIP TOP'S PROM PLEDGE AND PERKS  
FOR YOU AND YOUR SCHOOL

#TIPTOPPROM



\* SELECT STYLES ONLY. † STUDENTS THAT PURCHASE A TIP TOP SUIT AND PRESENTS/APPLIES THE SCHOOL'S UNIQUE IDENTIFIER CODE DURING CHECK OUT IN-STORES/ONLINE WILL BE AUTOMATICALLY ENTERED INTO THE CONTEST. THE \$5,000 SCHOOL ENHANCEMENT CONTEST AND \$10,000 FUTURE READY CONTEST ARE SUBJECT TO ADDITIONAL TERMS AND CONDITIONS, AND CAN BE FOUND HERE: [HTTPS://WWW.TIPTOP.CA/PAGES/PROM-CONTESTS-TERMS-CONDITIONS](https://www.tiptop.ca/pages/prom-contests-terms-conditions). ‡ \$25 DONATION PROVIDED PER QUALIFYING STUDENT SUIT PURCHASE, UP TO A MAXIMUM TOTAL DONATION OF \$2,500 PER SCHOOL DURING THE PROGRAM PERIOD.

## Magic Wand

Why buy a grad tux or dress when you can borrow one?

**Complete Outfits Including:**

**Like new dresses, suits, tuxedos, shoes, and accessories.**

- ★ Thanks to Magic Wand, I had an unforgettable grad
- ★ I had an awesome grad with your beautiful dress
- ★ My son looked spectacular!
- ★ Thanks for a 'magical' graduation – you made my prom the best



To book an appointment, contact:

**Elizabeth:** [esurerus@telus.net](mailto:esurerus@telus.net)

The **Magic Wand** is a non-profit organization that offers an eco-friendly and inexpensive alternative to prom outfits for boys and girls. A small fee for cleaning will be charged.

[www.themagicwandproject.com](http://www.themagicwandproject.com)





## PROVINCIAL CHAMPIONSHIPS

### Ravens Golf



The Royal Bay golf team represented the school proudly at the Provincial Championships held at Shuswap National Golf Course in Salmon Arm. Competing against the best high school golfers in the province, the team of Carson, Tzari, Cohen, Anson, and Vienna delivered a strong performance, finishing in 7th place overall. Leading the way was Carson, who put together two impressive rounds to post a total gross score of 148, earning him 11th place individually among a competitive field. The course challenged players with its fast greens and demanding layout, but the Ravens showed poise and consistency throughout the tournament. This marks another milestone for Royal Bay's golf program, building on the momentum of their Island Championship win. The experience gained at provincials will no doubt serve the team well in seasons to come. Congratulations to all five players for their dedication, teamwork, and strong showing on the provincial stage.

## ATHLETIC BANQUET

Wednesday night, Royal Bay held its annual athletic awards night at the Raven's Nest. It was a record turnout with 208 athletes attending. The night recognized athletes in two categories: Athletes of the Year and Sportsmanship Awards, highlighting students who exemplified respect, leadership, and teamwork throughout their seasons. We also gave out 12 athletic service awards for the volunteers and support from student athletes.

One of the biggest highlights of the night was the outstanding success of Zoe, who took home two major honours. She was awarded the prestigious **Russell Service Award** for her exceptional leadership, volunteerism, and commitment to the school community. Zoe also received the **KGi Keeping Girls in Sport Award**, recognizing her role in empowering and encouraging female participation in athletics at Royal Bay.

The evening was not only a celebration of athletic performance but also of the character, resilience, and unity that define Ravens athletics. From championships to personal growth, the banquet captured the spirit of what it means to be a Raven. Congratulations to all the award winners and athletes for another inspiring and successful year. Here's to continued excellence in the seasons ahead.





## Ravens Sr. Girls Soccer



The Royal Bay Senior Girls' Soccer team proudly defended their Provincial title at the University of Victoria this past week, showcasing skill, determination, and heart. In a hard-fought opening match, the Ravens tied Argyle 2-2 but narrowly fell in penalty kicks. Despite the tough result, the team bounced back to finish second in their pool, battling through competitive matches against the province's top programs. Their consistent effort and team-first mentality led them to an overall 6th-place finish in the tournament. While they fell short of repeating as champions, the girls demonstrated resilience, unity, and championship character throughout the week. Competing on home turf added a special energy to their performance, and the team represented Royal Bay with class and pride. Congratulations to all the players and coaches for another memorable season and a strong showing at provincials. The program continues to be a force in B.C. high school soccer.



