



From the Raven's Nest...

for Friday, January 21, 2022

Dear Families,

This we believe... Some of you may know that “This We Believe” is the name of a foundational position paper produced by the Association for Middle Level Educators that reviews the essential attributes of our middle schools. This is a reference document that we continually look to as a guide and one attribute that is identified is that *“Health, wellness, and social-emotional competence are supported in curricula, school-wide programs, and related policies.”* This is really important when we are looking at students, and families, that may be away from school as we are dealing with Covid 19 in our community. I just wanted to reinforce that we are trying to keep business as close to normal as possible for students. That means that if students are staying home, they will be missing instruction, and all of our teachers are posting learning materials for them on their Google Classroom accounts. **We encourage students to try to follow along from home, but the priority is always to take the time they need to get healthy.** If students miss assignments, we can help them catch up (upon their return) or in some cases, excuse them from certain tasks. Please always ensure that students are able to pass the daily health check, and if in doubt, we have been encouraged by the Provincial Health Officer to “err on the side of caution”, but please feel free to connect with me or your child’s advisory teacher if you have any other questions.

What’s happening at Rockheights next week:

Monday, Jan 24th - Pro D Day

Tuesday, Jan 25th

Wednesday, Jan 26th – Jersey Day

- Noon - Music Pizza sales

Thursday, Jan 27th - Lunch Time Floor Hockey

Friday, Jan 28st Lunch Time Floor Hockey

- Dollar Dog Day – Hot Dogs and Freezies on sale for \$1 each

Looking Further Ahead:

January 25th-28th – Hockey Week at RMS

January 31st – Exploratory Rotation 3 starts

February 7th-11th – SD61 K-12 Transfer week

February 8th – RMS PAC meeting

Cell Phones: Just a reminder that cell phones are expected to be OFF and AWAY when they are here at school. We understand that many families use these tools to stay in contact with their children, but we please ask that you review the expectations that phones are not out during school time- unless specifically invited to do so by an adult that they are working with. Some students are using their phones to take photos which is a severe invasion of privacy.

If phones are being used inappropriately, they will be confiscated and held onto in the office until the end of the day. If this is a repeated issue, families will be contacted and asked to come and pick up the phone from the school.

If you think a phone may be a distraction for your child we are happy to have them dropped off at the office and Ms. Pelletier or myself will hold onto them until the end of the day when they can be picked up.

Just a reminder that Monday January 24th is a Pro D day for all middle schools in SD61! We look forward to welcoming students back to class on Tuesday morning when the first bell rings at 8:35am

Hockey Week in Canada: In response to a request from some of the students we are celebrating Hockey Week in Canada. Hockey Day in Canada was scheduled for January 29th, but has been cancelled this year due to Covid, but we are hoping that we can still have come celebrations here at Rockheights. These will include:

Wednesday: Jersey Day – students are invited to wear their favourite jersey. Ideally hockey, but any jersey could do!

Thursday and Friday: Floor Hockey at Lunch. Students will be invited to sign up on Tuesday as individuals and we will create teams for them to play at lunch on Thursday and Friday.

RMS PAC News: A huge thank you!

On Wednesday the PAC surprised staff and students with a special treat that was greatly appreciated. Coffee from Esquimalt Roasters and donuts from Empire Donuts were a wonderful surprise from our staff. One staff member summed up the general sentiment with “I wanted to express how nice it was to have treats from the PAC yesterday!! Such a nice “pick me up” during these times! Thank you to PAC for their thoughtfulness and thank you to Aaron and Christina for delivering them to us 😊”

Students were also provided with fresh cookies from Subway at lunch time and they were greatly appreciative as well.

A huge thank you to all that were involved in this generous gesture!

I know that many of you have family members that been exposed to Covid or may have been exposed to Covid yourself, and we wish you all a healthy recovery. We continue to try to keep everyone as safe as possible and appreciate the work that you are doing to support those efforts. Reminding students to complete their daily health check, maintain appropriate spacing, wear their masks, and to regularly wash and sanitize are our best strategies to learning to cope with Covid in our community. On behalf of all of the staff here at Rockheights we really appreciate your support, and communication, so that we can make sure that our students are well taken care of.

Sincerely, *Mr. Maxwell*