



From the Raven's Nest...

for Friday, April 14, 2023

April Showers bring...

Well as we continue to work into April, it is nice to have longer days and warmer weather. As you know one of our school goals is helping students feel a stronger connection to this place that we live. Whether that is the acknowledgement that we are on the traditional territory of the Songhees and Esquimalt nations and with that comes the responsibility of being stewards for this place as they have done for thousands of years, or helping students have experiences that help them grow their understanding of the natural world in which they live, we are looking forward to the many opportunities that the spring brings for learning for our students. We have classes that regularly visit natural areas such as Highrock park, and some classes will start activities such as bike trips into our greater community and stewardship work removing invasive species on our school grounds and nearby parks.

One school activity is a Connecting to Place Photo contest where students are encouraged to submit photos of some of their favourite places. There are categories for your favourite place to : go for a nature walk, watch the sunset, exercise, watch for wildlife, read a book, have fun or eat a meal with a friend. Students are encouraged to take a photo (ideally of the place but not with peoples faces) and email it to rockheights@sd61.bc.ca with their name, division, category and location. We really hope you can encourage your child to take part in this and this could even be something to do as a family this month. All photos should be submitted by Monday April 24th. We look forward to seeing more of the special places in our community.

Sincerely, Mr Maxwell

What's happening next week at Rockheights:

Monday, April 17th -

Tuesday, April 18th

- Dungeons and Dragons Club at Lunch
- Pizza sales **START AGAIN TODAY!**-
- 6:30pm RMS PAC meeting in the Library Learning Commons

Wednesday, April 19th

- Badminton at SMUS
- 3pm-5pm Raven's Club in the Raven's Nest

Thursday, April 20th

- Island Sexual Health presentations for Div 5 & 7

Friday, April 21st

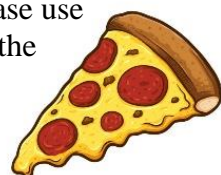
- Swimming Field Trip for Div 4 & 6

Looking Further Ahead:

April 23 – Grade 8
Recognition Ceremony Bottle
Drive – PLEASE KEEP
YOUR EMPTIES FOR THIS
EVENT!

Pizza Day is BACK! Orders need to be in by Sunday at midnight.

We have had several requests about when pizza sales will be back. Well this is the week. Please use www.schoolcashionline.com to order for this week or for this term. Due to the raising cost of the pizzas we have had to increase the price to \$3 per slice. We appreciate your understanding!



LAST CALL FOR Subway Sales – Yes the PAC is happy to offer Subway Lunch Days again on Thursdays from April 27 to June 15. Order forms were sent home and hard copies can be picked up from Advisory teachers or in the office. The form is also attached to this email. ALL ORDERS MUST BE SUBMITTED BY MONDAY APRIL 17! We hope that this helps relieve some of the lunch pressure in your homes while at the same time supporting your RMS PAC.



Gr 8 Bottle Drive – Sunday April 23 at Archie Browning Arena

The grade 8 students and parents will be having a bottle drive this Sunday in the back parking lot at the Archie Browning arena from 10am until 1pm. All funds raised will be used for the Grade 8 recognition celebrations at the end of the year. Thank-you for your support and if you have empties you can drop them off at the arena or at the school over the course of the week.

SAVE THE DATE:

May 3 – Showcase of Learning

This afternoon will be a chance for parents to come into the school and be toured around by your child so they can share some of the learning they have been working on this term/year. It will be an open-house style where parents can pop in in the afternoon and be guided around the school by your child. **Details to follow next week.**

May 16 – Evening First Aid Training

The RMS PAC will be offering a chance for basic first aid training for students with a parent/guardian on the evening of Wednesday May 16 from 6pm until 9pm at the school. The course description is as follows:

Basic First-Aid with CPR C for Youth & Parents (11-14 yrs.) (no AED) - This fun and interactive 3 hour session trains people how to react and improvise when dealing with time priority, life threatening emergencies. This course includes initial assessment, disease prevention, airway obstruction, adult/child/infant (Level C). This course will also cover recognition and first-aid treatment for head and spine injuries, shock, bleeding, seizures, anaphylaxis (epi-pens/epinephrine auto-injectors), and broken bones. Participants spend the majority of the course doing hands on first-aid, and participating in first-aid scenarios. By practicing with scenarios students gain confidence, learn to improvise, and react in emergency situations.

Spaces are limited and registration information will be included in next week's Parent Update.

May 24 – Human Library

Part of helping connect students to their community, we are looking at having a Human Library event on Wednesday May 24. This is a chance where professionals from the community share their journey with students. This could be their professional journey or some personal experiences that have shaped their lives. If you are interested in sharing your journey then we will be looking for volunteers at the end of April. **Please stay tuned for details and how you can be involved.**