

From the Raven's Nest...

for Friday, September 29, 2023



Well as we wrap up the end of the month of September we are starting to settle into the daily routines and expectations of life at middle school. I hope that as you are reading this you are starting to feel more settled with your child(s) routines and that the weeks are starting to run more smoothly.

This week we take the time to acknowledge our history as Canadians and the incredible injustices that were done through the residential school system. Thursday was orange shirt day, but the act of exploring our truth and implementing reconciliatory actions is something that we need to focus on each and every day. I hope that you take time with your family to explore what Truth and

Reconciliation means to you and how you can empower your children to move forward with and understanding of our history and a commitment to reconcile the injustices pour Canadian history.

We have many activities happening this week and are excited that so many clubs, teams and extra curricular activities are up and running. Whether it is Ultimate Frisbee, Rainbow Ravens, Raven's Club or Cross Country, we hope there is something for everyone. Please encourage your child to get involved as there is so much to explore in middle school.



What's happening at Rockheights next week:

Monday, October 2nd -

- **National Day For Truth and Reconciliation- NO SCHOOL**

Tuesday, Oct 3rd

- **Lunch - Cross Country Practice**

Wednesday, Oct 4th

- **Lunch – Ultimate Frisbee practice and Rainbow Ravens**
- **3-5pm RAVEN'S CLUB in the Raven's Nest**
- **Ultimate Frisbee Games at Rockheights**

Thursday, October 5th

- **3:30 Cross Country Meet at Beaver Lake**

Friday, October 6th

- **Grade 6 Immunizations in the morning**

Looking Further Ahead:

October 3- 20 FSA for Grade 7 students

Monday October 9 Thanksgiving (**No School for students**)

Tuesday, Oct. 10 RMS PAC meeting

October 18 and 19 Family Communication Days (Parent Teacher Interviews)



BACK BY POPULAR DEMAND...

The RMS PAC will be once again offering Subway lunches through a pre-order system from Oct 12- Dec 14.

Order forms were sent home and are attached

All orders must be submitted by Thursday October 5!

"Raven's Club" ... Our "Raven's Afterschool Club" starts this

Wednesday! We are very fortunate to have staff from Esquimalt Recreation centre that 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 afternoons.

RAVEN'S CLUB

FREE DROP IN PROGRAM
WEDNESDAYS 3-5PM
GAMES, SNACKS AND
MORE



IN THE RAVEN'S
NEST AT
ROCKHEIGHTS
MIDDLE SCHOOL

STARTING
SEPTEMBER 28TH



FOR ROCKHEIGHTS STUDENTS



Pizza update Thank you to everyone who placed their orders online

using SchoolCash Online. **ALL ORDERS WILL NEED TO BE SUBMITTED BY MIDNIGHT ON THIS SUNDAY.** All orders can be placed using www.schoolcashionline.com We will still try to have a couple of pizzas for those students that forget to order online, but availability will not be guaranteed if you have not pre-ordered.



Grade Six Immunizations:

Immunization consent packages for grade 6 students have been sent home. Follow the instructions inside the consent package and return the signed consent form to the school as soon as possible. Students in grade 6 will be offered immunizations in school-based clinics with the consent of a parent/guardian/representative. Covid 19 and Influenza vaccines will NOT be offered at the school based clinics. Immunizations will be provided at Rockheights for grade 6 students on **Friday October 6th, 2023.** Please contact the Esquimalt Health Unit at (250) 519-5311 if you have any questions.

Music Update... Friday, October 6th is the last date to enroll in the beginning band or beginning strings classes for this school year.

No more new students will be accepted into these classes after Friday, October 6th. Students are welcome to join choir at any time, however.

SAVE THE DATE(s):

1. October 10 **RMS PAC Community Engagement Evening** – Come and learn about some of the different resources that are available to you and your children in our community. Starts at 6:30 in our library learning commons. We hope to see you there!
2. October 16-27 **IEP meetings**- For families of students with IEP's, we will be reaching out with a schedule of these meetings next week. We realize it can be challenging to make time during the day for these but appreciate your flexibility as we review and plan for your child's goals this year.
3. October 18 and 19 **Parent/Teacher Interviews** – We will be sending home booking information for this year's Parent Teacher Interviews at the end of next week. Meetings will be running on afternoons and evenings of Wednesday October 18 and Thursday October 19.

Thank you again for your support and we hope that you can take some time this weekend to talk with your children about Truth and Reconciliation and what that means to you and your family.

Sincerely, **Aaron Maxwell**
Principal

Tania Singh
Vice-Principal