

# From the Raven's Nest...

for Friday, October 11, 2024



**THANKFUL...** Indeed this is a great weekend to reflect on how thankful we are to be a part of this wonderful community. We are very fortunate to be able to live, learn, and play on the traditional territories of the Songhees and Esquimalt Nations. We are also blessed to have a strong school community here at Rockheights and it is a pleasure to welcome your child each and every day. One aspect of our community is that we are incredibly fortunate to have community partners such as the Rainbow Kitchen and Backpack Buddies that provide food for our children so that they are able to focus and learn with a full stomach. This is truly a special place and we appreciate your ongoing support and contributions to making it so. Thank you!



## What's happening at Rockheights next week:

**Monday, October 14<sup>th</sup> - HAPPY THANKSGIVING!**

**Tuesday, October 15<sup>th</sup> -**

- Soccer games at Rockheights
- 3pm – 4pm Ultimate Frisbee practice after school
- 6:30pm RMS PAC meeting in the LLC

**Wednesday, Oct 16<sup>th</sup>**

- Photo Retake Day
- Lunch - Cross Country Practice
- 3:30pm Cross Country Meet at JDF Rec Centre

**Thursday, Oct 17<sup>th</sup>**

**Friday, Oct 18<sup>th</sup>**

- 12pm Ultimate Frisbee practice at lunch

## Looking Further Ahead:

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

**October 23 and 24** Parent Teacher Interviews



**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!

## **SAVE THE DATE - Parent Teacher Communication**

We will be hosting our parent Teacher Interviews on October 23 and 24. On the 23<sup>rd</sup> it will be regular dismissal and on the 24<sup>th</sup> students will be dismissed at 1:50pm and the interviews will be starting at 2pm. Interviews



will be 15 minutes in length and booking details were sent home this week. Please fill out the bottom of the form and return it by Wednesday October 16.

## RMS PAC News:



Keep those Country Grocer receipts

1% Goes towards food gift cards for families in need

PAC has an account at **Return It** on 935 Ellery St. Just drop off or sort, and tell them it's for Rockheights Middle School PAC.



## FUNDRAISER



COMING SOON  
*Stay Tuned*

A big thank-you to all the parents that volunteer with our PAC and with the various PAC events. We could not do these things without your support!

you enjoy the weekend! Sincerely,

**Aaron Maxwell & Tania Singh**

Principal

Vice-Principal

### SD61 Cold and Flu Season Reminders

We have reached that time of the year again! It is cold and flu season. As students return to classrooms for the new school year, as the leaves start to turn and the temperature drops, the tissues and sneezes begin to appear. Additionally, with COVID-19 continuing to circulate within our community, it is important to take extra precautions.

Please remind your child of the following important habits:

- Make sure to wash hands frequently.
- Avoid touching face, mouth, or eyes.
- Cover your mouth and nose when sneezing or coughing by leaning into your elbow or using a disposable tissue. Quickly throw away any used tissues and wash or sanitize your hands after.
- Respect the personal space bubbles of other students.
- Stay home when sick!

Please monitor your children daily for any cold or flu-like symptoms. In accordance with the Public Health Guidelines, students and staff are asked to stay home when sick or displaying any symptoms of sickness. If students develop symptoms throughout the day while they are at school, they will be reminded to use tissues or lean into their elbow to cover their coughs and sneezes. If required, an office staff member will contact you to arrange a pickup of your sick child.

Thank you again for your support and we hope

