



From the Raven's Nest...

for Friday, May 3, 2024

May is upon us...

It was so nice to have parents in the school on Wednesday to be toured around to the various places and to learn a little about your child's middle school experience. Many of our staff mentioned the different energy that was felt that afternoon. Thank you to those that were able to join us and if you were not, then we look forward to welcoming you into the school at another time.

And as the days/weeks fly by it we are already starting to plan for next year. Staff have been meeting with our elementary feeder schools to prepare for our incoming students, as well as this week we will be meeting with the area high schools to help with our grade 8 students and their transition to high school. It is a busy time that also includes starting to look at classes for next year.

There is a lot of input that goes into class building and we try to create classes that will provide the support and social attributes that are best for each child. We know that having social connections is incredibly important and trying to balance the educational needs with the social emotional needs of each child is a challenging thing. That being said if there are peer dynamics that you think we need to be aware of, such as friendships that are crucial or peers that would be detrimental to your child's schooling next year, please feel free to forward those to me, by email, before Friday May 31, 2024. We do our best to accommodate the complex needs of each child and appreciate your support and input into this process.

Sincerely, *Mr Maxwell and Ms. Singh*

What's happening next week at Rockheights:

Monday, May 6th

- Badminton City Finals for those that qualified at SMUS

Tuesday, May 7th –

- Class photos and whole school photo
- Pizza sales today!- Preorder using www.schoolcashionline.com

Wednesday, May 8th

- 8:15-8:35 Indigenous Drumming in the foyer
- Noon - Rainbow Ravens meet in the Art Room
- 1pm Division 5 and 6 swimming
- 3pm- 5pm Raven's Club after school today

Thursday, May 9th

- Chess Club at lunch in the LLC
- SUBWAY days return for those that preordered
- First track and Field meet at UVic

Friday, May 10th

-

Looking Further Ahead:

May 14 - 6:30pm PAC meeting in the library

May 16 – Transition afternoon

May 17 – Professional Development Day- no school for students

May 20 – Victoria Day holiday

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 May 7th.

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

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 Phone: 250-592-6871
Email: homestay@sd61.bc.ca

2. Mental Health Week begins next week and we are looking forward to celebrating National Child & Youth Mental Health Day with you at the FamilySmart event, Connecting with Kids, on Tuesday, May 7th.

Special 2- Hour Live Online Event - 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**. Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion.

Date & Time: Tuesday May 7th, 6:00 pm - 8:00 pm (Register for the relay if you can't Attend)
Our May 7th event link with Kim Barthel - <https://familysmart.ca/event/connecting-with-kids/>

National Child & Youth Mental Health Day is about building caring connections between young people and the caring adults in their lives. We know having caring, connected conversations can have a big impact on the mental health of children and youth. Our [may7icare.ca website](http://may7icare.ca) has ideas for parents, carers, schools and service providers about how to connect with kids. If you are looking for some new ideas, please take a look. We look forward to seeing you on Tuesday! Also a reminder that you can now book online for one on one appointments with me, Lisa Tate, for parent support and navigation. Here is a link to my calendar: <https://lisa-tate.youcanbook.me/>

Sincerely,
Lisa Tate

Parent Peer Support Worker - Victoria, Sooke, Westshore

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

