



From the Raven's Nest...

for Friday, February 16, 2024

And the winner is... DIVISION 2!



Congratulations to that class on their incredible commitment to reading (over 64,000 minutes!). Overall students logged 400,304 minutes over the four week period. That is over 6,672

hours, which is an amazing accomplishment for our school community. We could not have done this without the leadership from Mrs. Yaxley, Mrs. Hutchinson, and Ms. Singh along

with the incredible support from our community sponsors. Division 2 will be having their celebratory

lunch on Wednesday in the Library Learning Commons. Once again it was an incredible success and we hope that students continue to foster their reading skills.

On Wednesday we also had a whole school assembly to talk about kindness month. Classes have been exploring kindness and what are ways that they can show kindness to others. Each week classes have a guiding question that they are exploring and sharing their thoughts with others. Please see page two for some examples.

We really hope that this will help all of our students have a context for PINK Shirt Day at the end of the month, as well as help them bring to life our school vision: **At Rockheights, we use our unique strengths and challenges to build an empowered community.**



ROYAL BC MUSEUM

Bolen Books



What's happening next week at Rockheights:

Monday, February 19th - FAMILY DAY HOLIDAY

Tuesday, February 20th

- Pizza sales today!- Preorder using www.schoolcashonline.com
- Grade 6/7 Girls Volleyball at lunch

Wednesday, February 21st

- Ramen for Reading Celebration for Div 2
- Noon - Rainbow Ravens meet in the Art Room
- Grade 7/8 Girls Volleyball at lunch
- Grade 7/8 Boys Volleyball after school
- 3pm-5pm Ravens Club in the Home Ec. Room

Thursday, February 22nd

- SUBWAY Day for those that pre-ordered
-

Friday, February 23rd

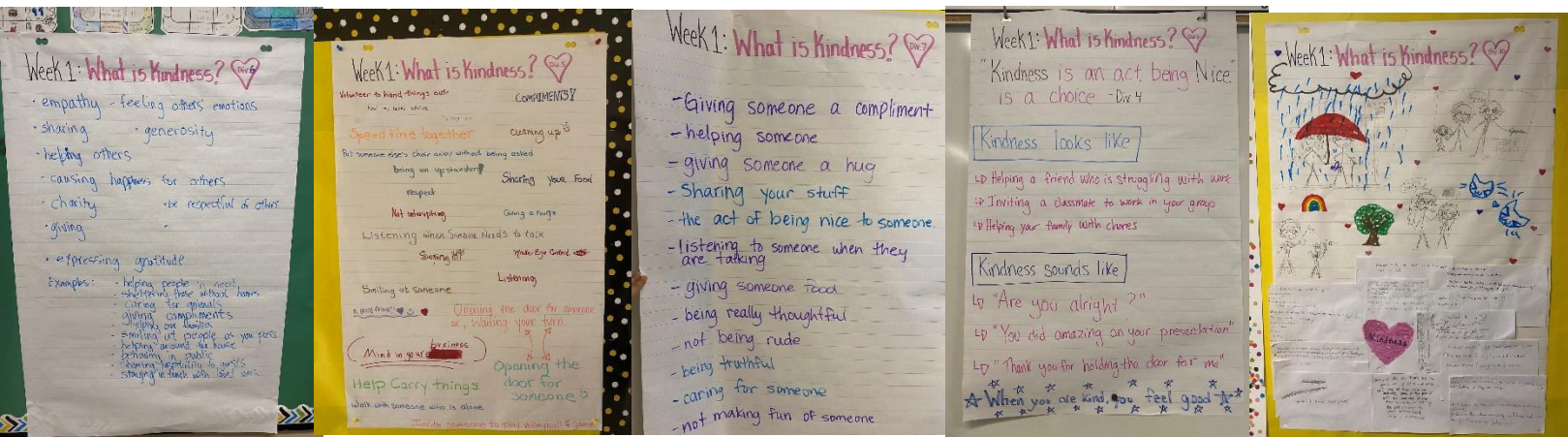
- CC Afternoon – please see the forms that went home

Looking Further Ahead:

Wednesday Feb 28 – Pink Shirt Day



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.



Curriculum Catch Up afternoon - As you know each term we set aside time for students that need additional one on one support to get caught up on their curricular learning tasks. The next one is Friday afternoon and hopefully you received a form home so that you know if your child is required to stay for this afternoon. Even if your child is up to date, families are welcome to request their child to stay for the afternoon and they can work quietly on a variety of tasks. We do ask that all forms are returned by Wednesday February 21 so that we can plan for Friday afternoon.



SUBSTANCE USE PREVENTION

An Online Presentation for Parents

KEY TAKEAWAYS

- Empathy & self-compassion are key to building resilience
- Understanding the causes of youth substance use and decision-making
- Empowering youth to make positive, informed decisions
- Using parental communication skills to encourage positive choices

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to support your child's decision-making. You will learn how to use **positive decision-making** through a **psychological lens**. You will also learn how to use **parental communication skills** to encourage **open communication** on this topic in your home.

There will be a focus on **parental communication** in order to **empower** you to help your child make their own decisions about their own behaviors, motivations, and choices.

In this session, you will be given **specific language to use** when conversations arise about substances. There will be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

Feb 14, 2020 10:00 AM - 11:00 AM
Open to all parents

REGISTER



Presenter:

Dr. Hayley Watson
Clinical Psychologist & Founder of Open Pathwork

Dr. Hayley Watson is a Clinical Psychologist from BC, specializing in child and adolescent mental health. She is a licensed clinical psychologist and has completed her Master's degree in the field of mental health. She has been working with young people and their families for over 20 years.

PARENT WORKSHOP ABOUT SUBSTANCE USE PREVENTION

This presentation will focus on tools and strategies that you can use to speak to your children about substances in a way that encourages positive decision-making through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for creating open communication on this topic in your home. There will be a focus on prevention and harm/risk mitigation in order to empower you to help your children think critically about their own behaviours, motivations, and choices. In this session, you will be provided with the specific language to use when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

LUNAR NEW YEAR'S PARADE & BLESSING OF MERCHANTS

Tomorrow 11:30AM - 3:30PM

All Ages

Victoria Chinatown

Lastly, Happy Lunar New Year to those families that celebrate it. If you are interested there is a chance this weekend to celebrate the year of the dragon in China's oldest Chinatown, presented by the Chinese Consolidated Benevolent Association. The main event starts at the Gates of Harmonious Interest, featuring an 8 lion performance by the

Wong Sheung Kung Fu Club, dragon dance by the Victoria Chinese Public School, and traditional Chinese dances. Lions and dragons will parade from 500 block of Fisgard Street, to the Chinese Consolidated Benevolent Association/ Chinese Public School (636 Fisgard Street). After the parade, two lion teams from the Wong Sheung Kung Fu Club will then visit merchants that hang offerings of lettuce and red envelopes of money for the lions. The lion will then bless the business by performing a routine to scare away evil spirits and to bring them good luck, prosperity, and good health for the New Year. It should be a great family event!

We really wish you a a great Family Day long weekend and look forward to seeing students back at school on Tuesday morning.
Sincerely, *Mr Maxwell and Ms. Singh*

1250 Highrock Ave. Esquimalt, BC V9A 4V7 Ph: (250) 384-7125 Fax: (250) 384-7263