



# Rock Heights Middle School

## Ravens Rock!

October 3, 2017

Monday, Oct 2		
Tuesday, Oct 3	<ul style="list-style-type: none"><li>• <b>Pizza Sales \$2.50 per slice</b></li><li>• <b>Completion Club</b></li><li>• <b>Music Parents Meeting</b></li></ul>	<b>2:50 to 3:30pm</b> <b>6:30pm</b>
Wed., Oct 4	<ul style="list-style-type: none"><li>• <b>Morning Moves - Gym</b></li><li>• <b>Completion Club</b></li></ul>	<b>8:00-8:40pm</b> <b>2:50 to 3:30pm</b>
Thursday, Oct 5	<ul style="list-style-type: none"><li>• <b>Completion Club</b></li></ul>	<b>2:50 to 3:30pm</b>
Friday, Oct 6		

• **Events in red are weekly**

### Upcoming Events

- October 9 - Thanksgiving Day – No School
- October 11 - Gr 6 Vaccination Morning
- October 19 - The Power of Being a Girl Workshop
- October 19 - 10:19 – Shake Out BC
- October 20 - Province-wide Pro-D Day – No School
- October 24 - Photo Retakes – Morning Only
- October 25 - Parent-Teacher Interviews (1:00-6:00) – early dismissal – 12:06pm
- October 26 - Parent-Teacher Interviews (1:00-3:00) – early dismissal – 12:06pm



### Personal Devices of Any Kind

Just a friendly reminder: Students who bring devices to school do so at their own risk. The school is not responsible for lost, stolen or broken devices.

### Pizza Day Tuesday!

Music students are selling pizza every Tuesday at noon for \$2.50/slice. It is a first come/first serve basis (max: 2 slices each).

**Parent Volunteer Needed:**  
**Book Fair**  
**Wednesday, October 25**  
**3:30 to 6:00pm**

### Attendance is Important

Students are responsible to be on time in the morning. The first bell rings at 8:35am and students need to be in class by the 2<sup>nd</sup> bell at 8:40am. Students arriving late to school must sign in with the office before heading to class. Parents are expected to call the school's voicemail at 250-314-7127 when students are absent or late.



### Dress Code

Students are expected to dress appropriately for the weather and wear runners and work out clothing (shorts/yoga pants/t-shirts) for their PE classes. Deodorant is also a plus for active kids!

## **To Grade 6 Students and Parents/Guardians**

From the Public Health Nurse for a better immunization experience:



### **What to do to prepare**

- \* Have a good night's sleep
- \* Eat breakfast and have a snack
- \* Wear a short sleeved shirt
- \* Try breathing exercises and mindfulness practices
- \* Talk to your parents about what you have learned about immunizations
- \* Good website is I Boost Immunity : Unicef Canada
- \* Talk to the nurse, if you have any questions.

### **At School:**

- \* You will be called down to the vaccination room by class
- \* You will be given your vaccine consent form signed by your parents or guardians
- \* You will wait in line until a spot is free at a table with 2 nurses
- \* The nurses will talk with you before giving you the vaccine
- \* They will prepare the vaccine and then give it to you (feels like a pinch and pressure)
- \* Then you go to the waiting area for 15 minutes and enjoy a snack
- \* Head back to class . Remember to take home the vaccine paper that says you are done.

## **Terry Fox Assembly and iMovie**

Mr. Snider and Mr. Rumble prepared an iMovie to share at the Terry Fox Run assembly.  
Thank you to all who were able to give a donation to the Terry Fox Foundation.

For those who would like to see the iMovie, please copy and paste the following URL.

[https://drive.google.com/a/sd61learn.ca/file/d/0B\\_7EYd8zDNy1Nlp5MjkyakU4U2s/view?usp=sharing](https://drive.google.com/a/sd61learn.ca/file/d/0B_7EYd8zDNy1Nlp5MjkyakU4U2s/view?usp=sharing)



## **Orange T-Shirt Day Healing Walk**

On Orange Shirt Day, the staff and students from Rockheights took part in a walk for reconciliation where we went down to the Township of Esquimalt to bring the message of “Every Child Matters”.

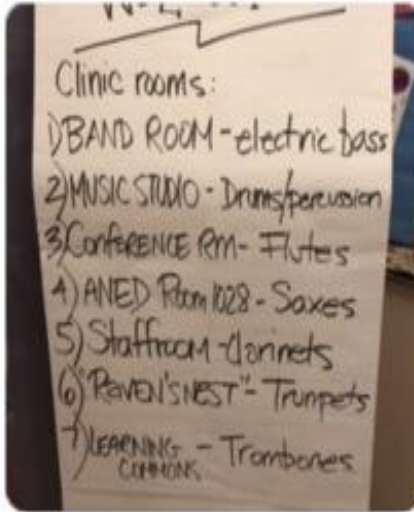
The staff of the Township came out to hear a few words and support us in our walk.

It was our first walk and we hope to do it again next year as we gain momentum to support the ‘Orange Shirt Day’ message.

**Super Start-Up!**



On September 21<sup>st</sup>, Rockheights had a successful evening with Beginning Band students coming out for their music clinic. We thank all of the musical clinicians who dedicated time for our students! Music fills the hallways at Rockheights!



# Careers **TRADES &** *Transitions* **Information Evening**

Students and parents from all middle and secondary schools are invited to a presentation of career, trade, dual credit and transition opportunities. From work experience to trades programs to tuition-free post-secondary courses, a variety of district-wide career and transitional pathways will be discussed, with Q&A to follow.

**Tuesday, October 17<sup>th</sup>, 2017**

**6:30 – 7:30pm**

**Spectrum Community Theatre**

**957 Burnside Rd. W.**

