



From the Raven's Nest...

for Friday, February 9, 2024



Lift each other up... is the theme for this year's pink shirt day. We know that pink shirt day is a day that started when a couple of high school students stood up for a student that was bullied during their first day of highschool. Taking care of each other and lifting each other up is crucial for students to feel empowered and that is a key part of our vision statement: **At Rockheights, we use our unique strengths and challenges to build an empowered community.**

Adolescence is a time where students are trying to determine their personal identity and that can result in changing peer groups and friendships. It can be very emotional and confusing for students as they try to figure out who they are and how they connect with others. This can sometimes result in them making mistakes in how they interact with each other and one of the keys to this is ensuring that students have safe people, at the school, that they can share their struggles with. Whether that is their current advisory teacher, a previous teacher, a coach of one of their teams or clubs, an educational assistant, or another staff member; we really hope that all our students have people they can talk to when they need additional support. Please take a minute to ask your child who the people are that they feel safe talking to at school, and if they can not list anyone, please let me know. Positive relationships are crucial to student success and they are something that, as a staff, we regularly talk about how we can build more healthy connections for our students.

The number one priority for us at the school is that this is a place where everyone feels safe, and we know that regular communication between the school and home is one of the keys for that to happen. Please let us know if you are hearing about any concerning interaction/incidents so that we can investigate and try to ensure they are not repeated.

What's happening next week at Rockheights:

Monday, February 12th -

- Grade 7/8 Boys Volleyball at GLANFORD
- 4pm-6pm Youth curling at Esquimalt Curling Club

Tuesday, February 13th

- Grade 8 students go on the boats for Exploring the Salish Sea
- Pizza sales today!- Preorder using www.schoolcashionline.com
- Grade 6/7 Girls Volleyball at ROCKHEIGHTS
- 6:30pm RMS PAC meeting in the Library Learning Commons

Wednesday, February 14th

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

Thursday, February 15th

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

Friday, February 16th

- Tri-District Pro D Day- no school for students

Looking Further Ahead:

Friday February 23 – Boat Trip For grade 8 students as they “Explore the Salish Sea”

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.



Just a reminder that we are still tracking independent reading minutes as part of our Ramen for Reading program. This is the last weekend to tally their reading minutes as the winner of the Ramen party

(Courtesy of Ghost Ramen) will be announced on Wednesday. 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 and we wanted to thank all of our sponsors for their support with this initiative.



SUBSTANCE USE PREVENTION
An Online Presentation for Parents

KEY TAKEAWAYS

- Identify if your child might be at risk for substance use
- Understand what causes and what forms substance use disorder and how
- Recognize your child's ability to make positive choices about substances
- Develop strategies for communication with your child to help them make better choices

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to help your children think 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 child 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.

Online Session Information:
Feb 14th 2024 12:00 PM - 1:00 PM
Register: [REGISTER](#)

Presenter:
Dr. Hayley Watson
Clinical Psychologist & Founder of Open Perspective

Dr. Hayley Watson is a Clinical Psychologist at BC Children's Hospital and a member of the BC Psychological Association. She has over 20 years of experience in the field of mental health and has been working with young people and their families globally for the past 15 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.

Transfer Information – This is student transfer week so if you are interested in your grade eight child transferring to a different high school than the one that they are pre-transitioned to or if you are interested in trying to transfer to another school, this is the week to express that wish. Please note that all students that live in our catchment are automatically transitioned to their neighbourhood school. So for the majority of our grade eights that is Esquimalt High School and for students in grade 5 that live in the Vic West and Macaulay catchment, they are automatically transitioned to Rockheights for English track and to Shoreline if they are in Early French Immersion at Macaulay.

The Greater Victoria School district does everything we can to ensure that students are able to attend their local neighbourhood school and due to the limitations on school capacities, we have a priority system when looking at transfer requests. More information about this, as well as the transfer request form can be found at <https://www.sd61.bc.ca/registration/student-transfer-process/> I have also attached the transfer request form to this email.

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 appreciate that you only receive one side of the story and that can be challenging to know how to respond to. We really do appreciate the communication and are always willing to investigate and share what we can find out from a school perspective.

Sincerely, *Mr Maxwell and Ms. Singh*