



From the Raven's Nest...

for Friday, February 18, 2022

Dear Families,

Pink Shirt Day...

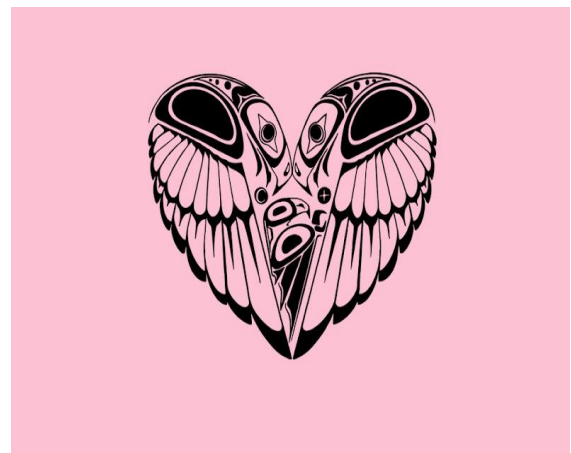
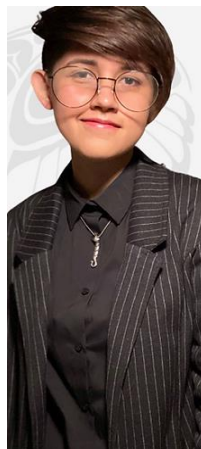
In September of 2007, two students in Nova Scotia took a stand against bullying that initiated a national, and international, movement against bullying. I remember the story because at the time I was teaching grade 6 at Cedar Hill middle school and my students were so moved by the story they wanted to do something and that resulted in creating shirts and having a school event for my first "Pink Shirt Day" in February of 2008. A single day event is only a symbol of a commitment that we need to maintain for all 365 days of the year.

We know that bullying is something that often occurs as a part of middle school life. As students try to learn to navigate their new focus on social connections, friendships and relationships with their peers, they often make mistakes and if these mistakes are not corrected they can become a pattern of behaviour. Bullying occurs when there are repeated, power imbalances in which one student, or group of students, misuses their power over another. On February 23, and every day, we endeavour to teach and support students as they learn to meet our school expectation that they will "Speak and Act Considerately" to each other here at school.

We really appreciate the ongoing communication with families around any issues that arise. Especially if your child is being bullied, or even if you feel they are involved in a seemingly minor negative interaction with peers, we really appreciate you letting us know. This can be done by connecting with your child's Advisory teacher or directly with us in the office.



Bayja Morgan-Banke,
winner of 2022 Indigenous
Pink Shirt Day art contest.
Bayja is a 19 yr old Toquaht
/ Secwépemc artist born in
Tofino, now living in
Victoria.



"To stand up for those weaker than ourselves regardless of consequence is one of the strongest acts of love we can show one another. When we choose to use our strength to protect rather than to harm others we make the world a better place for at least one person. The eagle represents wisdom, strength, and courage. I believe that to achieve a kinder world for our children we need to have the wisdom to think before we act, the strength to defend one another, and the courage to stand up and take action. We lead by example for our youth and showing them love with the definition of unconditional is the most important thing to ensure them the most success raising the next generation." – Bayja Morgan-Banke

What's happening at Rockheights next week:

Monday, Feb 21st

- Family Day – We hope you enjoy the time!

Tuesday, Feb 22nd

- Div 7, 8, & 11 Boat trip “Exploring the Salish Sea”
- 3pm-4pm Volleyball practice after school

Wednesday, Feb 23rd

- **Pink Shirt Day**
- Noon - Music Pizza sales

Thursday, Feb 24th

- Div 9 & 10 Boat Trip “Exploring the Salish Sea”
- Volleyball practice at lunchtime

Friday, Feb 25th

- Gravity Car Final races

Looking Further Ahead:

March 2nd –Gr 8 Course Selection with Esquimalt High

March 7th –Term Two CC Afternoon

RMS PAC Events:

Parent Education evening - Community Discussion on Anti-racism and Equity with Dr. Lisa Gunderson

Tuesday March 8, 2022

7:00-8:30 pm

In your own home (Via Zoom)

<https://gvsd61.zoom.us/j/67088204741?pwd=eDhDd2w0Z2tWVVBjeDdIYUJBMUpNUT09>

Parents, educators and staff are invited to join in a community discussion led by Dr Gunderson on the topic of race. Dr. Gunderson will facilitate an interactive discussion with a focus on understanding systemic racism with specific attention to anti-racism, equity, unintended bias, understanding "micro"aggressions, and white fragility. Attention will also be paid to the psychological impact and issues of racialized mental wellness as appropriate. The goal of this interactive community event is to give adults the tools they need to speak about race and build an anti racism home with their children in an age appropriate way. If you would like, community members are invited to submit questions prior to the event. If you have specific questions that you would like addressed then please feel free to send them to Ally Hoffman at teacherallyhoffman@gmail.com or you can send a direct message to the *Rockheights Middle School PAC* Facebook page. Ally will collect any questions up until Friday March 4 and then forward them to Dr. Gunderson. Questions can also be posed during the discussion.

About Dr. Lisa Gunderson:

Dr. Gunderson is an award winning educator, community speaker, organizer, leader, and equity consultant and trainer for various institutions in Canada and the United States focusing on issues that impact Black, Indigenous, and people of colour (BIPOC) populations especially on racial identity and mental wellness. Dr. G. is also a frequent guest speaker to various organizations and to K-12 and post-secondary institutions.

I hope you have a great weekend and are able to spend some quality time with your family.

Sincerely, *Mr. Maxwell*