

# From the Raven's Nest...

for Friday, October 13, 2023



Dear Families,

**Parent-Teacher Communication Week...** This is the week that we have a very important event on Wednesday and Thursday. Parent-Teacher Communication sessions (or Parent Teacher Interviews) are happening and this is a chance to connect with your child's Advisory teacher and get an update on how they have settled in as well as discuss how best to support your child going forward this year. These discussions are crucial for a successful year for your child as we need to establish a team approach to supporting their learning. We realize many of you have been in regular contact with your child's teacher and this is another opportunity to collaborate as we work together. Meetings will take place on Wednesday (3pm – 7pm) and Thursday (2pm-5pm) and are being scheduled by your child's teacher. If you have not already done so, please ensure that you have returned the form or set up an appointment to meet in person or connect to conference with your child's teacher.

## What's happening at Rockheights next week:

### Monday, Oct 16<sup>th</sup> -

- 3pm Gr 6/7 Girls basketball practice in the gym

### Tuesday, Oct 17<sup>th</sup> - FSA's continue this week

- 12pm Gr 6/7 Girls basketball practice in the gym
- Pizza sales today!- Preorder online by Sunday evening using [www.schoolcashonline.com](http://www.schoolcashonline.com)

### Wednesday, Oct 18<sup>th</sup>

- Noon - Rainbow Ravens
- 3pm Gr 6/7/8 Boys basketball practice in the gym
- 3pm Parent Communication meetings start
- 3pm-5pm Ravens Club in the Raven's Nest

### Thursday, Oct 19<sup>th</sup> -

- SUBWAY Lunches for those that ordered
- 12pm Gr 6/7/8 Boys basketball practice in the gym
- 1:50 Early Dismissal for Parent Communication meetings

### Friday, Oct 20<sup>th</sup>

- Provincial Pro D Day – No school for students

### Looking Further Ahead:

**Wednesday October 25** – Photo Retake Day

**Tuesday October 31** – Halloween Costume Day

**Friday November 10** – Remembrance Day Assembly

**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.

## **Athletics** -

The next sport of the year is basketball, and this year we will have a Grade 6/7 boys, 6/7 Girls and 7/8 boys team. No experience is necessary, and we are still looking for a few more players. If you are interested/willing to help out with coaching please let our athletic director, Mr. Snider know. He can be contacted by email at [isnider@sd61.bc.ca](mailto:isnider@sd61.bc.ca). Each team has two practices a week and games begin the week of October 30.



### **A message regarding some of the current world events...**

As the traumatic events unfold in Israel and Gaza, some students and families may require additional support processing complex emotions. These events can bring about anxieties and fears for children, youth, and adults. Parents and guardians are encouraged to discuss/monitor their child's social media use at this time as images/videos being circulated are incredibly graphic and disturbing and may contribute to further trauma.

If your child is exhibiting signs of traumatic stress, please consider the following helpful tips to support them:

- Provide a safe space for them to share their feelings and concerns – listen and validate; fear, anger, confusion, worry, insecurity, and other reactions are to be expected.
- Let their questions be the guide – do not share or expose them to unnecessary details; limit exposure to news and social media as age appropriate.
- It is ok to not have all the answers but to emphasize the importance of getting factual information and limiting exposure to misinformation.
- Provide general, brief facts with an emphasis on what adults and individuals can do to keep themselves and others safe.
- Ensure they know where to find a trusted adult and support resources.
- Model being calm and regulated; children look to adults on how to react.
- Maintain a schedule and routine; this provides a sense of predictability which can reduce anxieties.
- Engage with social supports; now is the time to support each other.

Should your child require extra support during this time, please reach out to your principal and school supports will be made available. Other supports can be accessed at:

**Kelty Mental Health**

1-800-665-1822

<https://kelymentalhealth.ca/>

**Anxiety Canada**

<https://www.anxietycanada.com/>

It is important as the adult in your child's life to remember the importance of your own self-care; please reach out to your support network as needed. You are a greater help to your child if you also have others supporting you.

Our schools continue to be safe spaces for our students and staff. If you or your child have concerns about safety, please reach out to us to discuss them further. If you have concerns in community, please contact community supports that best fit with your family's needs and your local police department if required.

Sincerely,

*Aaron Maxwell*

Principal

*Tania Singh*

Vice-Principal