## Ravens Rugby



Kai has been selected for a prestigious rugby scholarship and will be heading to New Zealand this summer to play for the Bay of Plenty, one of the country's most respected rugby regions. This incredible opportunity is a direct result of Kai's relentless work ethic, dedication to his craft, and his leadership both on and off the field. At Royal Bay, Kai has been a standout player and a key contributor to the success of the rugby program, consistently demonstrating passion, discipline, and a strong team-first mindset. His commitment to continuous improvement and his drive to compete at the highest level have not gone unnoticed. Playing in New Zealand will not only elevate his game but also provide invaluable international experience. The entire Royal Bay community is proud of Kai and excited to see where this journey will take him. Kai will gain a unique educational opportunity to immerse himself in Māori culture, traditions, and values, while in New Zealand, Kia ora!!!

## THANK YOU TO OUR PROUD SPONSORS

**pizza pizza**  
Proud Sponsor of Royal Bay Athletics  
& Athlete of the Month

**GALAXYMOTORS / RV**

**seaspan**  
VICTORIA SHIPYARDS



**ROYAL BAY**

**Acera**  
INSURANCE

# Scholarship Awards Currently Open!

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## June-

**Victoria Operatic Society** – Deadline: June 1<sup>st</sup>, 2025

**DeBeers Group Scholarships** – Deadline: June 1<sup>st</sup>, 2025

**Metchosin Foundation Scholarships for Academic Achievement, or Community Service, or Environmental Stewardship** – Deadline: June 13<sup>th</sup>, 2025

**Metchosin Foundation Scholarship – Moralea Milne Beecher Bay (Sc'ianew) Community** – Deadline: June 13<sup>th</sup>

**ICA Diversity Scholarships** – Deadline: June 20<sup>th</sup>, 2025

**The Constable Sarah Beckett Memorial Scholarship** – Deadline: June 25<sup>th</sup>, 2025

**Horatio Alger Vocational and Technical Education Scholarships** – Deadline: June 15<sup>th</sup>, 2025

**Royal Canadian Legion: Sir Percy Lake Memorial Scholarship** – Deadline: June 25<sup>th</sup>, 2025

**BC Council of Forest Industries Forestry Scholarship** – Deadline: June 27<sup>th</sup>, 2025

**Herman Rebneris Student Carpentry Award** – Deadline: June 27<sup>th</sup>, 2025

**Western Inspirational Bursary Award** – Deadline: June 30<sup>th</sup>, 2025

**Royal Canadian Legion Prince Edward Branch 91 Bursary** – Deadline: June 30<sup>th</sup>, 2024

**Association of School Transportation Services of British Columbia Commercial Heavy-Duty Mechanic Scholarship** – Deadline: June 30<sup>th</sup>, 2025

**Team West Coast Triathlon Society Annual Scholarship** – Deadline: June 30<sup>th</sup>, 2025

**Engineers and Geoscientists BC Scholarships** – Deadline: June 30<sup>th</sup>, 2025

**Alpha Chi Theta Orchid Bursary** – Deadline: June 30<sup>th</sup>, 2025

## Summer-

**Canadian Mental Health Association of BC – Scholarships and Bursaries Program** – Deadline: July 9<sup>th</sup>, 2025

**CUPE BC AUBREY BURTON/REG FORD MEMORIAL SCHOLARSHIP** – Deadline: July 1<sup>st</sup>, 2025

**Reflections Scholarship** – Deadline: July 15<sup>th</sup>, 2025

**Bill Freding Memorial Entrance Award – Agriculture Award** – Deadline: July 15<sup>th</sup>, 2025

**Cariboo Chevrolet Buick GMC Award – Agriculture Award** – Deadline: July 15<sup>th</sup>, 2025

**Reflections Scholarship** – Deadline: July 15<sup>th</sup>, 2025

**Brian Fudge Memorial Scholarship** – Deadline: July 15<sup>th</sup>, 2025

**The Looking Glass Foundation Scholarships** – Deadline: July 15<sup>th</sup>, 2025

**Scholarship for Students of Colour** – Deadline: July 15<sup>th</sup>, 2025

**Tommy Douglas Scholarship** – Deadline: July 15<sup>th</sup>, 2025

**NUPGE Scholarship** – Deadline: July 15<sup>th</sup>, 2025

**LGBTQI2S Scholarship** – Deadline: July 15<sup>th</sup>, 2025

**Young Worker Scholarship** – Deadline: July 15<sup>th</sup>, 2025

**Scholarship for Indigenous Students** – Deadline: July 15<sup>th</sup>, 2025

**Terry Fox Memorial Scholarship (NUPGE)** – Deadline: July 15<sup>th</sup>, 2025



# This and That!



## SD62 Gr. 9-12 Full Credit Summer Learning July 7- Aug 7, 2025 Monday - Friday at Belmont Secondary School

### Registration free of charge for:

- SD62 students entering grade 10-12 in Sept 2024
- current & recent grade 12 students who live within SD62
- recently graduated students (Math/Science/English only)

