



# *From the Raven's Nest...*

for Friday, January 26, 2024

Dear Families,

**Fun, February and Flu's...** Once again a huge thank-you to our PAC for their organization of last Friday's Family Fun Night. Despite the weather it was great to see those families that came out and if you were unable to attend we hope you will join us for our next family event.

This week we are in full swing with our volleyball teams. All three of the teams will be playing this week so if you are interested in cheering them on, please join us in the gym on the dates listed below. It is always great to see the fans out, and who knows, maybe even our school mascot Rocky will show up to these fun events.

With February just around the corner (actually it is this Thursday) we also have a lot of colds, flu bugs, and even strept throat that seems to be going through our community. Please take caution as these can become very serious, and even fatal, if not treated seriously. There have been very serious cases of strept throat in the CRD so please take the symptoms very seriously. Click [HERE](#) for more information. That along with other illnesses, it is more important than ever that students are eating well, getting 8-10 hours of sleep a night and in good hygiene and health habits. Even things like headlice can be prevalent so we appreciate your regular checks to ensure these are not present on your child. For more information on head lice awareness please see the attached document. Thank you for your support in helping keep everyone in our community healthy by completing daily health checks, and if your children have any symptoms, keeping them home.

## What's happening next week at Rockheights:

### Monday, January 29<sup>th</sup> -

- 3:45 - Grade 7/8 Boys Volleyball at Selkirk Montessori

### Tuesday, January 30<sup>th</sup>

- Pizza sales today!- Preorder using [www.schoolcashionline.com](http://www.schoolcashionline.com)
- 3:45 - Grade 6/7 Girls Volleyball at ROCKHEIGHTS

### Wednesday, January 31<sup>st</sup>

- Human Library Event in LLC
- Noon - Rainbow Ravens meet in the Art Room
- Grade Girls Volleyball at ROCKHEIGHTS
- 3pm-5pm Ravens Club in the Home Ec. Room

### Thursday, February 1<sup>st</sup>

- **SUBWAY Day** for those that pre-ordered

### Friday, February 2<sup>nd</sup>

- ELL Students to the Public Library
- 3pm-6pm Krispy Kreme Doughnut pick Up

### Looking Further Ahead:

**Tuesday February 13** – Boat Trip for Grade 8's to Explore the Salish Sea

**Friday February 16** – District Pro D

**Monday Feb 19** – Family Day Holiday

**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.



## Krispy Kreme LAST CALL (I promise!):

One more week to pre-order your doughnuts. The pick up is Friday Feb 2 here at the school between 3pm and 6pm

Only \$15 per dozen! To ensure your order, pre-orders can be made until Feb 1 at <https://sd61.schoolcashonline.com/Fee/Details/51944/140/False/True>

## Human Library Event – Wednesday Jan 31- We still could use more volunteers!

Do you have a unique hobby or an interesting job? Are you an entrepreneur, an artist, or do you have a fascinating life story that you would be willing to share? Rockheights is planning a Human Library Event! We are looking for “Human Books” who would be willing to have a conversation with our students.

***If you answered yes to any of the above questions then we need you! (Or if you have a friend or relative that you think would be interested then please share this with them as well)***

We know that middle school is a time for students to explore and try new things. Many of you were probably inspired by people you met when you were the age of our students and this is a chance to maybe pass that on to our students. The “Human Library” is an activity where people are the books and students get a chance to meet some adults that are willing to share some of their experiences. It is not about doing a formal presentation about your experiences but rather having an informal conversation with our students about what you have experienced or what inspired you in the direction of your life. Participants can come for a couple of hours, for the morning or afternoon or for the full day depending on your availability. If you are willing/interested in taking part in this event, then please complete the form found at: <https://forms.gle/ep4mjzceHjeiGjogd9> and I will connect with you to get you more details. If you have any questions about this please do not hesitate to email me directly at [amaxwell@sd61.bc.ca](mailto:amaxwell@sd61.bc.ca) Thanks!

This week some of our students had the opportunity to try curling and then watch some of the competition at the BC Provincial Men’s and Women’s curling championships at Archie Browning arena.



If any students are interested in trying more curling opportunities, Esquimalt Curling Club has a youth curling program on Mondays after school from 4pm until 6pm. We are looking at offering a special four-week opportunity (Feb 5, 12, 26 and Mar 4) for interested students for only \$20. We will have a meeting and details to send home to students this upcoming week.



Just a reminder that we are still tracking independent reading minutes as part of our Ramen for Reading program. It is great to see students choosing to read at breaks and on their own time. We have even set up designated “Silent Reading areas” around the school where students can sit during breaks. Thanks for continuing to support at home.

Sincerely, *Mr Maxwell and Ms. Singh*