



# From the Raven's Nest...

for Friday, May 24, 2024

**Time to Celebrate?** I can't believe that we are a week from the start of June and it is important that we take some time to celebrate. Not only as we approach the end of the school year and the success that students have achieved, but also as the weather gets better and we can spend more time outdoors. This week we have our Spring Concerts on Wednesday evening at 7:30pm (doors open at 7pm) and hope that you will be able to join us as we celebrate the work that our music ensembles (and Ms. McDonnell) have been doing all year. I hope to see you there!

Sincerely, *Mr Maxwell and Ms. Singh*

## What's happening next week at Rockheights:

### Monday, May 27<sup>th</sup>

- Track and Field meet at UVic

### Tuesday, May 28<sup>th</sup> –

- Pizza sales today!- Preorder using [www.schoolcashionline.com](http://www.schoolcashionline.com)

### Wednesday, May 29<sup>th</sup>

- 8:15-8:35 Indigenous Drumming in the foyer
- Noon - Rainbow Ravens meet in the Art Room
- 3pm- 5pm Raven's Club after school today
- Track and Field meet at UVic
- 7:30pm **Final Concert for Bands and Jazz Band at Rockheights – everyone welcome**

### Thursday, May 30<sup>th</sup>

- SUBWAY days return for those that preordered

### Friday, May 31<sup>st</sup> -

- Divisions 1-4 to the Board Game Café
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### Looking Further Ahead:

Friday June 14 – CC Afternoon

Wednesday, June 19th, Final Concert for Strings and Choir at Rockheights, with special guests Grade 5 Strings from Vic West and Macaulay Elementary Schools

Monday, June 24 – 10:00am until 11:30am  
Grade 8 Recognition Ceremony

## **Pizza Note: The next Pizza Day will be Tuesday May 28<sup>th</sup>**

We have the weekly order options available now until Sunday evening on [www.schoolcashionline.com](http://www.schoolcashionline.com)

Thanks!

Before you...



### **THINK!**

- T** - Is it true?
- H** - Is it hurtful?
- I** - Is it illegal?
- N** - Is it necessary?
- K** - Is it kind?



**Social Media problems-** Well, I wish I was writing to tell you that these have slowed down, but just the opposite, they seem to be on the rise. I spoke about this at our whole school assembly today as there seem to be more and more instances of people posting mean and nasty things online towards their peers. **I am asking that you please take 30 minutes this weekend to talk with your child about their online presence** and review:

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1. The platforms they are using (SnapChat, Instagram, TikTok, Discord, etc...).
2. The photos and videos they have in their camera roll (including the recently deleted)
3. The things that they are posting/sharing with others.
4. Who are they following/sharing information with, and are these people that you want your children to be connected with?

I realize these can be difficult conversations, but they are absolutely necessary. Many of our students are not aware of the extent of the messages that they are posting and some students believe that the things they post don't matter because they will disappear completely.

Unfortunately, this is not the case as many users, screenshot the posts and then circulate them to others. This is a huge problem and we need your help monitoring your child's online usage. As I tell my boys, I pay for their phones (and the house WiFi) so that means they are mine and I randomly check them from time to time to see what they are sharing. My boys are 17 and 19 and they still are making lots of mistakes by not realizing that the things they put online can affect their lives as they get older. The things that young people are sharing now can follow them forever and so we need to ensure there is regular supervision as these young people try to navigate adolescence and beyond. Students are being denied access into post-secondary institutions or future employment based on naïve mistakes that they have made with social media. Please help your child(ren) by being active in their online lives! It is one of the most important things you can do, in my opinion, as a parent these days!

## Community Opportunities:

**1. 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](http://www.studyinvictoria.com/homestay) Phone: 250-592-6871  
Email: [homestay@sd61.bc.ca](mailto:homestay@sd61.bc.ca)



**(2 ) FamilySmart workshop on Self Harm: There is always help, there is always hope:** Learning that your child is self-harming can be scary and overwhelming. Self-injury takes many forms and the reason why someone self-injures is complex. Hear from a young person with lived experience and a healthcare professional as they discuss what self-harm is, why youth self-injure, and other options for healthy coping strategies

Speaker(s): Kim Leifso, Registered Clinical Counsellor FamilySmart Youth Peer Support Worker Victoria Keddiss, Manager and Facilitator of FamilySmart Practice Michelle Horn, Program Manager at the Kelty Mental Health Resource Centre.

**5 Dates to choose from:** Tuesday June 4th, 6:00 pm, Thursday June 6th, 6:30 pm, Tuesday June 11th, 6:30 pm, Wednesday June, 12th, 12:00 pm, Wednesday June, 19th 6:00 pm

**To Register:** <https://familysmart.ca/monthly-events/>

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