



From the Raven's Nest...

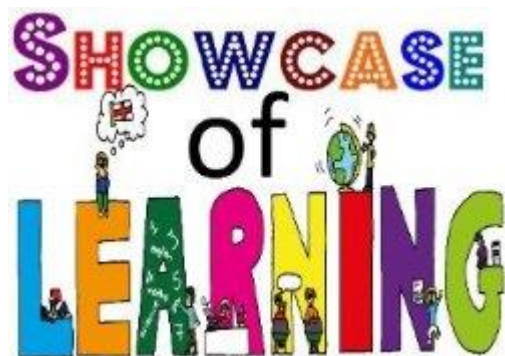
for Friday, April 26, 2024

Let's Celebrate...

It is amazing that next week is May and it feels like warmer weather might be on the horizon!? The start of May is also a time to check in on how your child is progressing this term. To do that we will have our *Showcase of Learning*, which are our student led conferences, next week on Wednesday May 1 from 2pm until 4:30pm here at the school.

This afternoon will be a chance for parents to come into the school and be toured around by your child so they can share some of the learning they have been working on this term/year. It will be an open-house style where parents can pop in in the afternoon and be guided around the school by your child. The events will run from 2pm until 4:30pm and parents will be able to visit your child's class, have them take you on a student-guided tour of the school, and share some of the learning progress that they have made this year.

We will also be having our Young Entrepreneur Fair on this day so be sure to check out the various items that have been created and will be for sale in the gymnasium. And lastly, if you ordered hanging baskets from the PAC, they will be available for pick up in the Art Room. **It will be a very busy day!**



Sincerely, *Mr Maxwell and Ms. Singh*

What's happening next week at Rockheights:

Monday, April 29th

- Grade 6 Badminton at SMUS

Tuesday, April 30th –

- Pizza sales today!- Preorder using www.schoolcashionline.com
- Grade 7 Badminton at SMUS

Wednesday, May 1st

- 8:15-8:35 Indigenous Drumming in the foyer
- Noon - Rainbow Ravens meet in the Art Room
- 1pm Young Entrepreneur Fair in the Gym
- 2pm – 4:30 Student Led conferences
- Grade 8 Badminton at SMUS

Thursday, May 2nd

- Chess Club at lunch in the LLC
- SUBWAY days return for those that preordered

Friday, May 3rd

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Looking Further Ahead:

May 7 – Class Photos and whole school photo in the morning

May 9 – Beginning Band Festival at Spectrum
- First Track and Field meet at UVic

At Rockheights, we use our unique strengths and challenges to build an empowered community.

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



Pizza Note: The next Pizza Day will be Tuesday April 30.

We have the weekly order options available now until Sunday evening on www.schoolcashionline.com
Thanks!

Code of Conduct Review–

One of the steps that we take every year is a review of our student Code of Conduct. Our current Code of Conduct document is attached to this update or can be found on our school website by clicking **Code of Conduct 2023-24**. If you are interested please have a look and if there are any questions or suggestions for updates please send them to me by email at amaxwell@sd61.bc.ca



NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

Online Event for Parents and Caring Adults
with Kim Barthel

CONNECTING WITH KIDS: We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissolution and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attachment, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion.

Kim Barthel is a Canadian occupational therapist, speaker, multi-disciplinary teacher, mentor and best-selling author who is active in supporting people in many contexts globally. She is passionate about understanding mental health, complex behaviour, neurobiology, movement, trauma-sensitive practice, attachment, sensory processing and learning. kimbarthel.com

DATE: Tuesday, May 2, 2024

TIME: 6:00pm - 8:00pm (PST)

REGISTRATION REQUIRED: familysmart.ca/events

This event is part of FamilySmart's National Child & Youth Mental Health Day celebrations. For more info and resources go to myfamily.ca

FamilySmart



Once again, we look forward to welcoming families back into the school next Wednesday for our *Showcase of Learning*. We hope that you can join us for this important chance to hear from your child about their progress. We are also looking forward to the improving weather as many of the classes will be heading off into community for various activities. Please watch for updates from your child's Advisory teacher about the various activities that they may have planned.

Community Opportunities:

Homestay families needed... It's that time of year! The Greater Victoria School District's International Student Program is looking for new families interested in joining the vibrant hosting community. With students arriving to attend short term programs in the summer (2-6 week stays) and longer-term programs in the Fall, there are many opportunities to begin hosting.

Host Families provide 3 meals a day along with healthy snacks and a welcoming environment. \$1260 per month is provided as reimbursement for student support (pro-rated for shorter stays.) Orientation and 24/7 support is available from the homestay office.

For more information: Website: www.studyinvictoria.com/homestay Phone: 250-592-6871
Email: homestay@sd61.bc.ca

Become a Host Family

ENJOY AN UNFORGETTABLE CULTURAL EXPERIENCE BY HELPING SUPPORT AN INTERNATIONAL STUDENT

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www.studyinvictoria.com

1. Calling all young artists of Vancouver Island and surrounding Islands!

Here is your friendly reminder of our Children's Art Show...***there is still time to get your submissions in!!*** This is such a wonderful opportunity for communities, schools, clubs to participate and share their beautiful artwork across Vancouver Island. Please share this opportunity with a child in your life, as submissions are open until May 31st. ALL submitted artwork will be showcased in our virtual gallery on our website at [Youth Virtual Art Show Gallery - Children's Health Foundation \(islandkidsfirst.com\)](http://Youth Virtual Art Show Gallery - Children's Health Foundation (islandkidsfirst.com)). Twelve pieces from all those submitted will be chosen for our 2025 calendar! For full art show details including instructions on how to submit and FAQs, please visit our website here: <https://islandkidsfirst.com/artshow/>.

We look forward to receiving all the amazing masterpieces!

Thank you,

Leanne Loster

Administrative Assistant, t: 250-940-4950 ext 101 | w: islandkidsfirst.com | follow us @islandkidsfirst

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