

From the Raven's Nest...

for Friday, October 27, 2023



Dear Families,

Trick or Treat?... Well this is a long awaited time for many of our students. We can imagine that the energy that we have been seeing at school is likely seen at home as well. I hope all of the students that celebrate Halloween are able to have a safe and successful evening.

Students are invited to wear their costumes on Tuesday as long as they are appropriate for school. We do ask that they not bring masks(unless they have spoken with their teacher first), anything that could be considered a weapon, and that they ensure that costumes do not celebrate at the expense of another's race, culture, Religion, gender or trauma.

We really appreciate that next week we may have some tired students that are riding the peaks and valleys of their sugar levels and want to try to ensure that they are able to be successful here at school. Please help us out by trying to ensure that you are aware of what your child is bringing in terms of food and snacks. In the past, we have had some students bring excessive amounts of candy to school to share, or even sell, to their classmates. This is not acceptable and we appreciate you taking the time to monitor your child's candy consumption.

We do have some fun events planned on Tuesday and Wednesday (staff/student soccer game and pajama day on Wednesday) and look forward to this being a fun week for everyone.

What's happening at Rockheights next week:

Monday, Oct 30th - FSA's continue this week

- 12pm Volleyball Intramurals
- 3pm Gr 6/7 Girls basketball practice in the gym
- 3:45pm Gr 7/8 Boys Basketball games at COLQUITZ

Tuesday, Oct 31st

- 12pm Staff/Student Soccer game in the gym
- Pizza sales today!- Preorder online by Sunday evening using www.schoolcashonline.com

Wednesday, Nov 1st - PYJAMA DAY

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



Looking Further Ahead:

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. October 31 is the last day for the bulk order so we will have another 6-week option available starting next week

Thursday, Nov 2nd –

- SUBWAY Lunches for those that ordered
- 12pm Gr 6/7/8 Boys basketball practice in the gym
- 3:45pm Gr 6/7 Boys Basketball games at ROCKHEIGHTS

Friday, Nov 3rd

- 3pm Robotics at Esquimalt High please see Pg 3

RMS PAC News:

Help support the Rockheights PAC and help take the pressure off of your meal preparation by ordering meals from Refire Kitchen (www.refirekitchen.ca). Please see the attached flyer for the details but 10% of all proceeds for the months of November, December and January will be returned to the RMS PAC. Orders can be placed in person or online. There is a coupon code (RHMS PAC) for online or you can tell them that you are purchasing for “the Rockheights PAC fundraiser” if you purchase in person.

Remembrance Day – Lest we Forget



Rockheights Middle School will be having our annual Remembrance Day assembly on Friday November 10 starting at 10:30am (the gym will be open by 10am). Family and guests are welcome to join us. One piece of the assembly is a slideshow to recognize the various family connections that our students and staff have to the armed forces. If you have a family member that has served, or maybe is currently serving in the armed forces could you please email me (amaxwell@sd61.bc.ca) a photo of the person, including their name and connection to the child at the school. These will be put together into a slideshow that will be incorporated into our assembly.

If you sent in photos last year, I still have them and plan to use them again, but if you are not sure please feel free to send them as having a duplicate is preferable to missing someone out of the video.

Thank you for your support with this and hopefully some of you will be able to join us on the 10th.

We have been working a lot this month on the creation of our shared vision here at Rockheights. Staff have been engaged in these discussions for months and over the month of October we had our first student Forum of the year to ensure students have a voice in where we are going as a community. The vision statement is as follows: **At Rockheights, we use our unique strengths and challenges to build an empowered community.** We will be talking more about this at the upcoming PAC meeting, as we would like your feedback, but if you have questions, thoughts or ideas about it then I hope you will please share them with us.

Have a great weekend, and don't forget to remind students to dress appropriately. I realize convincing a teenager to wear a jacket can be a challenge, but we appreciate your efforts!

Sincerely,
Aaron Maxwell
Principal

Tania Singh
Vice-Principal

COMMUNITY OPPORTUNITIES:

1. **Robotics at Esquimalt High** - The Esquimalt robotics team is putting together programming workshops for grades 6-8 students. The first workshop runs next Friday, November 3 at Esquimalt High School.

There is no cost associated with the program (all free) as it is funded through CanCode to put these on... plus it is a great experience for the high school team members.

To register please go to: <https://forms.gle/9FuVJdqhZPVtNqsk8> as spaces are limited!



2. We want to extend an invitation to your students to attend Victoria's first Drop-In Flag Football Night happening tonight at Bullen Park in Esquimalt from 6:45-8pm!

Rise Flag Football has been enjoying a fantastic Fall Season with kids learning and falling in love with flag football, and because so many kids have wanted to jump into the season late, we have decided to host drop-in nights! We would love if you would share this information with your students. It costs \$10 which can be paid upon arrival, and is open to all kids in grades 3-12! It's going to be a ton of fun.

