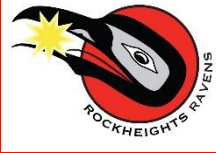


From the Raven's Nest...

for Friday, October 21, 2022



Dear Families,

Thank-you and we can use your help... First of all thank you to all of the parents that made time to come out for our Parent Communication sessions. I am sure you are getting tired of hearing it but we really appreciate your commitment to the team approach to supporting your child. To that extent, we do need your help reinforcing the expectations around personal electronic devices here at Rockheights. The expectation is that the **students should NOT have their personal devices out while at school** unless they have been asked by their teacher to use it for a specific learning activity. Often students have their devices out, and when asked the response "I just got a text from my mom/dad" is one that we often get. If you need to connect with your child during the day, please call the office and we are happy to pass on a message. Teachers collect devices at the start of the day and they can be locked up in their closet.

If devices are being used inappropriately, then on the first offence, teachers will hold onto them until the end of the day. For the second offence the device is sent to the office and I meet with the student at the end of the day and if there is a third offence, I will be calling home for parent/guardians to come and pick up the device. I know it is important for parents to be able to connect with students, but it is also important that these devices are not disrupting the class/school environment. Thank you for your support with this!

What's happening at Rockheights next week:

Monday, Oct 24th

- DEAR (Drop Everything And Read) day

Tuesday, Oct 25th

- Photo Retake Day
- Pizza lunch – see page 2 for details/changes

Wednesday, Oct 26th

Thursday, Oct 27th - Pre-ordered Subway Lunch

- Grade 8's volunteers to Compassionate Warehouse

Friday, Oct 28th

- Legend of Zelda Club at Noon

Looking Further Ahead:

Monday October 31 – Halloween Costume Day

Tuesday November 1 – PJ Day

Thursday November 3 – School Lockdown Drill

Friday November 4 – No Stone Left Alone

Tuesday November 8 - RMS PAC meeting

Thursday November 11 – Remembrance Day Holiday

Healthy lunches and snacks– As you know proper nutrition is crucial for adolescents as they going through this age of incredible development and change. One of the trends that we are seeing more and more of is students bringing snacks and drinks that are incredibly high in sugar or caffeine (such as candy, pop or energy drinks). These types of foods are very detrimental to students especially if they are trying to concentrate on academic tasks and we ask that they not come to the school. We realize with Halloween just around the corner there is likely to be an abundance of these treats but ask that they not come to school. If students do have these items we will be holding onto them until the end of the day for students or parents to pick up.

Pizza sale CHANGES!

One of the highlights for students, and their families, are our weekly pizza lunches. To try to make these more efficient we are bringing in some changes to this popular event.

1. First of all, the supplier we use struggles to bring our order on time on Wednesdays and suggested another day might be better for them. As a result, we are now moving our Pizza lunch day to TUESDAY!
2. Secondly, we have struggled predicting the amount of pizza to order as not everyone chooses to buy pizza every week. This makes it very difficult to predict the number of slices required each week and sometimes results in us selling out. In an attempt to improve this for students, we are starting a pre-order system in which families can pre-order to ensure your child gets pizza each week. Currently it will be set up one week at a time (so people do not have to order every week) but we also will be looking at a group option where families will be able to place the same order for a set of multiple weeks (ie every Tuesday in the months of November and December) so that you do not have to remember to order each week. ALL ORDERS WILL NEED TO BE SUBMITTED BY MIDNIGHT ON THE SUNDAY PRIOR TO THE PIZZA DAY. This is so we can connect with our suppliers to ensure they have the whole wheat crust made for our order. All orders can be placed using www.schoolcashionline.com which is the online purchasing tool used by the district. We will also be using this more and more for field trips, Spirit Wear, and other school fees/costs. We will still try to have a couple of pizzas for those students that forget to order online, but availability will not be guaranteed if you have not pre-ordered.



We appreciate your flexibility, and feedback on this, and if you have any thoughts on how to improve this for your child please let me know.

RMS PAC News:

Help support the Rockheights PAC and keep families prepared by selling Canadian Safety Supplies First Aid, Survival, Pet and Vehicle Kits to your friends and family. The sell sheets will be coming home with your student soon and a generous portion of the proceeds go to our PAC. The sell sheets and any cash or cheques collected need to be back to your student's teacher on **December 12th**. When the packages are ready, they will be sent to your student's classroom. Thank you for your ongoing effort and support!

Halloween Expectations:

First of all, can we start a petition to move Halloween to the last WEEKEND in October? Unfortunately, this year Halloween falls on a Monday and we know that will bring a lot of energy with it. Students are welcome to wear their costumes on Monday, but they do need to be appropriate for school so we have a few expectations:

1. There should be **NO Weapons**- real or imitation,

2. **Masks are not allowed** for moving through the halls or during breaks. If you have a mask that you want to wear in class, please check with your teacher BEFORE you bring it on Monday.

2. **Themes that are inappropriate for school are not be permitted**- i.e. themes that are degrading to a group, or groups of people, as well as any costumes that have references to foul language or degrading themes.

We are also planning a pyjama day for Tuesday November 1, as we expect there may be a few tired students and thought it would be a comfortable way to spend the day.

Have a great weekend, and don't forget to remind students to dress appropriately, as it seems like Fall is finally here and the weather is getting cooler.

Sincerely, *Mr. Maxwell*