



From the Raven's Nest...

for Friday, May 6, 2022

Dear Families,

Firstly Happy Mother's Day to all the mothers...

It was so nice to have parents in the school on Wednesday to be toured around to the various places and to learn a little about your child's middle school experience. Many of our staff mentioned the different energy that was felt that afternoon. Thank you to those that were able to join us and if you were not, then we look forward to welcoming you into the school at another time.

What's happening at Rockheights next week:

Monday, May 9th

Tuesday, May 10th

Wednesday, May 11th

- Noon - Music Pizza sales

Thursday, May 12th

- Class Photo Day in the morning
- Chess Club at lunch in the LLC

Friday, May 13th

- Grade 7 and 8 students to Camp Pringle

Looking Further Ahead:

May 16th–19th Rainbow Week

May 19th Transition Afternoon for grade 8 students

May 20th Pro-D Day

MENTAL HEALTH AND WELLNESS
SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

Monthly District Snapshots:

The May 2022 Middle Snapshot's topic is a timely one as we look towards the end of the school year and transitions to next year! Please click on the following link for more information: [Navigating Change and School Transitions](#)

CHANGE YOUR WORDS TO CHANGE YOUR THINKING!

- I give up OR Let me try another way!
- This is too hard OR This may take some time and effort!
- I made a mistake OR Mistakes help me learn!
- I can't do math OR I am going to train my brain to do math!

One Learning Community May 2022

Code of Conduct Review–

One of the steps that we take every year is a review of our student Code of Conduct. Our current Code of Conduct document is attached to this update or can be found on our school website by clicking [Code of Conduct 2021-22](#). If you are interested please have a look and if there are any questions or suggestions for updates please send them to me by email at amaxwell@sd61.bc.ca

RMS PAC News: Save the Date

We rescheduled our Parent Education night with Dr. Lisa Gunderson to Tuesday May 31. We will be having it at the school and hope you can join us. More details to follow but please add it to your family calendars!

We hope that everyone had a great Mother's Day and we know that the next few weeks have many different events and activities as we get closer to the end of the school year and start to prepare for next year. If you have any questions or concerns please connect with your child's advisory teacher or myself directly.

.Sincerely, *Mr. Maxwell*

P.S. Some of you may have noticed this image in the last Parent Update. The township of Esquimalt has a fun activity for all residents so if your child is looking for something to do then please share this with them. It is an ongoing contest and people can enter as many times as they like.

Good luck!

The Great Esquimalt Tree Hunt

Do you love trees? Let's find and celebrate the significant trees in Esquimalt! 3 categories include:

Character Tree	Largest Tree	Wildlife Tree
Have you always loved a tree but never really could describe why? This category is all about the trees that matter to you.	We are seeking the largest tree in Esquimalt! Submissions in this category should include the biggest tree you can find	Do you know a tree that houses many creatures? We are looking for any and all of the trees in Esquimalt that sustain and nurture life!

Submissions will be accepted April-Sept 2022. Prizes available. All submissions will be mapped. More information at: www.esquimalt.ca/parks

