

This week in The Raven's Nest



École Royal Bay Secondary School

3500 Ryder Hesjedal Way
Victoria, BC V9C 0J6
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October 20-31, 2025

With gratitude and respect, we acknowledge that we live, learn, and work on the traditional territories of the SCÍÁNEW Nation and the Lək̓ʷəŋən peoples of Songhees and Esquimalt Nations, specifically the Teechamista village site. We also recognize that our district's schools also sit on the traditional territories of the T'Sou-ke Nation and the Nuu-chah-nulth: Paaʔčiidʔath̓ (Pacheedaht) Nation, and that some are located on the traditional territories of the MÁLEXEŁ (Malahat) Nation.



Stay Updated Anytime, Anywhere!

DAILY ANNOUNCEMENTS

can now be found on the
School Raven's APP
under
"Messages"



Calendar of Events

Monday, Oct 27 GRAD Winter Formal Forms Handed Out
Tuesday
Wednesday
Thursday **Oct 23 GRAD Carneval—Galey Farms**
Friday **Oct 24 Provincial Pro- D no school**

What's inside!

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From the ADMIN

Hello Students, Families, and Guardians,

The weather is changing and fall has arrived! Thank you to everyone who has been dropping their student off in the back parking lot or in other spaces - this helps us keep the front of the building a safe and accessible location for students and staff.

Thank you, also, to everyone who is helping their student get to school on time and ensuring they are in class until the end of the block - every moment of learning is important for student success, and students being in class from bell to bell helps to minimize distractions for both students and staff.

The first report card will be coming out on Friday, November 14 and Learning Conferences will take place on November 20, more information to come. In the meantime, please don't hesitate in reaching out to staff if you have any questions.

Thank you,
ERBSS Admin Team

Attendance

Regular attendance is crucial for student success, and we ask that students, families, and caregivers make a plan that has their student arriving on time. The welcome bell is at 8:55 and students should be in the building at that time; this will help students be in or close to their first class of the day for a 9am start.

The attendance reports are being sent out daily. The new system will not tell you which student in your household had a absent.

For the 2025/26 school year, secondary schools are now using MyEd BC exclusively to report student absences to the parent/guardian contact on file. We are no longer using the previous software.

The former outdated software system, while providing more detailed notifications, required complex technical fixes had become cost prohibitive. Given that this service pulled attendance data from MyEd, it essentially served as a “middle layer” to the same information. As a public school district, we have a responsibility to prioritize spending on classroom instruction and student supports. This change ensures resources stay focused on learning rather than duplicating information already available through MyEd.

With the new process, you will still receive a notification if your child(ren) is marked absent for one or more blocks. However, it will no longer specify which block(s) were missed. You can view detailed absence information in real time by logging into your MyEd Parent Portal.

We understand this adds a small extra step, and MyEd is an important tool all parents and guardians should be familiar with.

Please note that daily absence notifications are a courtesy service at the secondary level. Under the School Act, schools are only required to report attendance formally through progress reports and report cards. These daily notices are intended to support families in promoting regular attendance and student success.

If you need help accessing MyEd or logging in, we’re happy to assist. Thank you for your understanding as we continue to keep communication efficient and our focus on supporting classrooms.

ÉRBSS PAC Corner

Parent Advisory Council (PAC) Meetings!

What is a PAC?

Under the School Act, parents can share input through Parent Advisory Councils (PACs) — the official voice of parents at each school.

PACs help:

- Advise school staff and boards
- Share information with parents
- Support school activities
- Discuss concerns and ideas

PACs reflect their communities and work to benefit all students. All parents and guardians of students at our school are members of the PAC and are encouraged to participate in PAC meetings and PAC hosted events!

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Meetings will be held on the **1st Wednesday of each month at 6:30 pm** in the Learning Commons. All parents are welcome!

Upcoming PAC meetings for 2025-26:

2025:

Oct 1 Nov 5 Dec 3

2026:

Jan 7 Feb 4 Mar 4

Apr 1 May 6 June 3

2025-26 PAC Executives!

