



From the Raven's Nest...

for Friday, April 21, 2023

Bring us your empties... (please!)



The grade 8 students and parents will be having a bottle drive this Sunday, April 23 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.

Just a reminder that it is last call for the Connecting to Place Photo contest where students are encouraged to submit photos of some of their favourite places. Being that this weekend is Earth Day we are hoping that many of you will be out in the natural spaces in your community. 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. 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 24th -

Tuesday, April 25th

- Dungeons and Dragons Club at Lunch
- Pizza day – please preorder on www.schoolcashionline.com

Wednesday, April 26th

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

Thursday, April 27th

- Island Sexual Health presentations for grade seven students in Div 3, 8 and 12

Friday, April 28th

- Div 4 and 2 field trip to the public library

Looking Further Ahead:

May 3 – Showcase of Learning

May 16 – Evening First Aid Training

May 24 – Human Library



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.

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. The events will run from 1pm until 3pm and parents will be able to visit your child's class, have them take you on a tour of the school, and share some of the learning progress that they have made this year. More details will follow next week.

RMS PAC EDUCATION EVENT - 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. All students must be accompanied by a parent or guardian. 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.

This course usually costs participants \$30 but due to the PAC sponsorship, we are able to offer this at only \$20 per participant. It is a great thing for your child to know for their safety and the safety of the people around them

Spaces are limited and registration can be done at <https://forms.gle/Sox4qCu3123n66wa9> . If there is more demand than we can accommodate, then we will have a lottery system and potentially look at the potential of adding another evening.



Lunch details – Many of your students have started bringing lunch items that require microwaves, stoves, or kettles. Unfortunately given the short eating time, and lack of access to these appliances which require access, students are not able to warm up food or boil water for things like instant noodles or some of the dehydrated lunch options. Please remind your child that they need to be packing food that can be eaten without the need to access kitchen appliances.

Thank-you for your help with this.

We hope you have a great Earth Day weekend, and look forward to seeing many of you on Sunday at the Botle Drive!