

From the Raven's Nest...

for Friday, September 16, 2022



Dear Families,

So, we are in full swing (as you can see in the calendar below) and there are many weekly events. We have music programs up and starting, athletic teams are practicing and clubs are up and running. We know that even though next week only has three days in session there are a lot of ongoing events including our first Spirit Day, The Terry Fox Run on Thursday afternoon, and our Meet the Teacher on Thursday evening.

We really hope that you will be able to join us on Thursday evening and a huge thank you to the PAC that is providing Hot Dogs and Hamburgers (by donation) for those that sign up on the Google form: <https://forms.gle/zmHKLyH7NyGocq4Q8>; please keep reading for more details.

What's happening at Rockheights next week:

Monday, Sept 19th - Day of Remembrance for Queen Elizabeth

- School is NOT in session

Tuesday, Sept 20th

- Deadline for returning Student Verification forms
- Lunch - Cross Country Practice
- Touch Rugby games at Shoreline

Wednesday, Sept 21st

- School Spirit Day – Please wear Red and/or Black
- Staff vs Gr 8 Student Floor Hockey Game
- Lunch – Ultimate Frisbee practice
- 3-4pm Touch Rugby practice

Thursday, Sept 22nd

- Lunch - Cross Country Practice and Chess Club
- Terry Fox Run – Please bring “Twoonies for Terry”
- 4:30 RMS PAC BBQ – to order food please complete:
<https://forms.gle/zmHKLyH7NyGocq4Q8>
- 5:30-6:30 Meet the Teacher evening

Friday, Sept 23rd

- Pro D Day – Students are NOT in attendance

Looking Further Ahead:

Monday Sept 26 – Deadline for Subway orders

Thursday, Sep. 29 Orange Shirt Day

Friday, Sep. 30 National Day for Truth and Reconciliation

October 3- 20 FSA for Grade 6 students

Friday October 10 Thanksgiving (No School for students)



BACK BY POPULAR DEMAND...

The RMS PAC will be once again offering Subway lunches through a pre-order system from Oct 6- Dec 8.

Order forms will be available at the Meet the Teacher night and in the school office.

All orders must be submitted by Monday Sep 26!

Meet the Teacher Night

This Thursday we will be having our “Meet the Teacher Night”. It will start with a BBQ, from 4:30pm – 5:30pm, in which the Esquimalt Lions will be preparing hamburgers and hot dogs that have been provided by our RMS PAC. Then there will be a chance to go into the school and meet your child’s teachers between 5:30pm and 6:30pm. The PAC has put together a quick form for you to complete to help us ensure there is enough food for those that are attending. **We ask that ALL FAMILIES please complete this form as it also asks for your thoughts on how the PAC can better meet your needs.**

The form can be found at

<https://forms.gle/zmHKLyH7NyGocq4Q8>

This is a very important evening for us to connect and meet each other and we hope you will be able to join us.

RAVEN'S CLUB

FREE DROP IN PROGRAM
WEDNESDAYS 3-5PM
GAMES, SNACKS AND
MORE



IN THE RAVEN'S
NEST AT
ROCKHEIGHTS
MIDDLE SCHOOL

STARTING
SEPTEMBER 28TH



FOR ROCKHEIGHTS STUDENTS



Raven's Afterschool Club starts Sept 28th!

One upcoming opportunity that we are very fortunate to have is an afterschool club on Wednesdays that we are calling “Ravens Club”. It will run after school from 3pm until 5pm and is free to all students. We have staff from Esquimalt Recreation centre that will be running games, activities, providing snacks, and more! This will be a drop-in club and we hope this might provide a safe place for students to hang out if they are available on Wednesday afternoons.

Cell Phone Policy – We realize that many of our students have cell phones that they carry with them daily. We realize that these can be powerful tools when used effectively, but that they can also be very distracting to students and their classmates. The expectation here at Rockheights is that **cell phones should not be out during the school day**. Our system is that teachers will collect devices at the start of the day and lock them in their classroom closet, and then return them before dismissal at the end of the day. Or, as long as they are kept tucked away in a student’s backpack, students are welcome to keep their devices tucked away for the day. If students take out their phones during the school day, teachers will hold onto them until dismissal time.

Thank you again for your support and we look forward to seeing you on Thursday.
Sincerely,

Aaron Maxwell

Principal

Christina Pelletier

Vice-Principal

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RMS PAC News:
Have you joined
the RMS PAC
Facebook group?

This is a spot to connect with other parents, get updates on PAC events, and even enjoy the occasional meme!

If you are interested please check out the Facebook group at by searching “Rockheights Middle School PAC”

Music Update... On Wednesday's we will be selling “Pizza by the slice” for \$2.50 per slice out of the music room. Proceeds go to support our music program and to provide incredible opportunities for students!