President: Sahye Guandique Cummings

Vice President: Kristen Manieri

Treasurer: Melissa Da Silva

Secretary: Tara Campbell

SPEAC Rep: Allison Hyatt





*PAC's Peninsula Co-op number
134056*

Dry GRAD Carnival

ÉCOLE ROYAL BAY SECONDARY SCHOOL

 **Carnival Volunteers Needed!** 

SAVE THE DATE: Dry Grad Carnival May 23, 2026

We're excited to be organizing this year's Dry Grad carnival and would love to have ANY parents from ANY grade come and join us in making it a fun and memorable event for all the Grade 12s. Whether you can help with planning, setting up, running a booth, or cleanup, your support makes a big difference. If you're interested in lending a hand, please come to our first meeting—we'd be thrilled to have you on board!

Meetings will be held at the **Leaning Commons at 7pm** on:

- October 14, 2025
- November 18, 2025
- January 13, 2026
- Feb 10, 2026
- March 10, 2026
- April 7 and April 21, 2026
- May 5, 2026

Hope to see you there!

Arts in the Community

Questions? email nkaludjer@sd62.bc.ca

Dance Victoria & Hung Dance

**from TAIWAN
Present BIRDY**



12-29 Pay Your Age Tickets
(plus fees)
Other ticket prices available



14-15 Nov.
7:30pm

Tickets through
DanceVictoria.com
250-386-6121

Royal Theatre

VOS Musical Theatre



\$25/ticket

**Thurs. 27 Nov.
7:30pm**

McPherson Playhouse



Tickets through School Cash online
avail. until 6 Nov.

Open to all students ages 10-19
and parent chaperones.

Broadway Across Canada - VANCOUVER



Thus. 19 March 2pm
(\$52/ticket - balcony)

Sat. 28 March 2pm
(\$62/ticket - balcony)

Queen Elizabeth Theatre
Hamilton St., Vancouver

Tickets through Cash online available until 7 Nov.

Students must attend with an adult. Adult and
students are responsible for their own transportation.
Please email for any additional information.

Victoria Symphony Presents:



Film in Concert

Sat. 20 Dec. 7pm
Sun. 21 Dec. 2:30pm

The Royal Theatre

Tickets through Cash online.

available online until 5 Dec.

Open to students, families, friends. If tickets
requested exceeds the limit on School Cash online,
please send an email. We can exceed the set limit.

Canadian College of Performing Arts



Blue Stockings

CCPA Performance Hall

Discount Code **STUDENT10**
11-14 December
2/7:30pm



Four women fight for education,
self-determination in an era of
women's suffrage movement.

Coming Up:

December: The Gift of the Nutcracker - Ballet Victoria
Christmas Carol - The Wonder Head's

January: Belle Spirale Contemporary Dance
The Lightning Thief - CCPA

February: Tosca - Pacific Opera Victoria
Aterballetto - Dance Victoria

March: Rite of Spring & New Works - Ballet Victoria
Back to the Future - Film & Victoria Symphony
Gallim - Dance Victoria

April: Orpheus & Eurydice - Pacific Opera Victoria
Joseph and the Technicolor Dreamcoat - VOS
NEWSIES - CCPA

May: Alice in Wonderland - Ballet Victoria
Boca Tuyo - Dance Victoria



GRAD 2026 CARNEVIL

OCTOBER 23, 2025

GALEY FARM'S CARNEVIL FESTIVAL OF FEAR SCHOOL TRIP

SCHEDULE OF EVENTS:

5:15 PM - MEET AT ROYAL BAY
5:30 PM - BUS LEAVES ROYAL BAY TO GALEY FARMS CARNEVIL
6:00 PM - FESTIVAL OF FEAR (TRAIN TOUR + CORN MAZE)
7:00 PM - CARNEVIL (HAUNTED HOUSE OF TERROR)
8:00 PM - LEAVE GALEY FARM CARNEVIL
8:30 PM - ARRIVE BACK AT ROYAL BAY

TAKE THIS COMPLETED ORDER FORM & PAYMENT TO MR. BURGESS
IN ROOM 2115 OR DROP THEM OFF AT THE OFFICE.

