

From the Raven's Nest...

for Friday, November 22, 2024



DECEMBER is here, almost! and with it are all of the various events and celebrations that this time of year and the holiday season bring. On Sunday, the choir will be performing as part of the Esquimalt Celebration of Lights at 6pm and then next week we will be having our Winter concerts here at the school on Wednesday Dec 11 (keep reading for more details). Please read carefully for some of the other upcoming events!

What's happening at Rockheights next week:

Monday, Nov 25th

Tuesday, Nov 26th

- Pizza sales today!- Preorder online by Sunday evening using www.schoolcashonline.com

Wednesday, Nov 27th

Thursday, Nov 28th

- SUBWAY Lunches for those that ordered

Friday, Nov 29th -

- Hot Dog Sales at Lunch
- Div 4, 5, 6 and 7 Skating at Archie Browning – Please bring helmets!

Looking Further Ahead:

December 1 Choir performs at the Celebration of Lights

December 10 Young Entrepreneur Fair

December 11 Winter Music Concerts in the gym (7pm)

December 15-20 Winter Festivities Week – Details as we get closer to the date!

RMS PAC News: We NEED your HELP!

Last year PAC was able to provide simple assistance with street control for the Light up Parade. The work was simple. We break into small groups of one or two and move the parking barrier to block the road at the start of the parade and remove it when it is over. The barriers are located at each road on the side. We try to work on two's. In return PAC earned \$200 for our service.

The city has asked again if we are interested so I am looking for volunteers, and your friends, who might want to watch the parade on Sunday December 1st. We require a total of 14 volunteers to help with this event. The details are as follows:

Please meet at 4:15pm on Sunday December 1 in the Tudor house parking lot. We will be tasked with the easy task of putting out the road block which will be placed next to the road. Volunteers will then watch the parade and when the end passes by, we are asking that you can put the road block back to the side. This should be finished at approximately 5:40pm. If you are interested and able to help, please email me at pacforrockheights@gmail.com

Thank-you for considering this and feel free to reach out if you have questions,
Trina White (RMS PAC president)



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!

Esquimalt Celebration Of Lights

Sunday December 1, 2024



Festive Family Fun!

- ★ LIVE MUSIC, PERFORMANCES, PARADE
- ★ 3PM PERFORMANCES @ ARCHIE BROWNING
- ★ 5PM PARADE START @ CANTEEN RD
- ★ 5:30PM SNACKS BY DONATION, SANTA & MORE

FEATURING CHRISTMAS CAROLS WITH
MAUREEN WASHINGTON (5:30PM)
& SPECIAl GUESTS FROM ELCOLE VICTOR-BRODEUR,
MACAULAY ELEMENTARY, ALI GAUL, & JOE MUSIC (3PM)

esquimaltlights.ca

Bring a non-perishable food item for
the Rainbow Kitchen



RMS Music UPDATES:

1. **Celebration of Lights, 5-7pm, Sunday, December 1st outside Archie Browning Rec' Centre** - The choir performs on the first Sunday of each year at the Esquimalt Celebration of Lights. This is a super fun, family-oriented event that includes the light-up parade, and an incredible on-stage performance by Ms. Maureen Washington, who is a highly-acclaimed local singer. Our choir contributes to this event by singing two songs on our own (this year it's "Frosty and Friends" and "Fix You"), then we join Maureen by singing and dancing along to her set of holiday faves. The show ends with us back on stage for "Silent Night" to close the evening. Because this is extra-curricular, it is not mandatory to attend, however **it's important that as many students as possible come out to sing.** It's a great event, and they'll get treats, too! Scroll down to read the letter about this event.

2. **Rockheights Music Winter Concert, 7pm Wednesday, December 11 in the Gym**

Every student in band, strings and choir will be performing in this first concert of the school year. Every student in the program wears a **red Rockheights Music t-shirt** when we perform. Details about the concert and information about how to acquire a t-shirt have been sent home (on Nov 6th). If you haven't seen it please check www.rockheightsmusic.com . Thank you!

We know that there have been some strong cold and flu bugs going through our community and we hope that you are reminding your child to continue best practices of hand washing, covering your mouth when they cough and dressing warmly for the weather.

Sincerely,

Aaron Maxwell
Principal

& Tania Singh
Vice-Principal

Community Opportunities: Nature Based Programs from:



I hope this email finds you well! I'm reaching out to share details about our upcoming Winter/Spring 2025 youth programming. These programs are designed to support youth through nature connection, a sense of belonging, peer connection, and personal growth.

