

From the Raven's Nest...

for Friday, September 30, 2022



Dear Families,

Well as we wrap up the end of the month of September we are starting to settle into the daily routines and expectations of life at middle school. I hope that as you are reading this you are starting to feel more settled with your child(s) routines and that the weeks are starting to run more smoothly.

This week we take the time to acknowledge our history as Canadians and the incredible injustices that were done through the residential school system. Thursday was orange shirt day, but the act of exploring our truth and implementing reconciliatory actions is something that we need to focus on each and every day. I hope that you take time with your family to explore what Truth and Reconciliation means to you and how you can empower your children to move forward with an understanding of our history and a commitment to reconcile the injustices of our Canadian history.

We have many activities happening this week and are excited that so many clubs, teams and extra curricular activities are up and running. Whether it is Ultimate Frisbee, Touch Rugby, Rainbow Ravens, Chess club, Raven's Club or Cross Country, we hope there is something for everyone. Please encourage your child to get involved as there is so much to explore in middle school.



What's happening at Rockheights next week:

Monday, October 3rd -

- 3:30 Cross Country Meet at Juan de Fuca

Tuesday, Oct 4th

- Lunch - Cross Country Practice
- Touch Rugby games at Royal Oak Middle School

Wednesday, Oct 5th

- Lunch – Ultimate Frisbee practice and Rainbow Ravens
- 3-5pm RAVEN'S CLUB in the Raven's Nest
- 3-4pm Touch Rugby practice

Thursday, October 6th

- Lunch - Cross Country Practice and Chess Club
- 3:30 Cross Country Meet at Beaver Lake

Friday, October 7th

- Tour de Rock event at Archie Browning Centre

Looking Further Ahead:

October 3- 20 FSA for Grade 7 students

Monday October 10 Thanksgiving (**No School for students**)

Tuesday, Oct. 11 RMS PAC meeting

Friday October 14 – Whole school event at CFB Esquimalt.

October 19 and 20 Family

Communication Days (Parent Teacher Interviews)

Staff Introductions

Hello parents! - My name is Sondra Showers and I am the school counsellor at Rockheights Middle School.

School Counselling focuses on helping children succeed at school. These individual or group services are short-term and focus on building relationships, resilience, and self-regulation. Common topics are social-emotional wellness, self-awareness, anxiety, emotional regulation, friendships, problem solving skills, and coping strategies. The length of time and frequency of counselling depends on the student's level of need. I make every effort to minimize disruptions to a child's classroom time.

Please feel free to contact me at Rockheights with questions or concerns you may have about your child. Referrals can be made through your child's teacher, or by contacting me directly.

My schedule at Rockheights: Mondays: 12:20 - 2:50 Wednesdays: 8:40 - 2:50
Email: sshowers@sd61.bc.ca Phone: 250.384.7125

"Rock bites"... From time to time we will try to share some of the areas of focus that we have here at Rockheights Middle School. Hopefully this will provide a little insight as to where we are going as a school community. For more information please reach out or attend one of our PAC meetings for more detailed explanations.

Goals for the year – Each year we identify areas of focus that we want to grow throughout the school year. Once again, this year we have chosen to continue our work around literacy improvement for all of our students, supporting the social emotional learning of our students and helping ensure that all of our students build a stronger connection to our place and specifically the natural areas and some of the community resources in the township of Esquimalt.

Proficiency Scale update- As mentioned in last week's update we are transitioning this year towards assessing and reporting using the proficiency scales that are expected to be legislated by the ministry in September of 2023. For more information about this please see the attached parent letter. We will also be having a parent information evening later in October to answer any questions you may have.

Thank you again for your support and we look forward to seeing you soon.

Sincerely, *Aaron Maxwell*
Principal

Christina Pelletier
Vice-Principal

Music Update... Once again this Wednesday we will be selling "Pizza by the slice" for \$2.50 per slice out of the music room. All proceeds go to support our music program and to provide incredible opportunities for students!

RMS PAC Save the Date:

RMS PAC is a way to stay connected and involved in your child's education. **We will be meeting in the Library Learning Commons at the school on Tuesday October 11** and hope you can join us.

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