LAST DAY TO PURCHASE TICKETS IS FRIDAY OCT. 20
ALL CHEQUES MUST BE PAYABLE TO SCHOOL DISTRICT #62

**PRICE: \$40.00 INCLUDES TAX &
SCHOOL BUS RIDE TO VENUE.**

Forms due: Oct. 20/25



2026 GRAD Important Dates/Deadlines

DATES	ITEM
October 23, 2025	GRAD 2026 Carnevil (Galey Farms)
October 27, 2025	Winter Formal Form Handed Out
November 3, 2025	Winter Formal Registration — OPENS
November 24, 2025	Winter Formal Fee Due no later than this Date— LIMITED SPACE
December 4, 2026	Butchart Gardens
December 11, 2025	Winter Formal
Jan 21 - Feb 1, 2026	GRAD Photos
January 16, 2026	GRAD Ski Trip to Mt. Washington
February 12-13, 2026	GRAD Photo Retakes
February 9, 2026	GRAD Comment & Ceremony Fee Form Handed Out
TBA	GRAD Bottle Drive
February 20, 2026	GRAD Comment & Ceremony Fee Due no later than this date
TBA	Dry Grad Carnival Form Handed Out
February 20, 2026	Valedictorian Nominations Packages Due by Noon
February 24, 2026	Short List Announced for Valedictorian
TBA	Dry Grad Carnival Form and Payment Due no later than this date
March 4, 2026	Submit Valedictorian Videos Due by Noon
March 12, 2026	Online Voting for Valedictorian
March 13, 2026	Valedictorian Announced
March 30, 2026	PROM Consent Form Handed Out
May 23, 2025	Dry GRAD Carnival
May 25, 2026	PROM Consent Form & Payment Due no later than this date
May 26, 2026	GRAD Rehearsals @UVic
June 7, 2026	GRAD Ceremony @UVic 11 & 3 pm
June 11, 2026	FRIMM GRAD Celebration @ Royal Bay
June 19, 2026	PROM @Crystal Gardens



New QUITNOW Vaping Prevention Resources

QuitNow has launched a new [youth-focused resource](#)

designed to support vaping prevention and promote healthier alternatives. This resource helps youth explore the reasons behind vaping and offers:

- Free support services tailored to young people
- Practical coping tools

Connections to population-specific community organizations for additional support

Additionally, QuitNow offers free presentations on their smoking and vaping prevention and cessation services. This includes one-on-one phone coaching, live chat support, and a wide range of educational resources. To learn more, please contact Beth Clark, Manager of Behavioural Coaching and Outreach at QuitNow, via email at clark@bclung.ca

Free services to help when you need it



QuitNow.ca

If you already vape or smoke and are thinking about quitting or cutting-back, QuitNow BC can help. This is a free program to help you quit or reduce your nicotine use and understand what happens when you make this change. Their services include free Quit Coaches, tips and resources for quitting, and peer support.



quitnow.ca

Foundry

Foundry offers free and confidential supports for young people ages 12 to 24 with mental health care, substance use services, physical & sexual healthcare, youth and family peer supports, and social services. Available online and in-person.



foundrybc.ca

Kids Help Phone

Kids Help Phone is a 24/7 service which connects you with someone to speak about any issue, big or small. Text CONNECT to 686868 for SMS service in English or French, or call 1-800-668-6868 to speak to a trained responder, available in 100+ languages. They also have specific support services for Black, Newcomer, First Nations, Métis, and Inuit youth. This service is confidential and open to all ages, but mainly for youth aged 5-25.



kidshelpline.ca

Counselling

HelpStartsHere: the Government of BC's resource for mental health and addictions services across the province. Use this site to find counselling services, support groups and other help in your community.



helpstartsbc.ca

School counsellors: Most BC public middle and secondary schools offer free counselling for students. Talk to your school's administration team to find out what services are available to you.



here2talk.ca

Here2Talk: provides free confidential counselling and community referrals to all post-secondary students, domestic or international, enrolled in a BC institution.