Here's what we're offering:

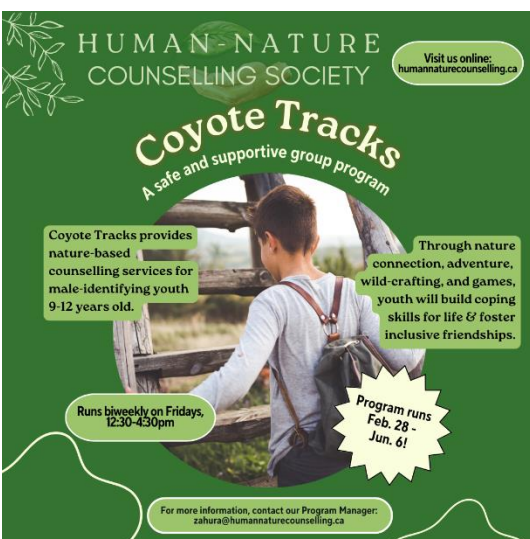
- [Coyote Tracks: For male-identifying and non-binary youth, ages 9–12](#)
- [Coyote Tracks: For male-identifying and non-binary youth, ages 12–15](#)
- [Lynx Trax: For female-identifying and non-binary youth, ages 10–13](#)

To make our programs more accessible, we also offer sliding scale rates. You'll find more information and a referral form on our website (linked above). Folks are welcome to fill out the form online or email me directly at zahura@humannaturecounselling.ca. Since our programs tend to fill up quickly, I encourage anyone interested to reach out soon!

Warmly,
Zahura Ahmed, MA (She/Her)
Program Manager
Working Week: Monday-Thursday

Human-Nature Counselling Society
www.humannaturecounselling.ca

I respectfully acknowledge that the land on which I work, live, and play is the traditional unceded territory of the Songhees, Esquimalt, Tsartlip, Tsawout, Tseycum, Malahat, Paquachin, T'Sou-ke and Sc'ianew Nations.



HUMAN-NATURE COUNSELLING SOCIETY
Visit us online: humannaturecounselling.ca

Coyote Tracks

A safe and supportive group program

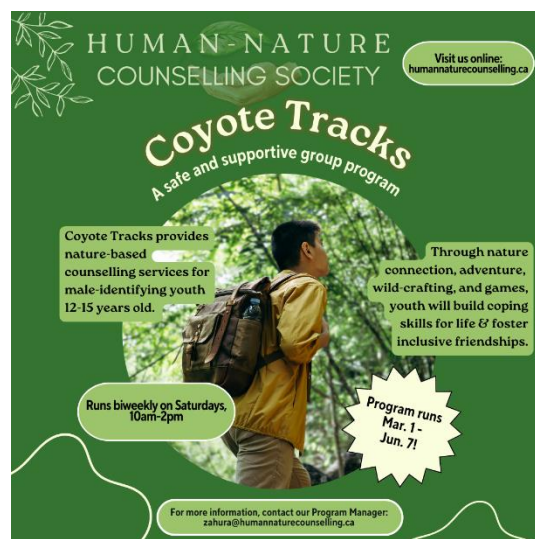
Coyote Tracks provides nature-based counselling services for male-identifying youth 9-12 years old.

Through nature connection, adventure, wild-crafting, and games, youth will build coping skills for life & foster inclusive friendships.

Runs biweekly on Fridays, 12:30-4:30pm

Program runs Feb. 28 - Jun. 6!

For more information, contact our Program Manager: zahura@humannaturecounselling.ca



HUMAN-NATURE COUNSELLING SOCIETY
Visit us online: humannaturecounselling.ca

Coyote Tracks

A safe and supportive group program

Coyote Tracks provides nature-based counselling services for male-identifying youth 12-15 years old.

Through nature connection, adventure, wild-crafting, and games, youth will build coping skills for life & foster inclusive friendships.

Runs biweekly on Saturdays, 10am-2pm

Program runs Mar. 1 - Jun. 1!

For more information, contact our Program Manager: zahura@humannaturecounselling.ca



HUMAN-NATURE COUNSELLING SOCIETY

LYNX TRAX PROGRAM

A nature-based therapy group program for girls and non-binary youth, ages 10-13. Explore nature connection, expressive arts play and build coping skills for life's worries and stressors.

REGISTRATION NOW OPEN!

Dates: FEB 28 - JUNE 6

EACH SESSION RUNS 4 HRS

8 sessions 12:30pm - 4:30pm

Activities

- ✓ Build self-esteem, positive peer connections, mental well-being
- ✓ Explore tools for emotional regulation and expand comfort zone
- ✓ Outdoor skills such as:
 - Clay and nature sculpting
 - Fire building
 - Wild-tea foraging

Registration Info
humannaturecounselling.ca/program/lynx-trax/

Program intake will take place over Zoom in January 2025. Please email zahura@humannaturecounselling.ca for more details!