3. **FamilySmart** offers **5 dates this month** to join other parents to watch and discuss **our topic: Emotion Regulation**

Details: Join us in watching a video conversation with **Nicole Allen, Clinical Counsellor at Fraser Health's START Program**. Nicole offers support to parents and caregivers with information and strategies to cope with **emotion dysregulation** and the challenges which many young people begin to experience as they enter and move through the adolescent years. We will be exploring the critical role which parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

This video presentation will be followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker



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.

Emotion Regulation

Young people face many different stressors in today's world. This can often lead to feelings of overwhelm and dysregulation. This event offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and will talk about the critical role that parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

Come together with other families to watch this 35 minute video presentation followed by a 40 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.



Cost: Free of Charge

Date(s):

Wednesday, November 8, 2023, 6:00pm (PST)
Tuesday, November 14, 2023, 6:30pm (PST)
Thursday, November 16, 2023, 12:00pm (PST)
Tuesday, November 21, 2023, 6:00pm (PST)
Thursday, November 23, 2023, 6:30pm (PST)

Registration required:
www.familysmart.ca/events



Dates & Times: Wednesday Nov. 8, 6:00 pm, Tuesday Nov. 14, 6:30 pm, Thursday Nov. 16, 12:00 pm, Tuesday Nov. 21, 6:00 pm, Thursday Nov. 23, 6:30 pm

To Register: <https://familysmart.ca/monthly-events/>

4. **Foundry Victoria** is hosting an **in-person** Parent workshop November 15th at 6:00 pm

Topic: The gift of Neurodiversity*: A strengths-based introduction for parents of newly diagnosed children & youth *(someone whose brain processes information in a way that is not typical of most individuals.)

Speaker: Mary Klovance is a dedicated advocate and educator in the field of neurodiversity and the owner of The Neurodiversity Family Centre. With a background in school counselling and private practice and a passion for supporting families, she has devoted her career to helping parents navigate the often challenging journey of raising children and youth with neurodivergencies.

Mary's Neurodiversity Affirming Workshop is a unique and invaluable resource for parents of children and youth who have recently received a neurodivergence diagnosis. This workshop is designed to empower parents with knowledge, understanding, and practical tools to embrace neurodiversity and create a supportive and nurturing environment for their children.

Key Workshop Details:

- (1) Neurodiversity Affirmation
- (2) Strengths-Based Parenting
- (3) Parental Self-Care
- (4) Managing Expectations
- (5) Parenting Tips and Strategies

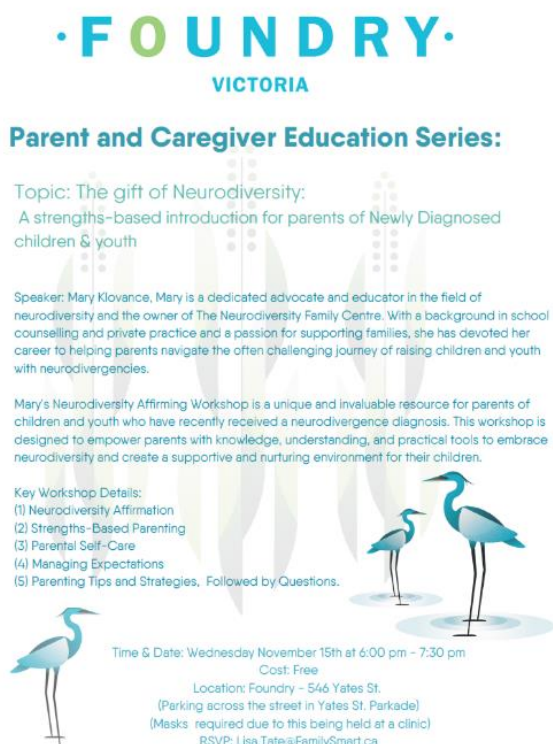
Followed by time for Questions.

Time & Date: Wednesday November 15th at 6:00 pm (In-Person)

Location: Foundry Victoria 546 Yates St., Victoria

Cost: Free

Please RSVP: Lisa.Tate@FamilySmart.ca



· FOUNDRY ·
VICTORIA

Parent and Caregiver Education Series:

Topic: The gift of Neurodiversity:
A strengths-based introduction for parents of Newly Diagnosed children & youth

Speaker: Mary Klovance, Mary is a dedicated advocate and educator in the field of neurodiversity and the owner of The Neurodiversity Family Centre. With a background in school counselling and private practice and a passion for supporting families, she has devoted her career to helping parents navigate the often challenging journey of raising children and youth with neurodivergencies.

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(2) Strengths-Based Parenting
(3) Parental Self-Care
(4) Managing Expectations
(5) Parenting Tips and Strategies, Followed by Questions.

Time & Date: Wednesday November 15th at 6:00 pm - 7:30 pm
Cost: Free
Location: Foundry - 546 Yates St.
(Parking across the street in Yates St. Parkade)
(Masks required due to this being held at a clinic)
RSVP: Lisa.Tate@FamilySmart.ca