Alternatives to Vaping

Curious about vaping? Consider the consequences...

Vaping harms your health, putting you at risk for nicotine addiction and exposing you to toxic chemicals. This resource highlights the risks of vaping and offers safer alternatives for a healthier life.



Scan to learn more about the harms of vaping

Why do people vape?

People may have different reasons for vaping. Some people vape to help them quit cigarette-smoking, but this is not recommended for youth. For many others, it is used as a coping mechanism for stress and anxiety. It may feel like an easy fix, but the stress-reducing effects are temporary. In the long run, vaping can actually lead to increased anxiety and depression symptoms.

The Risks of Vaping

- Nicotine, a chemical found in vapes is highly addictive
- Vaping can worsen anxiety and depression
- Vape liquids contain harmful chemicals, including formaldehyde, known to cause cancer.

Alternatives for a Healthy Life

Instead of vaping, try some of these wellness exercises

Journaling

Write about your goals, feelings, things you are grateful for, and list healthy things you could do when you're feeling stressed or anxious.

Self-care

- Box breathing
- Take a warm bath
- Self-massage
- Listen to music
- Walk in nature
- Breathing exercises



Scan for details and additional coping skills

Meditation

Mindfulness activities like meditation and grounding exercises help quiet your mind and increase feelings of calm and self-compassion.

Cultural Wellness

Participating in activities that connect you with your culture can benefit your wellbeing. Each culture has unique traditions and celebrations. If you are unsure about yours, talk to your family or connect with a local organization to learn more. [Click here](#) to get started on your cultural wellness journey.



Scan for cultural resources in BC

Population-Specific Resources

First Nations, Métis, Inuit



Indigenous youth in Canada vape at significantly higher rates than non-Indigenous youth. Indigenous communities are leading powerful, culture-based efforts that support youth in coping with stress and strengthening well-being.



Scan for Indigenous-led Resources

2SLGBTQIA+



2SLGBTQIA+ youth are resilient and highly capable of prioritizing their health and well-being. Finding healthy strategies for coping with stress and anxiety are important factors in preventing the use of vaping products.



Scan for 2SLGBTQIA+ Resources

Newcomers & Immigrants



It is normal to feel stress and anxiety when moving to a new country. Newcomer and immigrant youth in Canada may face challenges related to language barriers, adjusting to a different culture and making new connections. Vaping may seem like a good way to cope with stress but there are healthier alternatives to dealing with these feelings.



Scan for Newcomers & Immigrants Resources

Ethnically & Racially Diverse



Ethnically and racially diverse people who do not identify as Indigenous or as Immigrants may also wish to receive tailored mental wellness supports to prevent vaping. These diverse communities have created relevant programs designed to reduce barriers and meet their unique needs.



Scan for Ethnically & Racially Diverse Resources

quitnow.ca

Join us at our Open House!

DISCOVER A BOLD NEW UNDERGRADUATE EXPERIENCE!

October 25, 9am-2pm
RRU Langford, John Horgan Campus

Your future starts here.

- Build your degree your way with flexible pathways and stackable programs
- Test-drive classes through mini lectures and interactive sessions
- Hear real stories from students and alumni
- Get insider career tips from faculty and advisors
- Discover supports for wellness and student life
- Score a free lunch, enter to win prizes and enjoy our brand new campus!



GET DETAILS AND REGISTER HERE!

RRUundergrad.ca
learn.more@royalroads.ca



Calling All Young Changemakers

ARE YOU UNDER 19 AND WORKING ON PROJECTS TO REDUCE HARM FROM SUBSTANCE USE?

Your work could be recognized with Island Health's *Youth Harm Reduction Award* and \$1,000 in prize money! This award celebrates youth who educate others, reduce stigma, share knowledge and help save lives.

APPLICATIONS OPEN MARCH 1, 2026



LEARN MORE:

islandhealth.ca/yhra



School of Child & Youth Care Undergraduate Open House

Interested in working to support the well-being of children, youth, families, and communities?

Get all the details about our Bachelor of Child and Youth Care program at this online event on Thursday, October 23rd, 2025, at 4:00pm PST!

