



# *From the Raven's Nest...*

for Thursday, April 6, 2023

## **We hope you had a great break.....**

Well it has been a long (short) week with getting back into the routines of school life. Who knew that two weeks off could be so habit forming? We have really enjoyed seeing students back in school, and helping them get back into the swing of daily routines and expectations.

We know that it is a challenge to help students get back into the regular sleep and eating routines and we really appreciate your support with that. Also, sending your child with a reusable water bottle is also a benefit to help them stay hydrated and that helps them focus during the day as well. Thanks for your continued support.

Sincerely, Mr Maxwell

## **What's happening next week at Rockheights:**

**Monday, April 10<sup>th</sup> - Easter Monday Holiday**

**Tuesday, April 11<sup>th</sup>**

- Dungeons and Dragons Club at Lunch
- **NO Pizza sales today!**-
- 6:30pm RMS PAC meeting in the Library Learning Commons

**Wednesday, April 12<sup>th</sup>**

- 3pm-5pm Raven's Club in the Raven's Nest

**Thursday, April 13<sup>th</sup>**

- Island Sexual Health presentations for Div 1 & 2

**Friday, April 14<sup>th</sup>**

- Island Sexual Health presentations for Div 4 & 6

## **Looking Further Ahead:**

**April 19** – Earth Day  
Activities at Highrock Park

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

## **Pizza Note: The next Pizza Day will be Tuesday April 18.**

Please ensure your child has brought a lunch on the 4<sup>th</sup> and 11<sup>th</sup>. We will have bulk order and weekly order options available when we return. Thanks!



**Student Call Back-** If your child is going to be absent, please contact their Advisory teacher or call the school call back number which is now just our school number (250) 384-7125 and when the machine picks up you just **PRESS 1.**

**The old call back number is no longer in service. Thank-you!**

**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.

1250 Highrock Ave. Esquimalt, BC V9A 4V7 Ph: (250) 384-7125 Fax: (250) 384-7263



## Community Opportunities for Students and Families

One of the things that we like to pass on are various opportunities for students. Please look below as some are time sensitive and limited capacity. We hope you will find these interesting for your child

**Camosun Middle School Trades Exploration Summer Programs** will be happening during the first two weeks of summer.

There will be 16 seats in each of these programs, open to students born between 2009 – 2011. Spaces fill up VERY quickly.

**July 4 - 7 (4 days):**

- Pipe Trades Sampler
- Welding Sampler

**July 10 - 14 (5 days):**

- Sheet Metal Sampler
- Indigenous Woodworking - open to students who identify as Indigenous
- Future Women in Trades - open to students who identify as female



**MIDDLE SCHOOL TRADES EXPLORATION SUMMER PROGRAMS**

Open to all students from our partnership school districts born between 2009 – 2011.

Registration Opens Wednesday April 5

**JULY 4-7 PROGRAMS**

- Pipe Trades
- Welding: Mind over Metal

**JULY 10-14 PROGRAMS**

- Indigenous Woodworking
- Sheet Metal
- Women Trades Sampler

Generously sponsored by Camosun and Industry \$50 / student

On site at Camosun College Interiors, 16 seats per program

For more information and to register, go to: [camosun.ca/dual-credit](http://camosun.ca/dual-credit)



**Registration** for these programs will open **Wed, April 5<sup>th</sup> at 10am.**

Once open, parents will be able to register their child in **one** session by going to the [SIP webpage](#) and clicking the [Register Here](#) button within the *Middle School Trades Exploration - Summer Programs* tab. If you have any questions, please reach out to [sip@camosun.ca](mailto:sip@camosun.ca)

**Esquimalt Neighbourhood House** - We are starting a new session of Food For Thought, our teen cooking and mindfulness group taking place on Thursdays from 4pm-6:30pm on April 6th- May 11<sup>th</sup>. There are currently spots available and registration is through Marena at 250-686-0716.



**Food For Thought**

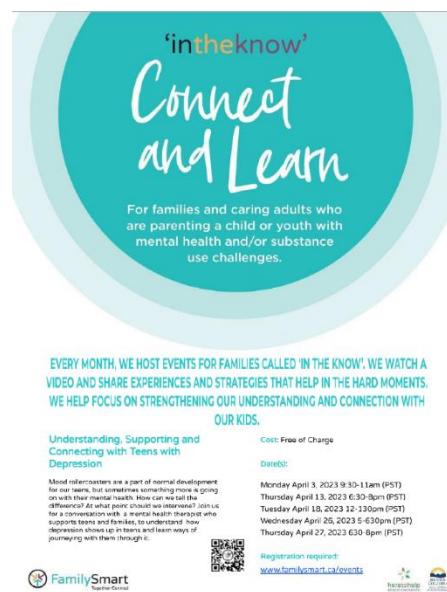
A free six-session cooking & baking group for teens 13-18 years old

**THURSDAYS**  
April 6th - May 11th  
from 4:00-6:30pm  
at Esquimalt Neighbourhood House

Come chat about stress, mindfulness and self-care while making fun recipes

To register please call or text  
Marena 250-686-0716

ESQUIMALT NEIGHBOURHOOD HOUSE SOCIETY



**'intheknow'**  
**Connect and Learn**

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

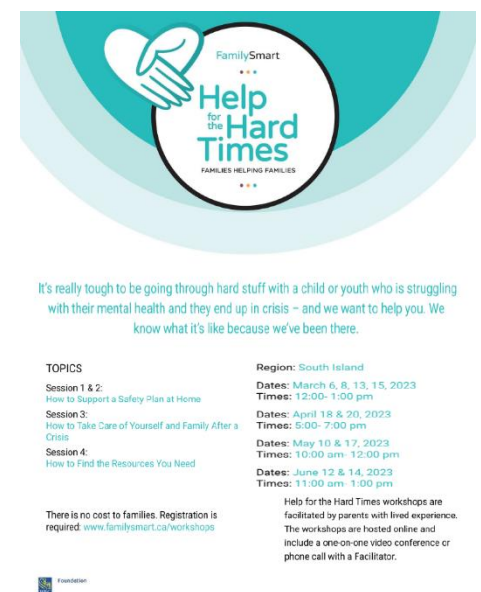
Understanding, Supporting and Connecting with Teens with Depression

Cost: Free of Charge

Dates:  
Monday April 3, 2023 9:30-11am (PST)  
Thursday April 13, 2023 6:30-8pm (PST)  
Tuesday April 18, 2023 12-130am (PST)  
Wednesday April 26, 2023 5-6:30pm (PST)  
Thursday April 27, 2023 6:30-8pm (PST)

Registration required:  
[www.familysmart.ca/enact](http://www.familysmart.ca/enact)

FamilySmart



**FamilySmart**  
**Help for the Hard Times**  
FAMILIES HELPING FAMILIES

It's really tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis – and we want to help you. We know what it's like because we've been there.

TOPICS

Session 1 & 2:  
How to Support a Safety Plan at Home

Session 3:  
How to Take Care of Yourself and Family After a Crisis

Session 4:  
How to Find the Resources You Need

There is no cost to families. Registration is required: [www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

Region: South Island

Dates: March 6, 8, 13, 15, 2023  
Time: 12:00- 1:00 pm

Dates: April 18 & 20, 2023  
Time: 5:00- 7:00 pm

Dates: May 10 & 17, 2023  
Time: 10:00 am- 12:00 pm

Dates: June 12 & 14, 2023  
Time: 11:00 am- 1:00 pm

Help for the Hard Times workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator.