

From the Raven's Nest...

for Friday, October 4, 2024



So, October is upon us, which means that the weather is getting colder and the days are getting shorter. Please help your child make good choices in terms of their attire as many of our students showed up this morning drenched from head to toe. Some of them were only wearing t-shirts and with all of the colds and flu bugs going around, it means they are prime to get sick.

We also appreciate your help with student hygiene. We are a scent-free building (although I am the first to admit that being scent free is not possible with 300+ adolescents running around in our building) so I am asking that you encourage that your child(ren) keep that in mind when they come into the building. Some of our students are bringing body sprays or perfumes and some have even sprayed them in the classrooms or on other people, which is obviously unacceptable. Please remind your child that if they are wearing deodorant/anti-perspirant then they should apply it at home in the morning and not bring the dispenser to school. Hygiene is important, but we also have people that are sensitive to strong smells so we must be cautious with scented sprays, deodorants or perfumes. Thank you for your support with this.

What's happening at Rockheights next week:

Monday, October 7th -

- Soccer games at Rockheights

Tuesday, October 8th -

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

Wednesday, Oct 9th

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

Thursday, Oct 10th

- 3:30pm Cross Country Meet at JDF Rec Centre

Friday, Oct 11th

- 12pm Ultimate Frisbee practice at lunch

Looking Further Ahead:

October 7- 25 FSA for Grade 6 students

Monday October 13

Thanksgiving (Holiday)

Wednesday October 16

Photo Retake Day

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 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 23rd it will be regular dismissal and on the 24th 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 today.

Notices will be sent home next week so you can indicate your availability for these conferences which will be conducted in person or over the phone. 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

We hope to see you at our meeting on Tuesday at 6:30pm

Athletics

- Congratulations to all of the students that took part in Cross Country, Soccer, and Ultimate Frisbee. Also, a big thank you to Ms. Singh, Ms. LaPrairie, Ms. Learned, Mr. Cambell, Mr. Percival, Mr. Snider and Mr. MacInnis for volunteering to coach our school teams. The seasons are wrapping up this week and the students did an amazing job, not only competing in their respective sports, but also representing our school community through sportsmanship, teamwork and cooperation. We are very proud of our young ravens and look forward to the next group of athletes that will represent us.



That being said, the next sport of the year is basketball, so please encourage your child to listen for the announcements and to sign up for one of our teams. No experience is necessary, and we expect we will be fielding multiple teams, so if you are interested/willing to help out with coaching please let our athletic director, Mr. Campbell, know. He can be contacted by email at lucampbell@sd61.bc.ca

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

Aaron Maxwell & Tania Singh

Principal

Vice-Principal