REGISTER HERE



Zoom link will be sent following registration.

UVIC | School of Child & Youth Care



Newsletter

SD62 Career Education

October 2025



Youth Work in Trades students Sam C, Josh H. and Ethan H. with teacher G. Treloar

Upcoming Events

myBlueprint training session on October 21st.
Click [here](#) to register.



October is Marine Month! Register your class for careers and STEM education through the [Canadian Marine Careers Foundation](#).



Health X and ELC Day at Camosun College
October 15th

Register students to learn more about dual credit opportunities through the South Island Partnership in these in demand career pathways.

Camosun/SIP Counsellors Conference
October 8th

Counsellors and Career Educators across the partnership are invited to attend and learn more about opportunities for students.

HIGHLIGHT

Summer WEX Enhancement

A huge THANK YOU to our summer WEX enhancement partners:

- Charter Telecom
- Summer Breeze Child Care
- Goldstream Volunteer Salmonid Enhancement Association
- CRD
- People's Pharmacy Colwood
- Western Canada Fire Protection
- City of View Royal
- Sooke Fine Arts Society

HIGHLIGHT

Youth Work in Trades

Over 150 students in the [Youth Work in Trades](#) program

Do you know a student who has or is working in or around a trade? They can be eligible for:

- 16 credits
- \$1000 scholarship
- Registration with SkilledTradesBC
- [Learn more](#)

HIGHLIGHT

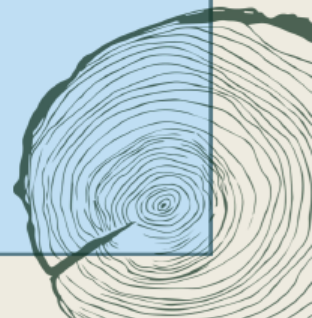
Dual Credit in September

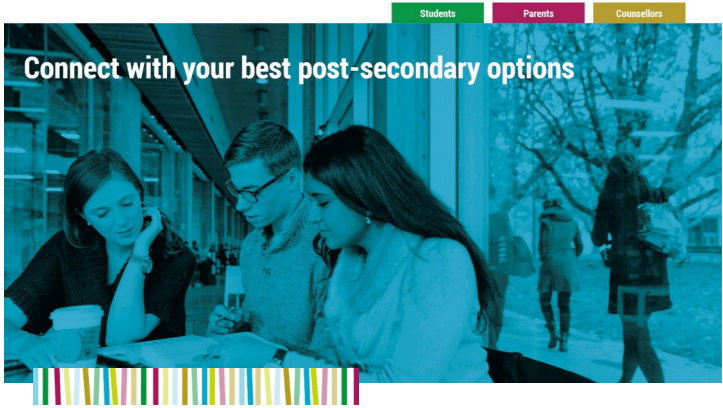
- 3 students started F/T non-trades programs
- 127 students started a post-secondary course
- 12 students started F/T trades training
- Construction and Metal TASK programs resume at RBSS and EMCS



Career Education Events 2025-2026

August	September	October
	Ongoing- Police Camp applications 10 - SIP Meeting 16 - John Horgan Campus Grand Opening 23 - Dual Credit Community of Practice 18 - Sooke/Westshore Community of Practice	2 - District Careers Meeting 7 - Dunsmuir DH Meeting 8 - SIP Counsellors Conference 15 - Health X & ELC Day @ Camosun 29 - <u>Ed Planner: Parents as Career Coaches</u>
November	December	January
5 - Grade 9 <u>Take Our Kids to Work Day</u> 7 & 8 - <u>Career Education Society Conference</u> 21 - SIP Pro D Day 26 - Indigenous Learner's Day	4 - <u>JABC Techworks</u>	13 & 14 - <u>Find Your Fit @ Spencer</u>
February	March	April
	6 - <u>Skills Canada Regionals</u>	15 - <u>Skills Canada Provincials</u> 30 - <u>Women in Trades in Tech</u>
May	June	July
28 - CiCan Hands-on Trades Day		





- November 17th, 2025
- 1:30pm- 3pm
- RBSS Aviary

Students in grade 10/11/12 will have the opportunity to visit with their classroom teachers.

