

From the Raven's Nest...

for Friday, Sept 20, 2024



Dear Families,

First of all, thank you to all of the families that made it out to our PAC Welcome Back BBQ and Meet the Teacher evening on Thursday. The turnout was great and a huge thank you to the Esquimalt Lions club that cooked 250 hamburgers and 170 hot dogs for everyone that attended! We are really fortunate to have such incredible community support for these events.

Monday is our first Professional Development day of the year and all of our staff will be working hard on planning the direction and school events that we will be incorporating this year.

We have many activities taking place this week and will try to list them in the week at a glance below. Have a great week!

What's happening at Rockheights next week:

Monday, Sept 23rd - Pro D Day – NO SCHOOL for students

Tuesday, Sept 24th -

- 3pm – 4pm Ultimate Frisbee practice after school

Wednesday, Sept 25th

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

Thursday, Sept 26st

- 3pm – 4pm Ultimate Frisbee practice after school
- 3:30pm Cross Country Meet at Cedar Hill

Friday, Sept 27th

- **Orange** Shirt Day

Looking Further Ahead:

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

October 7- 25 FSA for Grade 6 students

Monday October 13 Thanksgiving (Holiday)

Identity, Experimentation, and Acceptance... As many of you know, adolescence and the middle years bring a whole new level of challenges, changes and opportunities for young people. One of the main reasons that we have middle schools is so that we have the staff (and infrastructure) to try to support students during these challenging years.

We know that as young people move into, and through, adolescence they become much more aware and often self conscious of differences between themselves and others. That is one of the main reasons that our vision statement here at the school is: ***“At Rockheights, we use our unique strengths and challenges to build an empowered community.”*** Our goal is to help ALL students identify their strengths, challenges, and feel empowered as they move through this challenging part of their lives. If you are interested in reading more about this an article that I would recommend is [Identity and Experimentation in Early and Mid Adolescence](#) from Psychology Today.

We have many students that experiment and try different behaviours as they work through their personal identity journey. The key, and one of our greatest challenges, is to help all members of our community with acceptance, especially when others are experimenting in a way that is confusing to

them. That can be when students start hanging out with new friend groups, start behaving in new or novel ways, and even experimenting with different types of dress or accessories. As you may remember from your adolescent years, this can be a confusing time and acceptance and support are crucial for all of our students. Another article that I have shared with staff is from Edutopia and it is called [Encouraging Middle School Students to Embrace Differences](#)

We thank you for your continued support, and communication, as we try to help all of our students identify their personal strengths and challenges, as we know that this diversity is what makes this place the special community that it is!



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 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!

Beginning Band students are asked to please attend a one-time, after school class next week. Professional musicians will be coming to Rockheights to teach students the basics of getting started on their instruments. Parents, please make plans for your child to attend.

Tuesday, Sept 24, 3-4:30pm
Flutes, Clarinets, Trumpets and Trombones

Wednesday, September 25, 3-4:30
Saxophones, Percussion (Drums), and Bass Guitars.

If your child cannot attend their lesson, please get in touch with Ms. McDonnell. Students may not be allowed to play their instruments in class until they've had help with the basics.



LAST CALL FOR *SUBWAY*

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 All orders must be submitted by MIDNIGHT ON SUNDAY SEPTEMBER 22!**

ENH YOUTH NIGHT
September 24, 2024
4:00-6:30pm
Esquimalt Neighbourhood House (Family Centre)
511 Constance Ave.
For youth ages 13-18 years.
Come enjoy games, sports, karaoke and more!
pizza and snacks provided
To register, please call or text Andrea 250-216-3240 or DM us on Instagram @enh.youth

Community Opportunities

Esquimalt Neighbourhood House (ENH) is having a movie night on Sept. 24th for teens 13-18 years old. Please feel free to pass it along to anyone who may be interested in the event.

Thank you again for your support and we hope you enjoy the long weekend!
Sincerely,

Aaron Maxwell
Principal

& Tania Singh
Vice-Principal

