

From the Raven's Nest...

for Friday, November 3, 2023



Dear Families,

Lest we Forget... It has definitely been a busy week! The past week has seen the first basketball games of the season (in which both boys teams played very well!) as well as Halloween which was a great day with lots of students in costume and a wonderful staff versus students soccer game that was incredibly exciting and competitive. Thank you for all of your support with this and we hope you had a great week as well. With this week, we appreciate the opportunity to reflect and acknowledge the sacrifice that so many have made to protect our freedoms. We realize that many members of our school community have either served or are currently serving in the Canadian Armed forces and appreciate those of you that have shared photos and stories of your connections to the armed forces. If you have not sent in images please ensure you have them sent in by Monday November 6th so they can be included.

What's happening at Rockheights next week:

Monday, Nov 6th - FSA's wrap up this week

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

Tuesday, Nov 7th

- Pizza sales today!- Preorder online by Sunday evening using www.schoolcashionline.com
- 3:45pm Gr 6/7 Girls Basketball games at BAYSIDE

Wednesday, Nov 8th

- Noon - Rainbow Ravens
- 3pm Gr 6/7/8 Boys basketball practice in the gym
- 3pm-5pm Ravens Club in the Home Ec Room

Thursday, Nov 9th

- 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 10th

- 10:30am Remembrance Day ceremony
- 3pm Robotics at Esquimalt High (please see below)

Looking Further Ahead:

Monday November 13 – Remembrance Day Holiday

Tuesday November 14 –6:30pm- RMS PAC meeting – we will reviewing this year's budget so hope you can join us

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.

RMS PAC News:

November meeting is scheduled for November 14 at 6:30 in the library. We will be reviewing this year's budget so your input is needed. We hope you can join us.

Fundraisers:

1. Help support the Rockheights PAC and help take the pressure off of your meal preparation by ordering meals from Refire Kitchen (www.refirekitchen.ca). 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. A portion of the proceeds will be given to the PAC
2. Country Grocer receipts – we are still collecting these so if you shop at Country Grocer please send your receipts to the school office and they can be dropped off into the PAC drawer

Robotics at Esquimalt High - The Esquimalt robotics team is putting together programming workshops for grades 6-8 students. The first workshop ran today 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!

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. **ALL PHOTOS MUST BE SUBMITTED BY MONDAY NOVEMBER 6.**

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

DISTRICT SNAPSHOT TOPIC: Parent Child Connection - [The Emotional Life of Teens](#)

When parents are responsive and empathetic to their children's emotions it communicates to the child that their feelings are important and worthy of attention, which, in turn, strengthens the bond between parent and child. Over time, children learn to rely on their parents as a source of comfort and support, making them more likely to openly communicate and seek guidance when facing challenges or experiencing difficult emotions.

Middle – [The Emotional Life of Teens](#)

We hope you all have a great weekend!

Sincerely,

Aaron Maxwell
Principal

Tania Singh
Vice-Principal