LEARN MORE

postsecondarybc.ca | POST-SECONDARY BC



Discover what makes Camosun College special at

2025 open house

NOVEMBER 8 • 11AM–2PM
INTERURBAN CAMPUS

YOUR PATH TO EVERYTHING CAMOSUN COLLEGE OFFERS!
[CAMOSUN.CA/OPENHOUSE](https://camosun.ca/openhouse)

CAMOSUN COLLEGE | Your path to success.



Careers Department

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
 Fall Session (Sept 19 to Dec 12, 2025)
Start Dates: 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!



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.



NOW RECRUITING!

POLICE CAMP 2026

This is an eight-day leadership program for Grades 10, 11 and 12.

- Leadership, teamwork and resilience
- Police training and simulations
- Unique experiences
- New friends and perspectives
- Social responsibility and life skills

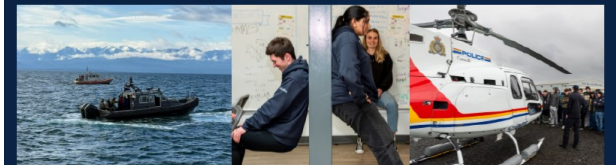


Overnight camp March 14 – 21, 2026 at St. Margaret's School.

No fees to attend.

Application deadline is November 14, 2025.

Discuss with your school counsellor today.



Member of JA Canada



VICTORIA IN-PERSON PROGRAM REGISTRATION NOW OPEN!

JABC TechWorks empowers high school students to explore future careers through hands-on, immersive learning experiences that show how technology shapes every industry.

Program Details

- December 4, 2025 | 9:30 AM – 2:15 PM
- Camosun College, 4461 Interurban Rd, Victoria
- Offered at no cost, thanks to donor support
- Bus transportation and lunch provided

Who Can Participate?

High school students in Grades 8-12

B.C.'s Curriculum Alignment

Supports B.C.'s career education curriculum, including CLE, CLC and more

Agenda

- Student Check-In
- Opening Session
- Morning Breakout Sessions
- Lunch
- Afternoon Breakout Sessions
- Closing Session

To register, please connect with your school Career Team

Previous sessions were hosted by:



Raven's Athletics

Coaching Opportunity: JR Boys Basketball At Royal Bay!

The Royal Bay Ravens Nest is looking for a Jr. Boys Basketball Coach for this season — and potentially beyond!

This is a great opportunity to join our growing basketball program and work with a committed group of student-athletes. The team practices twice a week and competes in one league game per week, with additional tournaments on select Fridays and Saturdays throughout the season.

If you're passionate about basketball, enjoy mentoring young athletes, and want to be part of the Royal Bay Ravens athletics community, we'd love to hear from you!

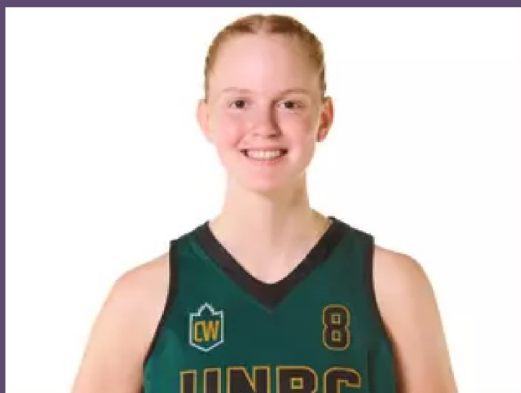
Interested applicants can contact the Athletics Department at Royal Bay Secondary for more details.

GO RAVENS





ALUMNI SPOTLIGHT



Name :

MYA WILLING

Sport :

BASKETBALL

Grad Year :

2024

School :

UNBC

Recruitment

I reached out to my coach first and sent him my highlight tape because since we never went to provincials, I knew I would probably never get recruited.

Balancing Academics + Sport

You just get it done because you have to. It's a lot of late nights and early mornings. I set aside time for the gym and go crazy on studying the rest of the day.

