



From the Raven's Nest...

for Friday, February 23, 2024

Pink Shirt Day...

In September of 2007, two students in Nova Scotia took a stand against bullying that initiated a national, and international, movement against bullying. I remember the story because at the time I was teaching grade 6 at Cedar Hill middle school and my students were so moved by the story they wanted to do something and that resulted in creating shirts and having a school event for my first "Pink Shirt Day" in February of 2008. A single day event is only a symbol of a commitment that we need to maintain for all 365 days of the year.



We know that bullying is something that often occurs as a part of middle school life. As students try to learn to navigate their new focus on social connections, friendships and relationships with their peers, they often make mistakes and if these mistakes are not corrected they can become a pattern of behaviour. Bullying occurs when there are repeated, power imbalances in which one student, or group of students, misuses their power over another. On February 28, and every day, we endeavour to teach and support students as they learn to meet our school expectation that they will "Speak and Act Considerately" to each other here at school.

We really hope that this will help all of our students have a context for PINK Shirt Day on Wednesday, 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.**

What's happening next week at Rockheights:

Monday, February 26th -

- Grade 7/8 Boys Volleyball at ROCKHEIGHTS

Tuesday, February 27th

- Pizza sales today!- Preorder using www.schoolcashionline.com
- Grade 6/7 Girls Volleyball at SELKIRK MONTESSORI

Wednesday, February 28th PINK SHIRT DAY!

- 8:15-8:35 Indigenous Drumming in the foyer
- Noon - Rainbow Ravens meet in the Art Room
- Grade 7/8 Girls Volleyball at CENTRE MTN LELLUM
- 3pm-5pm Ravens Club in the Home Ec. Room

Thursday, February 29th

- **SUBWAY** Day for those that pre-ordered
- Chess Club at lunch in the LLC

Friday, March 1st

- Hot Dog Day – please bring your loonies and twoonies

Looking Further Ahead:

Wednesday Mar 6 – Lacrosse demo at the school

Friday Mar 8 – Learning Update #2 available on Parent Connect



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.

Learning Updates: Can you believe next Friday is the first day of March and there are only three weeks left before Spring Break? Time flies in Middle School! As we work towards the break, we

encourage students to take the next three weeks to finish all their tasks so they can all feel proud of their progress and accomplishments this term. On March 8, the second Learning Updates (formerly known as Report Cards) will be available to be read via Parent Connect (<https://parentconnect.sd61.bc.ca/>). This is the same system as we used in December and hopefully you were able to access your child's update. If you have concerns about this or were not able to access your child's update, please email me directly at amaxwell@sd61.bc.ca

Hello Rockheights Staff, Students, Parents and Guardians. - I just wanted to let you know we will be drumming on Wednesdays at 8:15am for about 20 minutes in the main foyer of the school, by the office.

You are more than welcome to join us, there will be drums available no experience needed. You can drum and sing 1, 2 or 3 songs or just come and observe. No pressure.

If you have any questions, please feel free to call, text or email!
We are looking forward to seeing you there!

Sincerely,

Indigenous Student and Family Advocate
Elena Luna
eluna@sd61.bc.ca
250-896-4990

Indigenous Teacher Consultant
Kolette Cristante
kcristante@sd61.bc.ca



We really appreciate the ongoing communication with families around any issues that arise. We know that adolescents are learning how to interact with each other in healthy ways and that learning can lead to mistakes. Especially if your child is being bullied, or even if you feel they are involved in a seemingly minor interaction with peers, we really appreciate you letting us know. This can be done by connecting with your child's Advisory teacher or directly with us in the office.

Sincerely, *Mr Maxwell and Ms. Singh*

- Did your child play volleyball and is look for more opportunities to play?
 - Are you looking for Spring Break activities for your child?
- Please check these out...*

Dig Deep
Volleyball Development Camp

Hosted by our high performance U17 Girls Team, this 2-hour camp will introduce you to the fundamentals of volleyball. Come out and learn new skills while having as much fun as possible. This co-ed camp is open to youth aged 11-13. No prior volleyball experience is necessary.

Saturday March 2, 2024
1:00pm-3:00pm or 3:00pm-5:00pm
@ Pacific Christian School (Middle School gym)
654 Agnes Street, Victoria BC

Fees
\$35/ person
* Payable by e-transfer, cash, or cheque on the day of camp

There will be raffle prizes for everyone that registers!!
If any questions email: volleycamps@gmail.com

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Week 1: March 18th - 22nd
Week 2: March 25th - 28th

Register at www.esquimalt.ca

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