

# From the Raven's Nest...

for Friday, Sept 13, 2024



Dear Families,

So, we are in full swing (as you can see in the calendar below) and there are many weekly events. We have music programs up and starting, athletic teams are practicing and competing and clubs are up and running. We know that even though we are only starting our third week, there are a lot of ongoing events including our Meet the Teacher and Welcome Back BBQ on Thursday evening as well as our Terry Fox Run on Friday afternoon.

We really hope that you will be able to join us on Thursday evening and a huge thank you to the PAC that is providing Hot Dogs and Hamburgers (by donation) for those that sign up on the Google form: <https://forms.gle/CCA5NeULFH7kDwNk9>; please keep reading for more details.

## What's happening at Rockheights next week:

### Monday, Sept 16<sup>th</sup> -

- Lunch – Rainbow Ravens meet in the Art Room
- Lunch - Cross Country Practice
- Co-Ed Soccer Games at Rockheights

### Tuesday, Sept 17<sup>th</sup> - SCHOOL PHOTO DAY!

### Wednesday, Sept 18<sup>th</sup>

- Lunch - Cross Country Practice
- Ultimate Frisbee games at Rockheights

### Thursday, Sept 19<sup>st</sup>

- Deadline for returning Student Verification forms
- 3:30pm First Cross Country Meet at Lambrick Park
- 5:00 RMS PAC BBQ – to order food please click [HERE](#)
- 5:30-6:30 Meet the Teacher evening

### Friday, Sept 20<sup>th</sup>

- Terry Fox Run – Please bring “Twoonies for Terry”

### Looking Further Ahead:

**Monday, Sep 23** Pro D day – NO school for students

**Friday, Sep. 27** Orange Shirt Day

**Monday, Sep 30** National Day for Truth and Reconciliation (Holiday)

**October 7- 25** FSA for Grade 6 students

**Monday October 13**  
Thanksgiving (Holiday)

**Cell Phone Policy** – We realize that many of our students have cell phones that they carry with them daily. As you likely know there has been a district and provincial mandate to restrict cell phone use in schools and on school grounds. We realize that these can be powerful tools when used effectively, but that they can also be very distracting to students and their classmates. The expectation here at Rockheights is that **cell phones should not be out during the school day**. Our system is that teachers will offer to collect devices at the start of the day and lock them in their classroom closet, and then return them before dismissal at the end of the day. Or, as long as they are kept tucked away in a student's backpack, students are welcome to keep their devices tucked away for the day. If students have their phones out during the school day, teachers will hold onto them until dismissal time.

The intention of this is to remove the distraction that cell phones can create for the user and other students around them. There are some exceptions, as some students use their devices to help them focus and concentrate while learning, and these exceptions will be on a case by case basis. Regardless, **any device should not be taken out prior to a conversation with the supervising teacher/staff member.** If you need to connect with your child during the day, please call us at the office (250) 384-7125 and we will ensure the message is passed on to your child.

We appreciate your support with this as we try to help all of our students balance the strengths and challenges that cell phones provide.

**Meet the Teacher Night** – This Thursday we will be having our “Meet the Teacher Night”. It will start with a BBQ, from 5:00pm – 6:00pm, in which the Esquimalt Lions will be preparing hamburgers and hot dogs that have been provided by our RMS PAC. Then there will be a chance to go into the school and meet your child’s teachers between 5:30pm and 6:30pm. The PAC has put together a quick form for you to complete to help us ensure there is enough food for those that are attending. **We ask that ALL FAMILIES please complete this form as it also asks for your thoughts on how the PAC can better meet your needs.** The form can be found at <https://forms.gle/CCA5NeULFH7kDwNk9> This is a very important evening for us to connect and meet each other and we hope you will be able to join us.



**Pizza update** Thank you to everyone who placed their orders online using SchoolCash Online. **ALL ORDERS WILL NEED TO BE SUBMITTED BY MIDNIGHT ON THIS SUNDAY.** All orders can be placed using [www.schoolcashionline.com](http://www.schoolcashionline.com) We will still try to have a couple of pizzas for those students that forget to order online, but **availability will not be guaranteed if you have not pre-ordered!**



**BACK BY POPULAR DEMAND...**

The RMS PAC will be once again offering Subway lunches through a pre-order system for 12 weeks from Sept 26 until Dec 12. **Orders can be submitted online through [www.schoolcashionline.com](http://www.schoolcashionline.com)** All orders must be submitted by Monday September 23!

**School Counselling at Rockheights** Hello Rockheights Community! My name is Sondra Showers and I am excited to be back as the school counsellor at Rockheights Middle School. School Counselling focuses on helping children succeed at school. These individual or group services are short-term and focus on building relationships, resilience, and self-regulation. Common topics are social-emotional wellness, self-awareness, anxiety, emotional regulation, friendships, problem solving skills, and coping strategies. The length of time and frequency of counselling depends on the student’s level of need. I make every effort to minimize disruptions to a child’s classroom time. Please feel free to contact me at Rockheights with questions or concerns you may have about your child. Referrals can be made through your child’s teacher, or by contacting me directly by email at ([sshowers@sd61.bc.ca](mailto:sshowers@sd61.bc.ca)). My schedule at Rockheights is Mondays and Wednesdays from 8:40 - 2:50

Thank you again for your support and we look forward to seeing you on Thursday.  
Sincerely,

*Aaron Maxwell*  
Principal

*Tania Singh*  
Vice-Principal