Moving Away From Home

Moving away from home was exciting. The freedom is nice but I always make sure to keep in touch with my family.

A Lesson From Royal Bay That Still Sticks With You

Royal Bay taught me how to balance school and sports, particularly in grade 12. I'm grateful that my teachers pushed me and forced me to figure it out while classes were free.

Advice For High School Athletes

If you want to play post secondary you have to get in the gym/on the court/on the field consistently, even when you don't feel like it. Also, eat enough to heal your muscles and prevent injuries. Have fun with your teammates and enjoy the experience

Science and Math Peer Tutoring Schedule

Below are the peer tutoring locations and times for the REST of the YEAR.

Peer tutoring will focus on help with Math and Science classes. Grade 12 class help may be limited due to students taking those course themselves. FRIMM Math and Science help may also be available.

If no peer tutors are available; sessions will be cancelled

Monday

LUNCH

In room 3143 (thats the last classroom at the end of the hall in the new wing by the turf gym window)

Wednesday

LUNCH

In room 3143 (thats the last classroom at the end of the hall in the new wing by the turf gym window)

Thursday

3:30 - 4:30

Room 3127 (last room by the hot green stairwell, with the pillar with stickers on it).

*After school is from 3:30 - 4:30. Students will need to be picked up or make their own way home promptly, as teacher supervisors have outside school commitments.

Students who wish to be tutored in Science and Math (English and French) subjects are welcome to attend at any time. The focus will be on offering help to those in Grade 9 and 10 with some availability for upper-level classes. Students need to be prepared and well behaved. Poor behaviour or pressuring tutors to do the work for the student may result in being asked to leave (frank conversations will happen first, of course)

For more information, please email Mrs. Vink:
svink@sd62.bc.ca



Jestens

YEARBOOKS ON SALE Now!



Copies are **LIMITED!**

SCAN HERE TO ORDER



PRICE: \$60.00

Wellness Centre Schedule

Royal Bay Wellness Centre

Appointments call: 250-519-3580

Sept to Dec 2025

Monday	Discovery Counselling
Tuesday (start Sept 23)	Physician 9:30 to 2:00pm
Wednesday	Discovery Counselling
Thursdays (2 nd & 4 th weeks)	Public Health Nurse 9:00-12:00pm
Friday	CLOSED

Clients provided through 25 years of age

Physician Service:

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

Public Health Nurse Service:

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

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

Sept 12 2025





Important dates to Remember

October 24	NID - Provincial Pro- D no school
November 5	Take your Kids to Work Day—Grade 9
November 5	PAC Meeting @ 6:30 pm
November 7	University of Calgary Visit
November 11	Remembrance Day—no school
November 18	PAC Dry GRAD Meeting @7 PM
November 20	Early Dismissal 3 Hrs—Learning Conferences
November 21	NID—Pro-D—no school
November 24-28	Career Education Week (BC Wide)
December 3	PAC Meeting @ 6:30 pm
December 18	Winter Formal
December 19	Santa Breakfast
December 19	Last Day before Winter Break
Dec 22– Jan 2	Winter Break
January 5, 2026	School Reopens
January 13, 2026	PAC Dry GRAD Meeting @7 PM
January 23, 2026	PAC Bake Sale (10-1 PM)
February 10, 2026	PAC Dry GRAD Meeting @7 PM
February 13, 2026	NID - Provincial Pro- D no school
February 16, 2026	Family Day—No School
March 6, 2026	PAC Bake Sale (10-1 PM)
March 10, 2026	PAC Dry GRAD Meeting @7 PM
March 13, 2026	Last Day before Spring Break
March 16—27, 2026	Spring Break—No School
March 30, 2026	School Reopens
April 3, 2026	Good Friday
April 6, 2026	Easter Monday
April 7, 2026	PAC Dry GRAD Meeting @7 PM
April 21, 2026	PAC Dry GRAD Meeting @7 PM
May 5, 2026	PAC Dry GRAD Meeting @7 PM
May 29, 2026	PAC Bake Sale (10-1 PM)