



From the Raven's Nest...

for Friday, February 17, 2023

Pink Shirt Day...

In September of 2007, two students in Nova Scotia took a stand against bullying that initiated a national, and international, movement against bullying. I remember the story because at the time I was teaching grade 6 at Cedar Hill middle school and my students were so moved by the story they wanted to do something and that resulted in creating shirts and having a school event for my first "Pink Shirt Day" in February of 2008. A single day event is only a symbol of a commitment that we need to maintain for all 365 days of the year.

We know that bullying is something that often occurs as a part of middle school life. As students try to learn to navigate their new focus on social connections, friendships and relationships with their peers, they often make mistakes and if these mistakes are not corrected they can become a pattern of behaviour. Bullying occurs when there are repeated, power imbalances in which one student, or group of students, misuses their power over another. On February 22, and every day, we endeavour to teach and support students as they learn to meet our school expectation that they will "Speak and Act Considerately" to each other here at school.



What's happening next week at Rockheights:

Monday, Feb 20th - Family Day Holiday

Tuesday, Feb 21st

- 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 and after school here at Rockheights

Wednesday, Feb 22nd - PINK Shirt Day

- Rainbow Ravens at lunch in room 1051
- 2pm Pink Shirt Day assembly in the gym
- 3pm-5pm Raven's Club in the Raven's Nest
- **7/8 Girls** Volleyball practice at lunch and games after school at SMUS

Thursday, Feb 23rd

- **SUBWAY Day** for those that pre-ordered
- Chess Club at Lunch time

Friday, Feb 24th

- Drama Club at Lunch
- Dollar Dog and Treat Day
- Div 4 and 6 Swimming

Looking Further Ahead:

February 28th –Gr 8 Course Selection with Esquimalt High

March 3rd –Term Two CC Afternoon



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.

We really appreciate the ongoing communication with families around any issues that arise. We know that adolescents are learning how to interact with each other in healthy ways and that learning can lead to mistakes. Especially if your child is being bullied, or even if you feel they are involved in a seemingly minor interaction with peers, we really appreciate you letting us know. This can be done by connecting with your child’s Advisory teacher or directly with us in the office.

Sincerely, *Mr Maxwell*



LIONS

BASEBALL

If you live in one of the following areas:

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

REGISTER NOW!

www.lionsbaseball.ca

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

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 Wheels!

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Register Online
www.worldcups.ca