**ISP Students - contact ISP office for fee information**

### Benefits of Summer Learning:

- creates flexibility in your Sept-June schedule allowing more room for electives
- supports possible early graduation
- allows for focused learning in 1 or 2 subjects
- opportunity to improve course mark or GPA
- fewer people in the building creates a 'small school' environment that many students enjoy

## CLASS SCHEDULE \*

### MORNING: 9AM - 11:30AM

SCIENCE 10  
SOCIAL STUDIES 10  
ACTIVE LIVING 11  
CHEMISTRY 11  
FIRST PEOPLES ENGLISH 11  
FOUNDATIONS OF MATH 11  
PRE-CALCULUS MATH 11  
ACTIVE LIVING 12  
LAW 12  
FIRST PEOPLES ENGLISH 12  
PRE-CALCULUS MATH 12

### AFTERNOON: 12PM - 2:30PM

MATH 9  
ENGLISH 10  
CAREER LIFE EDUCATION 10  
FOUNDATIONS & PRE-CALCULUS 10  
PHE PHYSICAL & HEALTH EDUCATION 10  
WORKPLACE MATH 10  
LIFE SCIENCES 11  
PHYSICS 11  
WORKPLACE MATH 11  
BC FIRST PEOPLES 12 (SOCIAL STUDIES)  
CAREER LIFE CONNECTIONS 12



**\*All classes are offered subject to enrolment. Classes with insufficient enrolment will be cancelled and students will be offered the chance to select an alternate course.**

**Register Online: <https://sd62online.web.sd62.bc.ca>  
phone: 250-391-9002 email: [online@sd62.bc.ca](mailto:online@sd62.bc.ca)**

# Careers Department

**R&B**

## DID YOU KNOW?

YOU CAN GET SCHOOL CREDITS FOR PAID OR VOLUNTEER WORK

100 HOURS OF PAID OR VOLUNTEER WORK

WORK EXPERIENCE 12A AND 12B (4 CREDITS EACH)

ELIGIBLE STUDENTS HAVE COMPLETED GRADE 10

STUDENTS MUST BE REGISTERED BEFORE LOGGING HOURS

SEE YOUR SCHOOL CAREER COMMONS TO SIGN UP

Scan to show expression of interest.

Work Experience 12A & 12B are Ministry recognized electives.

## Calling All Technology & Engineering Enthusiasts...

### TEAC 105 - EXPLORATIONS IN TECHNOLOGY



### EXPLORES FOUR TECHNOLOGIES THROUGH INQUIRY, PROBLEM SOLVING & PROJECT-BASED LEARNING!

Civil Engineering    Electronics    Mechanical Engineering    Computer Science

#### WHAT WOULD YOU LEARN?

Civil Eng.	Identify various civil engineering projects and the role that civil engineering plays in each. Apply civil engineering methods and calculations to a simple design and civil engineering project.
Mechanical Eng.	Demonstrate simple 3D CAD modeling skills, basic shop skills and safety techniques, and identify the design elements associated with the completion of a small mechanical engineering project.
Electronics	Create a simple electronics circuit, describe simple micro-controller programming concepts, and list the elements of and build a small electronics project.
Computer Sci.	Use a programming language to examine the fundamentals of software design and development.



#### Course Details

**Structure:** 3 hours per week, for 12 weeks

**Start Dates:** Fall Session (Sept 19 to Dec 12, 2025)  
Winter Session (Jan 30 to May 15, 2026)

**Time:** Fridays: 3:00 – 5:50pm

**Delivery:** On Campus, Face to Face Classes

**Cost:** Students are responsible for paying the registration (EPBC) fee –\$47

**Eligibility:** Open to students in Gr 11–12 from our partnership school districts

**Prerequisites:** None



To apply or receive more information, see your high school careers team!



**ALERT First-Aid INC.**

**JUL & AUG DATES**

## Paramedic Camp

AGES 13-17

REGISTER NOW: (250) 595-5323 ALERTFIRSTAID.COM

DATES: JUL 14-18 & 21-25 OR AUG 11-15 & 18-22

THE UNIVERSITY OF BRITISH COLUMBIA  
Department of Orthopaedics  
Faculty of Medicine

## Women in Orthopaedics (WORTH) Workshop

Want to learn more about careers in healthcare or engineering?

This workshop is open to *all young women (grades 10-12)*, including women-identifying individuals and non-binary and gender non-conforming students.

Sign up using the QR code below!

WHEN: SATURDAY, JUNE 7, 2025 | 8:30AM-3PM  
WHERE: BC CHILDREN'S HOSPITAL, VANCOUVER\*

\* EXACT LOCATION WILL BE SENT OUT AFTER CONFIRMATION

# Wellness Centre Schedule!

## Royal Bay Wellness Centre

**Clinics Hours**  
January 7<sup>th</sup> to June 26<sup>th</sup> 2025

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

