

From the Raven's Nest...

for Friday, September 9, 2022



Dear Families,

Well it is has been a great first week! All students have settled into their permanent classes and we capped off the week with a whole school trip to Esquimalt Gorge Park. We really appreciate your support helping your child settle into the routines of middle school and I know that getting back into morning routines can be a struggle.

Next week will be another busy week with regular classes, our first PAC meeting, and the start of our Exploratory programs, Music Programs and athletic teams. This week we already had opportunities for students to sign up for Athletic leadership (Grade 7 and 8 students), Announcement team that does our daily announcements, Cross Country, Touch Rugby and Ultimate Frisbee. There are so many different activities and opportunities that it is sometimes hard to keep track. Once schedules are created, I will do my best to include practice, rehearsal, and meeting times in this update but please encourage your child to also listen to the daily announcements for reminders.

The energy in the school is palatable and we are looking forward to a great year. We continue to endeavour to share timely and specific information with you so that you can stay informed and updated about the various events and happenings here at RMS. Please also visit our website, and specifically the Parent Info page, in case you have missed any of these updates.

What's happening at Rockheights next week:

Monday, Sept 12th -

Tuesday, Sept 13th

6:30pm RMS PAC meeting in the library

Wednesday, Sept 14th

Thursday, Sept 15th

Friday, Sept 16th

School Photo Day in the morning

Fire drill in the afternoon

Looking Further Ahead:

Monday, Sep. 19 Deadline for returning Student Verification Forms

Thursday, Sep. 22 Meet the Teacher Night

Thursday, Sep. 22 Terry Fox Run (toonies for Terry)

Friday, Sep. 23 Professional Development Day (No School for students)

School Forms and Parent Connect As it happens every year, we need to ensure that we have updated information for your child and the emergency contacts in their lives. That is why we have sent home the package of forms this week and ask that you to review and complete them this weekend and return them with your child before Monday September 19. These forms include **The Student Verification Form, Our School Code of Conduct** and the **Student Emergency Release Form**.

In an effort to reduce the amount of paperwork, the district has also moved to an online system for many of the student permissions. This can be done through Parent Connect which is an online tool that allows you to give permission for a variety of reasons from field trips, to Photo permissions, to Google accounts and volunteer driver forms. Many of these documents have been uploaded so permission can be given without the cumbersome forms. Please go to <https://parentconnect.sd61.bc.ca/>, create an account and the documents should be there to complete. For more information about signup and use of Parent Connect, please visit <https://www.sd61.bc.ca/parent-student-resources/parent-connect/>

Rockheights Daily Bell Schedule



Warning bell:	8:35am
Start time:	8:40am (in class)
Nutrition Break:	9:48-10:03am
Lunch:	11:55am -12:40pm
Dismissal:	2:50pm

Information for our new RMS families! – A refundable deposit of \$20.00 is required from all new Rockheights students. This deposit is for educational resource materials. This deposit is refundable when students leave the school provided all materials have been returned. If families do not request the return of this deposit, it is used for the maintenance and expansion of the learning resources available to students.

This deposit can be sent in by cash, cheque (payable to Rockheights Middle School) or online using the School Cash Online system at <https://sd61.schoolcashionline.com/>

GAMES NIGHT
 ESQUIMALT NEIGHBOURHOOD HOUSE
 SEPTEMBER 22, 4:00-6:30PM
 PIZZA AND SNACKS WILL BE PROVIDED
 INDOOR AND OUTDOOR GAMES AVAILABLE
 FOR AGES 13-18 YEARS
 TO REGISTER PLEASE CALL OR TEXT
 ANDREA 250-216-3240

COMMUNITY CONNECTIONS AND OPPORTUNITIES!

We know that healthy children have a strong connection to their community and we are incredibly lucky to have many community connections to support students. One of those is with Esquimalt Neighbourhood house, that provides many opportunities for

YOUTH SERVICES
 Do you need someone to talk to about school stuff, family stuff, anxiety or just everyday stress?
 Esquimalt Neighbourhood House offers small group programs and one-on-one support for youth aged 13-18
 Check out our Instagram (@enh.youth) for the most up-to-date programs and information
 VISIT OUR WEBSITE
 HTTPS://WWW.ENH.BC.CA/
 OR TEXT/CALL 250-858-6537 FOR MORE INFORMATION

Food For Thought
 A free six-session cooking & baking group for teens 13-18 years old
 THURSDAYS
 September 29th - November 3rd
 from 4:00-6:30pm
 at Esquimalt Neighbourhood House
 Come chat about stress, mindfulness and self-care while making fun recipes
 To register please call or text
 Marena 250-686-0716

teens aged 13-18 years old. These are just three offerings that we hope that some of our students will take advantage of. For more information please check the attached documents.

Please join us for the first Parent Advisory Council (PAC) meeting this week

Parent involvement and student success are strongly connected. One of the best ways to become involved at Rockheights is to participate in the school Parent Advisory Council. We extend an invitation to come out to the first meeting of the RMS PAC which is THIS Tuesday (September 13th) here at the school in the Library Learning Commons.

We hope you will be able to join us.

Thank you again for your support this week and we look forward to seeing you in the school soon. We hope that if you have any questions, please feel free to contact us at 250-384-7125.

Sincerely,

Aaron Maxwell
 Principal

Christina Pelletier
 Vice-Principal