



From the Raven's Nest...

for Friday, January 13, 2023

Friday the 13th... Whether you suffer from triskaidekaphobia or are a huge Steve Nash fan, Friday the 13th has different meanings for each of us. For me it is a great day, as I got the chance to meet with students from across the district in a student symposium to look at the priorities and preferences for the direction of our district in terms of climate, technology, cultural responsibility and mental health support. It is always inspiring to hear the insightful voices of our youth and a huge thank you to the three grade eight students that represented our school so well.

We are also back in full swing at the school with our "Ramen for Reading" campaign that has been quite the success with students actively reading and collecting minutes towards individual and class prizes. A huge thank you to our staff (Ms. Nielsen, Ms. Hutchinson, and Mr. Morris) and our community sponsors (Oni Oni, Kizuna Ramen, Ivy's Bookstore, Books and Shennanigans Bookstore, Save on Foods, Ghost Ramen and Brown's Social House) for their incredible support and if you have not already done so please ask your child about this competition.



We also have many clubs and four Volleyball teams that are underway so thank you to all of students and staff that are very active in making these opportunities happen! Middle school is all about trying new things and I am proud of all the students that are taking the risk to get involved!

What's happening next week at Rockheights:

Monday, Jan 16th

- Gr 7/8 Boys Volleyball Practice at lunch
- Craft Club at NB in the LLC

Tuesday, Jan 17th

- Craft Club at NB in the LLC
- Dungeons and Dragons Club at Lunch
- Pizza sales today!- Preorder online using www.schoolcashonline.com
- Girls Volleyball Practice at lunch

Wednesday, Jan 18th-

- Girls Volleyball Practice at lunch
- Rainbow Ravens at lunch in room 1051
- 3pm-5pm Raven's Club in the Raven's Nest

Thursday, Jan 19th

- Chess Club at Lunch
- Gr 6/7Boys Volleyball Practice at lunch

Friday, Jan 20th

- Drama Club at Lunch in the Music Room
- Volleyball Practice at lunch for ALL teams
- 6pm-8:30pm PAC Family Fun Night in the school

RMS PAC News:

LAST CALL FOR SUBWAY ORDERS:

Please ensure that all orders are in by Monday January 16! Subway lunches will start on Thursday January 26.



Pizza reminder! – If you are interested in ordering Pizza for your child please do so using SchoolCash Online **before Sunday at midnight**. All pizzas are on whole wheat crust and pre-orders are required.



RMS PAC Family Games Night:

On January 20 from 6pm until 8:30pm there will be a special event for all families from Rockheights Middle School. The RMS PAC will be hosting a Family Fun Games Night with food, fun, and friends. We hope that many of our families will be able to join us!



The Esquimalt Lions will be serving hamburgers and hot dogs (by donation- suggested minimum donation of \$2 per hamburger or hot dog). There will be games, crafts, and activities for people of all ages. All proceeds will be going to support our grade 8 recognition events. We hope that you can join us for this special community building event.

Krispy Kreme Fundraiser! The RMS PAC is also running a Krispy Kreme fundraiser to help support the grade eights in their “Exploring the Salish Sea program” and focus this year. As part of the grade eight year, all students take part in this work which includes a trip out on the water with Eagle Wing Tours. To help offset the costs of this program, the PAC is selling boxes of Krispy Kreme doughnuts that can be pre-ordered online and picked up on January 20th at the Family Fun night.

The doughnuts are \$15 per dozen and can be ordered online, by families that have a school account, using www.schoolcashionline.com or if you would like to share the online order form with others you can send them the following link: <https://sd61.schoolcashionline.com/Fee/Details/42109/140/False/True>

Quantities are limited so orders are “first come first served”! All orders will be available to be picked up on at the Family Fun Night!

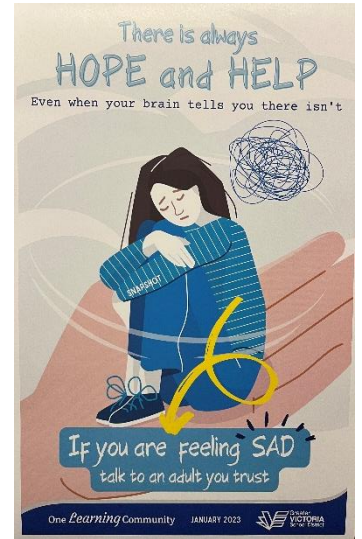
Cell Phones: Just a reminder that cell phones are expected to be OFF and AWAY when they are here at school. We understand that many families use these tools to stay in contact with their children, but we please ask that you review the expectations that phones are not out during school time- unless specifically invited to do so by an adult that they are working with. Some students are using their phones to take photos which is a severe invasion of privacy.

If phones are being used inappropriately, they will be confiscated and held onto in the office until the end of the day. If this is a repeated issue, families will be contacted and asked to come and pick up the phone from the school. If you think a phone may be a distraction for your child we are happy to have them dropped off at the office and Ms. Gibson or myself will hold onto them until the end of the day when they can be picked up.

REMINDER: Please help us by reminding your child to be sure that they are dressing for the weather. As a parent of teenage boys, I realize this can be challenging, but students are generally spending a portion of each day outside.

Students are expected to go outside for Nutrition Break and Lunch (unless it is an “Indoor Day” due to extreme weather) but it is always better to have an extra layer if only for the walk to and from school!





Monthly District Snapshots:

The School District creates snapshots on specific themes. The January 2023 Middle Snapshot’s topic is on Anxiety and Mental Health. Please click on the following link for more information: [Just Adolescent Behaviour or Something Else?](#)

We really appreciate your ongoing support and look forward to seeing many of you next Friday at the Family Fun Night. As always, if you have any questions or concerns please do not hesitate to contact me here at the school.
Sincerely, *Mr Maxwell*

Community Opportunities – If you have something to share please do not hesitate to send it to me!

Come *and* Join Us!

Saanich Wolverines are offering **FREE** drop-in football skills development sessions in January for any kids (born in 2009 to 2015) who want to try football. Join us for a fun introduction to youth football through skills & drills coached drop-in sessions. Players will be split into age groups and work with coaches at their appropriate skill level.

2023 WINTER SKILLS & DRILLS

PISE Turf Field - Camosun College Interurban Campus

- January 8th 6:00-8:00pm
- January 15th 6:00-8:00pm
- January 22nd 7:00-8:00pm
- January 29th 7:00-8:00pm

Drop-in sessions are **FREE**.

No gear. Just cleats (or appropriate footwear) and water.

- Junior Bantam (born 2010, 2009)
- PeeWee (born 2012, 2011)
- Atom (born 2015, 2014, 2013)

Questions? Contact us at: gvma.general@gmail.com

