

From the Raven's Nest...

for Friday, November 8, 2024



Lest We Forget... First of all a thank you to all of the students that helped make our Remembrance Day assembly very special. Also a big thank you to the families that sent in photos and/or attended the assembly. We appreciate you taking the time to help make this more meaningful for our students and staff. We really hope you take the time tomorrow to remember and reflect on the sacrifice that has been made by our service men and women to ensure our safety and security. To those of you that have served, or are currently serving, THANK YOU!

Hopefully many of our families will be able to take part in one or more of the various ceremonies around town. For more information about the Esquimalt ceremony please see:

<https://www.esquimalt.ca/community-events/news/2024-remembrance-day-ceremony-schedule-changes>



What's happening at Rockheights next week:

Monday, Nov 11th – REMEMBRANCE DAY HOLIDAY

Tuesday, Nov 12th

- Pizza sales today!- Preorder online by Sunday evening using www.schoolcashionline.com
- 12pm Gr 6/7 Girls Basketball practice in the gym
- 3pm Gr 6/7 Girls Basketball games here at ROCKHEIGHTS
- 6:30pm RMS PAC meeting in the library – we will be looking at this year's budget so could use your input

Wednesday, Nov 13th

- 12pm Gr 6/7 Boys basketball practice in the gym
- 3pm Gr 6/7 Girls Basketball practice in the gym

Thursday, Nov 14th

- SUBWAY Lunches for those that ordered
- 12pm Gr 7/8 Boys basketball practice in the gym
- 3:45pm Gr 6/7 Boys Basketball games at GORDON HEAD MIDDLE

Friday, Nov 15th -

- Grade 6 Immunizations
- Hot Dog Sales at LUNCH
- Div 1, 2, and 3 skating at Archie Browning

Looking Further Ahead:

November 21 Curricular Catch Up day

November 22 Professional Development Day

December 1 Choir performs at the Celebration of Lights



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!

STUDENT SAFETY

Just a reminder that we need to be extra careful when picking up or dropping off students here at Rockheights. The congestion that results, especially at the end of the school day, often creates unsafe situations for our students and neighbours. A few reminders that we ask you to follow:

1. Please remind your child that they should be using the dedicated crosswalks, as running across the streets is not acceptable and can surprise people driving through.
2. We also ask that parents not block driveways as our neighbours need to be able to come and go safely.

Lastly, can you please try to avoid turning around in front of the school as that adds to the congestion and has led to several close calls with students. I realize it is a little further to continue along Highrock, but it does make it much safer for students.

RMS PAC News:

Calling All Chocolate-lovers!

Want to know the most DELICIOUS way to support us? Order Purdys chocolates from our fundraiser! This year, we're hoping to raise **\$1000** for Rockheights Middle School PAC, and we need YOUR help!

From **now until November 24, 2024**, you can order Purdys treats from our fundraiser by joining our campaign and browsing the tastiest selection of chocolates online. Shop gifts for family, friends, neighbours AND yourself in one convenient place. After all orders are submitted, pickup will be held on the evening of the Music programs Winter Concert on Dec 11, 2024.

What you'll need to order:

1. Our campaign number: **70662**
2. Go to our fundraising website: <https://fundraising.purdys.com/1982981-120957>
3. Click "Join Campaign"
4. Shop, shop, shop away!

Thank you EVERYONE for your support. Even if you can't buy chocolates from us, it would mean the world if you could share this fundraiser link to everyone you know!

We truly hope you have a restful weekend and that Monday is a meaningful day for you and your child. Please take a minute to ask them about their thoughts on the No Stone Left Alone ceremony or today's Remembrance Day assembly. **Lest We Forget.**

Sincerely,

Aaron Maxwell

Principal

&

Tania Singh

Vice-Principal



Family Smart is a community resource that provides many workshops and other supports for teenagers and their family. There are three opportunities that I wanted to share:

(1) New Session starting soon - Boys & Girls Club - (BGC) Parents Together Program (13-19yrs) Sometimes parenting challenges can feel overwhelming. This program for parents of teens provides ongoing support. A manual and materials are provided to participants. Parents may stay in the group as long as they feel they need support and help in their daily parenting. Guest speakers may be invited for specific topics.

Topics include:

- Attachment and relationship-based practices
- Communication and 6 critical messages
- Developmental changes in pre-adolescence
- Adolescent brain development
- Boundaries, and turning over responsibility as appropriate
- Self-care – taking back your life
- Adolescent mental health
- Substance use and teens

Date: Tuesdays, Ongoing & Online - Daytime 12-1:30PM or * In Person- Evening 6:30-8PM**

Cost: Free

Register: <https://bgcsvi.org/programs/parenting/>

(2) Anxiety Program for Teens - Y Mind Groups: free weekly psychoeducational support groups for teens (13-18) and Youth (18-30) who are experiencing stress, worries and anxiety.

Program Highlights and Learning:

- Healthy coping skills through mindfulness
- Self-Compassion
- How to navigate their anxiety
- ACT (Acceptance and Commitment Therapy) <https://www.psychologytoday.com/ca/therapy-types/acceptance-and-commitment-therapy>
- Connection with other young people

Online registration for information/intake sessions is available here: [YMCA-YWCA of Vancouver Island Online Services \(activecommunities.com\)](https://www.ywca.ca/vancouver-island)

For more information: <https://vancouverisland.ywca.ca/program-services/community-health/mental-wellness/>

(3) Peer Support - I can meet parents and caregivers by video chat, phone or email as many times as you would like. I can listen, to better understand what might help, and to offer resources and information in our community that will support what your family needs now. Our services are free, and there is no waitlist. If you would like more information or to set up a time to chat, please let me know. Here is a link to my calendar to book a time. <https://lisa-tate.youcanbook.me/>

Thank you, and if you would like further information please feel free to contact:

Lisa Tate

Parent Peer Support Worker - Victoria, Sooke, Westshore

[250-940-6105](tel:250-940-6105)

[click here to book an appointment with me](#)

www.familysmart.ca