



From the Raven's Nest...

for Friday, February 10, 2023

Kindness Month is upon us...

In conjunction with our school goals around Social Emotional Learning and Connection to place, February is Kindness month. As part of that we are challenging all of the classes to create their own "Kindness Bingo" card that consists of acts of kindness that the students generated as goals for the month. Once a student gets one complete row on their card they will be given a ticket from their advisory teacher so they can be entered into a draw for a variety of prizes at the end of the month.

What's happening next week at Rockheights:

Monday, Feb 13th -

- **Gr 7/8 Boys** Volleyball practice at lunch and after school at Rockheights

Tuesday, Feb 14th

- Div 8,9 and 12 out Exploring the Salish Sea
- Craft Club at NB in the LLC
- Dungeons and Dragons Club at Lunch
- Pizza sales today!- Preorder online by Sunday evening using www.schoolcashionline.com
- **Gr 6/7 Girls** Volleyball at Lunch

Wednesday, Feb 15th -

- Div 10 and 11 out Exploring the Salish Sea
- Rainbow Ravens at lunch in room 1051
- 3pm-5pm Raven's Club in the Raven's Nest
- **7/8 Girls** Volleyball practice at lunch

Thursday, Feb 16th

- **SUBWAY Day** for those that pre-ordered
- Staff vs Students Volleyball game

Friday, Feb 17th Pro D day – No School for Students

Looking Further Ahead:

February 20th – Family Day holiday

February 22nd – **Pink** Shirt Day and month end Assembly

February 24th – Music tour of Elementary Schools

February 28th –Gr 8 Course Selection with Esquimalt High

March 3rd –Term Two CC Afternoon



As you know January was Reading for Ramen and we had some incredible community support. We would like to spotlight a couple of the community sponsors that were instrumental in making the events happen for our students.

A massive shout goes out to **Ghost Ramen** for their incredible kindness to Rockheights!! The owner, Aaron, and chef, Josue, generously provided enough broth, noodles, ajitama (soft-boiled eggs marinated in a sweetened soy sauce mixture), and other ramen toppings for the winners of the school-wide *Ramen for Reading* competition. On Wednesday, Feb. 8th,



the winners, Ms. Gibson and Ms. La Prairie's class (Division 4), sat down to enjoy delicious bowls of steaming ramen. Additional funds kindly donated by Yoshi of **Kizuna Ramen** provided a buffet of extra toppings to allow students to customize their bowls. The result was an epic ramen feast that was thoroughly enjoyed by the hard-working students and teachers of Division 4! A handful of students even expressed that this was their first-time eating ramen from a restaurant. Students left very happy, and with satisfied bellies!



Thank you, Ghost Ramen, for going above and beyond for Rockheights Middle School!!!! We are so grateful to be the recipients of such kindness and generosity.

Another huge thank you goes out to George, the manager at Save-On-Foods (Vic West). When George found out how close the *Ramen for Reading* competition was, he wanted to provide the runners up with a prize for their valiant reading effort. All members of Mr. Harris' class (Div. 8) were rewarded with instant ramen bowls and set of chopsticks! **Thank you, George and Save On Foods**, for your outstanding kindness to Rockheights!



RMS PAC News:

- We are still collecting Country Grocer Receipts so please send them to the office
- Gr 8 families WE NEED YOUR HELP! Please watch your inbox for an invite to a planning meeting for the grade 8 recognition events in June.

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.



Once again a huge thank you for your ongoing support with the various events and activities here at Rockheights. It is a busy time of year as we start thinking about transitions for next year. There are many events for our grade eights as well as to prepare to start welcoming our incoming grade fives for next year. Please be sure to reach out if you have any questions or concerns.

Sincerely, *Mr Maxwell*



Divisions

3-4 years old—5U Blast Ball
 5-6 years old—7U T-Ball
 7-8 years old—9U Novice
 9-10 years old—11U Mosquito
 11-12 years old—13U PeeWee
info@lionsbaseball.ca



If you live in one of the following areas:

- *Burnside / Gorge
- *Esquimalt
- *Tillicum
- *Saanich
- *Vic West
- *View Royal

REGISTER NOW!

www.lionsbaseball.ca

Early Bird Registration is open now for Lions Minor Baseball!
www.lionsbaseball.ca For youth ages 3-12 in the communities of Esquimalt, View Royal, Burnside, Gorge and Tillicum.
 Our Spring Season runs April until the end of June 2023 out of Lampson Park in Esquimalt
 Come and join our awesome 100% volunteer run baseball club.

Celebrating Community since 1986!

WORLD CUPS Youth Festival

April 7th & 8th 2023
 Open to Players born 2005-2018

Registration
\$42 before March 20th, 2023
\$52 on or after March 20th, 2023

Swag Bag for each Player!
 Fun & Skill Stations!
 Prize Wheel!

Title Sponsor
CO-OP PENINSULA CO-OP

Sponsors
SOCCERTRON
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Register Online
www.worldcups.ca