

From the Raven's Nest...

for Friday, September 15, 2023



Dear Families,

So, we are in full swing (as you can see in the calendar below) and there are many weekly events. We have music programs up and starting, athletic teams are practicing and clubs are up and running. We know that even though next week only has four days in session there are a lot of ongoing events including our Terry Fox Run on Thursday afternoon, and our Meet the Teacher and Welcome Back BBQ on Thursday evening.

We really hope that you will be able to join us on Thursday evening and a huge thank you to the PAC that is providing Hot Dogs and Hamburgers (by donation) for those that sign up on the Google form: <https://forms.gle/ejaR5oJCfVoFrtBt8> ; please keep reading for more details.

What's happening at Rockheights next week:

Monday, Sept 18th -

- Deadline for returning Student Verification forms

Tuesday, Sept 19th

- Lunch - Cross Country Practice

Wednesday, Sept 20th

- Lunch –Rainbow Ravens meet in the Art Room
- First Ultimate Frisbee game of the year

Thursday, Sept 21st

- Terry Fox Run – Please bring “Twoonies for Terry”
- First Cross Country Meet – an email will be sent out with details
- 5:00 RMS PAC BBQ – to order food please complete:
<https://forms.gle/ejaR5oJCfVoFrtBt8>
- 5:30-6:30 Meet the Teacher evening

Friday, Sept 22nd

- Pro D Day – Students are NOT in attendance

Looking Further Ahead:

Friday, Sep. 29 Orange Shirt Day

Monday, Oct 2 National Day for Truth and Reconciliation

October 4- 27 FSA for Grade 6 students

Friday October 6 Grade 6 Immunizations

Monday October 9

Thanksgiving (**No School for students**)

Meet the Teacher Night – This Thursday we will be having our “Meet

the Teacher Night”. It will start with a BBQ, from 5:00pm – 6:00pm, in which the Esquimalt Lions will be preparing hamburgers and hot dogs that have been provided by our RMS PAC. Then there will be a chance to go into the school and meet your child’s teachers between 5:30pm and 6:30pm. The PAC has put together a quick form for you to complete to help us ensure there is enough food

RMS PAC News:

Please see the attached newsletter for more specifics

for those that are attending. **We ask that ALL FAMILIES please complete this form as it also asks for your thoughts on how the PAC can better meet your needs.** The form can be found at <https://forms.gle/ejaR5oJCfVoFrBt8>

This is a very important evening for us to connect and meet each other and we hope you will be able to join us.



Raven's Afterschool Club starts this month

One great community connection is the afterschool Raven's Club. We have staff from Esquimalt Recreation centre that once again will be running games, activities, providing snacks, and more! This will be a drop-in club and we hope this might provide a safe place for students to hang out if they are available. On Wednesday the programming director for Esquimalt Recreation will be coming to meet with students to get their thoughts on what the "Raven's Club" should look like this year. We look forward to this opportunity starting up again near the end of the month.

School Counselling at Rockheights

Hello Rockheights Community! My name is Sondra Showers and I am excited to be back as the school counsellor at Rockheights Middle School. School Counselling focuses on helping children succeed at school. These individual or group services are short-term and focus on building relationships, resilience, and self-regulation. Common topics are social-emotional wellness, self-awareness, anxiety, emotional regulation, friendships, problem solving skills, and coping strategies. The length of time and frequency of counselling depends on the student's level of need. I make every effort to minimize disruptions to a child's classroom time.

Please feel free to contact me at Rockheights with questions or concerns you may have about your child. Referrals can be made through your child's teacher, or by contacting me directly by email at (sshowers@sd61.bc.ca). My schedule at Rockheights is Mondays(12:20 - 2:50) and Wednesdays from 8:40 - 2:50

Cell Phone Policy – We realize that many of our students have cell phones that they carry with them daily. We realize that these can be powerful tools when used effectively, but that they can also be very distracting to students and their classmates. The expectation here at Rockheights is that **cell phones should not be out during the school day**. Our system is that teachers will collect devices at the start of the day and lock them in their classroom closet, and then return them before dismissal at the end of the day. Or, as long as they are kept tucked away in a student's backpack, students are welcome to keep their devices tucked away for the day. If students take out their phones during the school day, teachers will hold onto them until dismissal time.

Thank you again for your support and we look forward to seeing you on Thursday.
Sincerely,

Aaron Maxwell
Principal

Tania Singh
Vice-Principal