



# From the Raven's Nest...

for Friday, February 2, 2024

**Kindness and Acceptance...** February is kindness month and with that we are trying to help all of our students learn to accept and support each other. We know that adolescence is a dramatic time when students are trying to find their identity and with that comes experimentation and questioning. It also can result in heavy judgement and negative behaviour. This is why our school vision is so important. **At Rockheights, we use our unique strengths and challenges to build an empowered community.**

I am sure there are stories coming home about students that are experimenting with relationships (i.e. dating), their personal identity, and also their self expression of who they are. Social media and peers have an huge influence on this expression, and personal expression can sometimes cause other students to be confused or judgemental due to a lack of understanding. Many of our middle schools, including ours, have had students experimenting with their identity which has led to conflict on the playground when other students do not accept this, or use this as an opportunity to make fun of their schoolmates. Some have even included costume as this type of behaviour is quite popular in social media and video games these days.

***The number one priority for us at the school is that this is a place where everyone feels safe.***

Please take the time to have a conversation with your child about acceptance and safety. The message that we are sharing with all students is that *even if we do not understand or condone the actions of others, we do not have the right to be unsafe towards them.* Many students have been seen experimenting with hate language and hate gestures to try to see what kind of a response they will get. This is unacceptable as it affects the safety of everyone here at the school. This along with the fact that February is also Black History Month, provides an opportunity to discuss the effects of discrimination with our students and provide education on how to be more accepting of each others differences.

## What's happening next week at Rockheights:

### Monday, February 5<sup>th</sup> -

- Grade 7/8 Boys Volleyball practice at lunch
- 4pm-6pm Intro to curling at Esquimalt Curling Club

### Tuesday, February 6<sup>th</sup>

- Pizza sales today!- Preorder using [www.schoolcashonline.com](http://www.schoolcashonline.com)
- Grade 6/7 Girls Volleyball at Lunch

### Wednesday, February 7<sup>th</sup>

- Noon - Rainbow Ravens meet in the Art Room
- Grade 7/8 Girls Volleyball at lunch
- 3pm-5pm Ravens Club in the Home Ec. Room

### Thursday, February 8<sup>th</sup>

- SUBWAY Day for those that pre-ordered

### Friday, February 9<sup>th</sup>

- Div 7, 8, 9 Swimming at Esquimalt Rec Centre

### Looking Further Ahead:

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

- 6:30pm PAC and VCPAC meeting in the LLC

**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.



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.

Esquimalt Curling Club has a youth curling program on Mondays after school from 4pm until 6pm starting February 5. The four-week opportunity (Feb 5, 12, 26 and Mar 4) for interested students is only \$20. Please see the attached form and waiver if your child is interested in taking part.



**MENTAL HEALTH AND WELLNESS SNAPSHOT**  
SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

*I'LL GET BY WITH A LITTLE HELP FROM MY FRIENDS (AND MY PARENTS)*

January/February 2024

Navigating adolescence can be like walking a tightrope between peer connections and family ties. The developmental stage of 'peer orientation' highlights the natural shift towards friends playing a central role during the middle years. While peer connections become a vital support system for emotional expression and social skill development, the journey through social pressures, romantic interests, and self-discovery can stir intense emotions in teens. The steady anchor of family support remains essential in navigating friendships and romantic relationships, while providing a safe space for discussions around consent and the importance of healthy relationship dynamics.

**DISTRICT SNAPSHOTS...** One resource that the district puts out are regular snapshots to help families have conversations about issues that may affect their children. This month's topic is all about PEER CONNECTIONS. Peer connections are vital for children and youth as they contribute to the development of social skills, emotional intelligence, a sense of belonging and mental well-being. From kindergarten through to high school, parents can play a crucial role in helping their child navigate friendships by fostering their social skills, providing guidance on conflict resolution, and adapting their support to meet the changing needs of their child.

The district creates these snapshots for three levels so I thought I would share all three as many families have younger or older siblings so the information may be helpful:

Elementary – [Friends Around the World](#)

Middle – [I'll Get by With a Little Help From My Friends \(and my parents\)](#)

Secondary – [Teen Relationships, Romance and Respect](#)

**BFFS & BEST BROS**

There are two important friendships truths. First, friendships naturally change over time. They wax and wane as people and life change. Second, in any relationship, misunderstandings are common. We are all human and have different expectations and needs. And we all mess up.

The Friendship Development Model helps us...

Throughout the month of February we will be talking about kindness and how kindness is important for our wellbeing. We look forward to seeing and sharing the results of these discussions in future updates.

Middle school is a time where students are finding their individual identity and that can sometimes lead to a divide between home life and school life as they try to navigate things on their own. We want to help guide them on their journey and the best way to do so is if we are all sharing the challenges and successes that they are experiencing.

Lastly, on behalf of all of us here at the school, we really appreciate your support and communication if things are popping up at home. We know that there are many pressures on young people these days, and it really does "take a village" so if there are things that you are hearing about please reach out and share them with your child's teacher, or with Ms. Singh and myself directly. We really do appreciate the communication and are always willing to share what we know from a school perspective.

Sincerely, *Mr Maxwell and Ms. Singh*

**Girls Rock** **FREE TRY CURLING EVENT!**

**AGE 9-16**

**DATE:** February 4th, 2024  
**TIME:** 12:00pm - 4:00pm  
**LOCATION:** Victoria Curling Centre, 1952 Quadra Street

**REGISTER HERE:** [bc.curling.io/en/products/7557-girls-rock-victoria-2024](https://bc.curling.io/en/products/7557-girls-rock-victoria-2024)

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