

From the Raven's Nest...

for Friday, Sept 27, 2024



Well as we wrap up the end of the month of September we are starting to settle into the daily routines and expectations of life at middle school. I hope that as you are reading this you are starting to feel more settled with your child(s) routines and that the weeks are starting to run more smoothly.

This week we take the time to acknowledge our history as Canadians and the incredible injustices that were done through the residential school system. Today was orange shirt day, but the act of exploring our truth and implementing reconciliatory actions is something that we need to focus on each and every day. I hope that you take time with your family to explore what Truth and Reconciliation means to you and how you can empower your children to move forward with an understanding of our history and a commitment to reconcile the injustices of our Canadian history.



We have many activities happening this week and are excited that so many clubs, teams and extra curricular activities are up and running. Whether it is Ultimate Frisbee, Rainbow Ravens, Soccer, Manga/Anime Club or Cross Country, we hope there is something for everyone. Please encourage your child to get involved as there is so much to explore in middle school.

What's happening at Rockheights next week:

Monday, Sept 30th - National Day for Truth and Reconciliation

Tuesday, October 1st -

- 3pm – 4pm Ultimate Frisbee practice after school

Wednesday, Oct 2nd

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

Thursday, Oct 3rd

- 3:30pm Cross Country Meet at Beaver Lake

Friday, Oct 4th

- 12pm Ultimate Frisbee practice at lunch
- Hot Dog Day – Please bring your twoonies!

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!

Community Opportunities

FamilySmart offers 5 dates this month to join other parents to watch and discuss **our topic: Emotion Regulation**

Details:Join us in watching a video conversation with **Nicole Allen, Clinical Counsellor at Fraser Health's START Program**. Nicole offers support to parents and caregivers with information and strategies to cope with **emotion dysregulation** and the challenges which many young people begin to experience as they enter and move through the adolescent years. We will be exploring the critical role which parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

This video presentation will be followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker

To Register: <https://familysmart.ca/monthly-events/>

Watch Now: <https://youtu.be/BP4I9Zedrgs?si=uTfolOKTaFBSvmwX>

****Also check out this Excellent Video ***Self Regulation Strategies With Occupational Therapist Katie Zelinski (42 min.) : <https://youtu.be/sr5cjobqCUE?si=aQFDPjBvK3cvg-SS>
In this webinar, Katie will provide a background on self-regulation and discuss her favorite tips and tools for keeping the sensory system in a "just right" state.

Thank you

Lisa Tate - Parent Peer Support Worker - Victoria, Sooke, Westshore



3RD ANNUAL SOUTH ISLAND POWWOW
SEPTEMBER 30, 2024

HOST DRUMS
SMOKEY VALLEY & WILD RIVER

MC
FRANCIS JAMES

ROYAL ATHLETIC PARK
1014 CALEDONIA AVE, VICTORIA, BC

SPECIALS

YOUTH	YOUTH	ADULT	DRUM
JUNIORS	TEENS	IRONMAN	GROUP
1ST \$500	1ST \$500	1ST \$3,000	1ST \$5,000
2ND \$300	2ND \$300	2ND \$1,500	2ND \$2,500
3RD \$200	3RD \$200	3RD \$750	3RD \$1,000

DRUM PRE-REGISTRATION:

DANCE REGISTRATION
ON-SITE GATES OPEN
10:00 AM



<https://www.songheesnation.ca/south-island-powwow>

Are you wondering what you can do to recognize the National Day for Truth and Reconciliation?

One option is to take part in the 3rd Annual South Island Powwow at Royal Athletic Park.

Gates Open at 10 am, Grand Entry at 12:00 PM

Where: Royal Athletic Park 1014 Caledonia Ave, Victoria, BC

Free Admission

Everyone Welcome

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

Sincerely,

Aaron Maxwell

Principal

&

Tania Singh

Vice-Principal

