



From the Raven's Nest...

for Friday, March 3, 2023

"March"-ing along...

Well it is hard to believe that we are almost two thirds of the way through the school year and that Progress Reports and Spring Break are only a couple of weeks away. Once again we will be sending home a progress report on how your child has been learning through the year. This is a snapshot of what they have demonstrated thus far in terms of proficiency along with some goals and areas for growth for the next term. Report card comments will once again include three areas : 1) What your child can do, 2) What your child is still developing in, and 3) Ways to support your child moving into the third term. Taking the time to discuss the comments will maintain a focus on your child's "strengths and stretches" in their learning and help identify areas of focus for the third term. As always, if you have any questions or need any clarification, please connect with your child's Advisory teacher. We hope that there are not any surprises on these reports but rather that they provide an opportunity to reinforce what you know about your child's progress.

What's happening next week at Rockheights:

Monday, Mar 6th -

- Choir goes to Victoria Sings rehearsal in the morning

Tuesday, Mar 7th

- 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

Wednesday, Mar 8th -

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

Thursday, Mar 9th

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

Friday, Mar 10th

- Dollar Dog/Treat Days

Looking Further Ahead:

Mar 14 - RMS PAC Meeting

Mar 17 – Last day before
Spring Break

April 3 - School Re-opens
after Spring Break

FamilySmart Resources for students and Families:

Every month **FamilySmart** hosts events for families along with our regular support and mental health system navigation. If you would like to set up a chat please reply to this email.

(1) Monthly "In The Know" - We watch a video together and share experiences and strategies that may be helpful to your family.

March "In The Know" - A Conversation for Families About Digital Wellbeing & Mental Health - As parents It's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict.

Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health. Come together with other families to watch this 30-minute video presentation followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker.

Date(s): Monday March 6, 2023 630-8pm, Thursday March 16, 2023 930-11am, Wednesday March 22, 2023 12-130pm, Tuesday March 28, 2023 630-8pm, Thursday March 30, 2023 5-630pm

Cost: Free of Charge

Registration required: www.familysmart.ca/events

(2) Help For the Hard Times Workshop - for parents and caregivers whose children have been at the ER or have had a hospital stay for mental health or substance use issues.

Details for 1-hour Workshops:

Session 1: How to support a safety plan at home (Part 1)

Session 2: How to support a safety plan at home (Part 2)

Session 3: How to take care of yourself and your family after a crisis

Session 4: How to find the resources you need

Cost: Free of Charge

Dates & Times: March 6, 8, 13, 15, 12:00 pm - 1:00 pm

For more information and registration please visit: www.familysmart.ca/workshops



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.

As always, if you have any questions please do not hesitate to reach out to your child's Advisory teacher or to me directly - Sincerely, *Mr Maxwell*

Community Opportunities:

The stack includes: 1) Association logo and name. 2) 'FASTEST GAME ON TWO FEET' with details on seasons and divisions. 3) List of locations: Victoria, Esquimalt, Oak Bay, West, and View Royal. 4) 'EARLY REGISTRATION DISCOUNT' with pricing and referral program details. 5) Social media contact information for VICESQLACROSSE.

REGISTRATION IS NOW OPEN
VICTORIA-ESQUIMALT LACROSSE ASSOCIATION
 REGISTRATION IS ONLY \$50 FOR ALL PLAYERS BORN 2015-2018 & A FREE STICK FOR FIRST TIME REGISTRANTS
COED FOR PLAYERS BORN 2007-2018 OR FEMALE ONLY FOR PLAYERS BORN 2002-2014
WWW.VELACROSSE.COM
 @vicesqlacrosse @victoriaesquimaltlacrosse

OAK BAY REC

4 MAR	2:00 PM	COED U7, U9, U11, U13
	3:00 PM	FEMALE U11, U13, U15, U17, Junior
11 MAR	2:00 PM	COED U7, U9, U11, U13
	3:00 PM	FEMALE U11, U13, U15, U17, Junior
18 MAR	2:00 PM	COED U7, U9, U11, U13
	3:00 PM	FEMALE U11, U13, U15, U17, Junior
25 MAR	2:00 PM	COED U7, U9, U11, U13
	3:00 PM	FEMALE U11, U13, U15, U17, Junior

goCODE GIRL
 ALLEZ CODER LES FILLES
 April 8th, 2023 | 10 am - 3 pm
 University of Victoria
 Come discover the digital skills that will drive tomorrow's coolest communications, imaginative innovations and essential societal enhancements.
 Open to girls and non-binary youth in grades 6-12, Go CODE Girl will introduce you to the wide range of career possibilities available in the rapidly-growing fields of technology, computing and software engineering.
 Register today! [QR Code]
 IN PARTNERSHIP WITH: University of Victoria, Engineering and Computer Science, Science Centre, etc.